

# HEALTHY PROTEIN FOR A HEALTHY BODY



Lean Australian beef and lamb make a delicious and healthy choice for beefing up your high-quality protein needs, providing a host of essential nutrients and minerals for good health, including Iron, Zinc, Omega-3 and B vitamins.



## IRON & ZINC THE FACTS YOU SHOULD KNOW



Iron and zinc are important for a healthy immune system.

Lean Australian beef and lamb are excellent sources of iron and zinc.



Iron is important for energy, brain function, and healthy growth and development, particularly in babies, toddlers and children.



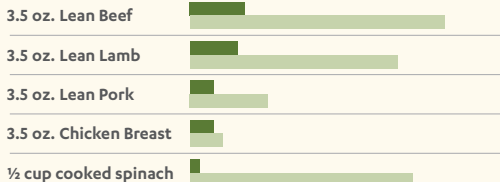
The iron in beef and lamb is the easiest type (called heme-iron) for the body to absorb and use.



Not only is Australian grassfed beef and lamb lean (when trimmed of visible fat), it is a source of **Omega 3 fatty acids**, the same healthy fat found in fish.

# 4x

FOUR TIMES MORE IRON THAN CHICKEN AND TWICE THE AMOUNT FOUND IN PORK.



● Amount of iron absorbed by your body ● Iron content in the food

[www.trueaussiebeefandlamb.com](http://www.trueaussiebeefandlamb.com)



# USDA DIETARY GUIDELINES

**1lb. strips**  
makes 4 meals



**1 medium steak**  
makes 2 meals



**1lb. ground**  
makes 4 meals



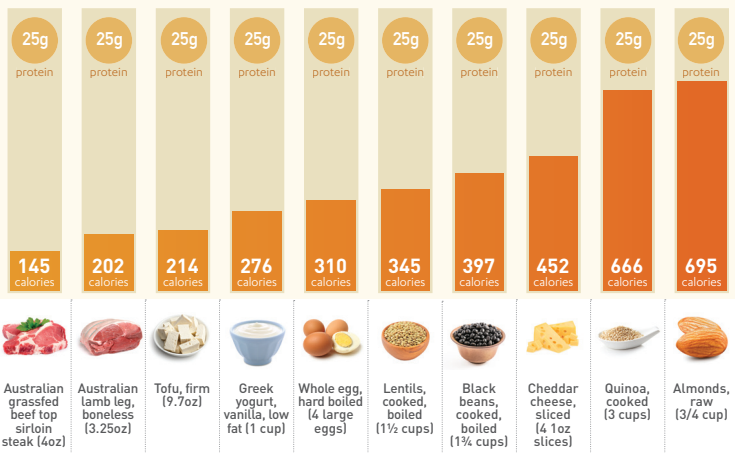
**2lbs. diced**  
makes 5 meals



The latest dietary guidelines from USDA recommend **eating 3 to 6 ounce portions of lean** (less than 10% fat) **or extra lean** (less than 5% fat) **meat 3 to 4 times a week.**

Enjoy with lots of colorful vegetables for a satisfying, tasty meal that will help to meet your daily iron and zinc requirements.

## HIGH IN PROTEIN, LOW IN CALORIES AND SO MUCH TASTIER AUSTRALIAN BEEF AND LAMB



So, when you're choosing meats and high-quality proteins to nourish your family, make the natural choice for a healthy and balanced diet – **pasture-raised beef and lamb from Australia.**



Visit our website for a collection of iron- and zinc-rich recipe ideas.