

Balanced meals for a healthy diet



Easy ways to get variety and balance on the plate.




Protein

Include a variety of protein foods across the week to meet different nutrient needs such as iron, zinc, and omega 3 fatty acids.

 LEAN RED MEAT	 FISH & SEAFOOD	 LEGUMES	 CHICKEN & EGGS
Every second day:	Twice a week:	Twice a week:	On other days:
For iron and zinc. Includes beef, lamb, veal, pork or kangaroo.	For omega 3. Includes fresh, canned or smoked.	For dietary fibre. Can be eaten as a protein or carbohydrate food.	Provides alternative protein choices for variety.

Carbohydrates

Vary the amount of carbohydrate with your meal depending on your physical activity level. Carbohydrate foods also provide different types of dietary fibre, important for gut health.

 GRAINS: <ul style="list-style-type: none">• Rice• Pasta• Noodles• Bread• Cous Cous	 STARCHY VEG: <ul style="list-style-type: none">• Potato• Sweet Potato• Corn• Parsnips	 LEGUMES: <ul style="list-style-type: none">• Lentils• Kidney Beans• Peas• Three Bean Mix• Tofu
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Vegetables

Choose a range of different coloured vegetables to provide important nutrients such as vitamin A, C, and antioxidants.

GREEN: <ul style="list-style-type: none">• Broccoli• Spinach• Green Beans• Bok Choy• Peas• Snow Peas• Kale• Brussels Sprouts	ORANGE/YELLOW: <ul style="list-style-type: none">• Carrots• Pumpkin• Squash• Corn• Sweet Potato	RED/PURPLE: <ul style="list-style-type: none">• Tomato• Capsicum• Eggplant• Beetroot• Red cabbage	WHITE: <ul style="list-style-type: none">• Onion• Cabbage• Cauliflower• Mushrooms• Fennel
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