

the
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meateorite

Blasting away
the myths
about **RED MEAT**

Meat and HEALTH .com





52 things you never knew about the nation's favourite food



Welcome to Meateorite, the ultimate fun and factual guide for red meat lovers everywhere.

As a nutritionist I believe there's never been a better time to enjoy lean red meat as part of a balanced, healthy diet. Today, red meat is leaner than it's ever been, with some cuts containing more heart-healthy monounsaturated fats than saturates. Plus it's a great source of protein and provides many different vitamins and minerals that we need for good health. And fresh red meat is natural and free from additives and added salt.

Better still, as more and more of us return to the kitchen to prepare nutritious meals from scratch, red meat is a fantastic ingredient that adds flavour and variety to our diet. There's no need to slave over a hot stove for hours either – there are literally thousands of recipes that contain red meat but take less than 30 minutes to make from start to finish.

Our 52 fascinating facts will help you to separate fact from fiction. So carry on enjoying eating red meat – it's good for you.

Juliette Kellow
Nutrition Consultant



96%

of households in the UK
eat red meat.

Meat that has been hung
for a long time tends to be
darker in colour and will be
more tender²

Red meat
is naturally low in salt and
free from additives³

**Animal production
methods in Britain do not
permit the use of growth
hormones**⁴

A dish containing meat, potatoes and onions baked in a heavy straight-sided pot on a low heat all day was developed during the industrial revolution and is now known as **Lancashire hot pot**;

Red meat contains protein and important micronutrients, all of which are essential for good health throughout life.

Nearly **6,000,000** Brits eat sausages each day⁷

Humans began eating meat **2.5 million years ago** – researchers believe eating meat was a crucial catalyst for evolution and for the development of the brain⁸

Red meat is far lower in fat now than it was 20 years ago. On average **lean beef** contains just 5% fat, **lean lamb** 8% and **lean pork** 4%,

The type of iron in **beef** (haem iron) is more easily absorbed and used by the body than the iron in plant foods (non-haem iron)¹⁰




Beatrix Potter used the fortune she earned from writing illustrated books to save the Herdwick Sheep from extinction. Today, a descendant of her shepherd sells Herdwick meat at Borough Market in London¹¹

Beef is the nation's favourite meat – followed by pork and lamb¹²

While some people think that shepherd's pie is made with beef, the traditional recipe uses **lamb**. Cottage pie is made with minced beef¹³

The name '**banger**' for sausages was adopted during the Second World War because they contained so much water they exploded when fried¹⁴



Red meat is a great source of protein – helping to fill us up for longer and reduce the tendency to snack¹⁵

Red meat, with a Glycaemic Index (GI) of zero, can help as part of a low GI diet.¹⁷

To cook the perfect steak (beef sirloin, rump or rib-eye) ...preheat the grill or barbecue and cook for: two minutes each side (rare), four minutes (medium), or six minutes (well done)¹⁶

Minced beef is the most popular form of **beef** in the UK¹⁸

The word 'scouser' comes from 'lobscouse', a one-pot dish consisting of stewing **steak** or **mutton** with potatoes and vegetables. The dish, of Baltic origin, was introduced to England through the port of Liverpool¹⁹

More than half the fat
in lean red meat is
mono-unsaturated.

Mono-unsaturated fats are
the 'heart healthy' fats²⁰

People consume more **bacon** rashers in Lancashire, Midlands, Scotland and Wales than elsewhere in Britain²¹

Sausages are mentioned in Homer's Odyssey written more than 2,700 years ago²²



Americans consume almost a quarter of all the beef produced in the world.²³

Ham is Britain's most popular cured sliced meat²⁴

Rare, medium or well done cooked red meat usually equates to a core temperature of **60°C, 70°C, 80°C**²⁵

In the 15th century, when the royal bodyguard was formed under Henry VII, they became known as **Beefeaters**, mainly for the prodigious quantities of meat rations soldiers were allowed.²⁶

Pork is an excellent source of Vitamin B¹². Vitamin B¹² is important for the nervous system and to protect against anaemia²⁷

Steaks have been put over the eye for centuries in the belief that they would heal "black eyes" and gingivitis²⁸

The nutrients contained in
RED
MEAT
are in a form that is easily absorbed by the body.²⁹

Red meat contains zinc. Zinc helps wounds heal and muscles recover³⁰



Lean **red meat** is a rich source of vitamin B12. Vitamin B12 is vital for red blood cells, growth and energy production³¹

We should aim to eat, on average, **80g** of cooked red meat per day. **80g** equals one small thin cut sirloin steak

or two lamb loin chops (edible lean)

or one thin cut loin pork steak

or two medium thick slices of cooked ham

or two chipolata sausages

or a medium sized pork pie

or four rashers of bacon³²

Testicles of the bull are popularly known as 'calf fries' or 'prairie oysters' and are considered a **great delicacy** in some parts of the world³³




Mint sauce became the 'essential' accompaniment to roast lamb in Britain thanks to Queen Elizabeth I. To stop her subjects eating lamb and mutton (and help the wool industry), she decreed that the meat could only be served with bitter herbs. Enterprising cooks discovered that mint made the meat taste better, not worse!³⁴

South American gauchos were known to put raw steak under their saddles before starting a day's riding, in order to tenderise the meat³⁵

The **salt content** of bacon has been greatly reduced since Victorian times – it's now 2-3% compared with levels of 5-7% 155 years ago³⁶

Red meat is one of the best food sources of iron – especially for young women. More than 40% of women under 34 years have seriously low iron intakes³⁷



Yorkshire pudding, originally known as dripping pudding, was re-named by Hannah Glasse, a famous 18th century cook. In Yorkshire it used to be the custom to serve the pudding with gravy as a first course³⁸

2.3 billion beef dinners are eaten each year in the UK³⁹

Organic meat consumption has risen by 73% in the past two years – from 108 to 187 million meal occasions⁴⁰

The most expensive sausages in the UK were made from fillet steak with champagne and truffles and cost **£20 each!**⁴¹

When choosing a joint of meat to roast allow 110g (4oz) approx. raw meat per person if the joint is boneless or 225g (8oz) approx. if on the bone.⁴²

Horseradish is the perfect partner for roast beef. To grow a plant you must buy a thong (that was what English gardeners called the sliver of root needed to start growing)⁴³

Pork is lower in fat than you might think. Lean pork on average contains only 4% fat, making it great for weight watchers.⁴⁴

The domestication of livestock first took place between **12,000-5,000 BC**⁴⁵

The custom of roasting meat on a skewer is an ancient one. During the reign of **Richard II** a court chef produced tiny silver skewers on which he served dainty titbits of meat⁴⁶

Allow meat to stand for about 10 minutes before carving. This will make carving easier.⁴⁷

It's OK to cook pork to medium - 30 minutes per 450g/1/2kg (1lb) plus an extra 30 minutes produces tender and juicy results. The longer you cook pork the more moisture you drive off and the drier and tougher the end result⁴⁸

3



Cornish pasties made with meat and vegetables in a pastry case were the traditional meal of Cornish tin miners. They used the wide pastry crust as a handle and discarded it once they had finished the rest of the pasty.⁴⁹

The Sunday roast is one of three things Britons say they would miss most if they moved abroad.⁵⁰

For perfect pork crackling there are four basic rules: dry the skin well; score deeply with a sharp knife; brush with oil and sprinkle with a little salt; open roast and don't baste the joint while cooking.⁵¹



The Food Standards Agency advises that meat is an important part of a balanced diet⁵²



For references see www.meatandhealth.com

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