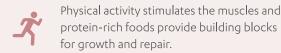
PROTEIN-RICH MEALSFOR MUSCLE HEALTH

A guide to spreading your protein intake across the day for muscle health.

Why do we need protein?

Protein and physical activity work together to maintain muscle health



 Physical activity, such as strength, balance and aerobic exercise, each provide different benefits important for muscle function.

Muscle health is also important for heart, immune and bone health.

Protein-rich foods make satisfying and nutritious meals making every bite count. This is useful for:



Achieving and maintaining a healthy weight, together with regular physical activity.



Having protein at every meal across the day makes it easier for the body to use protein and optimise the benefits gained from physical activity.

Have 3 to 4 protein-rich meals across the day



Which protein food is best?

Protein foods also provide essential nutrients important for good health. Choosing a variety of different proteins is an easy way to get enough of these nutrients.





3 to 4 serves per day for calcium



FISH twice a week for omega-3



LEGUMES twice a week for dietary fibre



eggs & Poultry
on other days



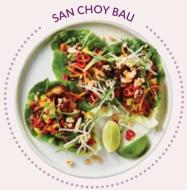
How to get enough protein at each meal?

You will need one portion of protein to make a protein rich meal. This portion size guide explains 3 ways to make up one portion of protein by choosing different types and amounts of a variety of foods.

	Choose any 1	Choose any 2	Choose any 3
Beef, lamb or pork	1 small steak, diced or other fresh cut (5 oz.*)	ground beef or lamb (2.5 oz.*)	1 slice lunch meat (1 oz.**)
Fish	1 fillet (5 oz.*)	1 small can of fish (5 oz.)	1 slice smoked salmon
Chicken	½ breast (5 oz.*)	Thigh (2½ oz.*)	1 slice lunch meat (1 oz.**)
Eggs		2	1
Dairy foods		2 slices cheese (1½ oz.) ½ cup ricotta cheese (4 oz.) 1 glass milk (8 oz. or 1 cup)	Feta cheese (1½ oz.) ¼ cup cottage cheese (2 oz.) ½ cup yogurt (3½ oz.)
Legumes	7 oz. firm tofu	1 cup cooked (8 oz.) lentils, chickpeas	½ cup hummus ½ cup cooked (3 oz.)
Nuts and seeds		½ cup nuts and seeds (4 oz.)	1 tbsp. nut or seed paste

*raw weight **cooked weight

Meal ideas



5 oz.* ground beef = 1 portion

CRILLED FISH AND VECETAR



5 oz.* fish fillet = 1 portion



1½ oz. cheese + 2 eggs = 1 portion



2½ oz.* lamb + 6 oz. cooked lentils = 1 portion



1 oz.** ground beef or lamb + 3½ oz. yogurt + 6 oz. kidney beans = 1 portion



1 oz.** lunch meat, ½ cup hummus + 3½ oz. yogurt = 1 portion

Click www.truaussiebeefandlamb.com for

Healthy, balanced meal ideas

How to get enough iron?

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Information in this brochure is aimed at healthy individuals without special dietary requirements and intended as general information only. Care is taken to ensure accuracy and currency of the information, however we cannot guarantee accuracy or currency. This information does not constitute medical, dietary or nutrition advice and you should consult a health professional before making any decisions concerning your health or nutrition requirements. April 2020.

