

NOURISH
WITH
LAMB
- RAISED -
ON
PASTURELAND



Nutrition

Lamb offers a protein-packed, flavorful alternative to the typical protein sources. With a variety of essential vitamins and minerals, lamb supplies the body with nutrients to support optimal health. 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. As a nutrient-packed powerhouse, lamb is also a source of healthy, unsaturated fats. With lamb, you can feel good about the quality of the protein on your plate.

NIACIN

A 3-ounce cooked portion provides, on average, 25% of the Daily Value of niacin, a B-vitamin which aids in many metabolic functions.

SELENIUM

Selenium functions as an anti-oxidant. A 3-ounce cooked portion of lamb qualifies it as an excellent source, providing 20% of the Daily Value.

FAT

Lean lamb is a source of healthy, unsaturated fats. 40% of the fat in lean lamb is heart healthy monounsaturated fat.

ZINC

A 3-ounce portion of cooked lamb provides, on average, 30% of the Daily Value of zinc. Inadequate zinc intake can contribute to improper growth and development, reduce immune function, and delay wound

PROTEIN

Protein is an important part of your plate because it can lower the blood sugar impact of meals, can encourage feelings of fullness, and can help preserve lean body mass. A single portion of lamb provides over half your daily protein needs—an ideal fuel for active bodies.

B12

On average, a 3-ounce portion of cooked lamb provides 40% of the Daily Value of vitamin B12. Found only in animal products, vitamin B12 supports many important metabolic functions. Vitamin B12 deficiency may lead to anemia or neurological problems such as difficulty walking, memory loss and disorientation.

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