

So What's for Dinner?

Easy ways to get variety and balance on plate



1 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 kangaroo

Fish

Twice a week for omega-3

Includes fresh, canned or smoked

Legumes

Twice a week for dietary fibre

Have as a protein or carbohydrate food

Eggs & poultry

On other days

Includes your choice of any other protein foods

2 Vegetable Variety

Choose at least 3 different coloured vegetables — each colour provides different nutrients

Orange/Yellow

- Carrots
- Pumpkin
- Sweet Potato
- Corn



Red/Purple

- Tomato
- Capsicum
- Red Cabbage
- Beetroot
- Eggplant



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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3 Meal Variety

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

2. Serve with your choice of carbohydrate food
3. Pick from a world of different flavours 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 flavours

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

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

Mexican: garlic, paprika, cumin, chilli 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 meal

1 minute 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 meals

1 shank
1 chicken breast

Makes 4 meals

500g* mince
500g* strips or diced

Larger portion size

Makes 1 meal

1 regular steak
1 chop
1 large fish fillet
200g* chicken meat
1 cup of legumes or 170g* of tofu
2 eggs

Makes 2 meals

1 large steak

Makes 5 meals

1kg* roast or slow cooked meat cuts or diced meat (good for leftover meals)

*raw weight refers to amount served on the plate

Vegetable Portion Size Guide

1 handful

leafy veg or beans or peas



¼ - ½ piece

carrot or zucchini or sweetcorn



¼ piece

capsicum or onion or avocado



1-2 slices

pumpkin or eggplant or sweet potato



2-4 florets or pieces

cauliflower or broccolini or mushrooms



½ piece

tomato or beetroot



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