

# ZINC

## Why red meat is a good source

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



150g  
beef or  
lamb = 6.2mg  
Zinc



150g  
chicken = 1.7mg  
Zinc



Zinc helps with fertility and reproduction by maintaining testosterone levels in the blood.



Eating red meat 3-4 times a week helps to meet your iron, zinc and protein needs.

### Health Benefits



Supports the immune system



Supports brain function



Supports healthy bone development



Important for fertility