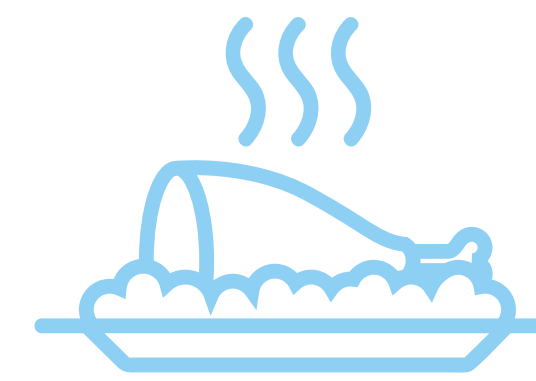


# MEAT/ALTERNATIVES

Eilish O'Connor & Laura Fyffe



## WHAT IS THE RECOMMENDED NUMBER OF SERVES I SHOULD EAT PER DAY?

It is recommended **men** should consume between **2.5-3 serves** of meat/alternatives per day



It is recommended **women** should consume between **2-2.5 serves** of meat/alternatives per day



## WHAT IS CONSIDERED LEAN MEAT?

Lean meats are meats with a relatively **low fat content**. Skinless chicken and turkey and red meat, such as pork chops, with the fat trimmed off are examples of lean meat.

Lean meats are a good source of protein, have fewer calories and **greater health benefits** than non-lean meats.

## WHAT IS CONSIDERED A 'SERVE' OF MEAT/ALTERNATIVES?

Standard Serve = 500-600kJ

65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)

80g cooked lean poultry such as chicken or turkey (100g) raw

100g cooked fish fillet (about 115g raw) or one small can of fish

2 large (120g) eggs

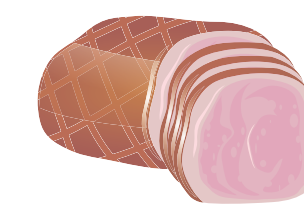
1 cup (150g) cooked or canned legumes/beans such as lentils, chickpeas, or split peas (preferably with no added salt)

170g tofu

30g nuts, seeds, peanut, or almond butter or tahini or other nut or seed paste (no added salt)

## HEALTHY SWAPS

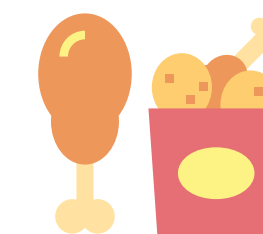
### PROCESSED/UNTRIMMED FAT



Bacon/ham/salami



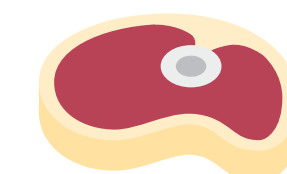
Sausage/hot dog



Fried chicken/fish

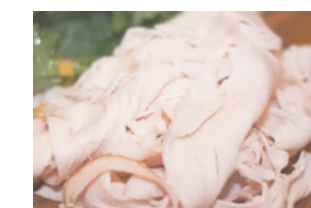


Chicken/pork with skin on



Untrimmed cuts of meat

### UNPROCESSED/TRIMMED FAT



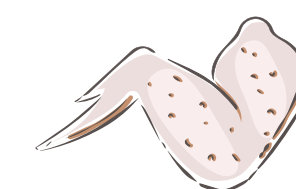
Fresh cuts of turkey/chicken



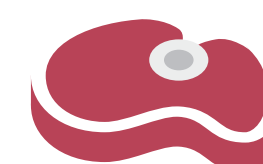
Lean cut of meat e.g. steak



Grilled chicken/fish



Chicken/pork with skin off



Trimmed cuts of meat