



**AUSSIE
BEEF & LAMB™**

NUTRITION FACTSHEET



Australian red meat is naturally rich in protein and provides 8 essential vitamins and minerals. The integrity of Australian farmers and their rigorous processes consistently produce some of the highest quality beef and lamb in the world.

Reduces fatigue and keeps you energised

- Iron
- Niacin
- Riboflavin
- Phosphorus
- Vitamins B6
- Vitamins B12

Regulates your nervous system

- Niacin
- Riboflavin
- Potassium
- Vitamins B6
- Vitamins B12

Helps with normal brain function

- Iron
- Niacin
- Zinc
- Vitamins B6
- Vitamins B12

Maintains a healthy Immune System

- Iron
- Zinc
- Vitamins B6
- Vitamins B12

Keeps bones healthy and helps with growth

- Protein
- Zinc
- Phosphorus

Builds and maintains muscles

- Protein



GOODNESS FOR THE WHOLE FAMILY



Proteins which are rich in iron can help to prevent anemia.



Iron-rich foods are recommended for the growth and development of children.



Zinc helps with fertility and reproduction by maintaining testosterone levels in the blood.



Eating red meat 3-4 times a week helps to meet your iron, zinc and protein needs.



The heme-iron in red meat is the easiest type of iron for the body to absorb.