

COMPARISON OF

PROTEIN FOODS



The table overleaf compares the nutrient content of major protein foods within the New Zealand diet. Beef and lamb are amongst the leading providers of protein, but contribute less than 10% fat. They also provide the greatest amounts of zinc and the more easily used haem iron, and are a significant source of vitamin B₁₂.

SOURCES OF HAEM IRON:

Per 100g	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vitamin B ₁₂ (µg)
BEEF							
Average cuts, lean, cooked	841	200	30.7	8.6	2.6	5.1	1.6
Fillet steak, lean, fried	840	200	29.3	9.3	3.0	3.3	2.0
Rump steak, lean, fried	790	188	30.2	7.5	3.0	4.1	2.2
Lean mince, stewed	628	149	23.9	6.0	2.7	4.7	1.6
Sirloin steak, lean, fried	907	216	28.5	11.4	2.0	3.4	0.9
Topside, lean, braised	858	204	34.5	7.3	3.9	5.5	1.5
LAMB							
Average all cuts, lean, cooked	892	188	27.4	8.9	1.8	4.0	1.8
Kidney, fried	468	111	19.8	3.6	15.0	2.4	56.0
Shoulder, lean, roasted	801	190	25.1	10.1	1.5	4.6	2.7
Liver (lamb's fry), fried	681	162	25.8	6.6	5.4	5.1	58.0
Mid-loin chop, lean, fried	862	205	27.4	10.7	1.9	3.5	1.8
Boned leg, lean, roasted	668	159	25.3	6.4	1.7	3.7	1.6
CHICKEN							
Breast, grilled	700	166	31.2	4.6	1.9	1.0	0.6
Drumstick, roasted	708	168	25.4	7.5	1.1	2.8	1.3
Thigh, roasted	764	182	22.9	10.1	1.1	2.2	1.3
PORK							
Shoulder, lean, roasted	955	227	29.2	12.4	2.0	4.5	0.5
Loin chops, lean, grilled	741	176	29.4	6.5	1.7	3.5	0.5
FISH AND SHELLFISH							
Tarakihi, flesh, baked	468	111	24.4	1.3	0.5	0.4	0.6
Tuna, canned in spring water	557	133	26.1	3.2	1.2	0.9	3.3
Mussels, Green, boiled	427	101	14.7	2.5	4.1	1.6	6.0

SOURCES OF NON-HAEM IRON:

Per 100g	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vitamin B ₁₂ (µg)
Eggs, boiled	568	135	12.2	9.5	1.8	1.1	1.3
Nuts, mixed, salted	2500	595	22.6	52.5	1.2	2.2	0
Tofu, soy bean curd	335	79	8.1	4.8	5.4	1.1	0
Cheese, cheddar, mild	1730	412	24.6	35.6	0	3.4	0.9
Apricot, dried	861	205	4.3	0.2	3.1	0.8	0
Baked beans, canned	310	73	5.0	0.6	1.2	0.5	0
Lentils, split, boiled	412	98	7.6	0.5	2.4	1.0	0

Reference: The Concise New Zealand Food Composition Tables, 10th edition, 2013.

BEEF + LAMB

NEW ZEALAND

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