## 1. Smart shopping

Tips to buy recommended amounts

## Meat, fish, poultry

Multiply the recommended portion size per serve by the number of planned meals.

- 100 to 250 g (raw weight) $=$ One portion size per serve
- 400 to 1 kg (raw weight) serves 4


## Red meat

- Buy amounts to serve three to four meals per week.
- Choose portion sizes per serve equivalent to 650 g (raw weight) per week. For example, recommended portion sizes per serve for 4 meals a week: $250 \mathrm{~g}+125 \mathrm{~g}+150 \mathrm{~g}+125 \mathrm{~g}$
- Red meat choices include beef, lamb, pork, kangaroo and game meat.


## 2. Leftovers

Tips to boost intake of vegetables

| Soup | chop or blend leftover vegetables and add <br> canned beans or red lentils |
| :--- | :--- |
| Stir fry | chop and stir fry harder vegetables first (e.g. carrots, <br> broccoli stalks) and add leafy greens (e.g. spinach) <br> just before serving |
| Sauce | chop finely (e.g. celery) or grate vegetables <br> (e.g. zucchini) and add to bolognaise, casserole <br> or curry |
| Salad | grate or chop vegetables and add canned legumes <br> Pesto or dipblend raw or cooked vegetables and trimmings <br> (e.g. carrot, beetroot) and add spices |
| Roast | make sandwiches, wraps, pasta and salads with <br> leftover vegetables and meat |

Practical resources published by Meat \& Livestock Australia for health professionals to provide guidance on red meat and healthy eating.

## No food waste

## Three tips for balanced meals with no food waste

## Quick, easy leftover meal ideas



Add canned beans (e.g. three bean mix) and different spices to basic bolognaise


- Separate meat into portions for freezing
- Put into airtight plastic freezer bags, then seal removing any excess air from bag.
- Label with cut name, weight and date.
- To defrost, place frozen meat on lowest shelf in the fridge until completed thawed.
- Never refreeze defrosted meat.


Use leftover meat, vegetables and herbs in soups, pasta, or salads

## Tips for freezing meals

- Cool leftovers in fridge before freezing.
- Store meals in individual portions.
- Defrost frozen meals in fridge or microwave.
- Once defrosted, use within 24 hours, don't refreeze.

[^0]
[^0]:    Information in this brochure is aimed at heathy indiviauals 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. Please read MLA's disclaimer at mla.com.au/disclaimer. © Meat \& Livestock Australia 2024. ABN 39081678364. Published April 2024. MLA acknowledges the matching funds provided by the Australian Government to support the research and development detailed in this publication.

