



Healthy Recipes

Red Meat & Nutrition

Red Meat & Healthy Eating

Red Meat and Nutrition: A Consumer Guide



Sioned Quirke



I'm Sioned Quirke, a Specialist Dietitian who has been helping people change their diet and lifestyles for over 15 years.

I hope this booklet will help you understand the nutritional content of red meat and how it can easily be incorporated into your diet.



Red meat (beef, lamb and pork) has been a hot topic for discussion in the media for years and it can get quite confusing about what to believe. There is a lot of conflicting information out there.

Let's start with some good and simple news - red meat such as Welsh Lamb, Welsh Beef and pork produced in Wales can be enjoyed as part of a healthy balanced diet.

This booklet aims to inform you about the nutritional content of red meat as well as give you hints and tips about how to include red meat as part of a healthy, balanced diet.

The Nutritional Value of Red Meat is Impressive

Red meat contains a range of beneficial nutrients including protein, healthy fats, vitamins, and minerals that are essential for good health throughout life.

Not only is red meat rich in essential nutrients but the quality of the nutrients means that the body can use them very effectively and efficiently compared to other sources.

It's not surprising that no single food contains all the nutrients we need for good health, so try to eat a wide variety of different foods each day as outlined in the government healthy eating model – the **Eatwell Guide**.

This guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



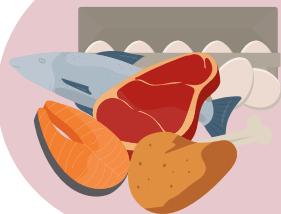
Eatwell Guidelines

Most of us still are not eating enough **FRUIT AND VEGETABLES**. They should make up over a third of the food we eat each day. Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.



STARCHY FOODS should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. There are also higher fibre versions of white bread and pasta.

MILK, CHEESE, YOGHURT AND FROMAGE FRAIS are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy. Choose lower-fat and lower-sugar products where possible.



MEAT, BEANS, PULSES, FISH and other proteins are not only excellent sources of protein but also vitamins and minerals. Choose lean cuts of meat and mince and eat less red meat if you exceed the recommended intake and reduce your intake of processed meat. Aim for at least 2 portions of fish every week, 1 of which should be oily, such as salmon or mackerel.

Red Meat and Healthy Eating

Red meat is so versatile and delicious and can be enjoyed as part of a healthy balanced diet and we can make easy adjustments to make sure we choose healthy options.

Here are some quick and simple tips you can incorporate into your home cooking for healthier meals...

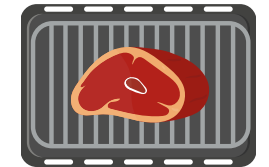
1 Cut off any visible fat and rind before cooking. The skin and rind contain more fat than the meat itself. It's important to cut it off before cooking rather than after cooking as the fat can melt into the meat as it's cooking.



2 Grill meat rather than frying or roasting. For example, trimmed pork chops that have been grilled contain around one-third the fat of roasted untrimmed chops, while a lean grilled rump steak contains about half the fat of fried rump steak with the fat.



3 If you are roasting meat, place it on a metal rack above a roasting tin so that the fat can run off and it can be skimmed off, leaving tasty meat juices to make your delicious gravy!



4 Did you know that you also don't need to add extra fat or oil when cooking meat and you can drain off any fat while cooking when making dishes that use mince.



5 Stir-frying is also a great way of cooking meat as very little oil is used and as it cooks within minutes the vegetables remain crunchy and retain their goodness. Try our Welsh Lamb Stirfry recipe on page 12.



6 When making casseroles skim off the fat on the surface before serving.

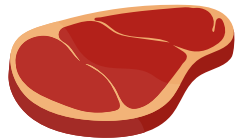


Red Meat and Healthy Eating

Top Tips for Buying Red Meat

1 Choose red meat that is not processed, as it's processed meat that has the most detrimental impact on health as it's higher in saturated fats and salt. If you do wish to buy processed meat, look for the product with the highest meat content and less additives.

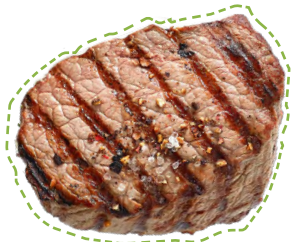
2 If you're buying pre-packed meat, check the nutrition label to see how much fat it contains and compare products, for example, when buying mince the percentage fat content can vary between 20% fat to 5% fat.



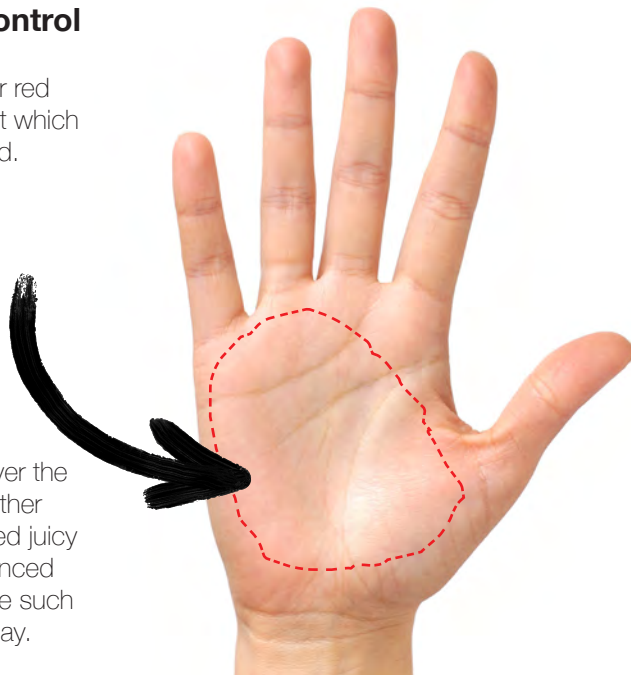
3 Buy the leanest cuts you can afford, if buying fatter cuts follow our tips on healthier cooking methods on page 5.

Red Meat and Portion Control

The recommended portion size for red meat is 70g a day of cooked meat which is the size of the palm of your hand.



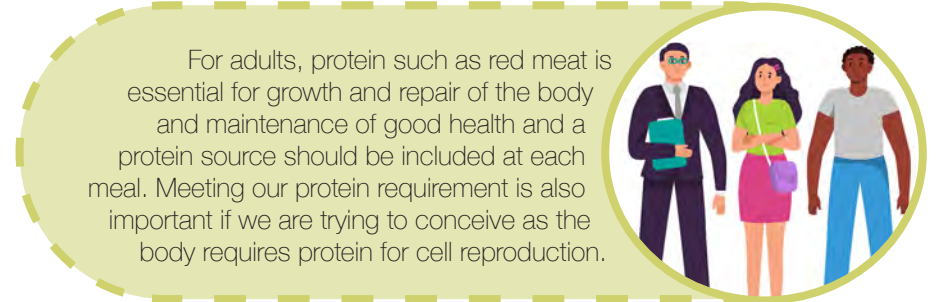
This works out as around 500g over the course of a week per person, in other words, it's fine to enjoy a lean grilled juicy steak one day, as long as it's balanced by having a different protein source such as fish, poultry or lentils the next day.



How eating red meat can be beneficial at each stage of life:



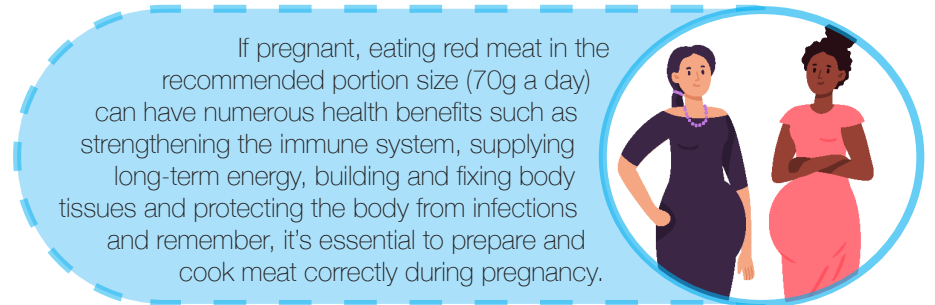
During infancy and childhood, nutrient requirements are high due to the rapid rates of growth and development. Including red meat as part of the diet can make sure that children get enough key nutrients such as iron, zinc, vitamin A and vitamin D. Following a baby-led weaning approach is a great way to incorporate red meat into their diet from an early age.



For adults, protein such as red meat is essential for growth and repair of the body and maintenance of good health and a protein source should be included at each meal. Meeting our protein requirement is also important if we are trying to conceive as the body requires protein for cell reproduction.



For older adults, high quality protein such as that in unprocessed red meat is essential for cognitive as well as physical function.



If pregnant, eating red meat in the recommended portion size (70g a day) can have numerous health benefits such as strengthening the immune system, supplying long-term energy, building and fixing body tissues and protecting the body from infections and remember, it's essential to prepare and cook meat correctly during pregnancy.

Red Meat and Nutrition

Let's take a quick tour of the nutritional benefits of incorporating red meat into your diet.

Red Meat and Iron

Iron is a mineral which is required by the body for several different roles including making red blood cells which carry oxygen around the body and maintain a healthy immune system.

Teenagers, women, pregnant women and older adults are at high risk of not getting enough iron which can lead to iron deficiency anaemia and leave us feeling tired, weak and irritable.



Did you know?

Iron requirements for teenage girls and adult women (19-50yrs) are 14.8mg and 8.7mg a day for men. This requirement is higher during pregnancy and decreases to 8.7mg a day for women over 50yrs.

Animal-based iron sources, such as red meat, are particularly rich sources of iron and are referred to as 'haem iron' sources and this means it's easier for the body to absorb the iron from haem sources than from plant-based sources (known as non haem iron).

'Haem iron' can increase the absorption of 'non haem iron'. Therefore, to improve your iron status it can be beneficial to eat, red meat alongside green leafy vegetables.

Have a go at making our delicious Welsh Beef chilli recipe on page 13. It's a bit different to your usual chilli con carne recipe as it uses lean, trimmed diced beef instead of mince! Adding pulses like kidney beans to a dish increases the fibre, iron and protein content and as explained above the iron in the beef helps the absorption of the iron from the kidney beans.

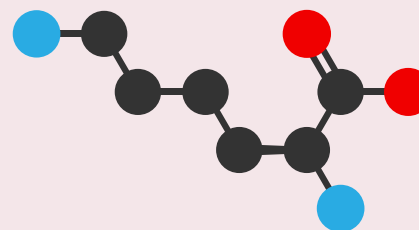
Red Meat and Protein

Protein is an essential nutrient and is incredibly important for our health as it encourages muscle mass and the growth and repair of all our cells.



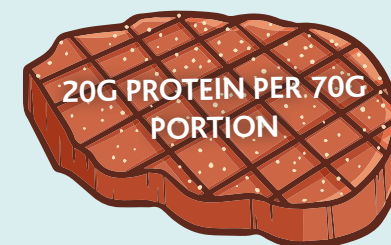
Protein-rich foods tend to make us feel fuller than foods high in carbohydrates or fat, so including a lean source of protein with a meal can help to minimise feelings of hunger and decrease our overall energy intake which can help us manage our weight and reduce the need to snack between meals.

We all need protein in our diet, and if you do endurance sports or a lot of weight training you may benefit from increasing your protein intake as you will be building and restoring your muscle mass. Studies also suggest that as we get older we could benefit from eating more protein because it can help minimize muscle loss associated with ageing.



The protein in red meat has a **'high biological value'** and is also classed as a complete protein. This means it contains all the essential amino acids needed by the body and the body can absorb and use it very efficiently and effectively compared to other sources.

It's advised that we have around 56g of protein a day for men and 45g a day for women and one 70g portion of cooked red meat can contain on average 20g of protein which packs quite a punch!



Red Meat and Fat

Fat – good or bad? It can be confusing about what to believe.

The first thing to note is that fat is an essential part of the diet, fats provide essential fatty acids which the body can't make therefore must be supplied by the diet. Fats also carry fat soluble vitamins such as Vitamin A, D, E and K and is a source of energy.

There are 2 main types of fat: SATURATED and UNSATURATED

Saturated fats are mainly found in animal products and processed foods. Saturated fat is considered less healthy as it can raise cholesterol levels. Unsaturated fats are generally found in plant foods and in lean red meat, and can either be polyunsaturated or monounsaturated. There is good evidence to suggest that unsaturated fat can help lower cholesterol levels.

Saturated Fats

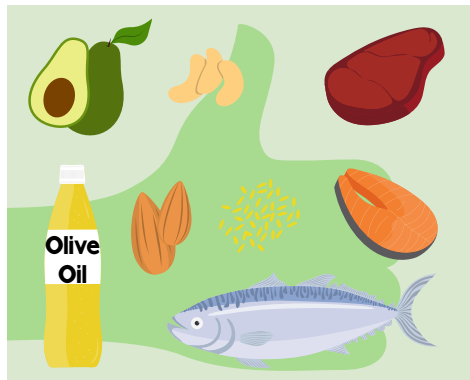


Red meat contains a mixture of saturated and unsaturated fat. To help you reduce your intake of saturated fat, it's really important to consider the cut and the type of meat, leaner cuts and non-processed meats will have significantly less fat and remember to follow our cooking tips!

In terms of how much fat we need the Reference Nutrient Intake is 70g of fat per day for women and 95g for men per day in adults. Saturated fat should not exceed 20g per day for women and 30g for men.

Omega 3 fats are a type of polyunsaturated fat and are often called 'essential' fatty acids as the body cannot make enough. Generally, the UK diet is low in omega-3 and this is why we're encouraged to eat one portion of oily fish per week, however grass fed red meat, such as Welsh Lamb, can also contribute to our intakes and is a valuable source for those who eat little or no oily fish.

Unsaturated Fats



Did you Know?

On average fully trimmed raw lamb contains just 8% fat, beef 5% and pork 4%.

8%



5%



4%



And there's more.....

Lean red meat is one of the best sources of **dietary zinc** which is important for several processes in the body such as fertility and reproduction, helping us to process the nutrients in our food, maintain healthy skin, hair, nails and our immune system.

Red meat is a good source of several **B vitamins** required by the body and a rich source of B12 which is only found naturally in foods from animal products, such as meat, fish, eggs and dairy products.

Amongst other things vitamin B12 helps the nervous and immune system to work normally and helps prevent tiredness and fatigue.

Lean red meat, prepared, cooked and eaten in the right proportions can play an important role in a healthy balanced diet and above all it's incredibly delicious, versatile and satisfying. So what are you waiting for! Have a go at trying these quick, tasty and healthy recipes.





Welsh Lamb Stirfry with Ginger and Spring Onions

Cooking Time: 15 mins
Serves: 4

Ingredients

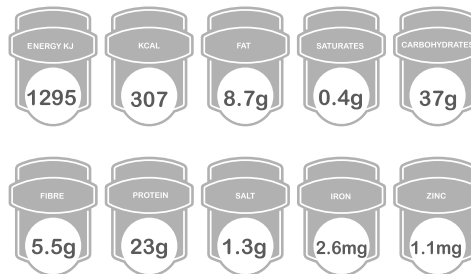
- 2 lean and trimmed Welsh Lamb leg or rump steaks
- 1 tsp cornflour
- Pinch of black pepper
- 3 tbsp reduced salt soy sauce
- 1 tbsp oil
- 5cm piece of fresh root ginger, peeled and thinly sliced
- 3 garlic cloves, peeled and thinly sliced
- 6 spring onions, finely sliced
- 1 large carrot, peeled and cut into thin batons or into thin circles
- 1 pack of sugar snap peas
- 75g broccoli florets
- 2 tbsp orange juice
- Water, if required
- 300g cooked noodles to serve



Method

1. Slice the lamb into very thin slices and coat in the cornflour, add the black pepper and one tablespoon of soy sauce. Cover and leave to stand while you prepare the vegetables.
2. Heat the oil in a frying pan, add the lamb and cook over high heat for approximately 5 minutes until nice and brown, remove meat from pan and set aside.
3. To the same pan add the ginger and garlic and stir for a minute, then add the remaining vegetables, and stir over high heat for 4 minutes.
4. Return the lamb to the pan and stir well. Add the orange juice and remaining soy sauce, add a little water, if required to sauce. Add the cooked noodles and stir well, heat until the noodles are piping hot.

Nutritional Analysis (per portion)



Chunky Welsh Beef Chilli

Cooking Time: 2 hours 30 mins
Serves: 4

Ingredients

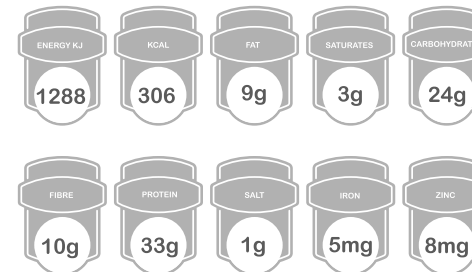
- 400g lean and trimmed Welsh Beef braising cubes such as chuck
- 1 tbsp oil
- 1 onion, peeled and roughly chopped
- 1 red chilli, deseeded and sliced
- 2 cloves of garlic
- 400g can chopped tomatoes
- 400g can kidney beans, drained and rinsed
- 1 red pepper, deseeded and diced.
- 150ml passata
- 150ml beef stock
- 2 tsp chilli powder



For the tomato salsa:

- 2 fresh tomatoes, diced
- 1 green pepper, deseeded and diced
- 1 spring onion, sliced
- Handful fresh coriander, chopped
- Reduced fat sour cream to serve

Nutritional Analysis (per portion)*



*not including rice/salsa



Method

1. Heat the oven to Gas Mark 4, 180°C, 160°C fan.
2. Take a large ovenproof casserole pot, heat the oil and brown the meat on all sides.
3. Add the onion, chilli and garlic and lightly soften.
4. Add all the remaining ingredients (except for salsa ingredients), stir well and combine all of the ingredients together.
5. Place in preheated oven for about 2-2½ hours until the meat is tender.
6. Serve in bowls with rice, tomato salsa and a spoonful of soured cream.

One portion provides 5mg of iron - a 1/3 of a woman's daily requirement and 1/2 of a man's requirement!



Pork Tagine with Apricots, Sultanas and Orange

Cooking Time: 2 hours 30 mins

Serves: 4

Ingredients

- 1 tbsp oil for frying
- 450g trimmed large diced pork – leg, collar or shoulder
- 2 onions, chopped
- 2 cloves garlic, crushed
- 2 tbsp Ras el Hanout
- 400g can chopped tomatoes
- 600ml pork or vegetable stock
- 75g sultanas
- 75g dried apricots, quartered
- 400g can chickpeas, drained and rinsed
- 100g couscous
- 15g toasted flaked almonds
- 1 orange, rind and juice
- Handful fresh mint leaves, roughly chopped



Method

1. Heat the oil in a frying pan and fry the diced pork until browned. Remove.
2. In same pan fry the onions and garlic until lightly browned. Add the meat back into the pan.
3. Add the spice and stir for a few minutes, then add the tomatoes, stock, sultanas and apricots. Transfer into a lidded saucepan if simmering on the hob or into a lidded ovenproof dish if cooking in oven.
4. Cook for 1 ½ hours if you've used diced leg or 2 hours if you've used collar or shoulder.
5. Remove lid and add the couscous, chickpeas and orange. Continue to cook until all the liquid has been absorbed – approximately 20 minutes.
6. Serve sprinkled with chopped mint and flaked almonds.

Switch to wholemeal couscous - it adds more flavour and fibre

Nutritional Analysis (per portion)

