

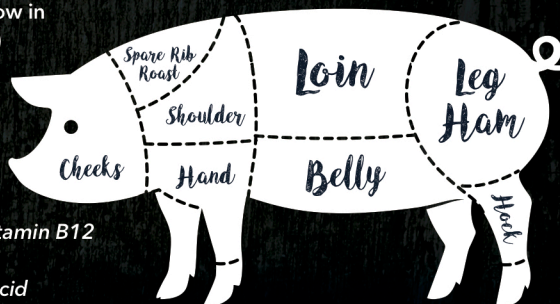
PORK

Provides 10 vitamins and minerals

Some cuts of pork, such as loin medallions and fillet are actually low in fat (less than 3%) and low in saturated fat (less than 1.5% saturated fat)

Not only can pork be lean but it is rich in protein, naturally low in sodium and provides ten vitamins and minerals* that contribute towards good health and well-being

**rich in thiamine, niacin, vitamin B6 and vitamin B12 and a source of riboflavin, zinc, potassium, phosphorous, selenium and pantothenic acid*



VENISON

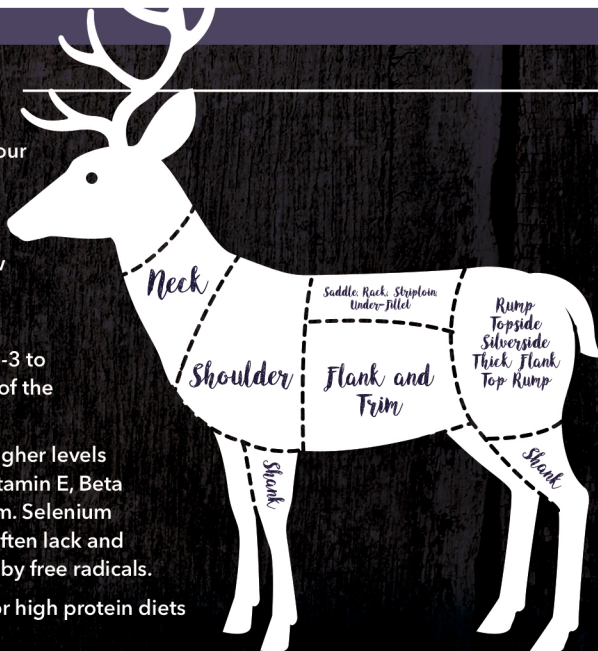
Low in fat and cholesterol, full of flavour

One of the main benefits of eating game meat is that it is one of the most healthiest meats available, very low in fat and cholesterol.

The fat that is in game meat is Omega 3. Venison has an optimum ratio of Omega-3 to Omega-6 fatty acids, making game one of the healthiest sources of good fat.

Game is very high in Iron and contains higher levels of many beneficial nutrients including vitamin E, Beta Carotene, Zinc Vitamin B(6) and Selenium. Selenium is an important part of our diet that we often lack and helps protect cells from damage caused by free radicals.

Being high in protein, Venison is good for high protein diets



These facts were sourced from: AHDB and Taste of Game. For further information go to their websites: ahdb.org.uk/redmeatandhealth and tasteofgame.org.uk/why-you-should-eat-game-meat/

You can also visit www.qguild.co.uk to find out more information.

