

AUSSIE BEEF AND LAMB

Our red meats are naturally rich in protein, low in sodium and provide eight essential vitamins and minerals. Aussie Beef & Lamb promise combines the integrity of our farmers and our rigorous processes to consistently produce some of the highest quality beef and lamb available for a leaner, healthier red meat.

Reduces fatigue and keeps you energised

- Iron
- Phosphorus
- Niacin
- Vitamins B6
- Riboflavin
- Vitamins B12

Helps with normal cognitive function

- Iron
- Vitamins B6
- Niacin
- Vitamins B12
- Zinc

Keeps bones healthy and helps with growth

- Protein
- Phosphorus
- Zinc

Regulates your nervous system

- Niacin
- Vitamins B6
- Riboflavin
- Vitamins B12
- Potassium

Maintains a healthy Immune System

- Iron
- Vitamins B6
- Zinc
- Vitamins B12

Builds and maintains normal muscles

- Protein



GOODNESS FOR THE WHOLE FAMILY



Iron-rich foods are recommended for the growth and development of children



Proteins which are rich in iron can help to prevent anemia.



Zinc helps with fertility and reproduction by maintaining testosterone levels in the blood



Eating red meat 3-4 times a week helps to meet your iron, zinc and protein needs



The heme-iron in red meat is the easiest type of iron for the body to absorb



Footnotes

1. Agriculture & Horticulture Development Board (AHDB), "ADHB Nutrition and Health Claims"
2. whfoods.com
3. aussiebeefandlamb.com.au
4. Mlahealthymeals.com
5. Webmd.com, "The Truth About Red Meat"
6. Goodmeat.com.au, "What are the nutritional benefits of red meat?"

