

Healthy Eating

Australian Red Meat

Lean red meat is a source of **12 essential nutrients**. Protein supports growth and repair, iron helps transport the oxygen needed for energy, and zinc boosts immunity and healing, making all three essential for development and health.

A **healthy, balanced diet** includes eating lean red meat 3-4 times a week paired with a variety of foods like vegetables and legumes/beans. When cooking with lean red meat, prepare nutritious, balanced meals that **minimise food waste**.



The *Australian Dietary Guidelines* recommend the number of standard serves of the **five food groups** you should consume each day. Look at the tables below to see if you are eating the recommended number of serves of lean meats and poultry, fish, eggs, tofu, nuts and seeds, legumes/beans and vegetables per day.

Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
(minimum recommended serves per day)

	2–3yrs	4–8yrs	9–11yrs	12–13yrs	14–18yrs
Boys	1	1.5	2.5	2.5	2.5
Girls	1	1.5	2.5	2.5	2.5



Vegetables

(minimum recommended serves per day)

	2–3yrs	4–8yrs	9–11yrs	12–13yrs	14–18yrs
Boys	2.5	4.5	5	5.5	5.5
Girls	2.5	4.5	5	5	5

Source: National Health and Medical Research Council. (2013). *Australian dietary guidelines summary*. National Health and Medical Research Council. https://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a_australian_dietary_guidelines_summary_131014_1.pdf



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Australian Curriculum Content: AC9TDE2K04, AC9TDE4K04, AC9TDE6K04, AC9HP4P10, AC9HP6P09, AC9HP6P010.

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