

Health and Nutrition

Australian Red Meat

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.

Lean red meat contains 12 essential nutrients important for normal growth and development.



Immunity

Omega-3, B12, B2, B5, B6, selenium

DNA and cell health

B12, B3, B6, phosphorus

Heart health

Omega-3

Bone, teeth, eyes and skin health

Omega-3, B2, magnesium, phosphorus

Red blood cell formation

B12

Energy

Iron, zinc, B12, B2, B5, magnesium, phosphorus

Brain health

Omega-3, B12, B6

Nerve health

B12, magnesium

Muscle health

Protein, magnesium, phosphorus

Cholesterol, hormone, thyroid and metabolic health

B3, B5, B6, selenium

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

The *Australian Dietary Guidelines* recommend the number of standard serves of the **five food groups** you should consume each day. Look at the tables 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.

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: AC9TDE8K05, AC9TDE10K05, AC9HP8P10, AC9HP10P10.

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SECONDARY