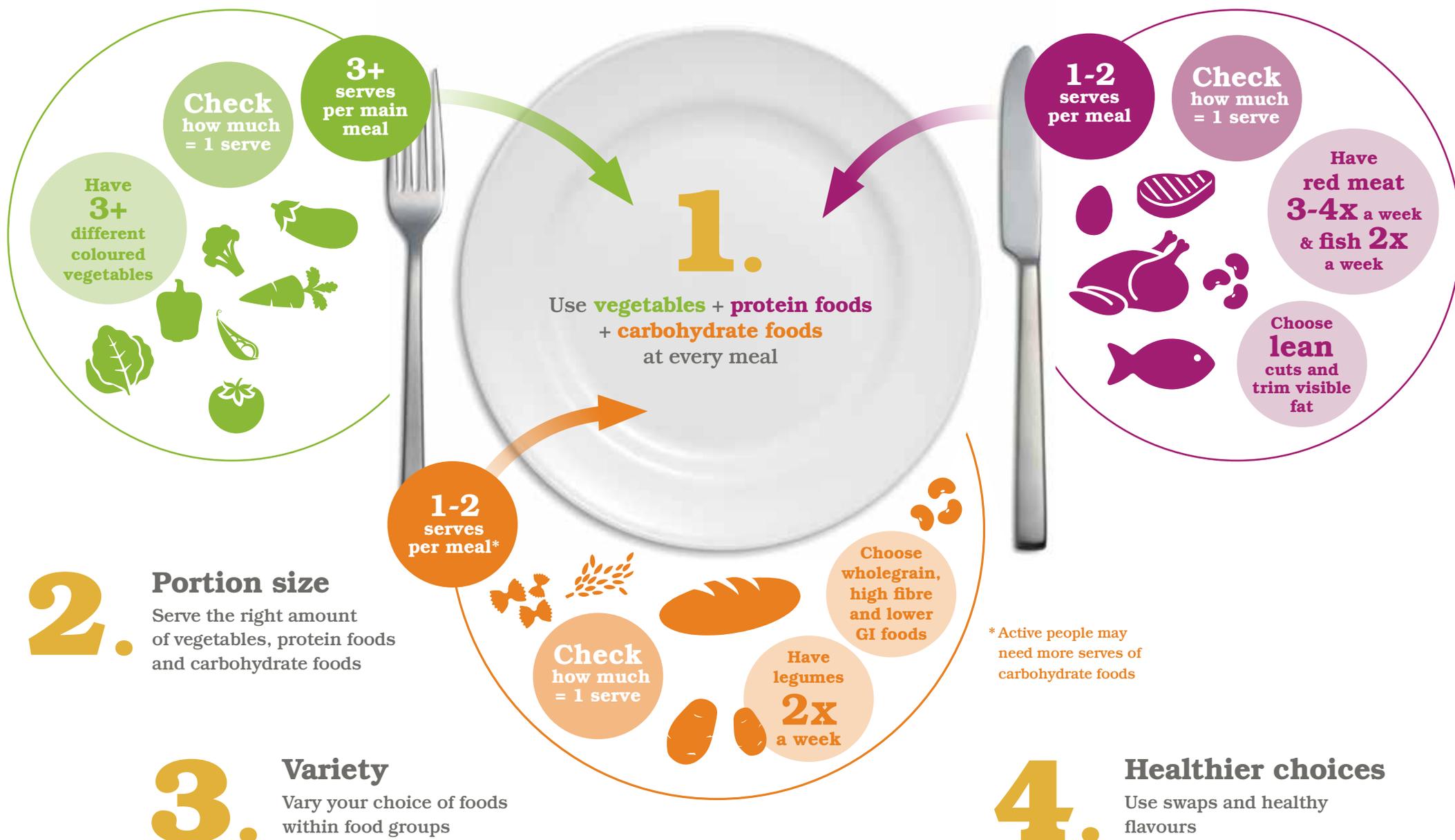


4 steps to a healthy, balanced main meal

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

* Active people may need more serves

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.

* Includes fresh, frozen or canned vegetables



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

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