

MEAT'S CALORIE ADVANTAGE

WHAT DOES 25 GRAMS OF PROTEIN LOOK LIKE?

85g

rump steak - lean, fast fried

160 calories



210g (1.4 cups)

edamame beans (blanched)

294 calories



350g (2.1 cups)

red kidney beans (cooked)

297 calories



575g (4 cups)

quinoa (cooked)

642 calories



110g (6 Tbsp)

peanut butter (no added salt or sugar)

686 calories



Beef and lamb can be described as nature's power pack – providing a healthy dose of nutrients including protein, iron, zinc, vitamin B12 and a little omega 3 and selenium contributing to your health and well-being.

Team it up with plenty of veges for a balanced, plant-based meal. Meals with red meat every second day helps you reach your nutrient needs.

*A calorie is a measure of energy /
1 calorie = 4.2 kilojoules