

# 4 steps to a healthy, balanced main meal

This guide refers to the main meal only and builds on popular meal choices.

## 1.

### Three core ingredients

At every meal use:



**Vegetables**

+



**Protein foods**

+



**Carbohydrate foods**

## 2.

### Portion size

Serve the right amount of vegetables, protein foods and carbohydrate foods

## 3.

### Variety

Vary your choice of foods within food groups

## 4.

### Healthier choices

Use swaps and healthy flavours



# What is a serve?

Use the guide below to work out main meal portion sizes.

**3+** serves per meal

## Vegetables\*

**1 =** serve

1/2 carrot, zucchini, cucumber, celery, sweetcorn

1/2 large or 1 small tomato, capsicum, beetroot, onion 

1/4 avocado

**A handful** of beans, snowpeas, peas (~10 pieces)

**2-3 florets** of broccoli, cauliflower 

**2-3 slices** (~1cm) sweet potato, eggplant, pumpkin,

**3-4 mushrooms,** asparagus 

**A large handful** of lettuce, cabbage, bok choy

\* Includes fresh, frozen or canned vegetables

**1-2** serves per meal

## Protein foods

**1 =** serve

**100g** (raw weight) beef or lamb or fish or chicken or pork



**2** eggs 

**1 cup (150g)** cooked or canned legumes (if used as a protein food in the meal)



**170g** cooked tofu

**1-2** serves per meal \*

## Carbohydrate foods

**1 =** serve

1/2 cup (75g) cooked or canned legumes (if used as a carbohydrate food in the meal)



1/2 large or 1 small potato 

1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulghur or quinoa



**1 slice (40g)** bread

1/2 medium (40g) roll or flat bread

\* Active people may need more serves

You may wish to add other foods recommended in the Australian Dietary Guidelines to your main meal, including:

- Dairy foods
- Nuts and seeds
- Fruit

## Dairy foods

**1 =** serve

40g cheese 

200g yoghurt

250ml milk

To work out portion sizes for other meals and snacks, visit [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au) for information on the total number of serves recommended from all five food groups each day.