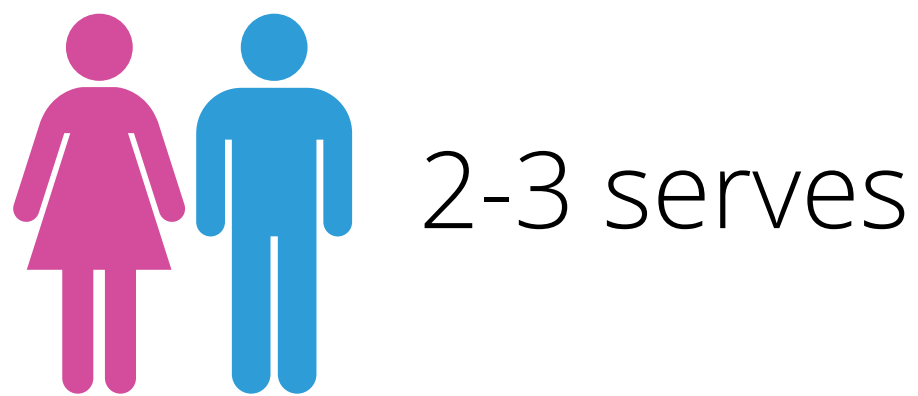


VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

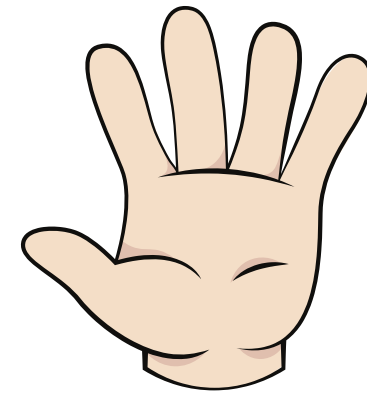
Meat and alternatives

How many serves per day?



What does one serve of meat look like?

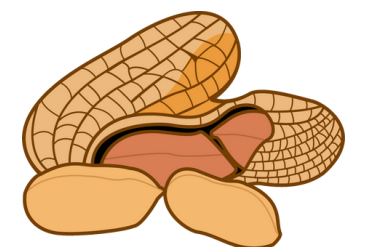
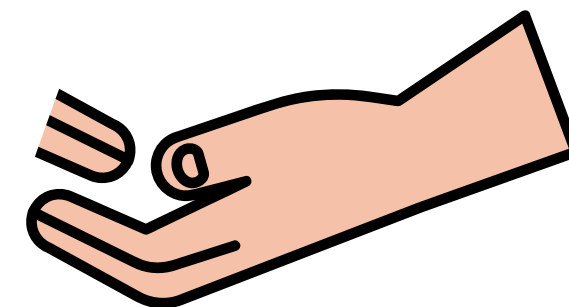
- Meat, poultry and fish: palm size



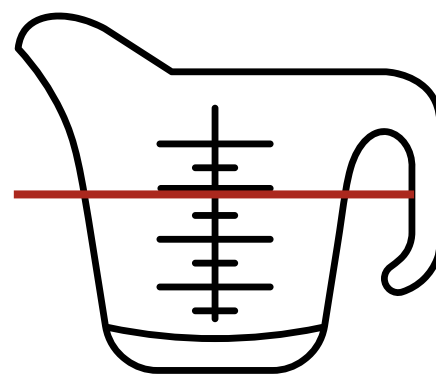
- Legumes (beans and lentils): fist size



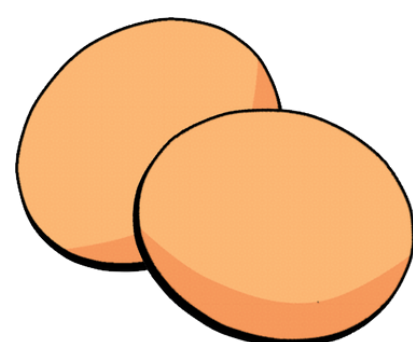
- Nuts and seeds: cupped handful



- Tofu: 3/4 cup chopped



- Eggs: 2



contact Monica for more information monica.wellington@vu.edu.au