

# SO WHAT'S FOR DINNER?

Easy ways to get variety and balance on plate

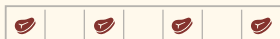


## PROTEIN VARIETY

Plan your meals around different proteins for essential nutrients



### LEAN RED MEAT

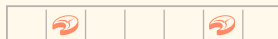


**Every second day for iron and zinc**

Includes beef, lamb, pork or bison



### FISH



**Twice a week for omega-3**

Includes fresh, canned or smoked



### LEGUMES



**Twice a week for dietary fiber**

Have as a protein or carbohydrate food



### EGGS & POULTRY



**On other days**

Includes your choice of any other protein foods

## VEGETABLE VARIETY

Choose at least 3 different colored vegetables — each color provides different nutrients

### ORANGE/YELLOW

- Carrots
- Pumpkin
- Sweet Potato
- Corn

### RED/PURPLE

- Tomato
- Red Cabbage
- Beets
- Eggplant
- Bell Pepper

### WHITE

- Cauliflower
- Onion
- Fennel
- Mushrooms
- Zucchini
- Celery
- Cabbage
- Cucumber
- Bean Sprouts
- Avocado

### GREEN

- Broccoli
- Spinach
- Green Beans
- Zucchini
- Celery
- Asparagus
- Bok Choy
- Peas
- Lettuce
- Brussel Sprouts
- Broccolini
- Kale
- Snow Peas



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# MEAL VARIETY

Use the **protein** and **vegetable** portion size guides below to make meals with the right amount of meat and vegetables

Serve with your choice of carbohydrate food

Pick from a world of different flavors for a variety of tastes

## PROTEIN VARIETY

Alternate between meals with larger and smaller portion sizes using the Protein Portion Size Guide

## VEGETABLE VARIETY

Combine 3 portions or equivalent using the Vegetable Portion Size Guide



## A WORLD OF FLAVORS

**Chinese:** Chinese 5-spice, garlic, rice wine, oyster sauce

**Thai:** garlic, chilies, ginger, lemongrass, Thai basil, fish sauce, lime juice, lite coconut milk

**Mexican:** garlic, paprika, cumin, chile flakes, coriander

**Indian:** curry paste, coriander, lime juice, lite coconut milk

## CARBOHYDRATE FOODS

Potato, legumes, rice, pasta, noodles, bread or other grains or cereal foods

## PROTEIN PORTION SIZE GUIDE

### Smaller portion size

Makes 1 serving

1 small steak

1 small chop

1 slice of roast meat

1 small can of fish

½ cup or ¼ can of

legumes

1 egg

Makes 2 servings

1 shank

1 chicken breast

Makes 4 servings

1 lb\* ground

1 lb\* strips or diced

### Larger portion size

Makes 1 serving

1 regular steak

1 chop

1 large fish fillet

7 oz\* chicken meat

1 cup of legumes

or 6 oz\* of tofu

2 eggs

Makes 2 meals

1 large steak

Makes 5 meals

2 lb\* roast or slow

cooked meat cuts

or diced meat

(good for leftover meals)

\*raw weight

## VEGETABLE PORTION SIZE GUIDE



1 handful

leafy veg or beans or peas



¼ piece

pepper or onion or avocado



2-4 florets or pieces

cauliflower or broccoli or mushrooms



¼ - ½ piece

carrot or zucchini or corn



1-2 slices

pumpkin or eggplant or sweet potato



½ piece

tomato or beet

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Healthy Meals by Cut



A Guide to Iron-Rich Meals

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