



Nutrition

As more Americans continue to demand foods that are healthful, delicious, and easy to prepare, lamb offers a protein-packed, flavorful alternative to the typical protein sources. This is important not only from a nutrition perspective, but also in terms of flavor, enjoyment, nourishment...and lamb delivers on all of these fronts!

Protein-packed and nutrient-rich, lamb is nourishing.

A single portion of lamb provides over half your daily protein needs—an ideal fuel for active bodies.²

- Protein is an important part of your plate because it can lower the blood sugar impact of meals.³
- Research from the American Journal of Clinical Nutrition suggests that protein encourages feelings of fullness.³
- According to scientific research, eating protein can help preserve lean body mass during weight loss efforts.⁴

With a variety of essential vitamins and minerals, lamb supplies the body with nutrients to support optimal health.

- Lean lamb is a nutrient-packed powerhouse and a source of healthy, unsaturated fats.¹
- Forty percent of the fat in lean lamb is heart healthy monounsaturated fat.¹
- A 3-oz. serving of lamb provides nearly five times the amount of the essential

omega-3 fatty acid, alpha-linolenic acid (ALA), compared to a 3-oz. serving of beef.⁵

- Lamb is nutrient rich and on average, it's an excellent source of protein, vitamin B12, niacin, zinc, and selenium and a good source of iron and riboflavin.⁵
- Supporting a strong immune system begins with a healthy diet. A single portion of lean lamb serves up a significant amount of nutrients essential for immune function: zinc, selenium, protein, and iron.⁶⁻⁷

Lamb is ideal for feel-good meals.

- As a delicious and nutrient-rich food, lamb is a natural choice.
- Shepherds care for lamb with a rancher-commitment to natural animal farming practices.
- With lamb, you can feel good about the quality of the protein on your plate.
- Quick cooking lamb loin and rib chops are the perfect small portion of meat – around 3 ounces of satisfying protein and rich flavor.⁸

1. USDA Lamb Cut Nutrition Data_2013 from USDA's National Nutrient Database for Standard Reference Release 25.
2. Gannon MC, Nuttal FQ, Saeed A, Jordan K, Hoover H. An increase in dietary protein improves the blood glucose response in persons with type 2 diabetes. American Journal of Clinical Nutrition 2003;78:734-41.
3. Paddon-Jones D, Westman E, Mattes RD, Wolfe RR, Astrup A, Westerterp-Plantenga M. Protein, weight management, and satiety. American Journal of Clinical Nutrition. 2008;87(sup- pl):1558S-61S.
4. Devkota S, Layman D. Protein metabolic roles in treatment of obesity. Current Opinion in Clinical Nutrition & Metabolic Care. 2010;13:403-407.
5. [Lamb Nutrition & Health Messages](#)
6. [Nutrient Content of Lamb](#)
7. Institute of Medicine, Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. 2001.
8. Beard J, Tobin B. Iron status and exercise. American Journal of Clinical Nutrition. 2000 Aug;72(2 Suppl):594S-7S.