



The following items are available to help you promote Alberta Lamb and your own product. We will send them out by government courier to your nearest government office for collection. Your name will be on the package and they will call you when it arrives.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Local AB Agriculture & Rural Development Office: \_\_\_\_\_

**Please send me the following Alberta Lamb Promotional Materials:**

Alberta Lamb Recipe Cards (15 cards) .....

Nutrition Comparison Chart (lamb vs beef, chicken, fish) .....

Alberta Lamb meat cuts chart (8.5" x 11") .....

Alberta Lamb meat cuts poster (17.5" x 24") .....

Purchase thank you card .....

Nutritional value by cut (6 in series) (14" x 8.5") .....

Nutritional value by cut postcards (6 in series) .....

Buy Local Alberta Lamb poster (14" x 8.5") .....

Buy Local Alberta Lamb postcards .....

Alberta Lamb Consumer Card .....

Alberta Lamb Logo Package Labels (500/roll) .....

**Visit [www.albertalamb.ca](http://www.albertalamb.ca) for more information and recipes**

**Succulent, Nutritious LAMB**  
a great choice ANY time!

Flavourful Alberta Lamb – a healthy, affordable, delicious option! Enjoy its variety and versatility weekly. Lamb chops or skewers for your next barbecue. Roasted leg of lamb for Sunday dinner. Use leftovers for a delicious risotto or curry dish.

From our farm family to yours... share the pride. Buy Alberta Lamb today!

For great recipes, cooking tips, nutritional information and sources of local lamb visit [www.albertalamb.ca](http://www.albertalamb.ca)

Consumer Card

**Recipe cards - 15 in series**

**Nutrition Comparison** How does lamb compare?

How does lamb compare to other meats? The equivalent to the weight of a whole lamb is approximately 2.5 servings of meat and alternatives daily. (150 g of a 300 g of lamb)

Meat	Calories	Protein	Carbohydrate	Fat	Iron	Calcium	Vitamin B12
Lamb	180	24	0	10	0.8	10	0.2
Beef	250	22	0	15	0.6	10	0.2
Chicken	165	31	0	3	0.4	10	0.2
Fish	150	25	0	2	0.5	10	0.2

Nutrition Comparison chart

**Canadian Lamb Leg**

**Naturally Nutrition Packed**

2.5 Servings of Meat and Alternatives daily. (150 g of a 300 g of lamb)

One serving is 75g of cooked lamb (150 g of a 300 g of lamb)

**Nutrition Facts**

Per 75g (1/2 cup)		% Daily Value
Total Fat	7g	14%
Saturated Fat	3g	6%
Cholesterol	20mg	4%
Sodium	30mg	6%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	0%
Protein	20g	40%
Iron	0.8mg	16%
Calcium	10mg	20%
Vitamin B12	0.2mcg	4%

Nutritional Value by cut 6 in series

**Buy Local Alberta Lamb!**

ALBERTA LAMB IS PACKED WITH NUTRIENTS AND IS A GREAT ADDITION TO A HEALTHY DIET.

BUYING LOCAL ALBERTA LAMB IS GREAT FOR YOUR HEALTH, YOUR COMMUNITY AND THE ECONOMY.

ALBERTA LAMB IS HIGH IN PROTEIN AND LOW IN CALORIES.

90% OF LAMB PRODUCED IN CANADA IS EXPORTED.

ALBERTA LAMB IS A GREAT SOURCE OF PROTEIN AND IRON.

ALBERTA LAMB IS A GREAT SOURCE OF VITAMIN B12 AND NICKEL.

ALBERTA LAMB IS A GREAT SOURCE OF ZINC AND COPPER.

ALBERTA LAMB IS A GREAT SOURCE OF SELENIUM AND POTASSIUM.

Buy Local

**Alberta Lamb**

**Meat Cut Chart**

FRONT & FLANK, SHOULDER, LEG, OTHER CUTS, RIB, LOW.

ALBERTA LAMB IS A GREAT SOURCE OF PROTEIN AND IRON.

ALBERTA LAMB IS A GREAT SOURCE OF VITAMIN B12 AND NICKEL.

ALBERTA LAMB IS A GREAT SOURCE OF ZINC AND COPPER.

ALBERTA LAMB IS A GREAT SOURCE OF SELENIUM AND POTASSIUM.

Package Labels-Logo