

# Balanced meals for a healthy diet



Easy ways to get variety and balance on the plate.

## Protein

Include a variety of protein foods across the week to meet different nutrient needs such as iron, zinc, and omega 3 fatty acids.



### LEAN RED MEAT

Every second day:

For iron and zinc. Includes beef, lamb, veal, pork or kangaroo.



### FISH & SEAFOOD

Twice a week:

For omega 3. Includes fresh, canned or smoked.



### LEGUMES

Twice a week:

For dietary fibre. Can be eaten as a protein or carbohydrate food.



### CHICKEN & EGGS

On other days:

Provides alternative protein choices for variety.

## Carbohydrates

Vary the amount of carbohydrate with your meal depending on your physical activity level. Carbohydrate foods also provide different types of dietary fibre, important for gut health.



### GRAINS:

- Rice
- Pasta
- Noodles
- Bread
- Cous Cous



### STARCHY VEG:

- Potato
- Sweet Potato
- Corn
- Parsnips



### LEGUMES:

- Lentils
- Kidney Beans
- Three Bean Mix
- Tofu

## Vegetables

Choose a range of different coloured vegetables to provide important nutrients such as vitamin A, C, and antioxidants.

### GREEN

- Broccoli
- Spinach
- Green Beans
- Bok Choy
- Peas
- Snow Peas
- Kale
- Brussels Sprouts

### ORANGE/YELLOW

- Carrots
- Pumpkin
- Squash
- Corn
- Sweet Potato

### RED/PURPLE

- Tomato
- Capsicum
- Eggplant
- Beetroot
- Red cabbage

### WHITE

- Onion
- Cabbage
- Cauliflower
- Mushrooms
- Fennel

# Use this portion guide to provide balance and variety for planning healthy meals

**Choose 1 protein portion**

LEAN RED MEAT	FISH	LEGUMES	CHICKEN AND EGGS
100-200g meat*	100-200g fish*	1 cup cooked legumes	100-200g chicken*
		200g firm tofu	2 eggs

**Choose any 3 different coloured vegetables**

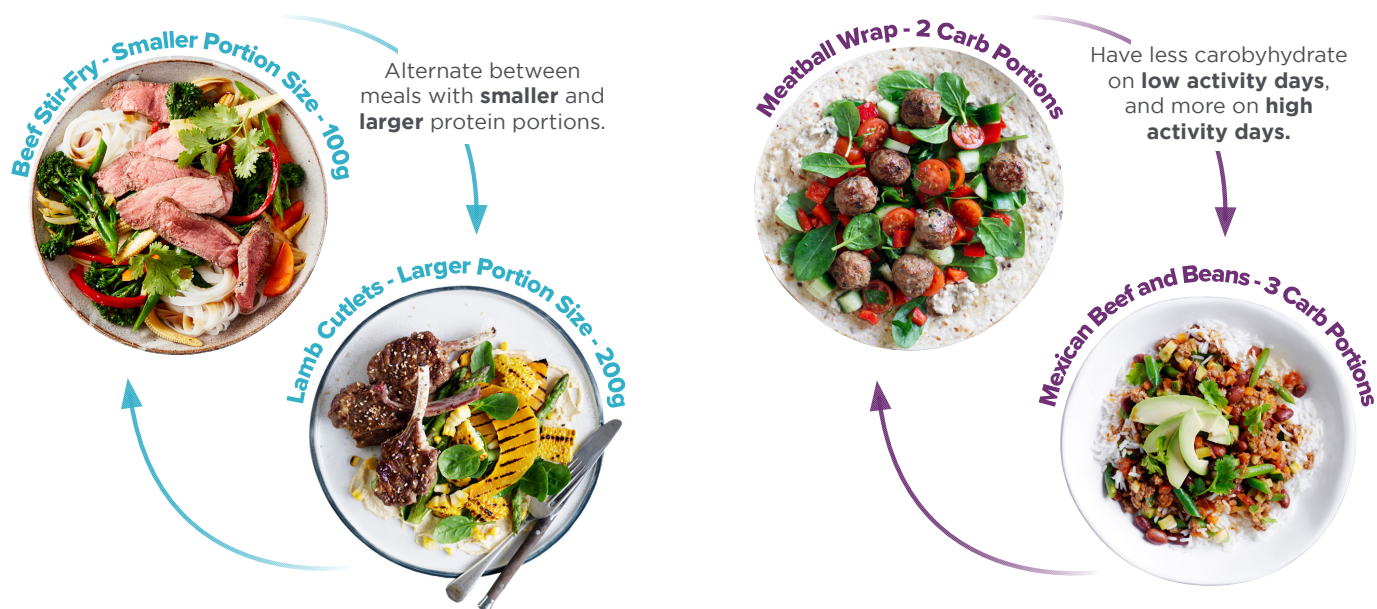
GREEN	ORANGE/YELLOW	RED/PURPLE	WHITE
1 handful leafy veg	½ carrot	¼ eggplant	¼ zucchini
4 florets of broccoli	2 slices pumpkin	¼ capsicum	4 florets of cauliflower
1 handful of beans or peas	2-3 squash	½ tomato	¼ onion

**Choose 0-4 carbohydrate portions**

GRAINS	STARCHY VEG	LEGUMES
½ cup cooked pasta, noodles, quinoa	1 medium potato	½ cup cooked chickpeas
1 slice bread or ½ roll/wrap	¼ medium sweet potato	½ cup canned mixed beans
¼ cup cooked rice	½ corn cob	

\*raw weight

## Meal ideas



### HOW TO ORDER FREE RESOURCES

Meat & Livestock Australia's nutrition resources provide practical tips for planning and serving healthy, balanced meals. These patient-friendly resources include portion guidance for meeting protein, carbohydrate and iron needs for different dietary requirements and life stages.

### WHO IS MLA?

Meat & Livestock Australia (MLA) is an industry owned Rural Research and Development Corporation that delivers marketing, research and development services to Australia's red meat and livestock industry. Our activities in nutrition research and communications aim to support the consumption of Australian red meat in healthy, balanced meals.



For more information, visit [www.mlahealthymeals.com.au](http://www.mlahealthymeals.com.au)