



IRON & ZINC

IRON & ZINC ARE IMPORTANT MINERALS NEEDED FOR **GOOD HEALTH**



IRON
CONTRIBUTES TO THE REDUCTION
OF TIREDNESS AND FATIGUE



ZINC
CONTRIBUTES TO THE NORMAL
FUNCTION OF THE IMMUNE SYSTEM

DID YOU KNOW?
OUR BODIES CAN ABSORB IRON
AND ZINC FROM MEAT MORE
READILY THAN FROM PLANTS
(BUT PLANTS CAN PROVIDE US WITH THESE NUTRIENTS TOO)



'HAEM' IRON
SOURCE

VS

'NON-HAEM'
IRON SOURCE

**'HAEM' IRON
IN MEAT IS
BETTER
ABSORBED**

**THAN
'NON-HAEM'
IRON**
FOUND IN FOODS OF PLANT
AND ANIMAL ORIGIN

IRON DEFICIENCY

IN THE UK THERE
IS SOME EVIDENCE
OF RISK OF
IRON-DEFICIENCY
ANAEMIA IN

9% OF ADOLESCENT
GIRLS &
5% WOMEN



NUTRIENTS

RED MEAT IS A RICH SOURCE OF PROTEIN

IT HELPS THE MAINTENANCE
OF NORMAL BONES AND
GROWTH IN MUSCLE MASS

RED MEAT

IS A SOURCE
OF THE FOLLOWING
NUTRIENTS

WHICH CONTRIBUTE TO

**GOOD
HEALTH**

POTASSIUM

CONTRIBUTES TO
NORMAL MUSCLE AND
NERVE FUNCTION
AND HELPS SUPPORT
NORMAL BLOOD PRESSURE

SOME

B VITAMINS
SUCH AS NIACIN (B3) AND VITAMIN B12
CAN HELP WITH
NORMAL ENERGY PRODUCTION
IN THE BODY...

ZINC
HELPS WITH NORMAL
FERTILITY
AND
REPRODUCTION



...AND
CONTRIBUTES TO THE NORMAL
FUNCTION OF THE IMMUNE SYSTEM,
PSYCHOLOGICAL FUNCTION AND THE
REDUCTION OF TIREDNESS AND FATIGUE

RED MEAT

IS ALSO NATURALLY

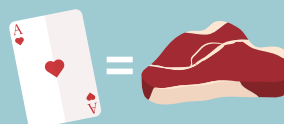
**LOW IN
SODIUM**

REDUCING CONSUMPTION
OF SODIUM SUPPORTS
NORMAL BLOOD PRESSURE

ADVISING ON RED MEAT CONSUMPTION

AIM TO EAT NO MORE THAN ABOUT
500G COOKED WEIGHT
PER WEEK OF RED AND
PROCESSED MEAT

MOST PEOPLE FIND IT DIFFICULT TO ESTIMATE
CORRECT PORTION SIZES SO A USEFUL GUIDE
USE A DECK OF CARDS

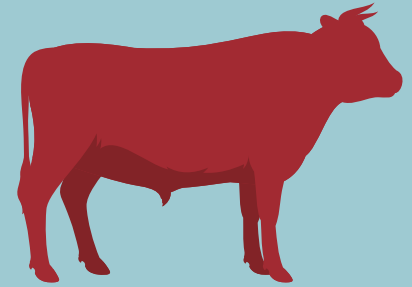


MAKE HEALTHIER CHOICES AND
**GO FOR
LEAN CUTS
OF MEAT
AND LEANER
MINCE**

TO CUT DOWN ON SATURATED FAT AND CALORIES

RED MEAT

UNDERSTANDING THE FACTS



BEEF, PORK AND LAMB CAN PLAY AN IMPORTANT ROLE IN A HEALTHY, BALANCED DIET

RED MEAT IS NATURALLY RICH IN PROTEIN, LOW IN SALT
& PROVIDES A RANGE OF VITAMINS & MINERALS THAT
CONTRIBUTE TO GOOD HEALTH INCLUDING
IRON, ZINC, VITAMIN B12 AND NIACIN.

BEEF FAJITAS

WITH SWEETCORN SALSA SERVES 4

INGREDIENTS:

450G THIN CUT BEEF STEAKS, CUT INTO STRIPS
½ RED, YELLOW & GREEN PEPPER, DESEEDED, CORED AND CUT INTO THIN STRIPS
1 SMALL ONION, PEELED AND SLICED,
2 GARLIC CLOVES, PEELED AND FINELY CHOPPED
2 TABLESPOONS FAJITAS SEASONING
JUICE OF 1 LIME
2 TEASPOONS RAPESEED OIL

FOR THE SWEETCORN SALSA:

1 X 165G CAN SWEETCORN IN WATER, DRAINED
2 MEDIUM TOMATOES, ROUGHLY CHOPPED
1 RED CHILLI, DESEEDED AND FINELY CHOPPED, OPTIONAL
2 SPRING ONIONS, FINELY CHOPPED
JUICE OF ½ LIME
1 TABLESPOON RAPESEED OIL
1-2 TABLESPOONS FRESHLY CHOPPED PARSLEY

TO SERVE:

4 CORN OR PLAIN TORTILLA WRAPS
FRESH CORIANDER LEAVES
REDUCED FAT SOURED CREAM
REDUCE FAT GRATED CHEESE



PREPARATION TIME: 20 MINUTES

COOKING TIME: UNDER 20 MINUTES

METHOD:

1. PUT THE BEEF IN A SHALLOW BOWL AND ADD THE PEPPERS, ONION, GARLIC, FAJITAS SEASONING, HALF THE LIME JUICE AND OIL.
2. HEAT A LARGE NON-STICK FRYING PAN AND COOK THE BEEF MIXTURE FOR 3-4 MINUTES OR UNTIL THE BEEF AND VEGETABLES CARAMELISE.
3. MEANWHILE, WARM THE TORTILLAS IN A HOT OVEN.
4. TO PREPARE THE SWEETCORN SALSA, MIX ALL THE INGREDIENTS TOGETHER, SEASON TO TASTE AND SET ASIDE.
5. TO ASSEMBLE THE FAJITAS, SPOON SOME SALSA ON THE BASE OF EACH TORTILLA, THEN THE BEEF AND VEGETABLE MIX. SPRINKLE OVER THE HERBS.
6. SERVE WITH THE SWEETCORN SALSA, SOURED CREAM, EXTRA CORIANDER LEAVES, GRATED CHEESE AND A SIDE SALAD.

REFERENCES

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FOOD
ADVISORY
BOARD