

What is a SERVE of meat?

The meat food group includes lean meat, poultry, fish, eggs, tofu, nuts and seeds and legumes (beans). It is recommended to trim all meats and remove poultry skin to limit saturated fat intake.

These foods are essential as they provide our bodies with many important nutrients such as protein for our muscles. They also supply us with a source of iron, zinc and vitamin B12. Nuts and seeds provide our bodies with essential fatty acids and vitamin E. Fish and seafood are high in omega 3 polyunsaturated fatty acids, in particular herring, sardines and salmon.

Processed meat such as bacon, sausages and salami are high in salt and saturated fat. Therefore they are regarded as discretionary foods and are not included in the meat category.

A serve of this food group equates to:

65g
Cooked lean meat such as beef, lamb, veal, pork, goat or kangaroo (approx 90-100g raw)



80g
Cooked lean poultry such as skinless chicken or turkey (approx 100g raw)




100g
Cooked fish (tinned, fresh or frozen)*




2 large
Eggs**



170g
Tofu



1 cup
Cooked or canned legumes (beans) such as lentils, chickpeas or split peas



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



MEAT – Recommended Daily Serving								
	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
Male	1	1 ½	2 ½	2 ½	2 ½	3	2 ½	2 ½
Female	1	1 ½	2 ½	2 ½	2 ½	2 ½	2	2

Serve sizes based on the Australian Dietary Guidelines.

* Raw or smoked seafood and ready-to-eat cooked prawns should be avoided in pregnancy.

** Eggs need to be fully cooked (not runny) in pregnancy.