



KEY FACTS

Red Meat Nutrition

| | | BEEF | LAMB | PORK |
|-------------------------------------|---|------|------|------|
| A source of riboflavin (B2) | Helps you to fight fatigue and aids growth | | | |
| A rich source of niacin (B3) | Helps our repair process and converts food into energy | | | |
| A rich source of vitamin B6 | Vital for our immune system, nervous system and how we regulate blood sugar levels | | | |
| A rich source of vitamin B12 | A building block of red blood cells and helps us fight fatigue | | | |
| A rich source of zinc | Important for healing and is needed in our sense of smell and taste | | | |
| A source of iron | Helps form healthy red blood cells, key for us to transport oxygen around our bodies | | | |
| A source of phosphorus | Contributes to healthy bones and teeth. It works with B-Vitamins for growth, maintenance and repair of our bodies | | | |
| A source of potassium | Aids the normal functioning of our nervous system | | | |

Red meat is naturally rich in protein, low in salt and provides us with vitamins and minerals that contribute towards good health and wellbeing.

RECOMMENDED WEEKLY ALLOWANCE: 500G (COOKED WEIGHT) PER WEEK.



For more info visit www.qmscotland.co.uk

A 'source of' or 'rich source of' are approved health claims under the EU health claim regulation (Regulation (EC) No 1924/2006).