

NATURALLY  
RICH IN  
PROTEIN



PROTEIN-GREAT  
FOR GROWING  
BONES

# IMPORTANT RED MEAT FACTS



GREAT SOURCE  
OF ZINC, WHICH  
BOOSTS THE  
IMMUNE SYSTEM



## THE BENEFITS OF EATING A BALANCED DIET

ASK YOUR Q GUILD BUTCHER FOR ONE OF OUR RED MEAT MYTHBUSTER LEAFLETS

Full of facts on the health benefits of eating red meat as part of a balanced diet

You can also visit [www.qguild.co.uk](http://www.qguild.co.uk) to find out more information.

