



An examination of the impact of eating either:  
pasture-raised beef and lamb, grain-finished  
beef and plant-based alternatives.

### STAGE 1:

November 2019 - November 2020

Deep dive nutritional analysis of the foods including lipidomics, metabolites and potential bioactives of emerging importance led by Dr Emma Bermingham of AgResearch.

STAGE  
01

### STAGE 3

February 2020 - September 2021

Examine how the nutrients from a meal comprising the contrasting foods are absorbed and utilised by the body in males aged 20-34 years led by Dr Andrea Braakhuis of the University of Auckland.

STAGE  
03

STAGE  
02

### STAGE 2:

November 2019 - March 2021

Advanced analysis on how these contrasting foods are digested by the body led by Dr Mike Boland and Dr Lovdeep Kaur of the Riddet Institute.

STAGE  
04

### STAGE 4

November 2020 - November 2022

A 12 week clinical trial observing the impact on health and well-being outcomes of 40 couples aged 20-34 years eating meals with the contrasting foods led by Dr Andrea Braakhuis of the University of Auckland.

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