

Healthy portion sizes

Use the guide below to work out main meal portion sizes. A healthy balanced meal has
3+ serves of vegetables + **1-2 serves of protein foods** + **1-2 serves of carbohydrate foods**.

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) pumpkin, eggplant, sweet potato

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

100g = see weight chart below.

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

You may wish to add other foods recommended in the Australian Dietary Guidelines (www.eatforhealth.com.au) to your main meal, including:

- Dairy foods
- Nuts and seeds
- Fruit

Dairy foods

1 =
serve

40g cheese

200g yoghurt

250ml milk

* Includes fresh, frozen or canned vegetables

* Active people may need more serves



1 medallion / 1 small steak /	1/3 chicken	1 slice roast
1 minute steak / 1/2 regular steak /	breast	beef, lamb or
1 small chop / 1 cutlet /		pork (cooked)
10 stir fry strips / 5 cubes		



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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