

LAMB NUTRITION

A NUTRITIOUS CHOICE

American Lamb is a flavorful, nutrient-rich food and an excellent source of Vitamin B12, niacin, zinc and selenium. Lamb is an all-natural product, raised without hormones.* It's a responsible choice you can feel good about.

LAMB NUTRITION FACTS

- Forty percent of the fat in lean cuts of lamb is monounsaturated, the same kind of fat found in olive oil.
- A 3-ounce serving of lamb provides nearly five times the essential omega-3 fatty acids and alpha linoleic acid of a 3-ounce serving of beef. Three ounces of lamb fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans.
- On average, 3-ounces of lamb fits easily within the daily fat, saturated fat and cholesterol recommendations of the Dietary Guidelines for Americans.
- On average, 3-ounce serving of lamb meets the Food and Drug Administration's (FDA) definition for lean meat: fewer than 10 grams of fat, 4.5 grams of saturated fat, and 95 milligrams of cholesterol per 100 grams, or 3.5 ounces.
- Recent research suggests that eating protein can help preserve lean body mass when you're trying to lose weight. An average 3-ounce serving of lamb, which has 175 calories and meets nearly half of your daily protein needs, encourages feelings of fullness that may prevent overeating, a combination key to weight management.
- No artificial or synthetic growth hormones are used in lamb production in the U.S. Lean, satisfying, nutritious: American Lamb is nutritious and satisfying

To learn more visit leanonlamb.com

FDA DEFINITION OF LEAN (PER 100 GRAMS OR 3.5 OUNCES)
<ul style="list-style-type: none">• 10g. TOTAL FAT• 4.5 SATURATED FAT• 100mg. CHOLESTEROL
AVERAGE VALUE FOR 3oz. COOKED PORTION OF LAMB
<ul style="list-style-type: none">• 8g. TOTAL FAT• 3g. SATURATED FAT• < 100mg. CHOLESTEROL• 80mg. CHOLESTEROL

- See more at: <http://www.americanlamb.com/lamb-101/nutrition/#sthash.IHL3XAss.dpuf>