

Healthy meals are as easy as 1-2-3

How do you turn the foods sitting in your fridge and pantry into a healthy meal? Follow our three simple steps to help plate up a balanced, nutritious meal every time.

Step 1- Choose your carb

Carbohydrates are the body's main type of fuel providing energy, fibre and B vitamins.

Choose from:

- whole grain breads and cereals
- wholemeal rice, pasta, noodles, barley, cous cous, semolina, polenta, bulgur or quinoa
- starchy vegetables such as potato, sweet potato, corn, taro and cassava

Tips:

- ✓ *Include low GI carbohydrates to help keep you fuller for longer.*
- ✓ *Choose more wholegrain products such as wholegrain bread, high fibre cereal, brown rice and wholemeal pasta.*



1/4 of your meal should come from carbohydrate

Step 2 – Pick your protein

Meat and alternatives

These are a good source of protein, iron, niacin and vitamin B12.

Choose from:

- Red meat, such as beef, lamb, veal pork, goat and kangaroo
- Chicken and turkey
- Fish
- Eggs
- Canned legumes/beans, such as lentils, chick peas, or split peas
- Tofu
- Nuts, seeds, peanut or almond butter or tahini or other nut seed paste.



Tips:

- ✓ Choose lean cuts of beef, pork, veal and lamb trimmed of all visible fat.
- ✓ Avoid processed meat and deli meat (e.g. salami and pepperoni) as they are very high in fat and salt.
- ✓ Canned fish is as nutritious as fresh fish and can be a convenient option. The best alternatives are canned in water rather than brine (salt) or oil.
- ✓ Legumes are the cheapest source of protein – add them to your meat recipes to lower the cost and boost the veggies and fibre in your meal.

Dairy and alternatives

Also a great source of protein, dairy and alternatives are our main source of calcium and are a good source riboflavin and vitamin B12.

Choose from:

- Milk (fresh, UHT or evaporated)
- Hard cheeses such as cheddar and parmesan
- Soft cheeses such as feta, ricotta and cottage
- Yogurt
- Calcium fortified soy based milks and yogurt



Tips

- ✓ Compare the fat content of dairy products, and choose products which are lowest in fat.
- ✓ Most hard cheeses are high in salt. Be sure to choose those with the lowest salt content.
- ✓ Use evaporated milk in creamy dishes instead of cream.
- ✓ Use natural or Greek yogurt instead of sour cream.

**¼ of your meal should
come from protein**

Step 3 – Load with veg

Vegetables are a good source of vitamins, minerals, phytochemicals and dietary fibre. Aside from the starchy vegetables, they are all significantly low in kilojoules.

Tips:

- ✓ *Frozen and canned vegetables are as good as fresh. Where possible look for reduced salt varieties.*
- ✓ *Buy fresh vegetables that are in season, as this will give you better value for your money.*
- ✓ *For maximum nutrition, be sure to add a rainbow of vegetables to your plate.*



½ of your meal should come from vegetables

Putting it all together

Use this plate as a guide to create delicious, balanced meals at home. Remember, this concept can be applied to all sorts of meals such as curries, stir-fries, pasta dishes, frittatas and many more!

