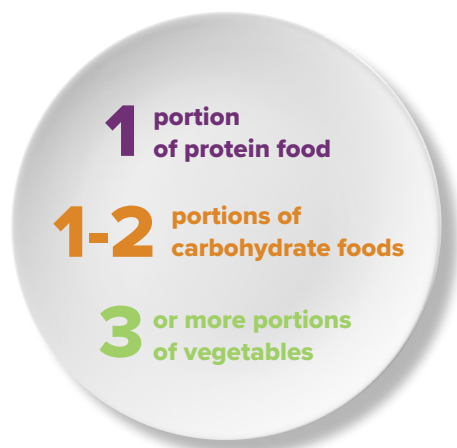


Smart shopping

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.



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

Recommended portion sizes for balanced and leftover meals

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

Variety and affordable options for balanced and leftover meals

| Vegetables | Protein foods | Carbohydrate foods |
|---|--|--|
| <p>Green vegetables broccoli, spinach, green beans, bok choy, peas, lettuce, snow peas, asparagus, kale, broccolini, brussels sprouts</p> <p>Orange vegetables carrots, pumpkin, squash</p> <p>Red/purple vegetables tomato, capsicum, beetroot, eggplant, red cabbage</p> <p>Other vegetables zucchini, celery, onion, cabbage, cauliflower, mushrooms, cucumber, bean sprouts</p> | <p>Beef lean mince, diced, strips, steak, roast</p> <p>Lamb lean steak, roast, mince, chops</p> <p>Fish fillet, canned tuna, smoked salmon</p> <p>Eggs</p> <p>Chicken lean breast, thighs, roast</p> <p>Pork lean chops, steak, roast</p> <p>Legumes Tofu, tempeh</p> <p>Goat</p> <p>Kangaroo</p> <p>Venison</p> | <p>Legumes canned, dried</p> <p>Potatoes Sweet corn Sweet potato</p> <p>Pasta</p> <p>Rice</p> <p>Noodles</p> <p>Bread wraps, rolls, pitta bread</p> <p>Grains couscous, polenta, quinoa, barley, bourghul</p> |

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