

Tips for planning balanced meals

Protein variety

To meet nutrient needs, have different protein foods for meals across the week.



EVERY SECOND DAY:

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



TWICE A WEEK:

For omega 3. Includes fresh, canned or smoked.



TWICE A WEEK:

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



ON OTHER DAYS:

Provides alternative protein choices for variety.

Vegetable variety

Choose at least 3 different coloured vegetables at each meal - each colour provides different nutrients.

GREEN

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

ORANGE/YELLOW

- Carrots
- Pumpkin
- Squash

RED/PURPLE

- Tomato
- Capsicum
- Eggplant
- Beetroot
- Red Cabbage

WHITE

- Onion
- Cabbage
- Cauliflower
- Mushrooms
- Zucchini
- Fennel

Carbohydrate variety

Vary your carbohydrate food choices to get dietary fibre important for gut health:



GRAINS:

- Rice
- Pasta
- Noodles
- Bread
- Quinoa



STARCHY VEG:

- Potato
- Sweet Potato
- Corn



LEGUMES:

- Lentils
- Kidney Beans
- Three Bean Mix
- Tofu

Click [mhealthymeals.com.au](http://mlahealthymeals.com.au) for

A Guide to Iron Rich Meals >

Protein Rich Meals for Muscle Health >

Carbohydrate Foods in Healthy Meals >

Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. October 2020.

Tips for serving balanced meals

Use these portion size guides below to balance out each meal:

NUMBER OF PORTIONS
PER PERSON

AMOUNT OF FOOD
PER PERSON

Choose 1
protein

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
carbohydrates

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

*raw weight

Meal ideas



Alternate between meals with **smaller** and **larger** protein portions



Have more carbohydrate portions on **high activity days** and less on **low activity days**.

