



# Information for Health Professionals

## HEALTH CLAIMS AND BEEF

RICH SOURCE	SOURCE	APPROVED CLAIMS/ BENEFITS OF NUTRIENTS TO HEALTH
Niacin (Vit B3)		Niacin supports normal energy metabolism and contributes to normal psychological function and a normal nervous system. Niacin supports normal skin and plays a role in reducing tiredness and fatigue
	Vitamin B6	Vitamin B6 supports normal energy-yielding metabolism and helps the nervous system and immune system to work normally. Vitamin B6 supports normal psychological function and the normal formation of red blood cells and plays a role in reducing tiredness and fatigue.
Vitamin B12		Vitamin B12 supports normal energy-yielding metabolism and contributes to the normal function of the immune system. Vitamin B12 supports normal psychological function and the normal formation of red blood cells. Vitamin B12 also plays a role in reducing tiredness and fatigue.
Protein (naturally rich)		Beef is rich in protein. Protein contributes to the building and maintenance of normal muscles, as well as the maintenance of normal bones. Protein is also needed for the normal growth and development of children.
Zinc		Zinc supports normal cognitive function, fertility and reproduction. Zinc helps the immune system to work normally and contributes towards normal vision, hair, nails, bones and skin. Zinc also contributes to the maintenance of normal testosterone levels in the blood, helps the body metabolise a range of nutrients, including vitamin A, and has a role in the process of cell division.
	Iron	Beef is a source of iron. Iron supports normal energy-yielding metabolism and helps the immune system to work normally. Iron supports normal mental function and the formation of red blood cells and haemoglobin. Iron plays a role in reducing tiredness and fatigue and supports normal learning and cognitive development in children.
	Phosphorus	Phosphorus supports normal energy-yielding metabolism and contributes to the maintenance of normal bones and teeth. Phosphorus is also needed for the normal growth and development of children's bones.
	Potassium	Potassium helps the nervous system and muscles to work normally and contributes to the maintenance of normal blood pressure.
	Sodium	Beef is naturally low in sodium. Reducing consumption of sodium contributes to the maintenance of normal blood pressure.

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## ▶▶▶ NUTRIENT CONTENT OF LEAN BEEF

Based on average lean beef per 100g raw

Protein	23g
Fat	4.3g
Saturated Fat	1.7g
Energy	129kcal/542kj
Sodium	63mg (0.1575g)
Potassium	350mg
Phosphorous	200mg
Zinc	4.1mg
Niacin	5mg
Vitamin B6	0.53mg
Vitamin B12	2.0ug
Riboflavin	0.21mg
Iron	2.7mg



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