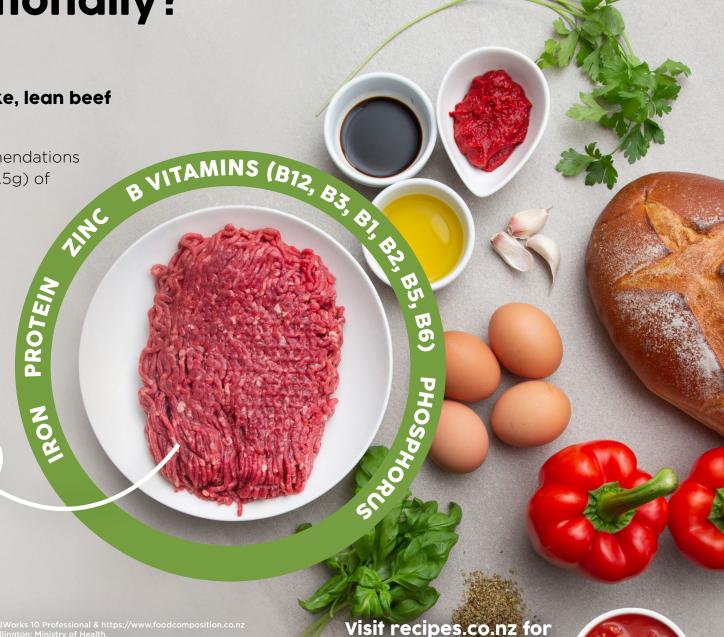
What does red meat bring to a meal nutritionally?

Popular with children and adults alike, lean beef mince is a go-to family favourite.

The Ministry of Health serving size recommendations includes a serve of red meat as $\sqrt[3]{4}$ cup (127.5g) of cooked lean mince per person.

- Fights fatigue & tiredness
- → Boosts immunity
- → Healthy hair & skin
- ✓ Muscle strength
- Strong nails and bones
- → Fertility
- ✓ Helps healing
- → Brain function
- Growth & development (for kids)



recipe inspiration

References: www.nrv.gov.au (Accessed 20 January 2020) | Nutrient data from: FoodWorks 10 Professional & https://www.foodcomposition.co.r Ministry of Health. 2015. Eating and Activity Guidelines for New Zealand Adults. Wellington: Ministry of Health. Food Standards Australia New Zealand. Food Standards Code. Schedule 4: Nutrition, health & related claims (Accessed January 2020) https://www.foodstandards.gov.au/code/Documents/Sched%204%20Nutrition%20and%20health%20claims%20v159.pdf