

Raw, fully trimmed and lean red meat contains less fat than you think



Contrary to popular belief, lean red meat can play a positive role in weight loss and weight maintenance programmes, with its higher energy density helping you feel fuller and reducing the need for snacking.

LOOK FOR LOWER FAT & SATURATED FAT CONTENT



KEEP IT LEAN



TRIM THE FAT



GET RID OF EXTRA MELTED FAT



GRILL RATHER THAN FRY

When choosing ingredients and cooking red meat



AVOID EXTRA OIL

