

## Transcript

### RNZ Midday Rural News with Sally Murphy - 12 October 2021

Approx time slot: 05:19 - 06:48

Scientists are studying the nutritional differences between grass-fed beef, grain-fed beef and a plant-based alternative.

The work's being funded by the Meat Industry Association, Beef + Lamb, the High-Value Nutrition National Science Challenge and the Ministry of Business, Innovation and Employment (MBIE).

One phase of the project has been looking at how the human digestive system responds to differing food compositions.

Dr Lovedeep Kaur from Massey University's School of Food and Advanced Technology says the research highlighted meat protein as generally higher digestible, which is good for the body.

"So we looked at differences in the digestibility of fat and protein and we found that the protein from both pasture-fed and grain-finished cuts of beef was digested in a similar way.

But, as we expected, plant proteins, which are generally known to be less digestible and also commercial products, which are available in the market they contain other non-protein ingredients as well.

So, the plant-based substitute that we tested showed relatively lower protein digestibility than meat in general.

But we are talking about just one plant-based alternative that we tested.

Lovedeep Kaur says this research certainly doesn't mean people should only be eating red meat, as a well-balanced diet is important."

*Dr Lovedeep Kaur is a Senior Research Officer at Massey University's School of Food and Advanced Technology. Read her profile: [Dr Lovedeep Kaur - Senior Research Officer - Massey University](#)*