Beef & Lamb: More Than Protein and Nutrition for Every Generation

Assoc. Prof. Sudathip Sae-tan, Ph.D.
Department of Food Science and Technology,
Faculty of Agro-Industry, Kasetsart University

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What comes to mind?

When you hear “red meat,” what is your first thought?

- **A** Protein & strength
- **B** Iron & energy
- **C** Fat & health concerns



It is more than protein.



PROTEIN

IRON

Zinc

Vitamin B12

Niacin

Riboflavin

Vitamin B5

Vitamin B6

Phosphorus

Manesium

Selenium

Omega-3

- Beef and lamb provide 12 essential nutrients.
- You can use them to design your own plate. (Quantity, Variety, Suitability to the individual.

Three questions to explore

1

What is in it?

Key nutrients and what they do

2

Who can benefit?

Nutrition at different life stages

3

How should we eat it?

Smart portions, preparation, and meals



Let’s talk about protein.

More than a gym nutrient.



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Protein helps the body...

- **BUILD**
- **REPAIR**
- **MAINTAIN**

Muscles, tissues, enzymes and immune proteins need amino acids.







Your body needs building blocks.

Protein is made of amino acids — including nine essential amino acids.

> We need to obtain essential amino acids from food.
> Plant proteins can provide 9 essential amino acids with variety.



Beef and lamb provide...

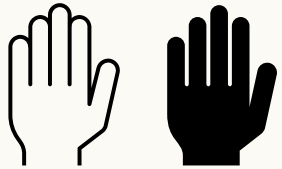
ALL 9 ESSENTIAL AMINO ACIDS

No need for a big piece of beef and lamb.

Proper amount and with variety of others.



Protein is everywhere



“Protein is only important for athletes.”

A **FALSE — everyone needs protein**

B TRUE — mostly for athletes



Ask for a vote, then reveal the answer verbally.

One food, several nutrients



Protein is only the beginning.

Meet the four key nutrients

P

PROTEIN

Muscles & repair

Fe

IRON

Oxygen transport

Zn

ZINC

Immunity & growth

B_{12}

VITAMIN B12

Nerves & red blood cells



You can also get these nutrients from other sources.

Iron helps carry oxygen.

Needed to make **haemoglobin** in **red blood cells.**

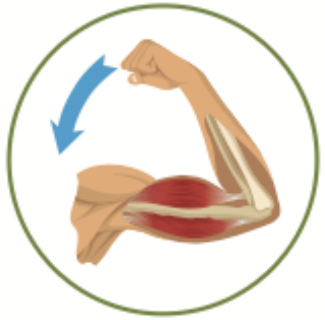
IRON → BLOOD → OXYGEN



Iron also helps:



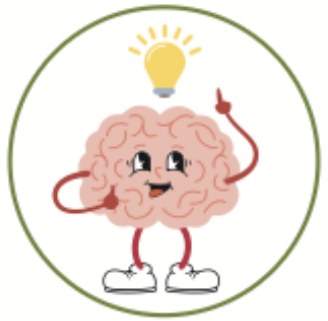
Make Haemaglobin



Muscle Metabolism



Physical Growth



Brain Function

Long-term deficit → Risk for anemia

Not only is **the amount** important,
but also **the form** is.

Iron is not all absorbed equally.

Beef and lamb provide heme iron, which is generally easier to absorb.

> Plant foods also provide iron and other nutrients.



Absorption also depends on **individual** and **meal composition**.

Meal composition also plays a key role.

Absorption also depends on individual and meal composition.

> **Vitamin C** helps to increase iron absorption.





Let’s make an iron-smart meal

1

Choose an iron-rich food

Lean beef, lamb, beans or other options

2

Add colorful vegetables

Include vitamin C-rich vegetables or fruit

3

Think about the whole meal

Tea and coffee with meals can reduce non-heme iron uptake



Zinc: Small mineral, but Big job.



Immunity



Normal growth



Fertility & reproduction

IRON and ZINC in red meat

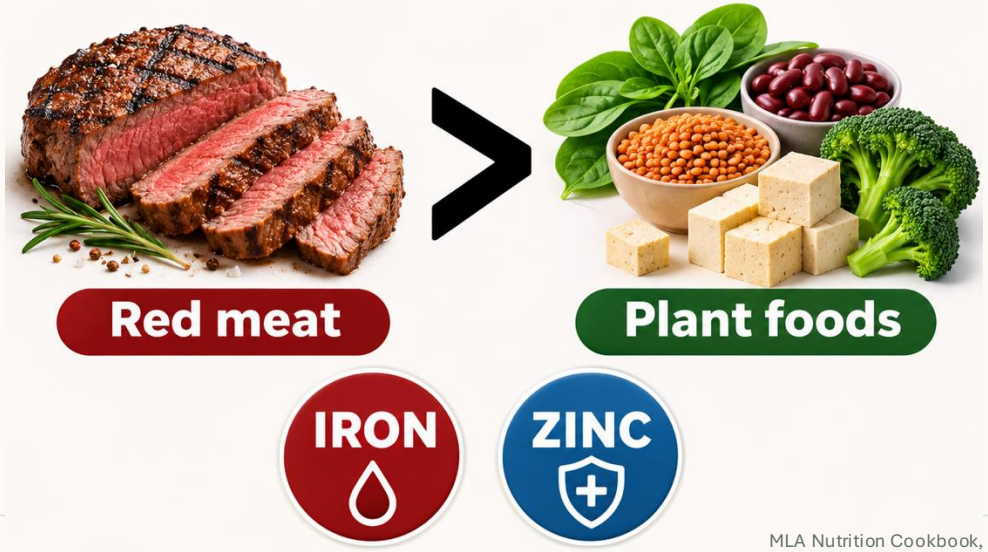
Beef and lamb contains **more** IRON and ZINC than pork, chicken, and fish.

IRON and ZINC from meat are **absorbed more easily** than those from plant foods.

Amount



Easier to absorb

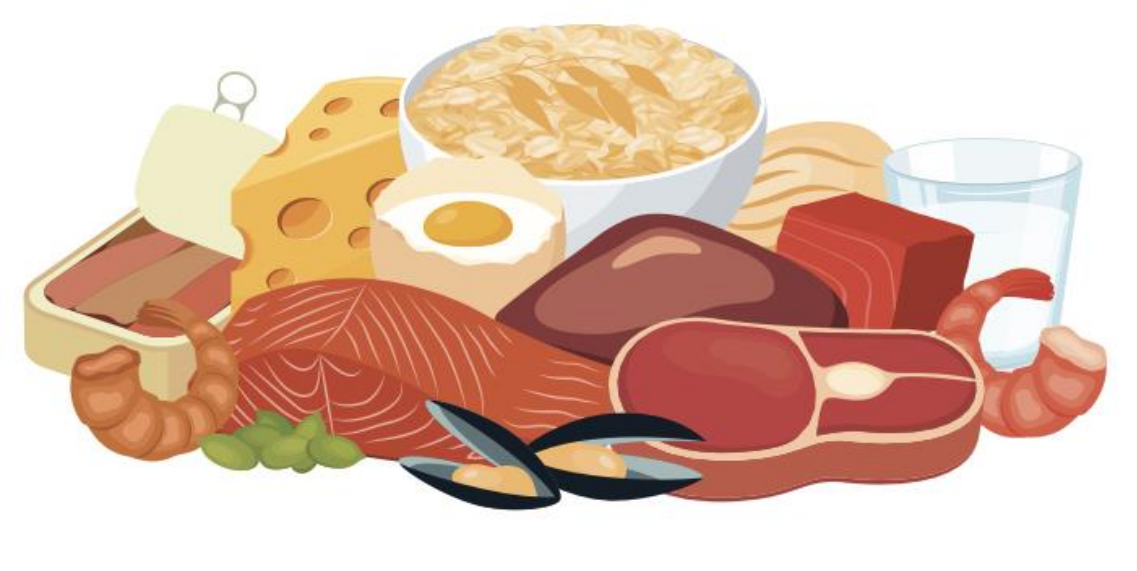


IRON and ZINC in our body

Iron can be stored in our body.

Zinc is not stored in our body. Need steady and daily supply from foods.





Vitamin B12

- **NERVES**
- **RED BLOOD CELLS**

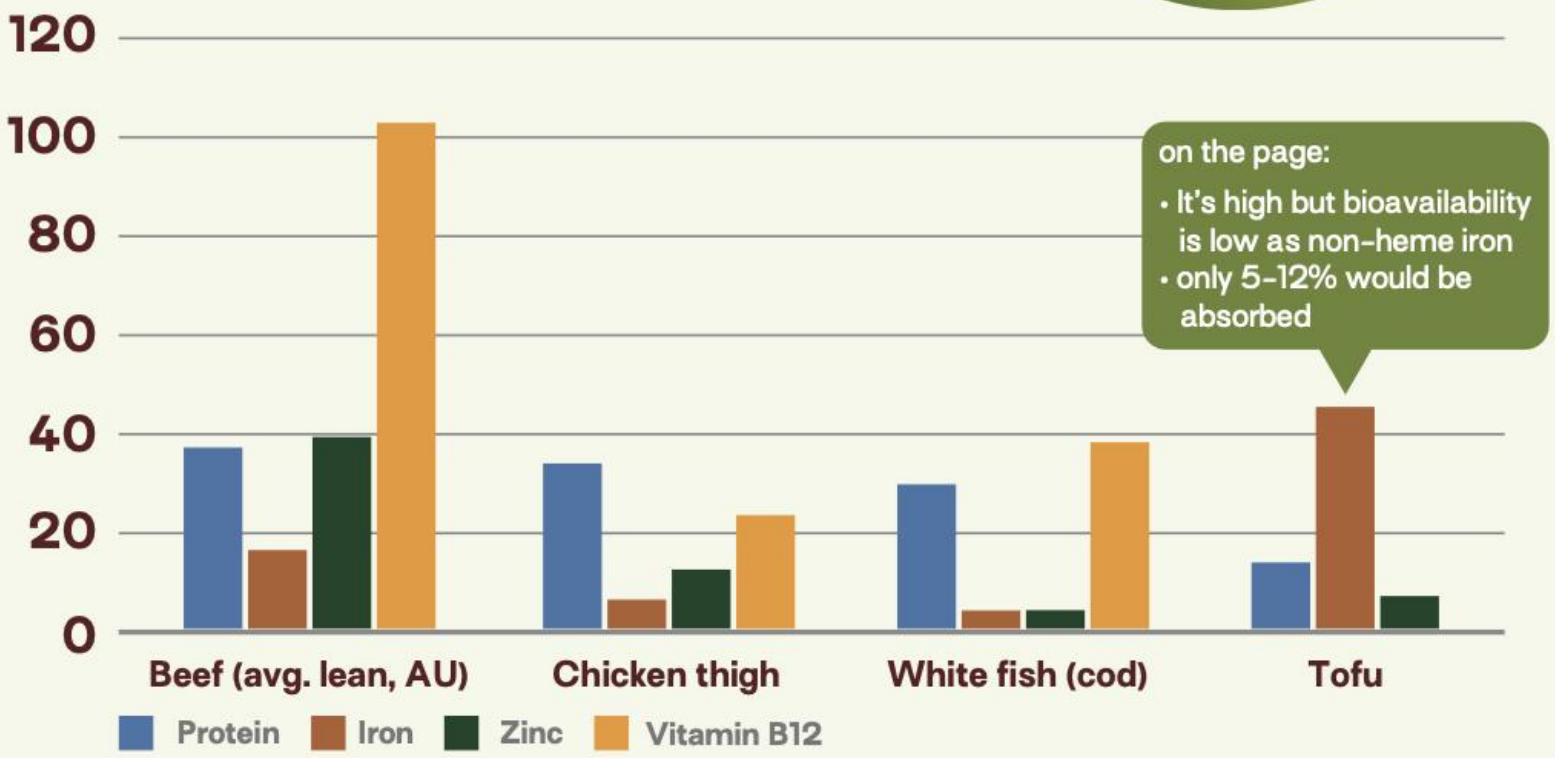
Beef and lamb are dietary sources of vitamin B12.



RED MEAT: 1 FOOD, 4 ESSENTIAL NUTRIENTS



% of Thai DRI 2020
% of Thai DRI 2020 by Food source



Match the nutrient

Which nutrient is central to oxygen transport?

A **Iron**

B Zinc

C Vitamin B12



Answer: Iron. Discuss that many nutrients have overlapping roles.

Different ages.
Different needs.

The right food choices change with us.



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For growing children...

Think iron, protein, zinc and age-appropriate textures.

> Well-cooked, finely cut or minced meat can be one option.



Growth brings new needs.

IRON + GROWTH

Adolescence is a time to pay attention to overall diet quality.



For the working years…

Build a balanced meal — not just a large serving of meat.

> Pair lean meat with vegetables and whole grains.



For older adults



Adequate protein + movement help maintain muscle.

Texture matters.

Tender, shredded or minced meat can make meals easier to chew.

> For swallowing difficulties, follow professional texture guidance.



Needs are individual.

Protein needs may change during illness or recovery.

> Patients should follow advice from their clinical care team.



What would you serve?

An older adult finds beef difficult to chew. What could help?

A **Tender minced-beef porridge**

B Large chewy steak

C Dry grilled meat



Discuss comfort, suitability, food safety and texture modifications.

Eat smart.
Enjoy every bite.

Choose the cut, portion, and cooking method.



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BALANCED PLATE

A simple visual guide

1 GRAINS
1 PROTEIN
2 VEG

A practical way to build a balanced meal.





Thai Beef with Oyster Sauce



Lamb Mince Krapao

Three easy ways to choose

1

Look for lean cuts

Trim visible fat when practical

2

Vary your protein sources

Include fish, poultry, pulses, tofu and eggs

3

Match portions to needs

Age, appetite and medical needs all matter



QUALITY + PORTION + FREQUENCY

If you eat red meat: no more than about

350-500 g cooked weight/week

About 3 servings



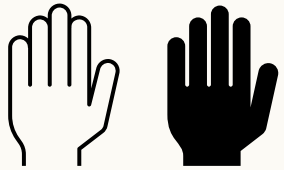
Processed meat

Very little, if any



1 serving is about 1 palm of hand.

Which looks more balanced?



What would improve a meat-heavy plate?

A **Add vegetables + whole grains**

B Add more meat

C Skip all carbohydrates



Invite one or two audience suggestions.

KITCHEN TIPS

Make your meal healthier

1

Choose gentle cooking methods

Stew, simmer, braise or stir-fry with modest oil

2

Keep seasoning in check

Watch sodium-rich sauces and salty broths

3

Serve with plants

Vegetables, fruit and whole grains add variety











Lamb beyond the roast



Lamb mince can become familiar Thai dishes.

Lamb ideas to try







> Adapt the seasoning and texture to the diner.

Beef ideas to try







> Build each dish around vegetables and suitable portions.

04 QUESTIONS THAT MATTER

Let’s clear up a few myths.

Good nutrition is about balance.



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What do you think?

“All beef and lamb are high in fat.”

MYTH — cuts and trimming make a difference



What do you think?

“More red meat always means better health.”

MYTH —
moderation and variety matter



Which plate looks healthier?

Both meals include beef or lamb.



A



B

Why Plate B works better

1. Better balance

A more even mix of protein, grains, and vegetables.

2. Better portion

Not too much rice, and enough nutrient-dense foods.

3. More vegetables

Adds fiber, color, and variety to the meal.



What if this meal is for an older adult or a patient with a small appetite?

Three things to remember

1

More than protein

Beef and lamb provide iron, zinc and vitamin B12

2

Different needs, different meals

Adapt portions and textures for each person

3

Balance is the goal

Lean cuts, vegetables, varied proteins and smart cooking

- The right choice.
- The right portion.
- For the right needs.

THANK YOU

Assoc. Prof. Sudathip Sae-tan, Ph.D.

Phone: +662 562 5037
Email: fagists@ku.ac.th

sudathip.sa@ku.th

