



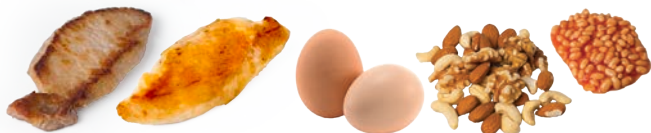
## Meat, Poultry, Fish, Eggs, Beans and Nuts

Eat high-quality protein in at least two meals a day. This will help protect muscle and keep you strong. Choose foods such as meat, poultry, fish, eggs, beans, peas, lentils and nuts.



### Eat protein rich foods

Choose lean fresh meat, poultry (without skin) and fish. Choose eggs, beans and nuts to include some meat-free meals in the week too.



### Eat iron-rich foods

The best source of iron is red meat, but iron is also found in pulses (such as peas, beans and lentils), oily fish like sardines, and eggs. Consider having a small glass of orange juice to enhance iron absorption from meats and vegetables at meal time.



### Choose fish

All fish is a good source of protein, aim to eat it once or twice a week. Oily fish, such as salmon, mackerel and pilchards also contain omega 3 fatty acids, which are good for your heart, and should only be eaten once a week.



### Limit processed meats

Processed meats such as black pudding, sausages, bacon, chicken nuggets or burgers, should be limited as these meats are high in fat and salt and lower in iron. If cooking these grill or bake the meat on a rack rather than frying. This will allow some of the fat to drain away.





## Meat, Poultry, Fish, Eggs, Beans and Nuts



Aim to have two to three servings from this shelf every day



### What is a serving?

Each of these examples shows **one serving** from the Meat, Poultry, Fish, Eggs, Beans and Nuts shelf



**2** eggs

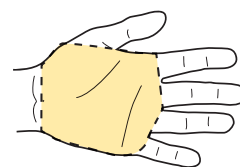


**¾ cup** beans



**40g** unsalted nuts or seeds

### Serving guide



The palm of your hand, width and depth without fingers and thumbs, shows how much you need in a day.



**50–75g** cooked lean mince beef



**50–75g** cooked lamb



**50–75g** cooked pork



**50–75g** cooked lean chicken or turkey



**100g** cooked fish



**100g** cooked tofu



**¾ cup** lentils



## Fats, spreads and oils

Some fat is needed in your diet but it is important to keep an eye on the overall amount of all fats, spreads and oils you eat as they are all high in calories.



### Use small amounts

Choose mono or polyunsaturated reduced fat or light spreads more often. Choose rapeseed, olive, canola, sunflower or corn oils and measure with a spoon.

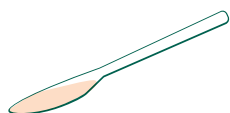


### Use healthy cooking methods

Limit the amount of mayonnaise, coleslaw and salad dressings you use as they also contain oil. Always cook with as little fat or oil as possible – grilling, oven-baking, steaming, boiling or stir-frying are the best ways to cook.



## Serving guide



### Butter

If using butter, spread lightly.



### Reduced-fat spread

Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.



### Oils

Use one teaspoon of oil per person when cooking or in salad dressings.





## The top shelf

The top shelf on the food pyramid includes foods and drinks high in fat, sugar and salt. **These are not needed for good health and should not be consumed every day.**

If you are used to having biscuits or buns with tea a couple of times a day, this is a habit that can be changed gradually.



### Choose healthier snacks

Instead of having top shelf foods, snack on fresh fruit, yogurt, a small wholemeal scone, wholemeal crackers with cheese or fruit and nut mix to make your snack times more nutritious.



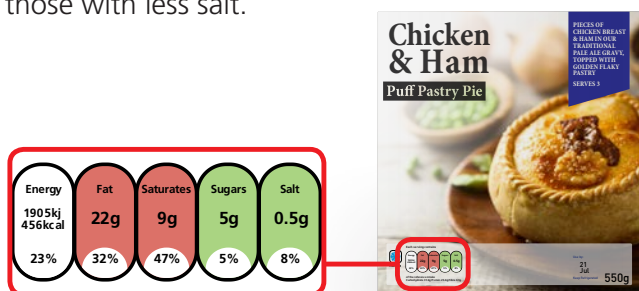
### Use herbs and spices

Our sense of taste weakens with age. This can lead to more salt being added to food to get the same taste you were always used to. Try replacing salt with pepper, herbs and spices to add flavour to your favourite dishes.



### Reduce salt intake

If you're buying processed foods, remember to check the information on the labels to choose those with less salt.



### Reduce sugar intake

To help lower your sugar intake, try to have fewer sugary fizzy drinks and sugary snacks such as biscuits and cakes.



**Maximum once or twice a week in very small amounts.**

There are **no recommended servings** for top shelf foods and drinks because they are not needed for good health.