

RTB Spa Complete Protein Guide

Updated: February 7, 2025

RED MEAT PROTEIN SOURCES

1. Lean Beef Sirloin (4 oz / 113g)

- Calories: 180
- Protein: 25g
- Fat: 8g
- Iron: 15% DV
- Zinc: 40% DV
- Vitamin B12: 40% DV
- Creatine: 1g

2. Grass-Fed Ground Beef 93% Lean (4 oz / 113g)

- Calories: 170
- Protein: 23g
- Fat: 8g
- Iron: 20% DV
- Zinc: 35% DV
- Vitamin B12: 41% DV
- Omega-3: 24mg

3. Beef Tenderloin (4 oz / 113g)

- Calories: 190
- Protein: 24g
- Fat: 9g
- Iron: 15% DV

- Zinc: 38% DV
- Vitamin B6: 20% DV
- Selenium: 40% DV

4. Top Round Steak (4 oz / 113g)

- Calories: 160
- Protein: 27g
- Fat: 5g
- Iron: 15% DV
- Zinc: 37% DV
- Vitamin B12: 38% DV
- Niacin: 25% DV

5. Bison/Buffalo (4 oz / 113g)

- Calories: 145
- Protein: 23g
- Fat: 4g
- Iron: 15% DV
- Zinc: 35% DV
- Vitamin B12: 40% DV
- Lower in calories than beef

TIPS FOR RED MEAT CONSUMPTION

- Choose lean cuts (look for "loin" or "round" in the name)
- Limit portion sizes to 4-6 oz
- Opt for grass-fed when possible
- Cook at appropriate temperatures to retain nutrients

- Combine with vegetables for better iron absorption
- Recommended frequency: 2-3 times per week

HEALTH BENEFITS OF RED MEAT

1. High-Quality Protein

- Complete amino acid profile
- Excellent for muscle maintenance and growth

2. Rich in Iron

- Heme iron (more easily absorbed than plant sources)
- Important for oxygen transport and energy

3. Vitamin B12

- Essential for nerve function
- Supports red blood cell formation

4. Zinc

- Supports immune system
- Important for wound healing

5. Creatine

- Supports muscle energy
- Enhances athletic performance

COOKING METHODS FOR OPTIMAL NUTRITION

1. Grilling

- Use moderate heat

- Allow meat to rest after cooking

2. Broiling

- Quick cooking method
- Maintains nutrient content

3. Pan-Searing

- Use minimal oil
- Don't overcook

4. Roasting

- Use a meat thermometer
- Maintain moisture

PORTION GUIDE

- Palm-sized portion \approx 4 oz
- Deck of cards \approx 3 oz
- Checkbook \approx 6 oz

Note: DV = Daily Value based on a 2,000-calorie diet

All values are approximate and may vary by preparation method.

RECOMMENDED PAIRINGS FOR BETTER NUTRIENT ABSORPTION

- Vitamin C-rich foods (bell peppers, citrus) to enhance iron absorption
- Leafy greens for additional minerals
- Complex carbohydrates for sustained energy
- Fiber-rich vegetables for digestion

RTB Spa

14511 Old Katy Rd, Suite 232

Houston, TX 77079

Phone: 713-322-6640

Website: www.rtbspa.com