

Eating for Health

A practical guide to preparing, shopping and cooking healthy and enjoyable meals.



Planning a healthy meal?

The plate below shows how you can plan a healthy balanced meal by choosing nutrient-rich foods in the right proportions to get the essential nutrients you need.

Grains

Rice, pasta, noodles, bread preferably wholegrain. You can swap a grain for a potato.

Flavourings

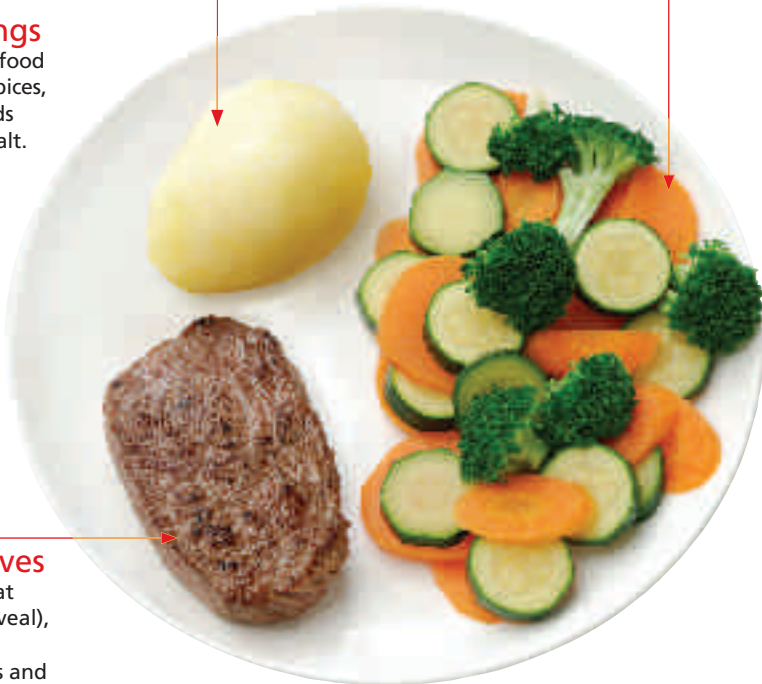
Flavour your food with herbs, spices, nuts and seeds rather than salt.

Meat, poultry, fish and alternatives

Lean red meat (beef, lamb, veal), fish, skinless chicken, eggs and legumes.

Vegetables

Dark green (broccoli, spinach, beans), Yellow/orange (squash, carrot, pumpkin), Other (lettuce, tomato, mushrooms, potato).



Healthy fats

Choose unsaturated fats such as canola, olive, soybean, safflower or sunflower oils/sprays/spreads in moderation.

For more information visit www.portionperfection.com.au

Portion sizes

Adapting portion sizes to meet your individual nutrient and energy needs is an important part of healthy eating. Here are some examples of portion sizes for common breakfast, lunch and dinner meals.

Breakfast

CEREAL

High-fibre breakfast cereal (1½ cups) with low-fat milk (1 cup) and sliced banana (1 piece)

MUESLI

Untoasted muesli (½ cup) with low-fat natural yogurt (200g tub) and mixed berries (1 cup)

TOAST AND BEANS

Wholegrain toast (2 slices) with baked beans (130g can) and orange juice (1 cup)

TOAST AND EGGS

Wholegrain toast (2 slices) with scrambled eggs (2 eggs) and grilled tomato and sautéed mushrooms (½ - 1 cup)

Lunch

TUNA SANDWICH

Wholegrain bread (2 slices) with tuna in springwater, drained (95g can), shredded lettuce, tomato and cucumber slices (1 cup)

PASTA SALAD

Cooked pasta (1 cup) with four bean mix (125g can), reduced-fat fetta cheese (40g), diced tomato, celery and red onion (1 cup)

LAMB ROAST WRAP

Lavash bread (1 medium piece) with roast lamb (2 slices) and roasted vegetables: pumpkin, sweet potato and cherry tomatoes (1 cup)

EGG ROLL

Wholegrain roll (1 large roll) with hard boiled eggs (2 eggs) and mixed salad vegetables: grated carrot, cucumber slices and rocket (1 cup)

Dinner

BEEF CASSEROLE

Casserole beef (100g diced) with vegetables: chopped onions, carrots, mushrooms and celery (1½ - 2 cups) and mashed potato (½ cup)

BARBECUED SALMON

Barbecued salmon (100g) with boiled potato (1 medium) and steamed vegetables: asparagus, squash, cauliflower (1½ - 2 cups)

TANDOORI CHICKEN

Pan-fried chicken breast (100g) with tandoori sauce, steamed vegetables: peas, corn and cabbage (1½ - 2 cups) and steamed rice (1 cup)

LAMB STIR-FRY

Stir-fried lamb strips (100g) and vegetables: snow peas, baby corn, mushrooms (1½ - 2 cups) with flat rice noodles (1 cup)

Note: These sample portion sizes are based on recommendations made in the Dietary Guidelines for Australians (2003). For more individualised advice, see an Accredited Practising Dietitian.

Tips for buying healthy foods

Follow these simple tips to help you choose healthier options when shopping.

1. Make a list before going shopping

2. Buy a variety of different coloured vegetables, and look for those in season

Green:	Asian greens, asparagus, beans, broccoli, brussels sprout, cabbage, celery, cucumber, lettuce, peas, shallot, silverbeet, spinach, zucchini
Yellow/Orange:	Carrot, pumpkin, squash, sweetcorn, sweet potato
Red:	Beetroot, tomato
Blue/Purple:	Eggplant
White:	Cauliflower, garlic, leek, mushroom, onion, parsnip, potato, swede, turnip

3. Choose meat that has been trimmed of visible fat

4. Choose low-fat or reduced-fat dairy products (milk, yogurt, cheese)

5. Choose wholegrain or wholemeal varieties of breads and cereals

6. When buying packaged foods:

- Check the 'ingredients' list on the label which outlines the ingredients in order of quantity, from the highest to the lowest amount.
- Choose low salt, no added salt or salt-reduced products.
- Choose unsaturated fats such as: canola, olive, soybean, safflower or sunflower oils which are healthier for the heart than saturated fats such as palm and hydrogenated oils.
- Choose products without added sugars.

Tips for choosing the right cuts of meat

With so many cuts of trimmed beef, lamb and veal available, it can be difficult to know what to choose. Use the guide below to help you pick the best cut for your desired cooking method.

I'm cooking	Beef	Lamb	Veal
Oven roast	Blade Fillet Round Rump Scotch fillet Sirloin	Leg Loin Mini roast Rack Shoulder	Leg Rack Shoulder
Pan-fry/BBQ	Blade Fillet Rump Scotch fillet Sirloin T-bone	Cutlets Fillet Lamb steak Loin chops	Chops Cutlets Leg steak Rump
Stir-fry	Beef strips: Blade Round Rump Scotch fillet Sirloin	Lamb strips: Fillet Round	Veal strips: Leg Rump
Casserole	Blade Chuck Round	Leg Shank Shoulder	Round Shoulder

Red meat (beef, lamb and veal) is a nutritious food providing a unique bundle of essential nutrients including: iron, zinc, vitamin B12, protein and omega-3s. Because it is one of the best sources of iron, the Australian Dietary Guidelines recommend we eat red meat three to four times a week; otherwise high iron replacement foods will be needed.

How to Stir-fry

Basic recipe

Preparation time (minutes): 15

Cooking time (minutes): 15

Serves: 4



Serving suggestion:

Serve with noodles and sprinkle with sesame seeds and sliced red chilli (if desired).

Ingredients

- 600g lamb round, trimmed and sliced into thin strips
- Flavourings (1 crushed garlic clove and 1 tbsp grated ginger)
- 1-2 tbsps oil (eg. Canola or sesame)
- 6 cups vegetables (bok choy, broccoli and beans)
- Liquids (1 tbsp salt-reduced soy sauce)

Method



Step 1: Add the flavourings and oil to the lamb strips and mix well.



Step 2: Ensure the wok is hot before you begin to cook the meat or vegetables.



Step 3: Stir-fry the lamb strips in small batches, resting each cooked batch in a warm bowl.



Step 4: Stir-fry the vegetables and liquids for 1-2 minutes. Return the lamb strips to the wok and toss to combine.

Variations

Nuts

After step 4, sprinkle a handful of nuts (cashews or whole blanched almonds) on top.

Flavours

In step 1, spice up your meat strips with lime or lemon juice, basil, coriander or cumin.

Vegetables

In step 4, try mushrooms, zucchini, celery, snow peas, cabbage, cauliflower or baby corn.

How to pan-fry/BBQ

Basic recipe

Preparation time (minutes): 15

Cooking time (minutes): 10

Serves: 4



Serving suggestion:

Serve steaks with a mixture of salad vegetables dressed with balsamic vinegar and 2 slices of wholegrain bread.

Ingredients

- 4 x 150g beef fillet, trimmed
- 1-2 tbsps oil (eg. Canola or olive)
- 6 cups vegetables (mixed lettuce leaves, tomato wedges, sliced onion, cucumber, asparagus and avocado)

Method



Step 1: Brush each steak lightly with oil.



Step 2: In a hot pan or barbecue, cook the steaks on one side until the first signs of moisture appear. Turn once only using tongs.



Step 3: Judge the steaks' readiness by touch. Rare feels soft, medium feels springy and well done is very firm.



Step 4: Cover the steaks loosely with foil. Rest them for 3-5 minutes before serving.

Variations

Kebabs

Before step 1, cut the steaks into 2cm sized cubes. Thread 4-5 cubes onto metal skewers. In step 2, cook the skewers for 2 minutes on each of the four sides.

Steak sandwich

After step 4, place lettuce, avocado, tomato and cucumber slices with steaks in between 2 thick slices of grainy bread. Add a spoonful of hummus or mustard.

Salad

Serve slices of the steak with a mixture of salad vegetables and drizzle with balsamic vinegar.

How to Roast

Basic recipe

Preparation time (minutes): 15

Cooking time (minutes): 120

Serves: 6-8



Serving suggestion:

Serve roast with roasted onion wedges and bean salad dressed with lemon juice.

Ingredients

- 1kg lamb leg, trimmed
- 1-2 tbsps oil (eg. Canola or olive)
- Flavourings (1 tbsp rosemary, 1 tbsp thyme and 2 cloves crushed garlic)
- 6 cups vegetables (cannellini beans, baby spinach leaves, basil and red onion)

Variations

Flavours

In step 2, use grated ginger, basil, oregano, or lemon juice.

Wrap

Fill lavash bread with slices of the roast, cucumber and tomatoes, grated carrot and mixed lettuce. Add a dollop of low-fat natural yogurt.

Vegetables

After step 4, serve the roast with a mixture of roasted vegetables. Try pumpkin, sweet potato, cherry tomatoes and zucchini.

Method



Step 1: Preheat the oven to 180°C.



Step 2: Place the roast on a rack in a roasting dish. Brush with oil and flavourings.



Step 3: Place the roast in the oven for 60 minutes for rare, 75 minutes for medium or 90 minutes for well done. For ease and accuracy use a meat thermometer.



Step 4: Remove the roast from the oven when it is ready. Then cover it loosely with foil and leave it to rest for 15 minutes before carving.

How to Casserole

Basic recipe

Preparation time (minutes): 20

Cooking time (minutes): 120

Serves: 4



Serving suggestion:

Serve with mashed potatoes and steamed vegetables.

Ingredients

- 600g chuck beef, trimmed
- 1-2 tbsps oil (eg. Canola or olive)
- 6 cups vegetables (brown onions, carrots, button mushrooms and celery)
- Liquids (200g can chopped tomatoes, ½ cup salt-reduced stock, ½ cup red wine [optional])
- Flavourings (2 bay leaves and 3 tbsp oregano)

Method



Step 1: Dice the beef into 2cm sized cubes.



Step 2: Heat the oil in a large oven-proof pan. Then brown the beef and set it aside in a warm bowl.



Step 3: Add the vegetables to the pan and stir for 1-2 minutes until soft.



Step 4: Add the cooked beef, liquids and flavourings to the pan and bring to the boil. Reduce the heat to low, then cover with a lid and simmer for 90 minutes, stirring occasionally.

Variations

Rice, noodles, pasta

After step 4, serve the casserole with cooked rice, noodles or pasta.

Chunky Pie

After step 4, place casserole in individual serving bowls. Cover with mashed potato, sweet potato or pumpkin. Bake for 15 minutes.

Vegetables

In step 3, try cabbage, leeks, parsnips, spinach or turnips instead.

How to cook

Mince is popular, versatile and easy to use. Master these 2 basic mince recipes and experiment with the meal ideas provided.

Savoury mince

Basic recipe

Preparation Time (minutes): 15

Cooking Time (minutes): 10

Serves: 4



Serving suggestion:

Spoon savoury mince into chilled lettuce cups.

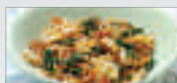
Ingredients

600g lean beef, lamb or veal mince
1-2 tbsps oil (eg. Canola or olive)
4 cups vegetables (finely chopped onions and celery, grated carrot and zucchini and sliced button mushrooms)
Liquids (400g can diced tomatoes and ½ cup salt-reduced stock)
Flavourings (2 crushed garlic cloves, 1 tbsp fresh oregano, 2 bay leaves)

Method

1. Place the mince in a bowl and mix in the oil.
2. Heat a large wok or fry pan, then crumble in half of the mince until browned. Remove the first batch, reheat the pan and cook the remaining mince and then remove.
3. Reheat the pan, add the oil and then cook the vegetables for 1-2 minutes until soft.
4. Return the mince to the pan. Add the liquids and flavourings and cook for 1-2 minutes.

Meal ideas



Pasta

Toss the savoury mince through cooked pasta (spaghetti, fettuccine, farfalle (bowties), macaroni, fusilli, jumbo shells, penne or gnocchi).



Chilli tacos

In step 4, add a little chilli powder, chopped coriander leaves and a 400g can of drained red kidney beans to the mince. Then serve the mixture in taco shells with shredded lettuce, chopped tomatoes and low-fat natural yogurt.



Pizza

Spread a Lebanese bread with the savoury mince and experiment with a variety of vegetable toppings such as sliced mushrooms, capsicum or olives, top with reduced-fat grated cheese and bake in the oven for 10 minutes until the cheese has melted.

...with mince

Burger Basic recipe

Preparation Time (minutes): 15

Cooking Time (minutes): 15

Serves: 4



Serving suggestion:

Serve burgers with mixed lettuce leaves, mashed avocado, sliced tomato and beetroot in between 2 toasted wholegrain buns.

Ingredients

600g lean beef, lamb or veal mince
4 cups vegetables (finely diced onions, grated carrot and zucchini)
Flavourings (1 crushed garlic clove)
1-2 tbsps oil (eg. Canola or olive)

Method

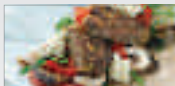
1. Combine the mince, vegetables and flavourings with clean hands. Shape into 4 large patties or 8 smaller ones.
2. Lightly brush the burgers with oil.
3. Preheat the barbecue flat-plate or pan to moderately-high. Add the burgers then lower the heat to moderate.
4. Cook the burgers for 6-7 minutes on each side or until thoroughly cooked. Turn them only once.

Meal ideas



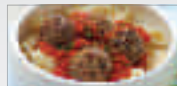
Salad

Serve a burger with a mixture of salad vegetables and tomato salsa made with finely diced tomatoes, red onions and a splash of balsamic vinegar.



Wrap

Serve burgers in a wrap with roasted capsicum, tomatoes, mushrooms and eggplant. Top with low-fat ricotta.



Meatballs

In step 1 of the basic burger recipe, shape spoonfuls of the burger mixture into small meatballs. Cook until brown and serve with cooked pasta topped with a tomato pasta sauce and fresh basil leaves.

These are guidelines only and are not intended as medical or nutritional advice. If you have specific health or dietary concerns, discuss them with your doctor or Accredited Practising Dietitian.

This information has been independently reviewed by the Dietitians Association of Australia (DAA) and the Heart Foundation.



MLA is a DAA corporate partner. For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD) in your local area by visiting 'Find an APD' at www.daa.asn.au or call 1800 812 942.

Red meat trimmed of visible fat has less than 4% saturated fat and earns the Heart Foundation Tick of approval. For more information on the Tick program, visit www.heartfoundation.org.au/tick

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Meat & Livestock Australia (MLA) represents the beef, sheep meat and goat meat producers of Australia. MLA has a commitment to providing health professionals and all Australians with accurate nutrition information and promotes the role of red meat as part of a healthy balanced diet.