

make every bite count

Tips



**Balanced
and leftover
meal ideas**

Light meals

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meals*

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meals*

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*Bolognaise
many ways*

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make every bite count

tips

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Smart shopping

Buy protein foods in recommended portion sizes

2

Nutritious choices

Add variety and affordable options

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Balanced meals

Boost intake of veggies and legumes with meat

4

Leftover meals

Make quick, easy meals and avoid food waste

Smart shopping

Recommended portion sizes

Use this guide to buy and serve amounts of foods recommended for health and wellbeing.

- Recommended portion sizes are for one person.
- Multiply by the planned number of serves.

1 portion
of protein food

1-2 portions of
carbohydrate foods

3 or more portions
of vegetables

Protein foods: 1 portion =

100–250g (raw weight) meat, fish or poultry

2 eggs

170g tofu or canned legumes (drained weight)

1
portion
per meal
variety of
choices

Vegetables: 1 portion =

1–2 slices

pumpkin or eggplant



½ piece

tomato or
beetroot



3+

portions
per meal
variety of
choices

2–4 florets or pieces

cauliflower or broccolini
or mushrooms



¼ piece

capsicum or
onion or avocado



¼–½ piece

carrot or zucchini



1 handful

leafy greens or
beans or peas



Carbohydrate foods: 1 portion =

1 slice bread or
½ roll or wrap



½ cup legumes



1-2

portions per
meal or more
for active
people

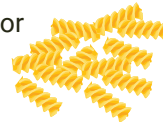
1 potato or

¼ sweet potato or
½ corn cob



½ cup cooked pasta or

¼ cup cooked rice



Nutritious choices

Vegetables

Green vegetables

broccoli,
spinach, green beans,
bok choy, peas,
lettuce, snow peas,
asparagus, kale,
broccolini,
brussels sprouts

Orange vegetables

carrots, pumpkin,
squash

Red/purple vegetables

tomato, capsicum,
beetroot, eggplant
red cabbage

Other vegetables

zucchini, celery,
onion, cabbage,
cauliflower,
mushrooms,
cucumber,
bean sprouts

Protein foods

Beef

lean mince, diced,
strips, steak, roast

Lamb

lean steak, roast,
mince, chops

Fish

fillet, canned tuna,
smoked salmon

Eggs

Chicken

lean breast, thighs,
roast

Pork

lean chops, steak,
roast

Legumes

Tofu, tempeh

Goat

Kangaroo
Venison

Carbohydrate foods

Legumes

canned, dried

Potatoes

Sweet corn
Sweet potato

Pasta

Rice

Noodles

Bread

wraps, rolls,
pitta bread

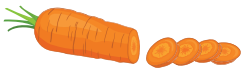
Grains

couscous, polenta,
quinoa, barley,
bourghul

Vegetables

Different colours provide a variety of important nutrients such as vitamin A, C and antioxidants.

3+
different
colours
per meal



Red meat

- Key nutrients – excellent source of iron and zinc.
- Lean beef, lamb, pork, goat, kangaroo, venison.

Red meat
3-4x
a week

Fish

- Key nutrient – excellent source of omega-3.
- Fresh, canned, frozen.

Fish
2x
a week

Legumes

- Key nutrient – dietary fibre important for gut health.
- Chick peas, lentils, baked beans, kidney beans, three bean mix and more.
- Serve as a protein or carbohydrate food.

Legumes
2x
a week

Nutritious **choices**

Recommended choices

Australian Dietary Guidelines recommend:

- Beef, lamb, pork, kangaroo and game meat.
- Fresh lean meat cuts and lean, sodium reduced sausages.
- Lean cuts include mince, steak, diced, strips, slow cooked cuts, roast and chops.
- For lean meat, use a sharp knife to remove any separable fat.

Australian beef and lamb

Lean mince and all cuts are packed with 12 essential nutrients important for health and wellbeing.

- Excellent sources of iron, zinc, vitamin B12 and high quality protein.
- Predominantly grass-fed providing a source of omega-3.
- A source of vitamins B2, B3, B5, B6, selenium, magnesium and phosphorus.

RED MEAT GUIDE

Recommended portion sizes per serve



100–125g* small
lamb steak



150g* diced,
strips or
chuck

3–4
balanced and
leftover meals
per week



200–250 g*
regular steak



125g* lean mince
(500g to serve 4)

* Choose a variety of choices equivalent to 650g* per week per person (raw weight).¹

* For example, a small steak + 150g* diced meat + a regular steak + mince.

¹This amount is equivalent to 455g per week of cooked, lean meat recommended in Australian Dietary Guidelines and includes beef, lamb, pork, kangaroo and game meat.

Balanced meals

Bowl



Stir fry



Wrap



Light meals
to enjoy
3+ vegetables
with meat



Soup



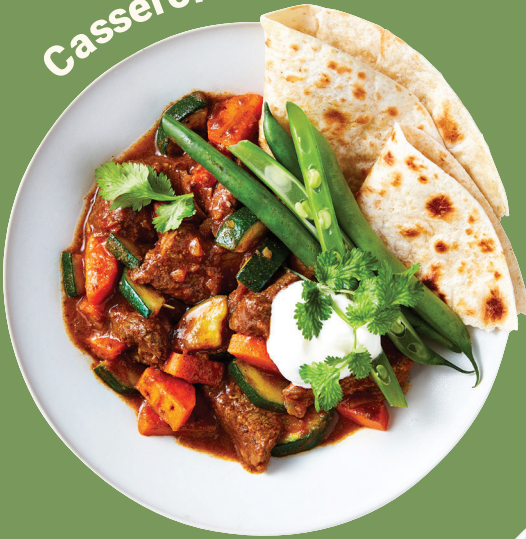
Kebabs

TIPS

- * Add sliced and cubed steak to stir fried, steamed, roasted or BBQ grilled vegetables.
- * Rump, sirloin, fillet, oyster blade, scotch fillet, leg steak, loin chops.
- * Seasonal vegetables for quality and competitive prices.

Balanced meals

Casserole



Set and forget
meals make it
easy to serve
3+ vegetables

Pasta



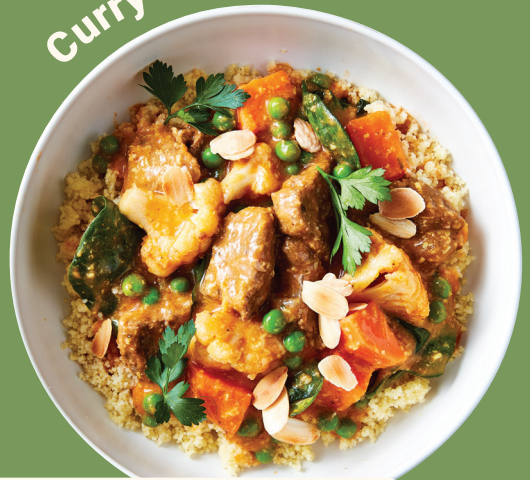
Soup



Pot roast



Curry



TIPS

- * Add hard vegetables first and softer later.
- * Batch cook and freeze meal-sized portions.
- * Chuck, gravy beef, blade, rump, shanks, shoulder or diced meat at low temperature and longer duration.

Balanced meals

Keep handy
ingredients for
quick meals with
3+ vegetables



Asian salad

Meatballs



Stir fry



Beef salad



Curry



TIPS

- * Frozen, canned or pre-cut vegetables.
- * Curry pastes, pasta sauces and marinated meats.
- * Lean mince, strips, diced meat and rump steak are versatile cuts.

Leftover meals



Soup

Sandwich



Salad



No waste meals with leftover vegetables and meat



Pasta salad



Pizza

TIPS

- * Roast extra vegetables for handy sandwich fillings, salad ingredients or to bulk up meat sauces or soups.
- * Use leftover roast or pulled meat in soups, pasta, salad, sandwiches or wraps.
- * Rump, topside, mini-roast and for pulled meat, blade, brisket and shoulder.

Leftover meals

Cottage pie



Vegetable stack



Tacos



Different ways with bolognaise for variety and **no waste**



Chilli con carne

Stuffed vegetables



TIPS

- * Freeze basic bolognaise sauce in handy portions.
- * Thaw and add different spices and ingredients for variety.
- * Canned beans, chickpeas or lentils provide a great dietary fibre boost.

make every bite count

Make Every Bite Count Tips is a set of practical resources published by Meat & Livestock Australia mlahealthymeals.com.au for health professionals to provide guidance on red meat, healthy eating and reducing food waste.

For more information about the *Australian Dietary Guidelines*, visit eatforhealth.gov.au

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.

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