



A healthy main meal has...



1

CEREAL or STARCHY
VEGETABLE food



1

MEAT or FISH
food



2, 3 or 4

FREE VEGETABLE
foods

... & a **Healthy DRINK**

Australian MAIN MEAL Choices

For:

- **CEREAL & STARCHY vegetables**
- **MEAT or FISH**
- **FREE Vegetables**



Australian
MAIN MEAL



Cereal or Starchy veg

FOODS

Which foods could I choose?



Cereal foods



Australian
MAIN MEAL

Meat & Fish FOODS

Which foods could I choose?



Protein foods

Australian
MAIN MEAL



FREE VEG

FOODS

Which food could I choose?



MEAT, Starchy VEG & Free VEG



Australian
MAIN MEAL



SIDE SALADS

Free veg



Australian
MAIN MEAL



Australian
MAIN MEAL



SINGLE or MIXED



Australian
MAIN MEAL



MIXED FOODS

Would I choose pasta?



Australian
MAIN MEAL



FREE VEG FOODS

Would I choose steamed vegetables?



Australian
MAIN MEAL



MIXED FOODS

Would I choose savoury mince?



Australian
MAIN MEAL



MIXED FOODS

Would I choose chilli con carne or corned beef?



Australian
MAIN MEAL

MIXED

FOODS

Would I choose stir fry or curry?

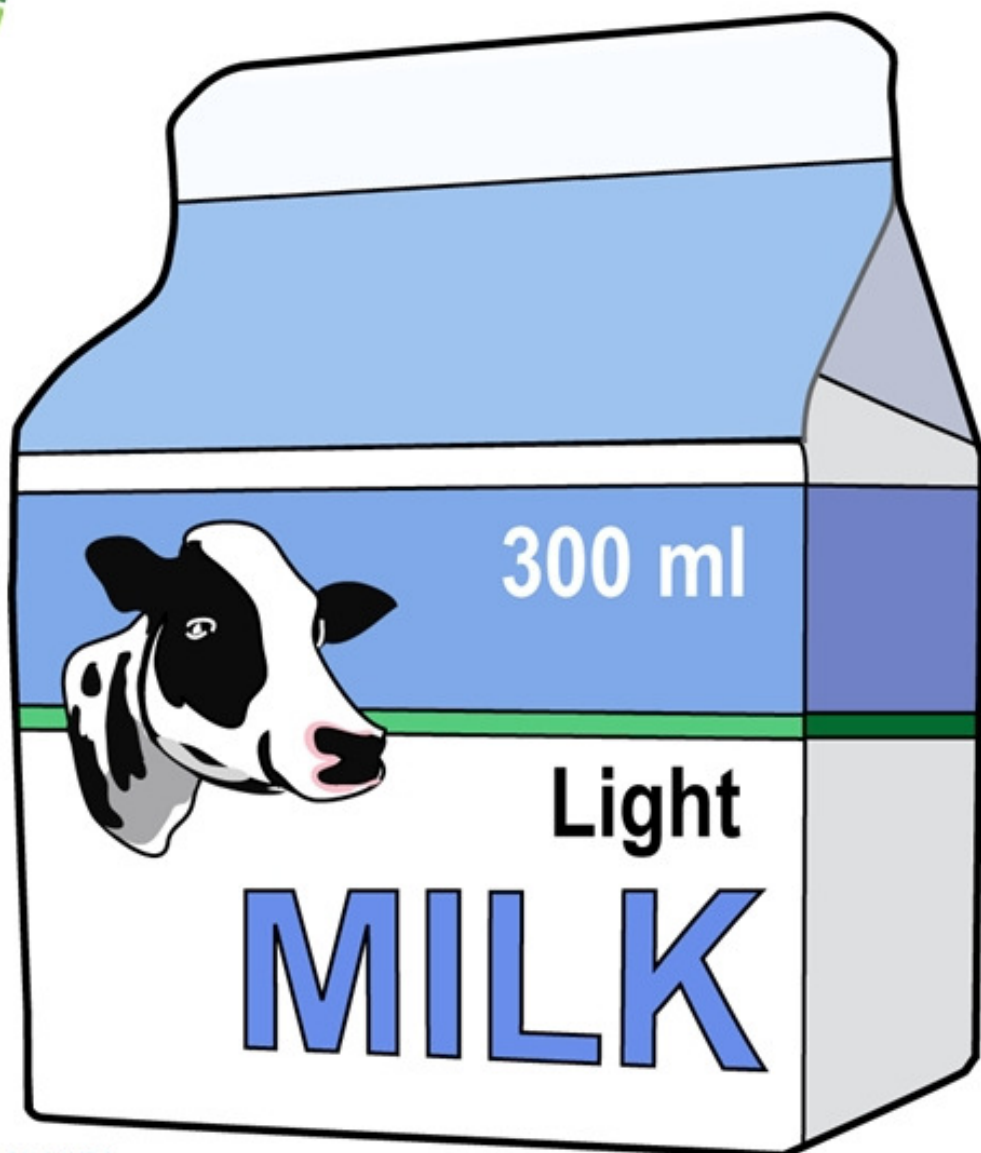


Australian
MAIN MEAL



HEALTHY DRINKS

Which drinks would I choose?



Australian
MAIN MEAL



Problem FOODS

Which foods would I avoid?



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

Australian
MAIN MEAL



Problem DRINKS

Which drinks would I avoid?



Too much SUGAR

Australian
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: Cereals, vegetables, fruit, dairy & protein.

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.

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