

COMPARISON OF

PROTEIN FOODS



The nutrient content of major protein foods within the New Zealand diet is shown in the table. Beef and lamb are among the leading providers of protein. They are also rich in haem iron, zinc, and are a significant source of vitamin B12.

SOURCES OF HAEM IRON:

Per 100g	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vitamin B12 (µg)
BEEF							
Assorted cuts, lean, cooked	848	203	30.7	8.8	2.6	5.2	1.5
Fillet, lean, fried	833	199	29.4	9.0	3.0	3.3	2.0
Rump steak, lean, fried	790	189	30.2	7.5	3.0	4.1	2.2
Lean mince, stewed	628	150	23.9	6.0	2.7	4.7	1.6
Sirloin steak, lean, fried	907	217	28.5	11.4	2.0	3.4	0.9
Topside, lean, braised	858	205	34.5	7.3	3.9	5.5	1.5
LAMB							
Assorted cuts, lean, cooked	820	196	27.6	9.5	1.8	4.2	1.8
Kidney, fried	468	112	19.8	3.6	14.7	2.4	56.0
Shoulder, lean, roasted	831	199	25.1	10.9	1.4	5.0	2.3
Liver (lamb's fry), fried	681	163	25.8	6.6	5.4	5.1	58.0
Mid-loin chop, lean, fried	862	206	27.4	10.7	1.9	3.5	1.8
Boned leg, lean, roasted	668	160	25.3	6.4	1.7	3.7	1.6
CHICKEN							
Breast, lean, roasted	581	139	28.2	2.7	0.4	0.7	0.3
Drumstick, lean, roasted	763	182	28.8	7.4	1.1	2.7	0.6
Thigh, lean, roasted	538	129	20.3	5.2	0.7	1.6	0.5
PORK							
Shoulder, lean, roasted	833	199	29.4	9.0	2.0	5.2	0.7
Loin chops, lean, grilled	741	177	29.4	6.5	1.7	3.5	0.5
FISH AND SHELLFISH							
Snapper, flesh, baked	484	116	25.2	1.5	0.2	0.4	1.1
Tuna, canned in spring water, drained	490	117	26.6	1.0	1.4	0.8	4.2
Mussels, Green, boiled	465	111	15.9	2.7	4.3	1.7	6.5

SOURCES OF NON-HAEM IRON:

Per 100g	Energy (kJ)	Energy (kcal)	Protein (g)	Total Fat (g)	Iron (mg)	Zinc (mg)	Vitamin B12 (µg)
Eggs, whole, boiled	546	130	14.6	7.9	1.4	0.9	2.4
Nuts, mixed, salted	2550	609	22.6	52.5	1.2	2.2	0
Tofu, soy bean curd, raw	450	108	11.6	6.6	2.0	1.4	0
Cheese, cheddar, mild	1750	418	24.2	36.2	0.1	3.3	0.7
Apricot, dried	722	173	2.6	0.3	1.2	0.3	0
Baked beans, canned	352	84	5.0	0.6	1.2	0.5	0
Lentils, split, boiled, drained	441	105	7.6	0.5	2.4	1.0	0

Reference: The Concise New Zealand Food Composition Tables, 14th edition, 2021.

BEEF + LAMB

NEW ZEALAND

Produced by Beef + Lamb New Zealand Inc

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