
























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).