Your shopping guide to healthy, balanced meals

Vary your choice of foods to get all the nutrients you need for good health.

Vegetables

- Use at least **three different coloured vegetables** (e.g. red, yellow, orange, green, purple) in every meal. This will provide a wider range of nutrients.
- Have at least one serve of green vegetables daily for folate.



Protein foods

To meet nutrient needs, have different protein foods at lunch and dinner, including:

 Three to four red meat meals per week for iron and zinc in palm-sized portion sizes.

• Two fish meals per week for omega-3.

Red meat
3-4 x
a week

Fish **2x** a week

Carbohydrate foods

Get your dietary fibre from a variety of carbohydrate foods, including:

- **Legumes twice a week** they are a good natural source of 'prebiotics' important for gut health.
- Wholegrain, high fibre and lower GI foods.
 If using white pasta and rice for dinner, choose wholegrain, high fibre or lower GI choices for breakfast and lunch.

Legumes 2 X

Add interest to your meal repertoire by using a variety of different foods.



Green vegetables:

broccoli,
spinach, green
beans,
bok choy,
peas, lettuce,
snow peas,
asparagus, kale,
broccolini,
brussels sprouts

Orange vegetables:

carrots, pumpkin, sweet potato

Red/purple vegetables:

tomato, capsicum, beetroot, red cabbage

Other vegetables:

zucchini, celery, onion, cabbage, eggplant, cauliflower, mushrooms, cucumber, bean sprouts, avocado, sweet corn



Beef:

lean mince, steak, stir fry, casserole

Lamb:

roast, chops, steaks

Fish:

fillet, canned tuna, smoked salmon

Eggs

Chicken:

breast, roast

Pork:

roast, chops, steaks

Legumes:

lentils, tofu

Goat

Kangaroo Rabbit

Venison



Legumes:

kidney beans, chick peas, baked beans

Potatoes

Pasta

wholemeal pasta

Rice

basmati rice, brown rice

Noodles

buckwheat noodles

Breads:

wholegrain or rye bread, wraps, rolls pitta bread

Grains:

quinoa, buckwheat, bulghur, couscous, barley, polenta



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

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