

# NUTRITION



## FAT

When trimmed, lean beef has a similar fat content to chicken.

Lean beef has on average 2.7g fat per 100g raw weight and lean chicken, 3.5g. 75% of red meat consumed in Australia is trimmed.\*

\*Australian Food Composition Database (3.5g is based on average of lean breast, thigh and wing for chicken and 2.7g for beef, from lean rump, scotch and blade for beef). [LINK](#) to reference in column H.

## HEALTHY DIETS

Eating lean beef 3 to 4 times a week in healthy, balanced meals is an easy way to enjoy a healthy diet.

Australian Dietary Guidelines recommend eating a variety of nutritious foods, including on average, 130g lean and cooked red meat 3 to 4 times a week. Eating beef with vegetables and wholegrains is an easy way to get a wide range of nutrients recommended for good health.\*

\*[The Guidelines I Eat For Health](#)

## IRON

Beef is rich in Iron.

Iron is important for growth, development and performance and red meat is an excellent source of iron. One in three Australian women suffer an iron deficiency.\*

\*K. Lim, et al. 8, 2013, *Nutrients*, Vol. 5, pp. 3184-3211; FSANZ Food Regulations Standards 1.2.7; National Health and Medical Research Council, *A Modelling System to inform the revision of the Australian Guide to Healthy Eating*. Commonwealth of Australia, Canberra : s.n., 2011; Council, National Health and Medical Research. Iron. Nutrient Reference Values. [Online] April 2014. <https://www.nrv.gov.au/nutrients/iron>.

## VITAMINS & MINERALS

Beef is a rich source of 12 essential nutrients important for good health.

Lean Australian beef is a source of omega-3, magnesium, selenium, riboflavin, vitamin B5, B6 and B12, protein, iron, zinc, phosphorous and niacin. These nutrients are important for brain development and function and immunity.\*

\*Composition of Australian red meat 2002. 3. Nutrient profile. Williams, PG et al. 7, 2007, *Food Australia*, Vol. 59, pp. 331-341.

\*Food Standards Australia New Zealand. Standard 1.2.7 Nutrition, health and related claims. Food Standards Australia New Zealand. [Online] 1991. <https://www.foodstandards.gov.au/code/Documents/1.2.7%20Nutrition%20and%20health%20claims%20v157.pdf>.

## NATURALLY GOOD

Red meat is the simplest and least processed source of real proteins.

Beef is a completely natural form of protein that can be grown in a sustainable manner with no artificial flavours or preservatives, is gluten free and packed full of vitamins, minerals and proteins.\*

\*[Beef 101: Nutrition Facts and Health Effects \(healthline.com\)](#) Atli Arnarson BSc, PhD

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## PRODUCT QUALITY

Australia produces some of the highest quality beef in the world.

Australia has a world leading eating quality program called Meat Standards Australia (MSA). All MSA graded beef is labelled with an eating quality grade based on almost 800,000 taste tests by more than 114,000 consumers from 11 countries.\*

<https://www.mla.com.au/Marketing-beef-and-lamb/Meat-Standards-Australia>

## WEIGHT

Beef makes satisfying and nutritious meals important for maintaining a healthy weight.

It can be challenging getting enough nutrients recommended for good health on an energy-restricted diet. Protein-rich foods such as red meat are rich in 12 essential nutrients and eating protein-rich foods in healthy meals across the day is an easy way to make every bite count.\*

[HL Cheng et al. Asia Pacific Journal of Clinical Nutrition 2013a; Vol. 22, p574-582](https://doi.org/10.1007/s12185-013-9582-2)

## PROTEIN

Active people need protein to maximise the benefit of physical activity.

Having protein at every meal across the day makes it easier for the body to use protein to build and repair muscle following exercise.\*

<https://www.muscleandfitness.com/nutrition/gain-mass/bodybuilding-benefits-red-meat/>

## SATURATED FAT

Lean Australian beef has low levels of saturated fat.

Of the fat found in Australian beef, the proportion of saturated fat is around 40%. Fat content is managed through cattle feeding regimes. Marbling is relatively low in Australian red meat and when trimmed of all separable fat, lean beef has on average 1g saturated fat per 100g, raw weight.\*

[Williams, PG et al. 7, 2007, Food Australia, Vol. 59, pp. 331-341; Droulez, V et al. 2002, Food Australia, Vol. 58, pp. 335-341; Warren, HE et al. 3, 2008, Meat Science, Vol. 78, pp. 256-269.](#)

## USE OF CHEMICALS

Australian beef contains minimal chemical residues, to ensure the highest degree of food safety.

To ensure food safety, the Australian Pesticides and Veterinary Medicines Authority regulates; Withholding periods, Export slaughter intervals and Export grazing intervals. The Australian government monitors responsible chemical use through the National Residue Survey (NRS).\*

<https://www.safemeat.com.au/our-system/responsible-chemical-use/>