



**Every  
bite  
counts**

# Every bite counts

An easy way to make every bite count is to include lean red meat 3-4 times a week. It has a bundle of key nutrients\* so every mouthful of lean red meat is sneaking good into growing bodies.

| <b>LEAN RED MEAT</b>         |       |
|------------------------------|-------|
| <b>NUTRITION INFORMATION</b> |       |
| AVERAGE QTY PER 100g         |       |
| ENERGY                       | 572kJ |
| PROTEIN                      | 23g   |
| FAT, TOTAL                   | 5.1g  |
| LC-OMEGA-3s*                 | 72mg  |
| IRON*                        | 2.0mg |
| ZINC*                        | 3.7mg |
| VITAMIN B12*                 | 1.0µg |

## **RED MEAT**

**We were meant to eat it**

[themainmeal.com.au](http://themainmeal.com.au)

Reference:

Food Standards Australia New Zealand. NUTTAB 2006. Online database of the Nutritional Composition of Australian Foods. Canberra: FSANZ, 2006. <http://www.foodstandards.gov.au/monitoringandsurveillance/nuttab2006/>



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