

FOCUS ON NUTRIENT DENSITY FOR HEALTHY WAISTLINES

PART OF THE RED MEAT IN NUTRITION & HEALTH SERIES



- ✓ Nutrient density is defined as the ratio of the nutrient content (in grams) to the total energy content (in kiloJoules) which a specific food product would contribute to the human body after ingestion
- ✓ The more nutrients present and the fewer the kiloJoules, the higher the nutrient density
- ✓ The higher the nutrient density of your daily diet, the higher the probability that you ingest all the required vitamins, minerals, fiber, phytochemicals and antioxidants needed for a healthy body, without ingesting too much energy

Focus on the nutrient density of local red meat

- ✓ Today, lean red meat contains less fat and therefore, more nutrients per edible portion (high nutrient density)
- ✓ Recent local scientific research has found that lean South African lamb and mutton are:
 - Significant sources of many essential nutrients, which can contribute meaningfully to an individual's daily nutrient requirements (RDA)
 - Contain less than 10% fat, making it a lean protein choice

Choose a wide variety of nutrient dense foods to ensure that all the needed vitamins, minerals, phytochemicals and antioxidants for a healthy body are consumed.

Visual examples of the recommended daily intake for a small-frame female for an energy restricted diet of 5000kJ per day (aimed to assist her with weight loss) are displayed below. Note the high variety of food types in a prudent, balanced daily diet focused on nutrient density.

Prudent diet focused on nutrient density	High protein diet	High fat diet
45% carbohydrates 20% protein 35% fat	10% carbohydrates 35% protein 55% fat	10% carbohydrates 15% protein 75% fat

Provided by C Julsing-Strydom. 2014. Registered Dietitian – www.nutritionalsolutions.co.za

Important nutrients provided by 100g cooked portion of lean South African lamb and mutton

Nutrient	Unit	Recommended Dietary Allowance (RDA)	Lamb	Mutton	Contribution to RDA per 100g portion
Energy	kJ	-	715	889	
Protein	g	56	25.4*	28.1*	>45%
Fat	g	-	7.67	7.20	
Magnesium	mg	420	22.9 [#]	24.2 [#]	>5%
Iron	mg	18	3.12 [^]	3.81 [^]	>15%
Zinc	mg	11	3.38*	4.41*	>30%



Lamb & Mutton South Africa

An educational campaign translating current science into consumer friendly messages. Supported by the Red Meat Industry of South Africa.