4 steps to a healthy, balanced main meal

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

Three core ingredients
At every meal use:

- **V** Vegetables
- Protein foods
- C Carbohydrate foods
- Portion size
 Serve the right amount of vegetables, protein foods and carbohydrate foods
- Variety
 Vary your choice of foods within food groups
- Healthier choices
 Use swaps and healthy flavours

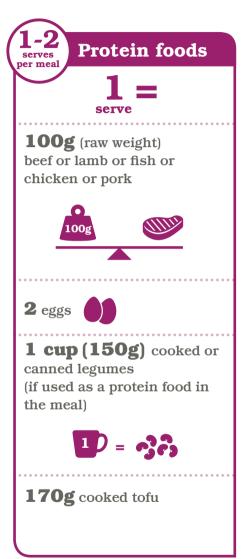


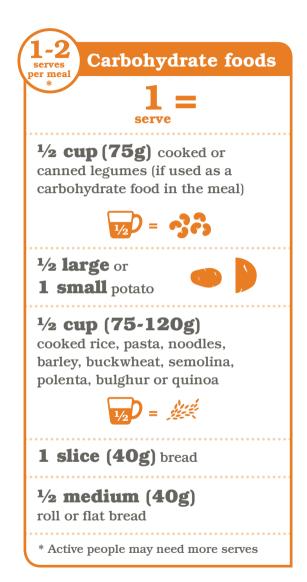
What is a serve?

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



^{*} Includes fresh, frozen or canned vegetables





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** for information on the total number of serves recommended from all five food groups each day.

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