

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.



3+
different
colours per
meal

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
2x
a week

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

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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

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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

C

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