



Kangaroo Meat

Is Kangaroo meat really as healthy as labels claim or is it another FAD? There are so many mixed messages when it comes to health and nutrition these days, no wonder people don't know what to believe.

Rest assured, this is not another FAD. Kangaroo meat is very high in protein and iron. This robust flavoured meat has double the protein of premium beef, turkey and chicken mince. Not to mention double the iron of beef mince and triple that of chicken and pork mince. Just 120g of Kangaroo provides your body with 5mg of iron which is just over a quarter of the recommended daily iron intake for women and almost half the recommendation for men.

Kangaroo meat is very low in saturated fat also, having less than a quarter of the fat of all other premium minced meats.

If you haven't tried it yet, give it a go! It's sold as roasts, burgers, steaks and sausages. When cooking kangaroo, it's important to remember that it is a very lean meat and therefore can dry out very quickly. It's cooked best quickly and on low heat or in stews, curries and casseroles.

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