

Your guide to

Meat, poultry, fish, eggs, beans and nuts

The foods on this shelf provide protein for growth and repair. They are also the main source of iron for healthy blood.

Choose 2 servings a day.



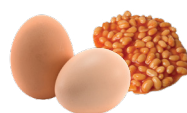
Food Shelf Facts



Lean red meat is a good source of iron. Chicken, turkey and fish are good low-fat options.



Oily fish provides essential omega 3 fats.



Beans and eggs are good sources of protein and are low in fat. They are a good choice for meat-free days.



Limit processed salty meats such as sausages, bacon and ham – not every day.

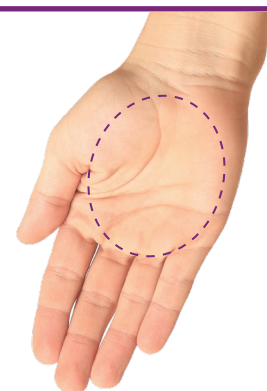
What is a Serving?

1 serving size is:

Lean beef, lamb, pork, mince or poultry	50–75g cooked (half size of palm of hand)
Cooked fish, soya or tofu	100g
Beans or lentils	$\frac{3}{4}$ cup
Eggs	2
Unsalted nuts or seeds	40g

Portion guide

The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry and fish you need in a day.



Healthy Eating Tips



Lean meat is best. Remove skin from poultry and visible fat from meat for the healthier option.



Use low-fat cooking methods such as grilling, baking, steaming or boiling. Cook without fat or oil to keep calorie intake low.



Eat oily fish up to twice a week.



Homemade shepherd's pies, stews, stir-fries and curries are good choices for family meals.