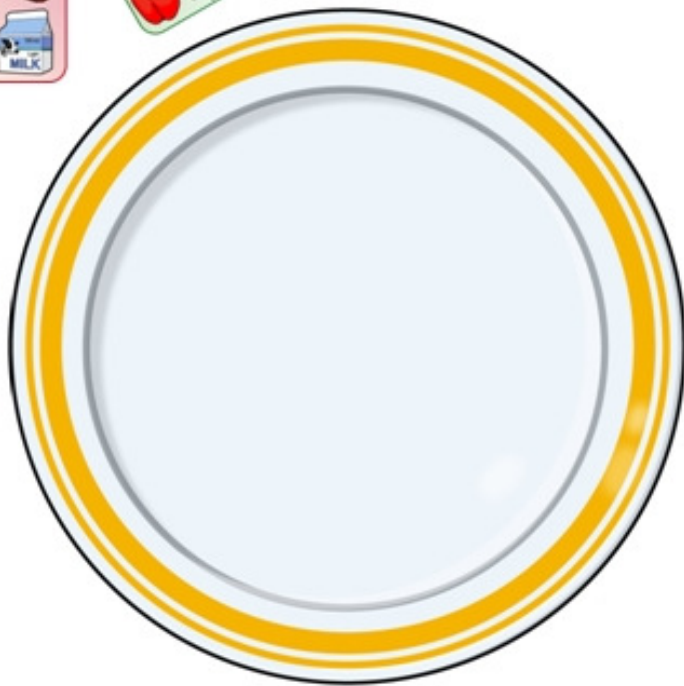


## MAIN MEAL

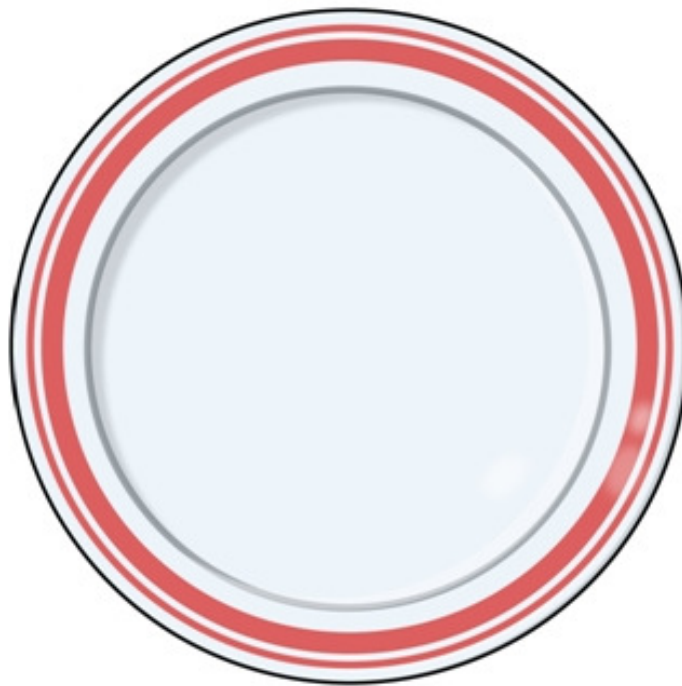
# A healthy main meal has...



**1**

**GO**

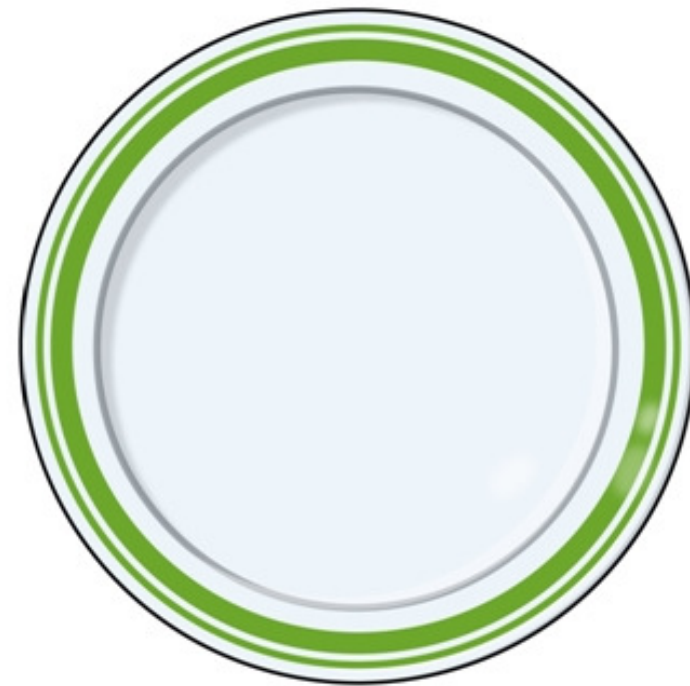
**(energy) food**



**1**

**GROW**

**(body building) food**



**2, 3 or 4**

**GLOW**

**(protective) foods**

... & a **Healthy DRINK**

Healthy  
Main meal  
choices

For:

**E**nergy

**B**ody  
building

**P**rotection





# MAIN MEAL

# Body building FOODS

Which foods could I choose?



MAIN MEAL

# Protective

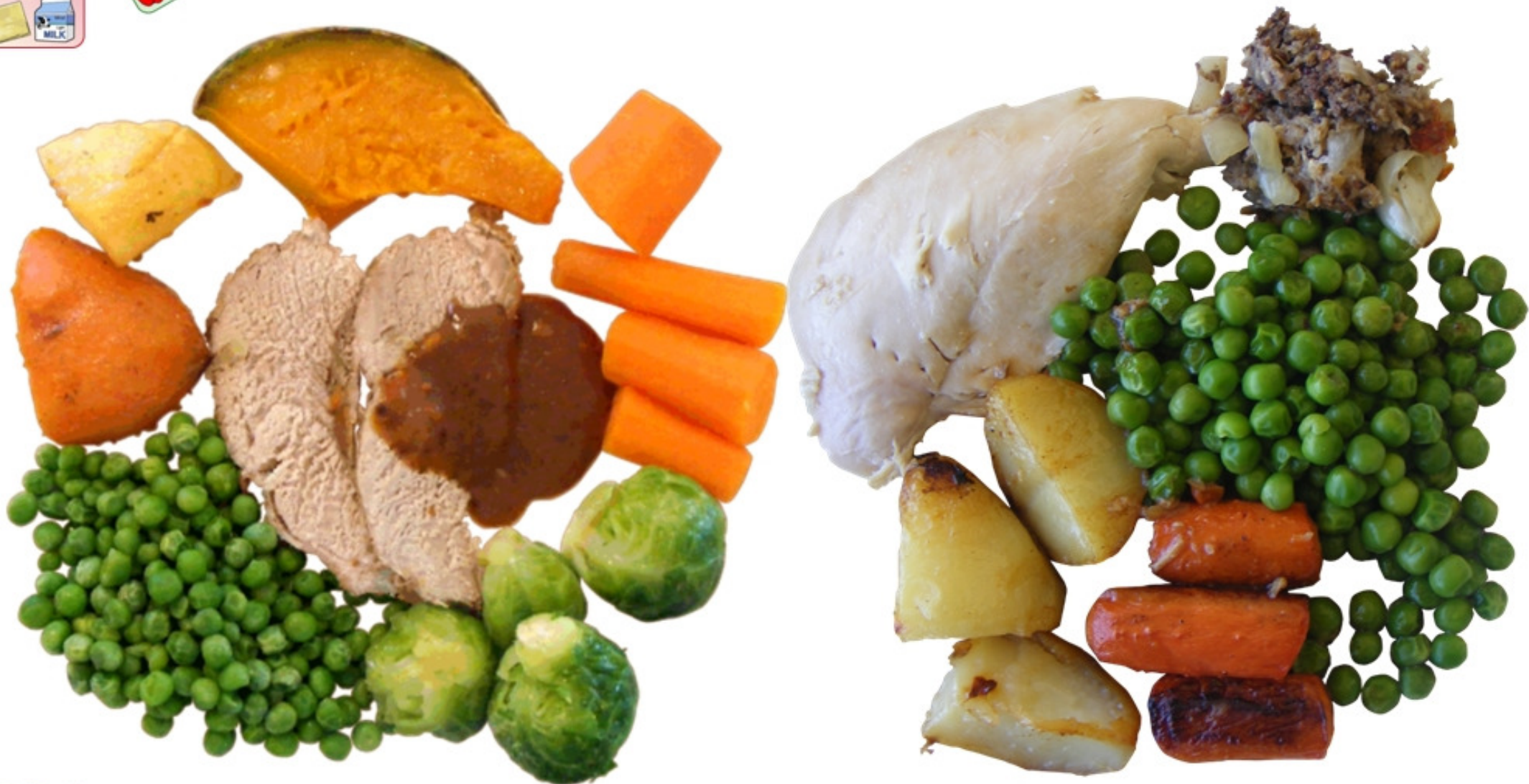
FOODS

Which food could I choose?



# MAIN MEAL

# MEAT & VEG



# SIDE SALADS



MAIN MEAL

# SINGLE or MIXED





## MAIN MEAL

# MIXED FOODS

Would I choose pasta?



## MAIN MEAL

# Protective FOODS

Would I choose steamed vegetables?



## MAIN MEAL

# MIXED FOODS

Would I choose savoury mince?



## MAIN MEAL

# MIXED FOODS

Would I choose chilli con carne or corned beef?



# MAIN MEAL

# MIXED FOODS

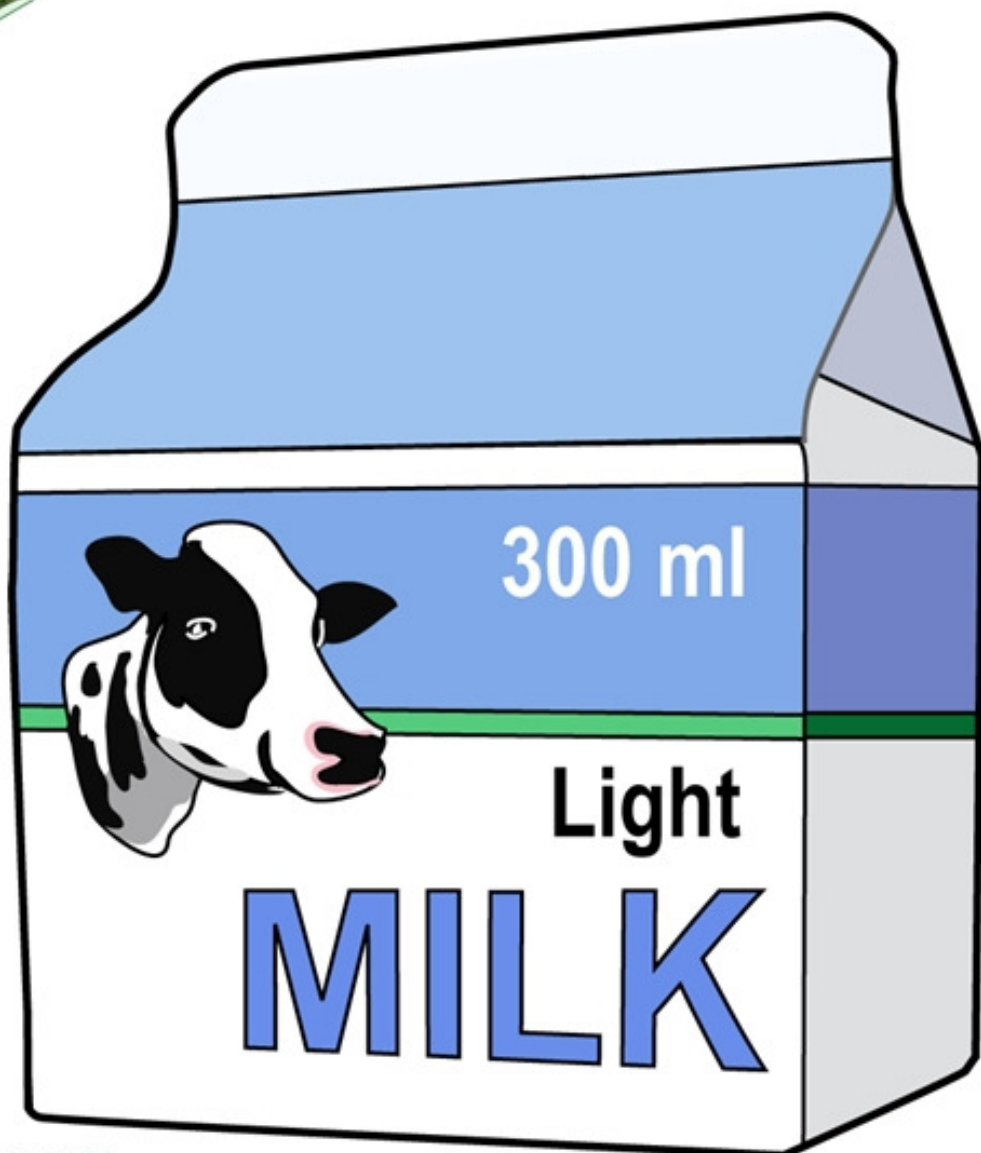
Would I choose stir fry or curry?



MAIN MEAL

# HEALTHY DRINKS

Which drinks would I choose?



## MAIN MEAL



# Problem FOODS

Which foods would I avoid?



Too much **SALT** or **Saturated FAT**

## MAIN MEAL



# Problem DRINKS

Which drinks would I avoid?



Too much SUGAR



MAIN MEAL



# Problem DRINKS

Alcohol can damage you and your babies



Too much SUGAR & ALCOHOL

# There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### Purpose of resource:

To promote eating protective foods like fruit & vegetables.

Adults (Daily Intake Australian Dietary Guidelines – summary)

**Fruit** – 2 serves for adults

**Vegetables** – 5 serves for women, 6 – 6.5 serves for men, 5 serves for pregnant women, 7.5 serves for breast feeding women.

Children (Daily Intake Australian Dietary Guidelines – summary)

**Fruit** – 1 serve for boys & girls (2-3 years), 1.5 serves for boys & girls (4-8 years), 2 serves for boys & girls (9-11 years)

**Vegetables** – 2.5 serves for boys & girls (2-3 years), 4.5 serves for boys & girls (4-8 years), 5 serves for girls (9-18 years), 5 serves for boys (9-11 years), 5.5 serves for boys (12-18 years)

To connect examples from the CDRO picture recipes with choices needed to get the recommended daily intakes for: Energy, Body Building & Protective food groups.

### Target group:

This resource is designed to be used by Australians of all ages.

### Notes:

**You may not find all the posters appropriate for some age groups. You will need to choose the most appropriate posters for your purposes.** Example : the alcohol drinks poster may be more appropriate for adolescents & young adults of both sexes.

This resource is designed to be printed A3 size and then laminated.

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