



AUSSIE
BEEF & LAMB™

PROTEIN

Why red meat is a good source

- It contains more protein per serving versus other food types. For example:



150g beef
33g protein



170g tofu = 15g protein



2 eggs = 12g protein



Studies show that protein can make you feel fuller making it a great choice for people:



Watching their consumption.



With small appetites but high nutrient needs
e.g. children or the elderly.

Health benefits



Builds and maintains muscles.



Supports healthy bone development.