

# 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  $\frac{3}{4}$  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)

