



## Fact sheet

- > **Fat:** A lean cut of 100% grass-fed free range lamb is 92% fat free.
- > **Protein:** A 3oz (85gm) portion of lamb provides over ¼ cup of protein, well over a third of your daily needs.
- > **Iron:** Lamb is twice as rich in iron as pork, three times as rich as chicken and six times as rich as fish.
- > **B Vitamins:** Lamb is a major dietary source of vitamin B12 and good source of B vitamins, niacin, vitamin B6 (pyridoxine), B1 (thiamine) vitamin B2 (riboflavin) and biotin.
- > **Cholesterol:** Lean 100% grass-fed lamb does not cause high blood cholesterol and can be included in a low cholesterol diet.
- > **Zinc:** Zinc is important for growth and reproduction, maintaining the body's immune system and for healing. Zinc is not widely distributed in foods but lamb does have a high zinc content.

|            | Men  | Women |
|------------|------|-------|
| Protein    | 33%  | 50%   |
| Iron       | 20%  | 12%   |
| Zinc       | 45%  | 45%   |
| D Vitamins | 50%  | 50%   |
| B Vitamins | 100% | 100%  |

|                         | Nutrient concentrations are given per 100g of the edible portion of the whole lean cut, excluding bone and waste   |          |       |       |                       |                         |                    |       |
|-------------------------|--|----------|-------|-------|-----------------------|-------------------------|--------------------|-------|
|                         | Rack Cap off<br>Frenched   | Shoulder | Leg   | Shank | Saddle/<br>Loin Chops | Sirloin/Rump<br>Cap off | Loin/<br>Backstrap | Flap  |
| Energy (kJ)             | 611  | 640      | 503   | 509   | 591                   | 505                     | 500                | 749   |
| Eneegy (kcal)           | 145  | 152      | 119   | 121   | 140                   | 120                     | 119                | 178   |
| Protein (g)             | 20.6   | 19.7     | 20.9  | 22.1  | 20.0                  | 21.7                    | 21.5               | 21.7  |
| Total Fat (g)           | 7.1  | 8.3      | 4.1   | 3.8   | 6.9                   | 3.8                     | 3.8                | 10.3  |
| Saturated Fat (g)       | 3.1  | 2.8      | 1.4   | 1.3   | 2.8                   | 1.3                     | 1.2                | 4.0   |
| Polyunsaturated Fat (g) | 0.3  | 0.4      | 0.3   | 0.3   | 0.4                   | 0.3                     | 0.2                | 0.4   |
| Omega 3 (g)             | 0.141  | 0.135    | 0.141 | 0.106 | 0.160                 | 0.133                   | 0.112              | 0.153 |
| Monounsaturated Fat (g) | 2.2  | 2.4      | 1.2   | 1.1   | 2.0                   | 1.0                     | 0.9                | 2.7   |
| Cholesterol (mg)        | 61.9   | 55.6     | 64.3  | 64.6  | 66.2                  | 65.3                    | 65.6               | 58    |
| Sodium mg               | 63   | 73       | 60    | 82    | 77                    | 82                      | 60                 | 87    |
| Iron (mg)               | 1.4  | 1.1      | 1.4   | 1.4   | 1.5                   | 1.5                     | 1.6                | 1.0   |
| Zinc (mg)               | 2.2  | 3.6      | 3.3   | 2.9   | 2.7                   | 3.3                     | 2.1                | 3.2   |
| Vitamin B12'(ug)        | 1.1  | 2.3      | 1.9   | 2.2   | 1.9                   | 2.1                     | 1.1                | 2.1   |
| Vitamin D3'(ug)         | 0.09   | 0.17     | 0.01  | 0.02  | 0.05                  | 0.02                    | 0.3                | 0.3   |
| Selenium (ug)           | 2.9  | 5.3      | 3.6   | 7.0   | 5.5                   | 4.4                     | 2.9                | 3.7   |
|                         | EXCELLENT SOURCE OF PROTEIN: Each cut contains at least 10g/serve.   |          |       |       |                       |                         |                    |       |
|                         | EXCELLENT SOURCE OF VITAMIN B12: Each cut contains at least 25% of the recommended daily intake for adults.  |          |       |       |                       |                         |                    |       |
|                         | SOURCE OF IRON: Each cut contains at least 10% of recommended daily intake for adults.   |          |       |       |                       |                         |                    |       |
|                         | SOURCE OF ZINC: Each cut contains at least 10% of recommended daily intake for adults.   |          |       |       |                       |                         |                    |       |
|                         | LOW SODIUM: Each cut contains less than 120mg/100gm.   |          |       |       |                       |                         |                    |       |
|                         | This nutritional information was obtained from search carried out by Massey University in New Zealand with the sample preparation and the analytical methods used based on accepted industry standards and overseas database requirements. |          |       |       |                       |                         |                    |       |