



Webinar: Your guide to healthy, balanced meals
Supported by Meat & Livestock Australia (MLA)

Assessable self-study activity for CPD

1. What evidence informed the development of the healthy, balanced main meal guidelines?
 - a) MLA's research on main meal choices and preparation practices
 - b) The NHMRC's modelling system to inform the revision of the Australian Guide to Healthy Eating
 - c) Concept testing commissioned by MLA with main meal preparers
 - d) All of the above

2. Which core ingredients should be included in a healthy, balanced main meal?
 - a) Vegetables
 - b) Protein foods
 - c) Carbohydrate foods
 - d) All of the above
 - e) Dairy foods

3. How many serves of protein foods should be used to make a healthy, balanced main meal?
 - a) 1
 - b) 2
 - c) 1-2
 - d) none

4. How many serves of carbohydrate foods should be used to make a healthy, balanced main meal?
 - a) 1
 - b) 2
 - c) 1-2
 - d) Depends on activity levels

5. What are carbohydrate foods?
 - a) Potatoes, legumes, cereal and grain foods (e.g.rice, pasta, noodles, barley etc)
 - b) Cereal and grain foods
 - c) Potatoes, cereal and grain foods
 - d) Potatoes, legumes, cereal and grain foods, low GI foods

6. What is the serve size for legumes?
 - a) ½ cup if used as a carbohydrate food in the meal
 - b) 1 cup if used as a protein food in the meal
 - c) a) and b)
 - d) ½ cup

7. How much of which foods are required to meet nutrient requirements?
 - a) Fish twice a week for omega-3
 - b) 455g cooked or 650g raw red meat in 100 to 200g portion sizes, 3 to 4 times a week for iron and zinc
 - c) Legumes twice a week for dietary fibre (prebiotic)
 - d) Different coloured vegetables at every meal
 - e) All of the above

8. Which meals are most likely to attract vegetables?
 - a) Stir fry, meat and veg, casserole, salads, burgers
 - b) Fish and chips, curry, omelette
 - c) Stir fry, salads
 - d) Burgers, pizza, pie

9. How many main meal preparers use recipes?
 - a) 21%
 - b) 56%
 - c) No one
 - d) Everyone

10. How many serves of vegetables should be used to make a healthy, balanced main meal?
 - a) 3+
 - b) 4+
 - c) 2+
 - d) 5+

Answers

1. D to ensure the behavioural, nutritional and communication aspects of nutrition education were considered.
2. D – main meal preparers typically use vegetables, protein foods and carbohydrate foods to make the main meal. Whilst dairy foods, nuts and seeds are core foods, they feature only in some meals and nuts and seeds were rarely used as meal ingredients.
3. C – a range of serve sizes are provided to accommodate different meal choices which vary in amount of protein food required.
4. D – main meal preparers requested a flexible approach to accommodate the needs of more active people in the household. This is consistent with the role of carbohydrate foods as a source of energy as well as dietary fibre.
5. A – foods categorised as carbohydrate foods reflect use of potatoes as alternatives to pasta, rice, noodles etc by main meal preparers. Legumes are grouped with carbohydrate foods as well as protein foods based on their nutritional profile and typical main meal habits.
6. C – different serve sizes for legumes indicate how to adapt portion sizes according to the different role legumes play in a meal.
7. E – the dietary guidelines modelling highlights these foods as critical for meeting limiting nutrients including iron, zinc, omega-3 and dietary fibre. For simplicity, no recommendation on type of fish has been highlighted.
8. A – all main meal preparers reported using 3 or more different types of vegetables to make these meals. Note that this does not represent the amount of vegetables used!
9. B – only 21% of main meal preparers reported using recipes to make the main meal. Most made the meal from memory. For this reason, the guide to healthy, balanced meals uses a flexible approach, providing inspiration and variations to accommodate different taste preferences and budget.
10. A – 3+ vegetables is feasible to include in main meal dinner.

