LAMB NUTRITION AND FOOD SAFETY

Lamb is a nutrient-rich food and an excellent source of vitamin B12, selenium, zinc and niacin. It is also a great source of healthy, unsaturated fats with nearly 40 percent of the fat in lean lamb being heart-healthy monounsaturated fat. Lean cuts of lamb include the leg and loin.\(^\text{32}\)

Leg of lamb is lean with about 150 calories per serving.

The classic leg of lamb comes from the hind quarter, is the most versatile cut, and also one of the most economical. Providing lots of cooking options, leg of lamb can be butterflied, cubed (for kabobs), or cut into sirloin chops or steaks. Bone-in leg of lamb makes an impressive dish for a celebratory meal. Read more.

A serving of lamb provides 30 percent of the recommended daily value of zinc which supports a healthy immune system.\(^\text{32}\)

A serving of lamb also provides 27 percent of the recommended daily value of niacin which aids in many metabolic functions.\(^\text{32}\)

One serving of lamb has 38 percent of the recommended daily value of selenium which helps protect your cells from damage.\(^\text{32}\)

A 3-ounce serving of lamb provides 37% of the recommended daily value of vitamin B12.

Vitamin B12 is only found in animal products and supports many important metabolic functions. Vitamin B12 deficiency may lead to anemia or neurological problems such as difficulty walking, memory loss and disorientation.\(^\text{32}\)

Sheep and lamb farmers are not only committed to providing a quality fiber but also a wholesome food supply. All lamb is either USDA inspected for wholesomeness and quality or inspected by state systems equal to the federal government standards.

Lamb has healthy omega-3 fatty acid! One serving of lamb provides about 100 milligrams of the essential omega-3 fatty acid alpha-linolanic acid!\(^\text{32}\)

A bit about lamb food safety...

\(^{32}\)References: American Sheep Industry Association, Animal Ag Alliance