

# make every bite count

*Tips*



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**make every bite count**  
*tips*

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# 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 

**2–4 florets or pieces** cauliflower or broccolini or mushrooms 

**¼–½ piece** carrot or zucchini 

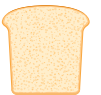
**½ piece** tomato or beetroot 


**¼ piece** capsicum or onion or avocado 


**1 handful** leafy greens or beans or peas 

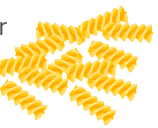
**3+** portions per meal variety of choices

**Carbohydrate foods: 1 portion =**

**1 slice** bread or **½** roll or wrap 

**1** potato or **¼** sweet potato or **½** corn cob 

**½ cup** legumes 

**½ cup** cooked pasta or **¼ cup** cooked rice 

**1-2** portions per meal or more for active people

# 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

lean breast, thighs, roast

### Chicken

lean chops, steak, 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

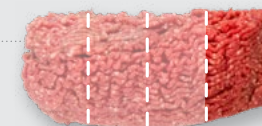


150g\* diced,  
strips or  
chuck

**3–4**  
balanced and  
leftover meals  
per week



200–250g\*  
regular steak



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

- \* Choose a variety of choices equivalent to 650g\* per week per person (raw weight).<sup>1</sup>
- \* For example, a small steak + 150g\* diced meat + a regular steak + mince.

<sup>1</sup>This 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

Light meals  
to enjoy  
**3+ vegetables**  
with meat



Soup



Stir fry



Kebabs



Bowl



Wrap

## 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

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

Casserole



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](https://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](https://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.

December 2023