

# IDEAL TIPS FOR SELECTING FRESH & HEALTHY MEAT



**Texture of the meat**  
Should not be yellowish or watery.



**Appearance of the meat**  
No discolouration & bruises.



**Note the color**  
Bright red.



**Smell**  
No rotten smell.



**Meat surface**  
Tender & firm.



**Meat fat**  
White strips on the meat makes it tender & juicier.



**Firmness**  
Not too supple not too hard.



**Check the date & package**



**Ask your butcher**

Most tender & juicier-best for chops.

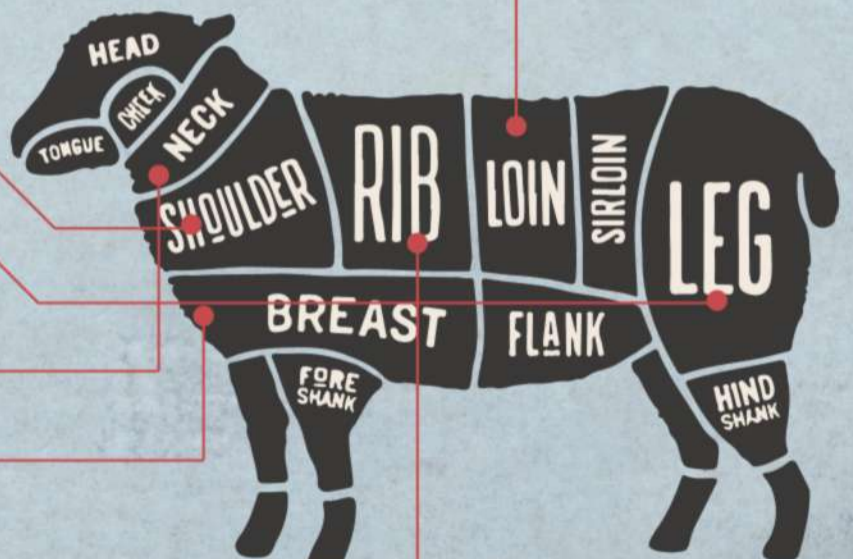
Has more meat.

Delicious than shoulder.

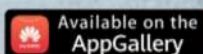
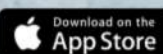
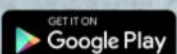
Has more flavour.

Tougher & fattier.

Widely used for chops.



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