

HOW DOES RED MEAT FIT INTO PLANT-BASED EATING?

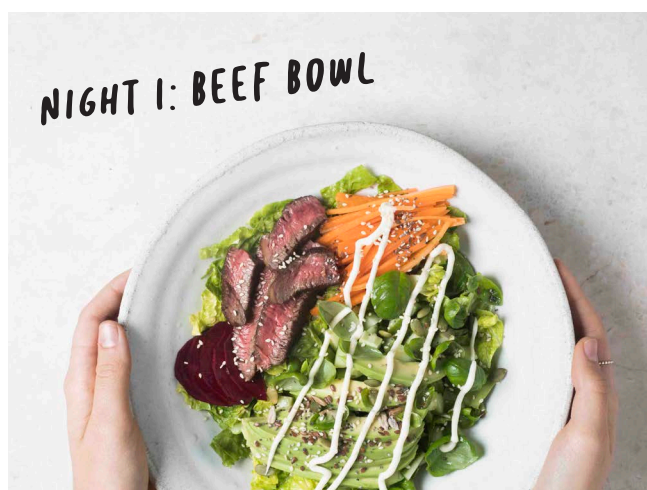
Do you enjoy eating red meat? With an emphasis on plant-based eating, you may be confused about how much meat you can eat for good health while balancing concerns for a sustainable planet.

Eating moderate amounts of local New Zealand beef and lamb means you can still play a part in an environmentally-friendly lifestyle, alongside a reduction in food waste, reducing and recycling packaging and being energy efficient when using appliances at home to name a few.

A balanced diet with a variety of foods means your body is utilising a range of nutrients required for good health. Animal foods such as meat along with plant foods provide different nutrients that provide unique functions for the body. Meat is an efficient source of protein, iron and zinc required for growth, development and general well-being and plant foods are excellent sources of dietary fibre required for gut health. Together they make a satisfying and nutritious healthy, balanced meal.

In other words, red meat portions the size of a deck of cards about 3-4 times per week, alongside plant-based foods including vegetables and wholegrains. This is endorsed by current nutrition recommendations^{1,2} that suggest a weekly amount of 350-500g cooked weight (up to 700-750g raw weight) of lean red meat. This allows for some meat-free days during the week.

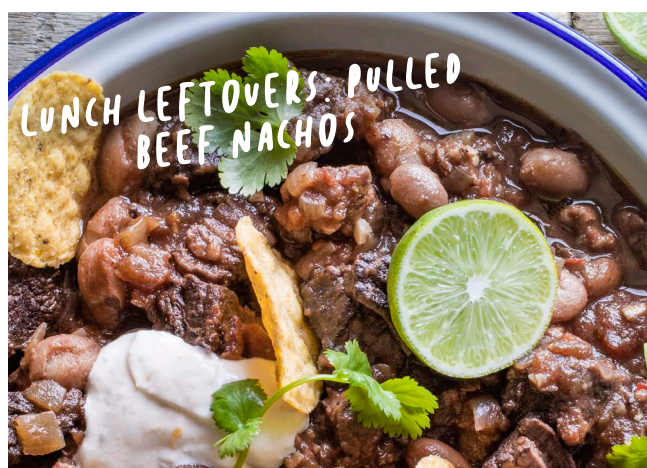
This may look like:



100g raw / 80g cooked meat per serve



125g raw / 100g cooked meat per serve



125g raw / 100g cooked meat per serve



125g raw / 100g cooked meat per serve

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SEASONAL SAMPLE MENU

RED MEAT PORTIONS

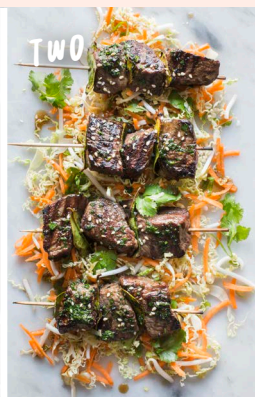
SAMPLE WEEK 1 - SPRING

ONE Spring Lamb Bowl = 150g raw per serve (120g cooked)

TWO Beef Skewers with Asian Slaw = 125g raw per serve (100g cooked)

THREE On Top of Spaghetti = 125g raw per serve (100g cooked)

TOTAL = 320G



SAMPLE WEEK 2 - SUMMER

ONE Sticky Hoisin Ribs with Asian Slaw = 175 raw per serve (140g cooked)

TWO Lamb Parmigiana = 125g raw per serve (100g cooked)

THREE Vietnamese Beef Salad = 175 raw per serve (140g cooked)

TOTAL = 380G



SAMPLE WEEK 3 - AUTUMN

ONE Beef Quesadillas = 125g raw per serve (100g cooked)

TWO Lamb Quinoa Salad = 150g raw per serve (120g cooked)

THREE Lunch leftovers Quinoa Salad = as above

FOUR Slow-Cooked Shoulder of Lamb with Late Summer Vegetables = 200g raw per serve (160g cooked)

TOTAL = 500G



SAMPLE WEEK 4 - WINTER

ONE Marinated Beef Brisket = 162.5 raw per serve (130g cooked)

TWO Lunch leftovers Marinated Beef Brisket = as above

THREE Lamb & Chickpea Stew = 200g raw per serve (160g cooked)

TOTAL = 420G



References

1. Ministry of Health. 2015. *Eating and Activity Guidelines for New Zealand Adults*. Wellington: Ministry of Health.
2. World Cancer Research Fund/American Institute for Cancer Research. *Diet, Nutrition, Physical Activity and Cancer: a Global Perspective*. 2018.

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