Balanced meals with no food waste

Three tips to avoid food waste and make eating healthily easy

make every bite coupt



Tips to buy recommended amounts

Meat, fish, poultry

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

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

Red meat

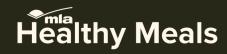
- Buy amounts to serve three to four meals per week.
- Choose portion sizes per serve equivalent to 650g (raw weight) per week. For example, recommended portion sizes per serve for 4 meals a week: 250g + 125g + 150g + 125g
- Red meat choices include beef, lamb, pork, kangaroo and game meat.

Leftovers

Tips to boost intake of vegetables

Soup	chop or blend leftover vegetables and add canned beans or red lentils
Stir fry	chop and stir fry harder vegetables first (e.g. car- rots, broccoli stalks) and add leafy greens (e.g. spinach) just before serving
Sauce	chop finely (e.g. celery) or grate vegetables (e.g. zucchini) and add to bolognaise, casserole or curry
Salad	grate or chop vegetables and add canned legumes
Pesto or dip	blend raw or cooked vegetables and trimmings (e.g. carrot, beetroot) and add spices
Roast	blend raw or cooked vegetables and trimmings (e.g. carrot, beetroot) and add spices

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



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Tips for quick, easy meals

Tips for freezing fresh meat

- 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.

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.

Quick, easy leftover meal ideas



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





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





Roast extra vegetables for salads or wraps



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 on so 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 39 081 678 364. Published April 2024. MLA acknowledges the matching funds provided by the Australian Government to support the research and development detailed in this publication.

