



Information for Health Professionals

HEALTH CLAIMS AND LAMB

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 also 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)		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	Helps form healthy red blood cells – key to transport oxygen around our bodies (so) Contributes/ helps the reduction of tiredness and fatigue Contributes to normal function of immune system and normal cognitive function The body better absorbs iron found in meat – known as haem- iron, than the iron found in plants known as non-haem iron.
	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.
	Pantothenic acid (lamb and pork specific so not in red meat chart)	Supports normal mental performance and normal energy-yielding metabolism, plus helps reduce tiredness and fatigue.
	Sodium	Lamb 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 LAMB

Based on average lean lamb per 100g raw

Protein	20g
Fat	8g
Saturated Fat	3.5g
Energy	153kcal/639kj
Sodium	70mg (0.175g salt)
Potassium	330mg
Phosphorous	190mg
Zinc	3.3mg
Niacin	5.4mg
Vitamin B6	0.3mg
Vitamin B12	2.0ug
Pantothenic Acid	0.92mg
Iron	1.4mg



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www.redmeathub.wales

