

WHY LAMB?

By Lamb and Mutton SA

WHOLE FOODS, such as lamb and mutton MEAT has been around since the beginning of time, nourishing the diverse and variable physical and mental requirements of the human body, in the way nature intended!

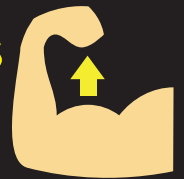
#NutrientDensity



- Lamb meat contains high biological value complete proteins, supplying your body with all 9 essential amino acids (amino acids that your body cannot produce itself) to help with building new, stronger muscles and repair damaged tissue!
- Sports nutritionists recommend protein intakes varying between 1.2g and 1.7g per kg bodyweight per day for very active individuals.
- 100g of lean lamb meat contains on average 25g of protein

- Realistically, there is a limit to the amount of food your body can handle in a single sitting, therefore you should choose every bite wisely for optimum nutrition
- Nutrient density refers to the concentration of nutrients found in an edible portion of a specific food product.
- Lamb and mutton meat is a nutrient dense food product. A mere 100g piece of cooked lamb meat contributes at least 44% of your recommended daily protein intake, 5% of your recommended iron intake, 10% of your recommended zinc intake, 6% of your recommended magnesium intake.

#PROTEINQUALITY #CompleteProteins



#BIOAVAILABILITY #HemeIron #Retinol



- Trimming has a major impact on the fat content of lamb and mutton meat.
- When trimmed of external fat a leg of lamb, lamb loin and lamb shoulder contains less than 10g fat per 100g cooked product¹, which makes it a “heart healthy” food source
- The majority of South African sheep is raised naturally on the veld. Thus lamb meat is a good source of Conjugated Linoleic Acid (CLA). Research suggests CLA may protect the body against cancer and heart diseases whilst reducing cholesterol levels²

- Bioavailability refers to the extent to which a nutrient present in food is available for absorption and utilization in the human body.
- The iron found in lamb and mutton meat is the most bioavailable form of iron, called “heme iron”.
- The Vitamin A found in animal source foods such as lamb meat occurs as “retinol”, which is a highly bioavailable form of vitamin A (ranging from 70% to 90%) in comparison to beta-carotene, the form of vitamin A found in fruit and vegetables.

#LeanMeat #HeartHealthy



For more science-based information like this, visit cookingwithlamb.com and look under "Science Snippets"



Healthy Meat



Cooking with Lamb



Healthy Meat by Lamb and Mutton SA



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Supported by the red meat industry of South Africa

1. Schönfeldt, H.C.; Hall, N. & Van Heerden. 2012. The Nutrient Content of South African Lamb and Mutton. University of Pretoria & The ARC, Irene, South Africa

2. Riserus, U.; Berglund, L. & Vessby, B. 2001 Conjugated Linoleic Acid (CLA) reduced abdominal adipose tissue in obese middle aged men with signs of metabolic syndrome: a randomised controlled trial. International Journal of Obesity and Related Metabolic Disorders: Journal of the International Association for the Study of Obesity, 25 (8), 1129-1135.