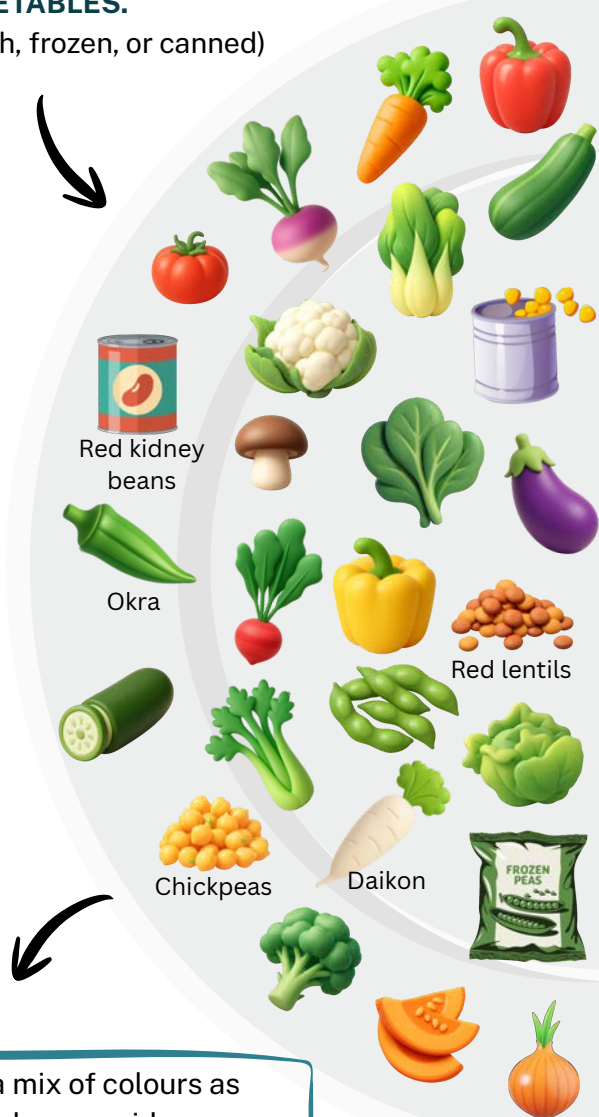


# Building balanced meals

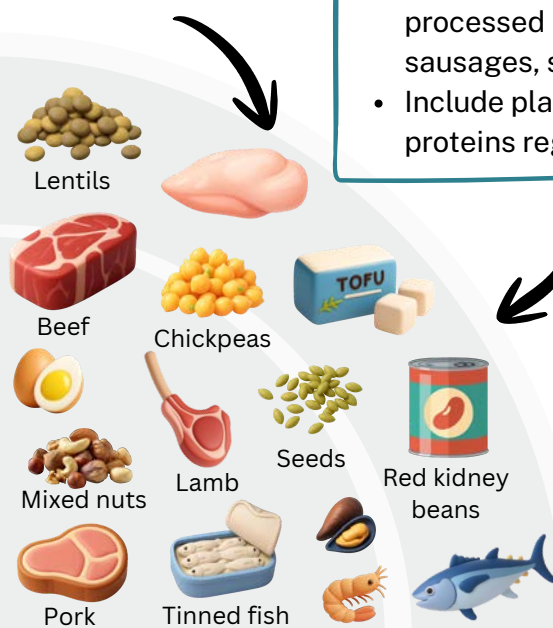
Get adventurous and build a healthy meal! This plate helps you choose foods from each group to make healthy meals for the whole family. Fill your plate with a rainbow of colours to get as many nutrients as you can.

Fill half your plate with **VEGETABLES.**  
(Fresh, frozen, or canned)



- Enjoy a mix of colours as each colour provides different nutrients.
- Aim to add vegies to most meals and don't forget to add them to snacks.

Fill a quarter of your plate with lean **PROTEIN.**



- Choose lean cuts of meat and limit processed meats (e.g. sausages, salami).
- Include plant-based proteins regularly.



Fill a quarter of your plate with **WHOLEGRAINS.**

- Choose whole grains to keep you satisfied. They have more fibre, vitamins and minerals.
- Limit highly processed grain options like cakes and biscuits. They have added fat, sugar and salt.