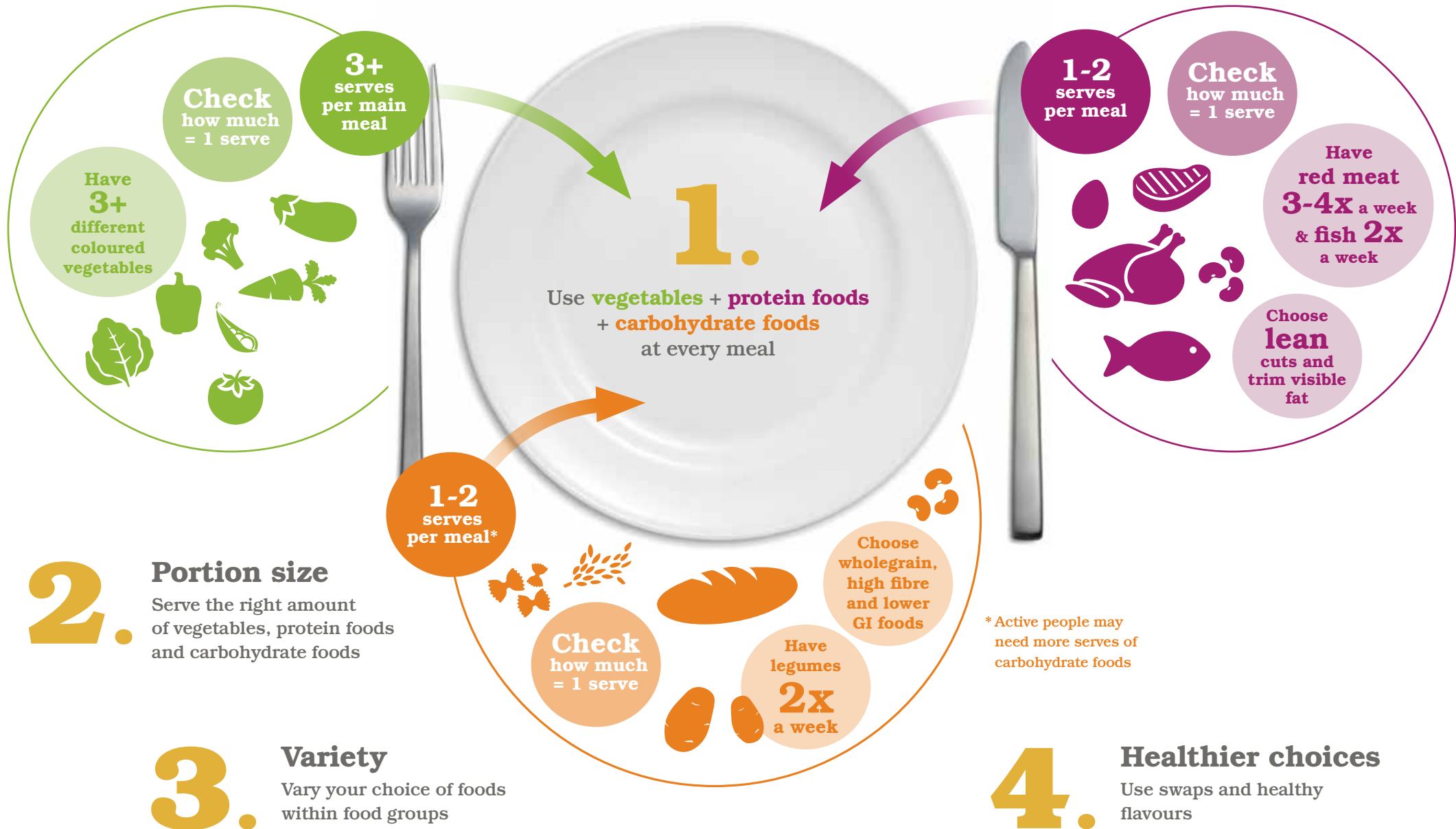


4 steps to a healthy, balanced main meal

This guide refers to the main meal only and builds on popular meal choices.



What is a serve?

Use the guide below to work out main meal portion sizes.

3+
serves
per meal

Vegetables*

1 =
serve

1/2 carrot, zucchini, cucumber, celery, sweetcorn

1/2 large or 1 small tomato, capsicum, beetroot, onion

1/4 avocado

A handful of beans, snowpeas, peas (~10 pieces)

2-3 florets of broccoli, cauliflower

2-3 slices (~1cm) sweet potato, eggplant, pumpkin,

3-4 mushrooms, asparagus

A large handful of lettuce, cabbage, bok choy

1-2
serves
per meal

Protein foods

1 =
serve

100g (raw weight) beef or lamb or fish or chicken or pork

2 eggs

1 cup (150g) cooked or canned legumes (if used as a protein food in the meal)

170g cooked tofu

1-2
serves
per meal
*

Carbohydrate foods

1 =
serve

1/2 cup (75g) cooked or canned legumes (if used as a carbohydrate food in the meal)

1/2 large or 1 small potato

1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulghur or quinoa

1 slice (40g) bread

1/2 medium (40g) roll or flat bread

* Includes fresh, frozen or canned vegetables

Healthier choices

Use herbs and spices

- Use stronger spices (e.g. pepper, chilli, garlic, ginger, Chinese five spice, curry powder) and fragrant herbs to flavour your meals with less salt.

Swaps

- Use reduced salt or no added salt options of stock, pre-prepared sauces and canned vegetables.
- Select healthy oils e.g. olive and other nut and seed varieties.
- Choose lean mince and lean sausages, trim visible fat from meat and remove skin from poultry.
- Choose mostly reduced or low fat dairy choices.

Look for better choices



The Government's Health Star Rating on packaged foods will help you choose healthier food choices within a food category.



The Heart Foundation Tick is another useful guide to healthier choices within a food category. Tick TM used under licence.



The GI symbol is a useful guide to better quality carbohydrate foods.



This fact sheet has been produced by Meat and Livestock Australia (MLA). For more information, visit www.mlahealthymeals.com.au (March 2016).

Care is taken to ensure the accuracy of the information contained in this publication. However MLA cannot accept responsibility for the accuracy or completeness of the information or opinions contained in the publication. This publication is only intended to provide general information. This information is not medical advice and you should consult a health professional before making any decisions concerning your nutritional requirements.