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Nutrition

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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

5. Lamb Nutrition & Health Messages
6. Nutrient Content of Lamb