

PROTEIN-RICH MEALS FOR MUSCLE HEALTH

A guide to spreading your protein intake across the day for muscle health.



Why do we need protein?

1. Protein and physical activity work together to maintain muscle health



Physical activity stimulates the muscles and protein-rich foods provide building blocks for growth and repair.



Physical activity, such as strength, balance and aerobic exercise, each provide different benefits important for muscle function.



Muscle health is also important for heart, immune and bone health.

2. Protein-rich foods make satisfying and nutritious meals making every bite count. This is useful for:



People with small appetites such as fussy kids, elderly, injured or unwell.



Achieving and maintaining a healthy weight, together with regular physical activity.

Why is protein important at every meal?

Having protein at every meal across the day makes it easier for the body to use protein and optimise the benefits gained from physical activity.

Have 3 to 4 protein-rich meals across the day

BREAKFAST

LUNCH

SNACK

DINNER

Which protein food is best?

Protein foods also provide essential nutrients important for good health. Choosing a variety of different proteins is an easy way to get enough of these nutrients.



LEAN RED MEAT

every second day for iron & zinc



DAIRY

3 to 4 serves per day for calcium



FISH

twice a week for omega-3



LEGUMES

twice a week for dietary fibre



EGGS & POULTRY

on other days



TRUE AUSSIE BEEF & LAMB

How to get enough protein at each meal?

You will need one portion of protein to make a protein rich meal. This portion size guide explains 3 ways to make up one portion of protein by choosing different types and amounts of a variety of foods.

	Choose any 1	Choose any 2	Choose any 3
Beef, lamb or pork	1 small steak, diced or other fresh cut (5 oz.*)	ground beef or lamb (2.5 oz.*)	1 slice lunch meat (1 oz.**)
Fish	1 fillet (5 oz.*)	1 small can of fish (5 oz.)	1 slice smoked salmon
Chicken	½ breast (5 oz.*)	Thigh (2½ oz.*)	1 slice lunch meat (1 oz.**)
Eggs		2	1
Dairy foods		2 slices cheese (1½ oz.) ½ cup ricotta cheese (4 oz.) 1 glass milk (8 oz. or 1 cup)	Feta cheese (1½ oz.) ¼ cup cottage cheese (2 oz.) ½ cup yogurt (3½ oz.)
Legumes	7 oz. firm tofu	1 cup cooked (8 oz.) lentils, chickpeas	½ cup hummus ½ cup cooked (3 oz.)
Nuts and seeds		½ cup nuts and seeds (4 oz.)	1 tbsp. nut or seed paste

*raw weight **cooked weight

Meal ideas



5 oz.* ground beef
= 1 portion



1½ oz. cheese + 2 eggs
= 1 portion



1 oz.** ground beef or lamb + 3½ oz. yogurt
+ 6 oz. kidney beans
= 1 portion



5 oz.* fish fillet
= 1 portion



2½ oz.* lamb + 6 oz. cooked lentils
= 1 portion



1 oz.** lunch meat,
½ cup hummus + 3½ oz. yogurt
= 1 portion

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Healthy, balanced meal ideas >

How to get enough iron? >

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