



★  
NATURALLY  
NOURISHING

Foods bringing flavor and nutrition to the table are the perfect choice for today's healthy lifestyles. A food that is both delicious and packed with goodness – American Lamb is flavor you can feel good about! As a delicious and nutrient-rich food, American lamb is a natural choice.

**PROTEIN  
POWERHOUSE**

A 3 ounce serving of lamb delivers 23 grams of protein – almost 50% of your daily protein needs.

**NUTRIENT RICH**

A 3 oz. serving of American lamb is naturally nutrient rich. It's packed with an array of essential nutrients. On average, American Lamb is an excellent source of protein, zinc, selenium, riboflavin, niacin, vitamin B12 and vitamin B6.



**GOOD FATS**

A 3 oz. serving of American lamb contains 3 grams of heart healthy monounsaturated fat.

57% percent of the fat in American lamb is heart healthy monounsaturated fat.

**LEAN**

On average, a 3 ounce serving of American Lamb is lean and has only 160 calories on average. Lean cuts of American lamb include the leg, loin, and shoulder.



AMERICAN  
*Lamb*  
HOMEGROWN