

# THE VERY MANY BENEFITS OF RED MEAT

nutritionwithjudy



**HEART HEALTH**



**GROWTH & MAINTENANCE**



**STRONG BONES & TEETH**



**HEALTHY SKIN, HAIR & NAILS**

**Red meat is the most bioavailable source of iron and zinc. Both beef and lamb are good sources of potassium, niacin, vitamin B6 and B12.**



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**HORMONE REGULATION**

# Red Meat

**Shasha Hu**



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