

Healthy Living *with* **RED MEAT**

MAKE HEALTHY FOOD CHOICES
FOR A HEALTHY BODY

*This is your guide to
making the right choices*

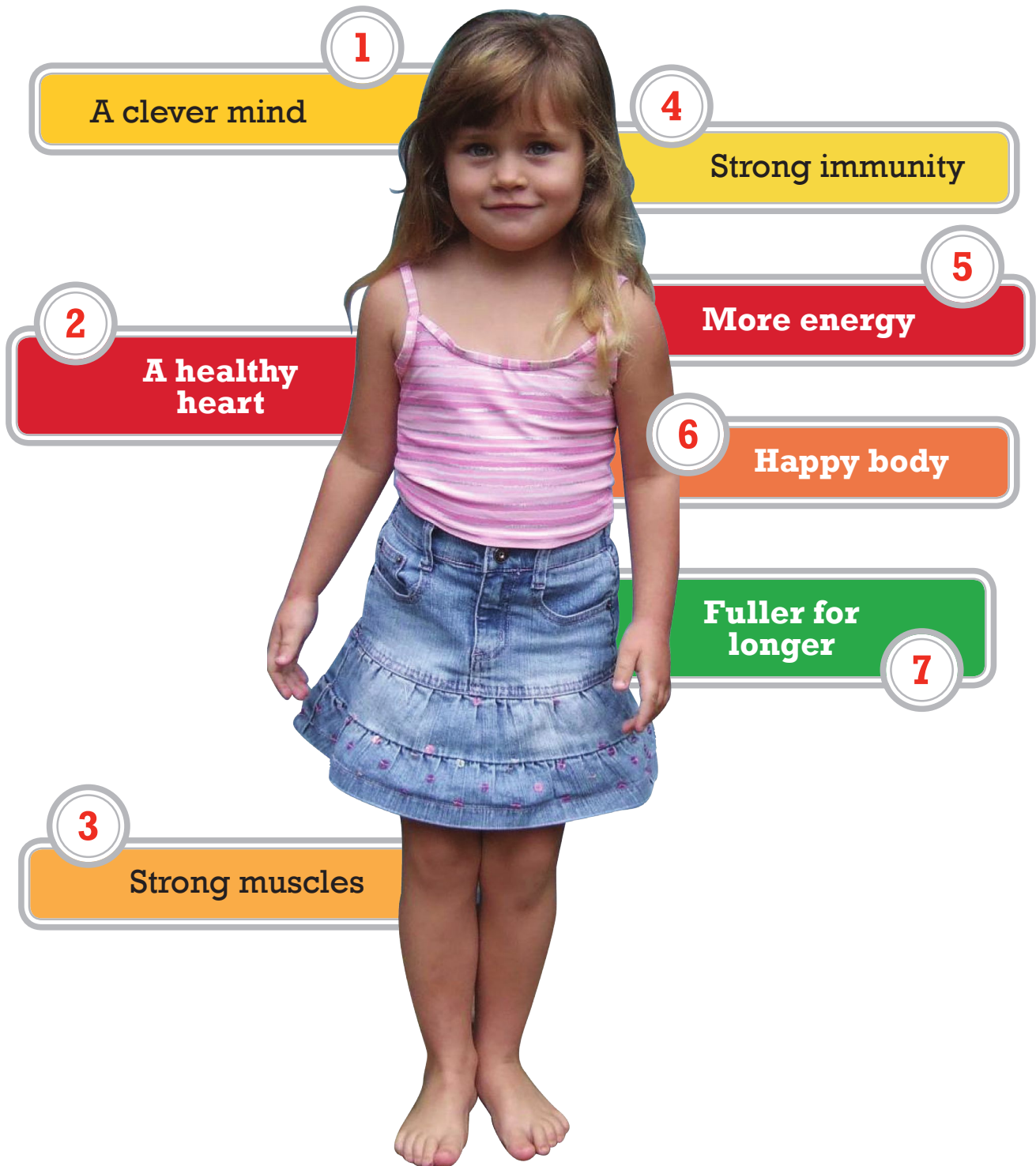


AN EXERCISE BOOK FOR PRIMARY SCHOOL CHILDREN COVERING:

- why eat red meat
- nutrients
- food guide and healthy eating
- the Food Based Dietary Guidelines (FBDG)
- fun exercises for children

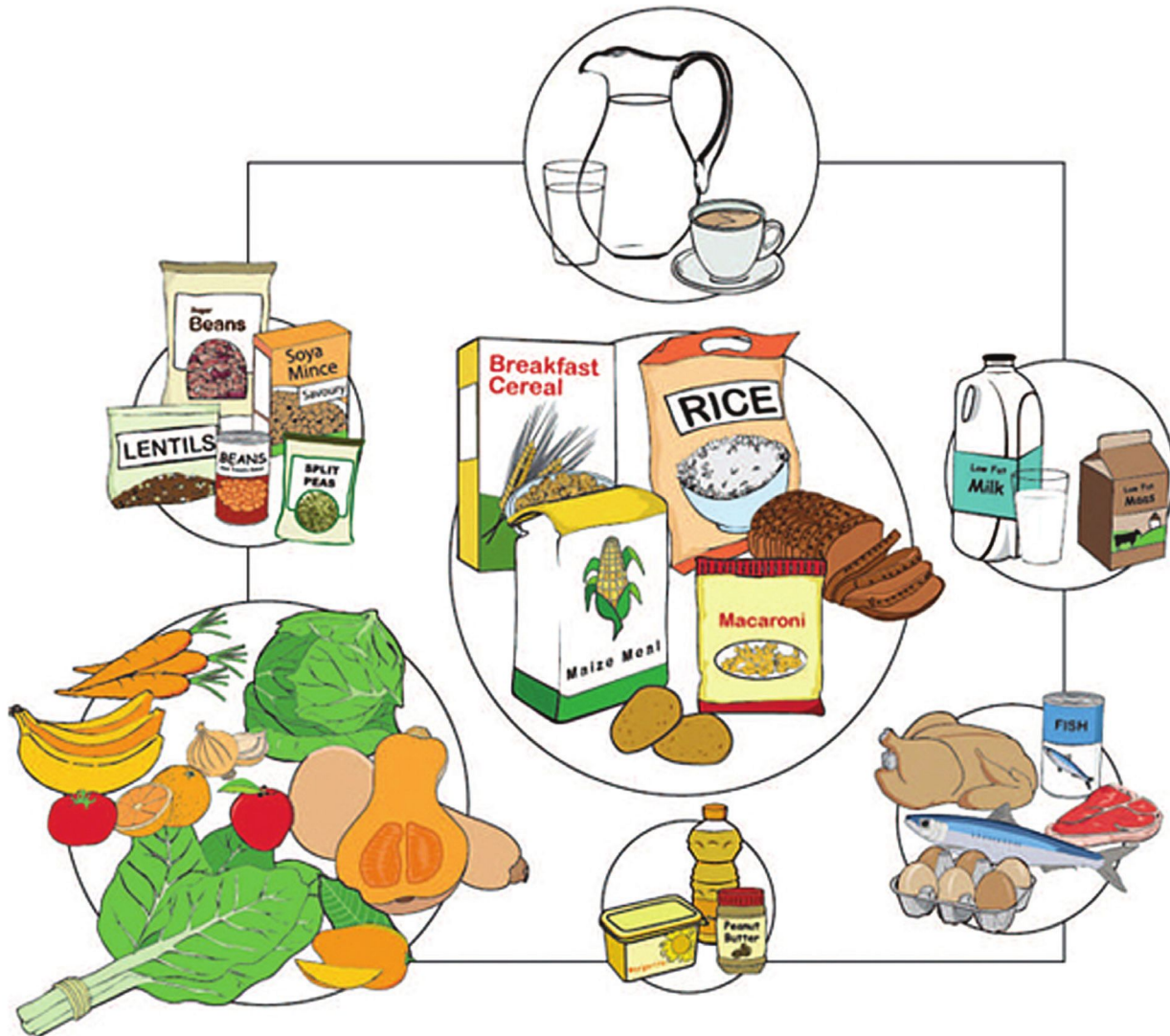


This is what eating meat and/or protein gives your body...





Food Guide



Nutrients

Food is made up of “building blocks”. These building blocks include compounds like fibres, phytochemicals, additives and nutrients. Of these building blocks nutrients are of greatest importance to the human body. Proteins, fats, carbohydrates, vitamins, minerals and water are all nutrients. Each food item is “built” differently with different nutrient building blocks and some have more of a certain building block than others.



Healthy eating through the human life cycle

All individuals are unique, yet we all share the same experience: the human life cycle. As in all cases, such as the changing of the seasons, and night and day, there is a repeating pattern of events in our life cycle. The human life cycle repeats itself in stages of birth, infancy, childhood, adolescence, adulthood and old age. All living things move from one life stage to the next, in a repeating pattern, generation after generation.

As we grow older, our body changes and we need different types and amounts of different foods. Although this can be very tricky, making healthy food choices and choosing a varied diet during all stages of your life will ensure that you get enough of the nutrients you need to grow strong and age healthy.

	Starchy foods	Fruit & vegetables	Meat & Meat alternatives	Dairy	Fats and sugars
Children (7 - 13 yrs)	6-8 servings	5 servings	2 to 3 servings	2 to 3 servings	Very little
Teenagers (Adolescents) (14 - 25 yrs)	9 -11 servings	5 servings	2 to 3 servings	2 to 3 servings	Very little
Adults (25 - 60 yrs)	6 – 8 servings	5 servings	2 to 3 servings	2 to 3 servings	Very little
Elderly people (older than 60 yrs)	6 – 8 servings	5 servings	2 to 3 servings	2 to 3 servings	Very little

Making healthy food choices

Different foods have different functions in the body, there are some foods our bodies desperately need to function and which we should eat every day. Then there are foods we don't necessarily need and which can in fact be harmful to our bodies when we eat too much of it. Luckily every meal is a new opportunity to make a healthy food choice. But how do you know which foods are healthy foods and which foods should be avoided? An easy way to explain the concept of healthy foods versus less healthy foods is to think of food as a traffic light and different food products as the different color lights on the traffic light. There are "Go foods" (green light), "Slow foods" (yellow light), and "Stop foods" (red light).

Go foods

These are foods that are good to eat almost anytime. They are the healthiest food choices and include most vegetables and fruit, lean red meat, dairy and whole grains.

Slow Foods

These are "sometimes foods". They are not off-limits, but they shouldn't be eaten every day. At most, eat them several times a week. These include pancakes and waffles.

Stop Foods

These foods should make you say: "STOP! Should I eat that?" Stop foods are the least healthy and the most likely to cause health problems if eaten every day. Stop foods can be eaten once in a while, e.g. French fries.



FOOD GROUP	GO FOODS	SLOW FOODS	STOP FOODS
Starchy foods	Whole-grain breads, pitas, tortillas, pasta and brown rice Whole-grain breakfast cereals	White bread and pasta that's not whole grain French toast, waffles, pancakes Biscuits and granola	Sweetened breakfast cereals Doughnuts, muffins, croissants, and sweet rolls Crackers containing trans fats
Fruits & Vegetables	Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces All fresh and frozen fruits	All vegetables with fat and sauces Oven-baked fries Avocados 100% fruit juice Canned fruits in juice or light syrup Dried fruits	Any vegetable fried in oil, such as French fries Fruits canned in heavy syrup
Milk and Milk Products	Skim and 1% milk Fat-free and low-fat yogurt Low-fat, and fat-free cheese and cottage cheese	2% milk Processed cheese spreads	Whole milk Full-fat cheese Cream cheese Yogurt made from whole milk
Meats and meat alternatives	Lean red meat (lamb, mutton, beef, pork and veal) that has been trimmed of its fat Extra-lean mince Chicken and poultry without skin Tuna canned in water Fish and shellfish that's been baked, broiled, steamed, or grilled Beans, split peas, and lentils Eggs	Lean ground beef Broiled hamburgers Chicken and poultry with skin Tuna canned in oil Ham and low-fat hot dogs Peanut butter and nuts	Beef and pork that hasn't been trimmed of its fat Fried chicken, hamburgers, fish and shellfish Chicken nuggets Bacon Hot dogs and cheese sausages Processed ribs
Fats and sugars		Low-fat frozen yogurt and ice cream Baked chips, popcorn and pretzels Vegetable oils such as olive oil and canola oil Soft margarine 100% fruit juice Sports drinks	Cookies, cakes, and pies Cheesecake Ice cream Chocolate candy Crisps Buttered popcorn Butter, margarine & cream Gravy, mayonnaise, and creamy or cheesy sauces and dips Soda, sweetened iced teas and fruit drinks with less than 100% fruit juice

The Food-Based dietary guidelines for South Africans



To live a happy life is to live a healthy life!

A set food-based dietary guidelines was compiled by various government and non-government organisations who cares deeply about the health of all South Africans. In these guidelines the correct foods together with healthy lifestyle habits are prescribed to guide us to optimal health and wellness.

These guidelines are:

1 Enjoy a **variety** of food
Make sure you include foods from ALL food groups every day! Stay healthy with a variety of fresh foods in all the colours of the rainbow!



2 Make **starchy food** part of most meals
Starchy foods give us energy! Be sure to choose wholegrain and "brown" starches for wholesome nutrients and fibre that keeps you fuller for longer.

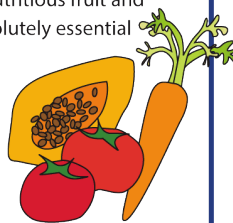


3 Fish, chicken, **lean meat** or eggs could be eaten daily
Animal sources of foods are the best sources of protein to ensure healthy growth and maintenance of our bodies! These foods can be eaten daily to keep our bodies strong and our minds sharp.



4 Eat plenty **vegetables and fruit** every day

Delicious and nutritious fruit and vegetables are absolutely essential for good health! It can be included in any meal or be enjoyed as a snack in between main meals.



8 Use **fat** sparingly, choose vegetable oils rather than hard fats

Not all fats are bad, and all of us need a bit of fat in our daily diet, it's all about choosing the correct types of fat. Olive- and canola oil are good options to cook or bake with.



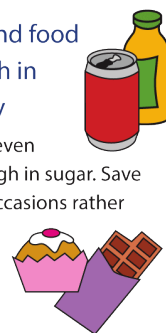
5 Eat **dry beans, split peas, lentils and soya** regularly

These foods are great to add to stews, salads and soups to boost its' protein content. These legumes and pulses are the main ingredients to exotic vegetarian dishes such as "Hummus" spread and "Falafels". These products also add much needed fibre to the diet and should be consumed regularly.



9 Use **sugar** and food and drinks high in sugar sparingly

Cold drinks, sweets and even bottled fruit juices are high in sugar. Save these foods for special occasions rather than eating and drinking these sugary snacks every day.



6 Have **milk, maas or yoghurt** every day

Milk, maas and yoghurt are also known as "dairy products", and are important the diets of young to South Africans from all age groups. The calcium and vitamins in dairy products help keep our teeth and bones strong and should be consumed daily.



10 Drink lots of **clean, safe water**

Water is essential for all life on earth and the same goes for the human body, drink enough clean, safe water every day.



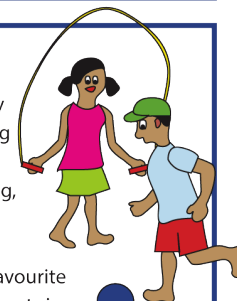
7 Use **salt** and food high in salt sparingly

Limit salty snacks and processed foods in your diet! Always taste your food before you add more salt, as too much salt can be very bad for your health.



11 Be **active!**

Keep your body healthy by being active! Exercise can be fun and exciting, take your dog for a walk, practice some sport, dance to your favourite music or help your parents in the garden.



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Food groups information sheet

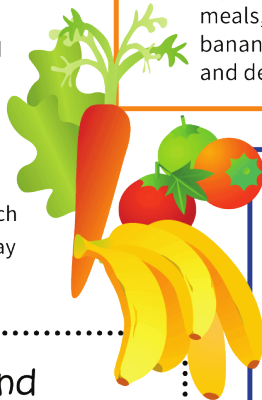
Fruit and Vegetables



We all love to have choices, especially when it comes to food. The good news is that we are spoilt for choice with different delicious foods nature has to offer.

To make it easier for us to plan a healthy diet, food products are divided into different FOOD GROUPS. These food groups are: "Fruit and Vegetables", "Starchy foods", "Fish, chicken, lean meat and eggs", "Dry beans, split peas, lentils and soya", "Milk, maas and yoghurt", "Water" and "Fats". Both children and adults should eat food from all the food groups, in different portions and different quantities of portions every day. Lets have a look at the food group: FRUIT AND VEGETABLES.

Fruits and veggies are packed with vitamins and minerals with the added benefit of being fibre rich, which is crucial for our digestive health. These soldiers come in almost any colour of the rainbow. So go on, brighten up your plate with some red, orange and dark green vegetables such as tomatoes, sweet potatoes and broccoli to stay healthy and fit!



Here are some tips to keep your diet colourful and filled with fruit and veggies:

- ✓ The best ways to cook veggies are to steam it or to make it part of a stew or stir fry. Valuable vitamins in vegetables can go down the drain if you boil them in a big pot of water for a long time
- ✓ Some veggies taste great when eaten raw like mangetout, tomatoes, carrots, cucumber and tomatoes
- ✓ Make sure veggies take up at least half of the space on your plate
- ✓ Fruits are great snacks in-between meals to keep your tummy from rumbling
- ✓ Save yourself a trip to the green grocer, plant some fruit and veggies in your own garden
- ✓ Save money by buying fruit and veggies that are in season
- ✓ Remember to ALWAYS rinse all fruits and veggies before you cook and eat them
- ✓ Try interesting new ways to include fruit and veggies in your daily meals, like colourful fruit- or veggie skewers; grated apples or bananas in muffins for lunchboxes and fruit smoothies for snacks and desserts

A day's worth of Fruit and Vegetables for the whole family:

Here are some ideas on how you can include fruit and veggies in your daily diet!

BREAKFAST

Berries, grated apple or banana with your porridge

SNACK

Baby carrots, mangetout or baby corn with cottage cheese

LUNCH

Tomato, peppers and lettuce with your afternoon sandwich

Oven baked sweet potato chips as a yummy side dish

Grapes

DINNER

Tomato-based pastas

Colourfull roasted veggies or stir fries

Fruit smoothies for dessert

Fruit and veggies portion sizes:

5 Make sure you eat **5 portions** of fruit and veggies a day.

ONE PORTION =

- 1 cup of RAW salad **OR**
- ½ cup of cooked veggies **OR**
- 1 fruit the size of a tennis ball **OR**
- ½ cup chopped fruit **OR** ½ cup of pure fruit juice



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Food groups information sheet

Starchy foods



Starchy foods are “fuel foods” that fill up our stomachs and give us energy. Bread, rice, porridge and potatoes are all starchy foods composed of mostly the nutrient carbohydrates.

Although starchy foods are the basis of many of our meals, these foods should be eaten in moderate amounts. Team up starchy foods with plenty of veggies and foods from the other food groups.

Here are some tips and tricks on how to make starchy foods part of a healthy diet:

- ✓ Choose wholegrain starches like brown rice and whole wheat bread because it contains more fibre to help your food move along through your body.
- ✓ Avoid eating too much ultra- processed starchy foods like bread and pasta. Choose starches in their most natural occurring form such as potatoes, corn and rice, which naturally contains fibre and minerals.
- ✓ Limit starchy foods with added fat, sugar or salt such as sugar coated breakfast cereals and convenience snack noodles.

Wholegrains include:

Barley, Buckwheat, Millet, Oats, Quinoa, Rye, Sorghum, Teff, Whole Wheat, Brown rice, Wild rice and Bulgur.



Starchy foods portion sizes:

5

5 portions of starchy foods for woman and 7 for men a day.

ONE PORTION =



1 slice of bread **OR**



½ cup cooked soft porridge **OR**



3 heaped tablespoons of dry maize meal powder **OR**



1 medium size potato **OR**



½ cup cooked rice/pasta/samp/cut corn **OR**



2 cups of popcorn

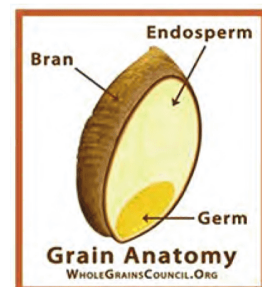


Starchy foods: The villain or the hero?

Starchy foods, also referred to as grains, are often blamed for the high obesity rates amongst both children and adults. Reality is, excessive intakes of refined starchy foods together with sedentary behaviour, another problem of our time, can lead to weight gain. However, grains should not be eliminated from the diet completely, due to some grains' B-vitamin and mineral content. Starchy foods are generally affordable, energy dense and the staple foods in many developing countries. Thus many starchy products in South Africa are also fortified with those vitamins and minerals often lacking in the diet of consumers with little money to spend on food.

The goodness of whole grains

A “whole grain” refers to the entire grain still in its original form. The bran, germ and endosperm of the grain have not been removed, unlike refined, processed grains. This gives whole grains a darker, brown, colour. Whole grains are higher in nutrients and fibre.



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Food groups information sheet

Milk, Maas and Yoghurt



Milk, maas and yoghurt, also simply known as “the dairy group” and consist of delicious and nutritious foods.

Milk is the primary ingredient of all dairy foods and contains a wide variety of essential nutrients such as protein, vitamin A, riboflavin, vitamin B 12 and calcium. Our bones and dental health rely on calcium while vitamin A promotes good vision. Furthermore, the proteins found in milk are considered a good quality protein because it supplies all the needed amino acids which the body can't produce by itself. Luckily it is easy to include dairy in your daily diet. Dairy products are usually conveniently available in a “ready to consume” form, like yoghurt cups and cheese triangles.

Scientific snippet:

Science has proved that beyond maintaining bone health, eating dairy regularly seems to assist with cardiovascular health and weight control. The consumption of dairy also had positive outcomes on metabolic syndrome and hypertension.









Source: Steijns JM, International Dairy Journal 18:425-435.

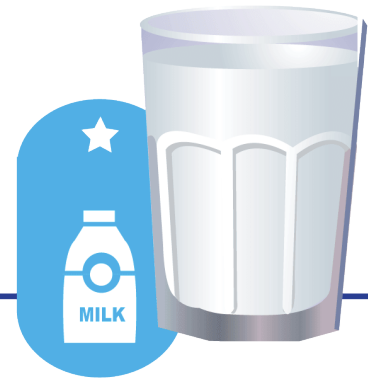


Milk, Maas & Yoghurt portion sizes:

2 2 portions of milk, maas or yoghurt a day.

ONE PORTION =

-  1 cup of milk **OR**
-  40g of cheese **OR**
-  200ml yoghurt **OR**
-  275ml cottage cheese **OR**
-  40g processed cheese **OR**
-  250ml flavoured milk **OR**
-  200ml Amasi **OR**
-  200ml drinking yoghurt



Some Dairy MYTHS busted:

“You cannot consume any dairy products if you are lactose intolerant”

FALSE: Most people with lactose intolerance can consume up to 2 cups of milk per day, you just need to find your threshold of tolerance. True milk allergies are very uncommon, only about 1% to 3% of young children experience cow's milk allergy and usually outgrow it by the age of three. In adults the incidence is even lower.

“If I can get my calcium through supplements and fortified foods why should I bother with milk products?”

BECAUSE: Milk contains a variety of important macro and micro nutrients apart from calcium, including calcium, protein, magnesium, phosphorus, zinc and vitamin A and vitamin D. More importantly all these nutrients are available in absorbable form. Fortified foods and supplements don't come close to providing the unique “package of nutrients” that dairy products offer.

“One should not include dairy in a weight reduction diet”

FALSE: Dairy has been found to have a beneficial effect on weight loss. Dairy not only facilitates weight loss when it forms part of an energy-restricted diet but also appears to maintain lean tissue in overweight people on weight loss diets. Consumption of calcium from dairy is also linked to lower body weight but also to lower percentages of total body fat and fat in the abdominal area.



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Food groups information sheet

Fish, chicken, lean meat and eggs



Fish, chicken, lean meat and eggs, also referred to as “animal source foods” are excellent contributors of important nutrients in the diet.

Next to water, protein makes up the greatest proportion of our body weight. Animal source foods provide “complete proteins”, meaning proteins made up of amino acids our bodies cannot synthesise by itself. These proteins build lean muscles, keep our immune systems strong and recover damaged body cells. Animal source foods also have satiating properties, keeping us fuller for longer.

Fish, chicken, lean meat portion sizes:

2 2 portions of fish/chicken/lean meat/eggs a day.

ONE PORTION =



1 piece of meat the size of a deck of cards **OR**



1 large piece of fish **OR**



1 matchbox size piece yellow cheese **OR**



2 large eggs **OR**



1 small can of pilchards

Scientific snippet:

Animal food sources tend to be rich in the nutrients that are often in short supply from what we eat. These include the minerals iron and zinc.

Although these nutrients are also present in many cereal foods, they have a lower bioavailability. Bioavailability means the extent to which the nutrient can be absorbed in the body.

Beef



Beef is a very popular animal source food in South Africa. The fat content of beef carcasses has decreased significantly from 32% in 1949 to 13% in 1991. It is also important to trim off the visible fat from your beef portion to keep fat intake low.

Lamb & Mutton



Lamb and Mutton are tasty red meat packed with nutrients. Lamb dishes have earned its place in healthy, balanced diets of many South Africans, contributing significant amounts of zinc and iron to the diet. When trimmed, lamb and mutton meat contains less than 10% fat of which 47% are good fats making it a healthy, nutrient dense animal source food.

Offal



Also known as “the fifth quarter”, offal products are the bits and pieces of the carcass such as the tongue, trotters, kidneys, liver and intestines. In general, offal compares well with other lean meats and in some cases offal products are even richer in iron and the B vitamins. Liver contains plenty of vitamin A and iron, while kidneys are packed with B vitamins. Offal is an economical animal food source available at many supermarkets and butchers, often already cleaned and ready for cooking.

Chicken



Lean chicken meat is a great source of protein. Most of the fat and skin can easily be removed before eating, leaving you with tasty, succulent meat! Deep frying chicken with the skin on or dipped in a batter can make this food choice high in fat! Stick to roasting, stewing or steaming chicken to make it a healthy animal source food choice in your diet.

Fish



Fish supplies good quality proteins as well as healthy fatty acids necessary for development of the brain. Fish should be an important part of the diet, especially when it comes to the diet of infants, young children and pregnant woman. Fish options are conveniently available in tins such as sardines, pilchards and tuna. Fresh fish should be baked, steamed or pan fried rather than deep fried, to keep it a healthy and nutritious.

Pork



Pork is an economical source of proteins and other vitamins. Bacon and ham are well known pork products and classic favourites for many people. However, limit the use of processed meat products such as ham and polony as it may be high in some nutrients such as fat and salt. South African pork is bred to be leaner than in many other countries. Most of the fat found in fresh pork are visible, outside fat and thus easy to remove.

Eggs



Eggs are an affordable, nutrient dense source of energy. Eggs are widely available, extremely versatile and easy to cook. In past years the consumption of eggs has been blamed for some health problems like high cholesterol and cardiovascular disease. However these accusations have been proved wrong by many research studies. In fact, eggs are now being associated with satiety, good weight management and better diet quality.



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Food groups information sheet

Dry beans, split peas, lentils and soya



Like fish, chicken, lean meat and eggs, the foods in this group, often referred to “legumes” or “pulses” contain significant amounts of protein.

This food group is extremely important for vegetarians, who choose to exclude animal source foods from their diet and thus have to rely on plant food sources for proteins and other important micronutrients. However the proteins in dry beans, split peas, lentils and soya are different from those found in fish, chicken, lean meat and eggs. These proteins are called “incomplete proteins”, which means it doesn’t contain all the essential amino acids our bodies need from food. Luckily each legume and pulse contains a different combination of amino acids Planning meals carefully to include the correct balance and variety of these legumes one can include the correct mix of amino acids in the diet.

Scientific snippet:

Dry beans, split peas, lentils and soya are packed with dietary fibre, which is extremely important for digestive tract health. It is also a good source of soluble fibre which helps maintaining healthy cholesterol levels.




B stands for Beans, which are good sources of water soluble B-vitamins, especially thiamine (B1), riboflavin (B2), niacin (B3) as well as folate (B9), an important vitamin for women of child bearing age.



Dry beans, split peas, lentils and soya portion sizes:

2 2 portions of dry beans, split peas, lentils and soya a day.

ONE PORTION =

-  ½ cup TINNED baked beans **OR**
-  ½ cup of COOKED lentils **OR**
-  ½ cup of COOKED dry beans



On today's legume menu:

Legumes are extremely versatile, nutritious and often the main ingredient to various ethnic dishes around the world. Dare to try some of these exotic dishes made from legumes!

Chick peas: These tan coloured irregularly shaped beans are popular for its use in the Mediterranean spread “Hummus” and mid-eastern vegetarian treats “Falafels”. Chick peas are also great to add to salads and stir fries or for stuffing wraps and pita breads.

Kidney beans: Kidney beans come in many shades of red and pink with cream coloured flesh. The red kidney bean has a strong flavour and is an indispensable ingredient in the old favourite comfort food dish “Chilli Con Carne”. Dry kidney beans needs to be soaked properly before adding it to raw ingredients for cooking. Luckily pre-soaked canned kidney beans are easily available from retailers and are great, economical protein boosters for soups, stews and mince tacos.

Cannellini beans: Although lighter in colour and flavour the preparation and use of cannellini beans are similar as kidney beans. Cannellini beans are the main ingredient in the traditional Italian “Pasta e Fagioli”, which is pasta and bean soup. Cannellini beans are also available in dried and canned form.

Lentils: Lentils are smaller and less pungent than beans and peas, but famous for its use in the very hearty, flavoursome Eastern “Dahl” soup. It adopts the flavour of whatever is added to it perfectly. Unlike most other legumes, dry lentils do not need to be soaked before they are cooked; it can simply be added together with other raw ingredients before cooking.

Soybeans: The soybean is a nutritional powerhouse and is extremely versatile. The bean itself is very hard when dry and needs to be soaked for a long time before it can be cooked. Popular soy products available include soy milk, soy cheese and the popular vegetarian product “tofu”.



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Food-based Dietary Guidelines for South Africans

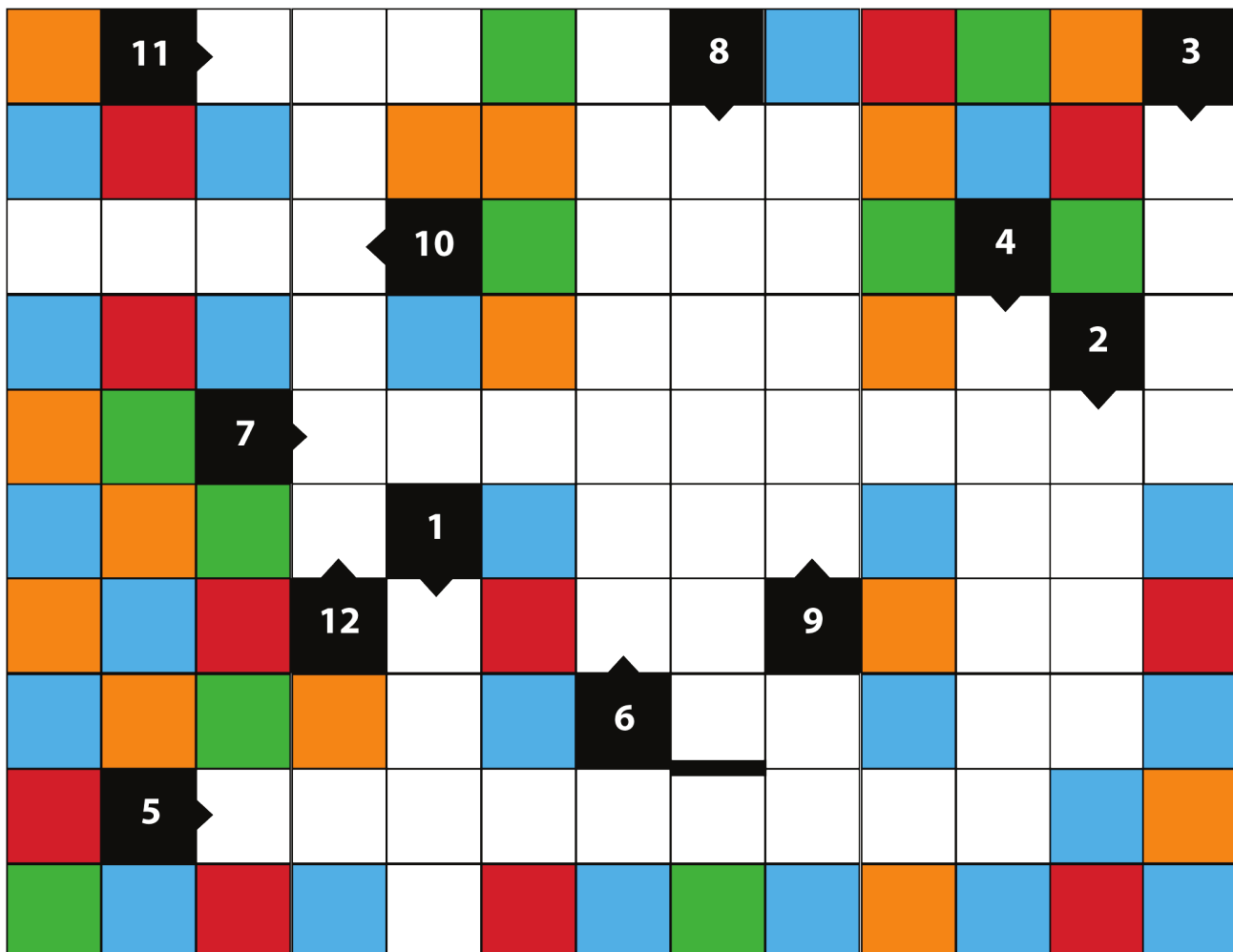


DOWN:

1. Fish, chicken, ___ meat...
2. ...or ___ can be eaten daily
3. Have milk ___ or yoghurt every day
4. Drink ___ of clean, safe water
6. Enjoy a ___ of foods
8. Eat dry beans, split peas, ___ and soya regularly
9. Use ___ and food and drinks high in ___ sparingly
12. Be ___

ACROSS:

5. Use salt and food high in salt ___
7. Eat plenty of fruits and ___ every day
10. Make starchy foods part of ___ of your meals
11. Use ___ sparingly, choose vegetable oils rather than hard ___ products



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Answers: 1. LEAN; 2. EGGS; 3. MAAS; 4. PLENTY; 5. SPARINGLY; 6. VARIETY; 7. VEGETABLES; 8. LENTILS; 9. SUGAR; 10. MOST; 11. FAT; 12. ACTIVE






Fruits and veggies are **FUN FUN FUN!**

Fruits and veggies come in many colours of the rainbow!! Eating a variety of colours a day keeps you healthy and strong! Write or draw **AT LEAST 4** fruit and/or veggies in the right colour block below.



- What is your favourite purple/pink veggie? _____
- What is your favourite purple/pink fruit? _____
- What is your favourite green veggie? _____
- What is your favourite green fruit? _____
- What is your favourite yellow veggie? _____
- What is your favourite yellow fruit? _____
- What is your favourite orange veggie? _____
- What is your favourite orange fruit? _____
- What is your favourite red veggie? _____
- What is your favourite red fruit? _____



Colour the rainbow above according to the fruit and veggies colours you have eaten today and yesterday.

Is your rainbow colourful enough?





Know your food groups

Can you find the words missing from the blackboard below? (*Hint- Do you know your 7 food groups?*)



1. Vegetables and ____
2. ____ foods such as rice and porridge
3. ____, ____, lean meat or ____
4. Milk, ____ or ____
5. Dry ____, split ____, lentils and ____
6. Clean, safe ____
7. Oils and ____

Q K X B A C D V S O S D Y
 S O C S F R U I T U F R O
 F E R F W X H X B E A N S
 R S T A R C H Y A F V E A
 T R Y R H C A O E W X W G
 Y I O P E A S G D M A A S
 A F P I E T D H R H O T Q
 Y I A R I Y R U P J D E O
 U S S V L O P R E E S R T
 B H W H S P E T R I O X E
 J L Q A D A R S V L Y C G
 L M C H I C K E N S A R G
 S A V U F W H D A F A T S

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Answers: 1. Fruit; 2. Starchy; 3. Fish, Chicken, Eggs; 4. Maas, Yoghurt; 5. Beans, Peas, Soy; 6. Water; 7. Fats





TOP 10 REASONS TO

Love Lean

S.O.U.T.H A.F.R.I.C.A.N

LAMB AND MUTTON



1 A nutritional powerhouse, with **14 ESSENTIAL NUTRIENTS** plus energy

2. An **EXCELLENT SOURCE** **HIGH QUALITY** **PROTEIN** for muscle growth and repair

3. A **LEAN CHOICE:** the fat content of trimmed, lean lamb and mutton is similar to chicken and fish



4 One of the best source of **IRON**, needed by every cell in your body

#5

Packed with **B VITAMINS** for energy and healthy brain function



6

An excellent source of **ZINC**, to support a strong immune system

7.

A **ENERGY-WISE, PROTEIN-RICH** choice for achieving a healthy weight



8

Part of a **HEART HEALTHY** diet



#9

Real food, recommended as part of **EATING WELL WITH THE SOUTH AFRICAN FOOD-BASED DIETARY GUIDELINES**



10

FLAVOUR and **SATISFACTION** your whole family will love



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Lamb and Mutton South Africa



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Red meat

for healthy children



1

Nutrients can be grouped as:

Nutrients that provide energy
Energy is the fuel for our bodies – almost like the fuel for a car!
Nutrients that provide energy include protein, carbohydrates and fat.

2

Nutrients that build
Our bodies are made up of millions of cells, similar to the bricks in a house. All the different systems in your body need different nutrients to build these cells, for instance, your muscles need protein and your blood needs the mineral, iron.

3

Nutrients that protect
Our bodies have soldiers that keep us protected and healthy. These soldiers include nutrients such as vitamins and minerals. There are many different types of vitamins, like vitamin A, B-complex and C, and also several minerals, including iron and zinc.

Red meat, like South African lamb and mutton, contains many nutrients such as protein, vitamins and minerals:



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Red meat contains many more essential nutrients. To learn more about these nutrients, and the other health benefits which South African lamb and mutton has to offer, visit www.healthymeat.co.za

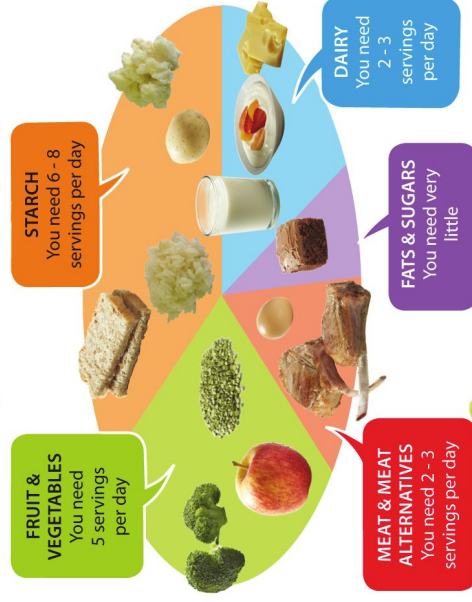
SOUTH AFRICAN LAMB AND MUTTON

Nutrients are found in food and they are the substances that keep your body healthy, strong and full of energy! There are six essential nutrients that your body needs on a daily basis:

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water

Essential nutrients cannot be made in your body, and needs to be ingested through the food we eat. Different foods provide different types and amounts of these essential nutrients

To get enough of all the different types of nutrients, we need to eat a wide variety of foods every day:



PROTEIN

- is one of the main building blocks of your body
- builds and repairs your muscles
- is a source of energy
- helps to keep your skin, hair and nails healthy

VITAMIN B-COMPLEX

- helps your body to use the nutrients (protein, carbohydrate and fat) for energy
- regulates your energy levels
- plays an important role in the production of your red blood cells which transport oxygen through your body
- helps you to concentrate and improves your memory

ZINC

- is an important soldier in your immune system to help your body fight off infections
- helps with wound healing
- helps to keep your skin, hair and nails healthy

IRON

- carries oxygen from your lungs to your brain and muscles
- helps to build a healthy immune system, which helps your body to fight infections