

Lean red meat helps keep people of all ages healthy, with studies showing shortages in...

Infants and pre-school children

Low in VitA, VitD, iron and zinc.



Preadolescence

Low in VitA, magnesium iron and zinc. Boys have a better intake of iron and thiamine than girls.



Teenagers

Low in VitA, VitD, magnesium, iron, zinc, selenium and potassium.



19 to 50 years old

Female diets fall short in magnesium, iron and zinc.



Pregnant women

Low in calcium, magnesium and iron.



50 to 74 years old

Low in magnesium, zinc and potassium.



75 and beyond

Intake of magnesium, zinc and potassium are below recommended nutrient intake.

