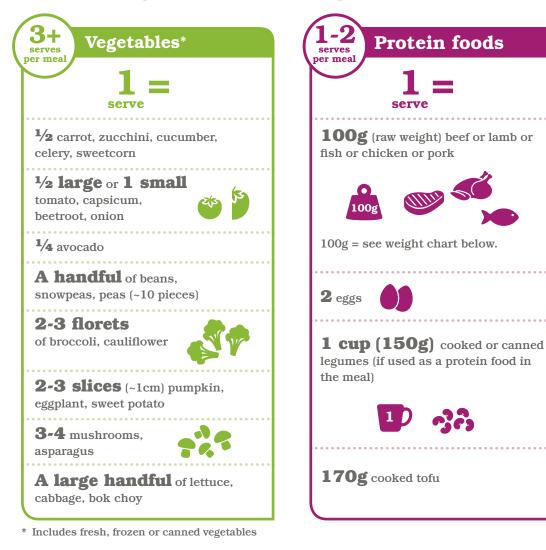
Healthy portion sizes

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**.



1 medallion / 1 small steak /

1 small chop / 1 cutlet /

10 stir fry strips / 5 cubes

1 minute steak / ½ regular steak /

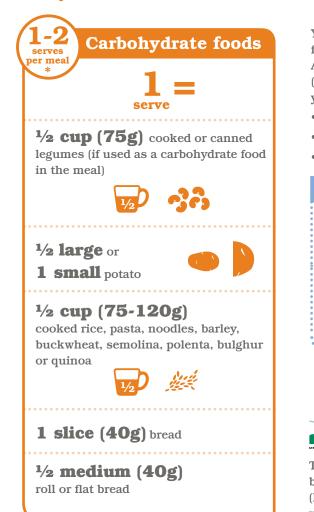
¹/₃ chicken

breast

1 slice roast

beef, lamb or

pork (cooked)



* Active people may need more serves

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





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.