

Nutritional Benefits

American Lamb

American Lamb can add flavor and variety to a balanced healthy diet. Many lamb cuts are lean with less than 200 calories per serving. American Lamb is an excellent source of Protein, Vitamin B₁₂, Niacin and Zinc and a good source of Iron.

PROTEIN

Our bodies need a constant supply of Protein to build tissue and repair worn out body cells. A 3-ounce serving of cooked lean lamb provides 47 percent of the Protein most people need in a day.¹

B-VITAMINS

Lamb contains a substantial amount of several B-Vitamins. **Vitamin B₁₂**, which is only found naturally in animal foods, is important for the normal functioning of body cells and the nervous system. **Niacin** (another B-Vitamin) promotes healthy skin and nerves and aids digestion. A 3-ounce serving of cooked lean lamb provides 36 percent and 26 percent respectively of the Vitamin B₁₂ and Niacin most people need in a day.¹

ZINC

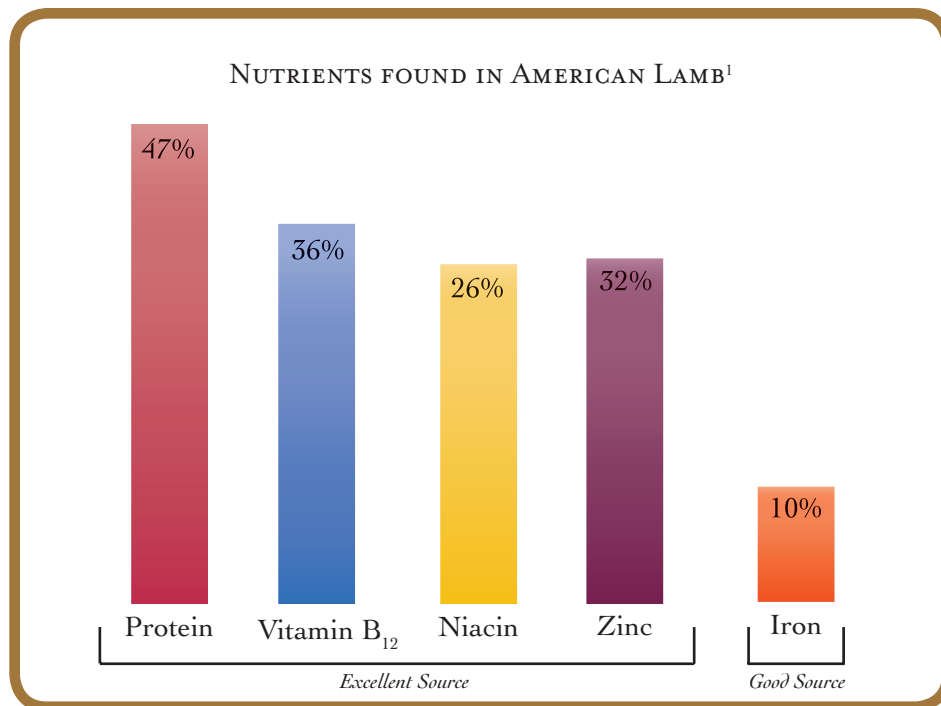
Zinc is a mineral that the body needs to form enzymes and insulin. A 3-ounce serving of cooked lean lamb provides 32 percent of the Zinc most people need in a day.¹

IRON

Iron is an important nutrient that helps red blood cells carry oxygen to and from other cells in the body. Iron deficiency can lead to anemia. A 3-ounce serving of cooked lean lamb provides 10 percent of the Iron most people need in a day.¹

THE "GOOD" FAT

A recent study showed that 64 percent of the fat in lamb is monounsaturated or polyunsaturated, the "good" fat in our diets.



¹USDA: Percentages of U.S. Recommended Daily Reference Values provided by a 3-ounce serving of cooked lean lamb. These claims are based on all cuts trimmed of visible fat and roasted: Leg, shank; Leg, sirloin; Leg, whole (shank and sirloin); Loin; Shoulder, whole (arm and blade); Shoulder, arm; Shoulder, blade.

