

RED MEAT & NUTRITION

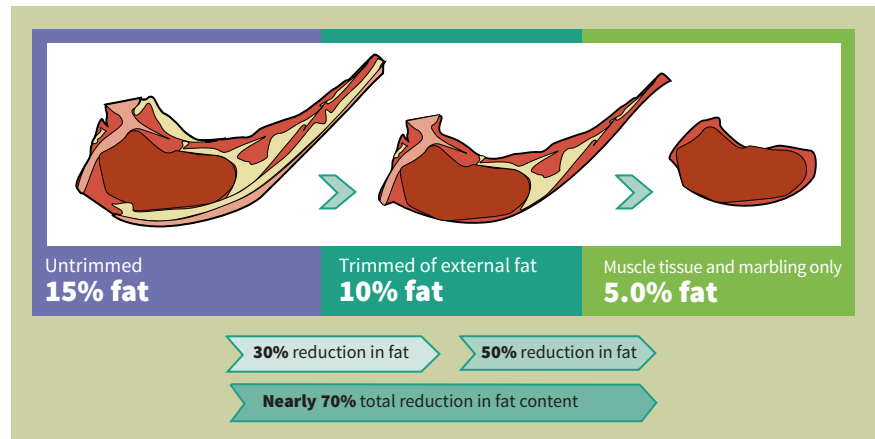
Trimming makes the difference

Lean South African lamb and mutton, trimmed of subcutaneous (external) fat, contains less than 10% fat and can be included as part of a healthy, well-balanced diet. Lean South African lamb and mutton compare favourably to other South African animal products, including lean white meat such as chicken without skin.

Comparison of the fat content of trimmed (lean) and untrimmed animal products ^{1,2,3}

Food (100g, cooked)	Fat (g)
Trimmed	
Lamb, leg, roasted, lean	7.7
Lamb, loin, roasted, lean	7.8
Lamb, shoulder, braised, lean	9.9
Mutton, leg, roasted, lean	7.2
Mutton, loin, roasted, lean	9.8
Mutton, shoulder, braised, lean	8.7
Chicken, dark meat, roasted, without skin	9.8
Chicken, dark meat, boiled, without skin	9.7
Chicken, white meat, roasted, without skin	3.6
Chicken, white meat, boiled, without skin	4.1
Pork, loin, braised, lean	8.3
Untrimmed	
Lamb, leg, roasted, untrimmed	11.7
Lamb, loin, roasted, untrimmed	20.9
Lamb, shoulder, braised, untrimmed	15.8
Mutton, leg, roasted, untrimmed	10.1
Mutton, loin, roasted, untrimmed	25.4
Mutton, shoulder, braised, untrimmed	11.3
Beef, rump, roasted, untrimmed	14.4
Beef, prime rib, roasted, untrimmed	18.0
Beef, shoulder, braised, untrimmed	8.2
Chicken, meat and skin, boiled	12.6
Chicken, meat and skin, roasted	13.0
Pork, loin, grilled, untrimmed	13.9
Pork, thick rib/breast, braised, untrimmed	25.4

EFFECT OF TRIMMING ON THE FAT CONTENT OF SOUTH AFRICAN LAMB AND MUTTON



Trimming has a major impact on the fat content of both raw and cooked meat cuts

- ✓ Many butchers trim the subcutaneous fat layer from the cut before selling it to the consumer.
- ✓ Many consumers trim the subcutaneous fat layer at home prior or after cooking
- ✓ If consumers choose not to eat any visible fat, only the muscle tissue is consumed

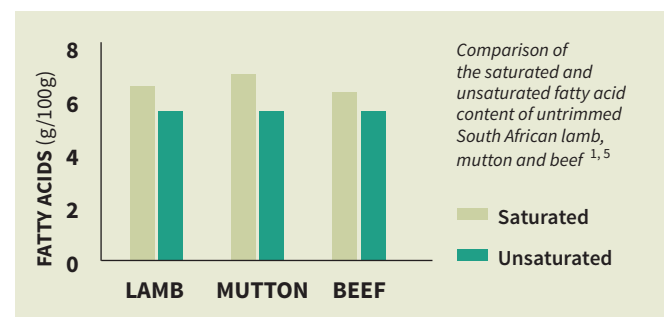
Similar to the removal of the skin from chicken, removal of the subcutaneous fat layer of meat cuts significantly reduces the fat content of red meat.

Recommendation:

Treat subcutaneous fat on meat in the same way as peeling an orange

What about the type of fat?

- ✓ Despite common reference to animal fats as 'saturated', red meat contains both saturated and mono- and polyunsaturated fats.
- ✓ Nearly half of the fats in untrimmed South African lamb and mutton are healthy mono- and polyunsaturated fatty acids.
- ✓ South African lamb and mutton (more than 80% of these animals are raised naturally on the veld) are natural sources of Conjugated Linoleic Acid (CLA). Research suggests that CLA may protect the body against cancer and heart diseases and reduce cholesterol levels (Riserus et al, 2001). ⁴



REFERENCES

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. Wolmarans P, Danster N, Dalton A, Rossouw K, Schönfeldt H. 2010. Condensed Food Composition Tables for South Africa. Medical research council. Cape Town. 3. Schönfeldt, H.C., Van Heerden, S.M., Van Niekerk, J.M, Visser, R.E. & Heinze, P.H. 1998. The nutrient content of South African fresh and frozen chicken. ARC-Animal Nutrition and Animal Products Institute, Irene. ISBN 0-620-22682-X. 4. Riserus, U., Berglund, L., & Vessby, B. 2001. Conjugated linoleic acid (CLA) reduced abdominal adipose tissue in obese middle-aged men with signs of the 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. 5. Schönfeldt, H.C. & Welgemoed (1996). Composition of South African beef.