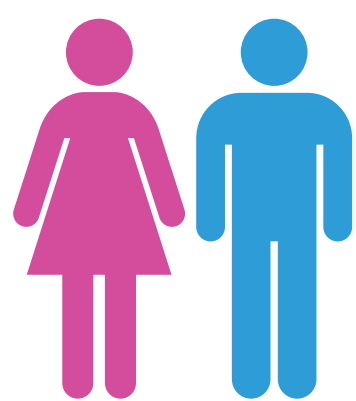


VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Meat and alternatives

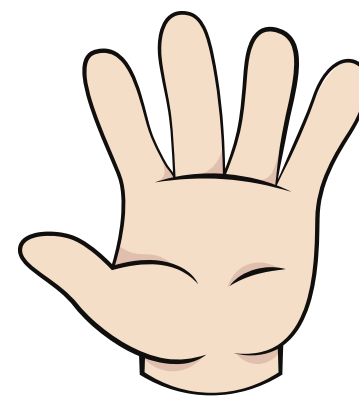
How many serves per day?



2-3 serves

What does one serve of meat look like?

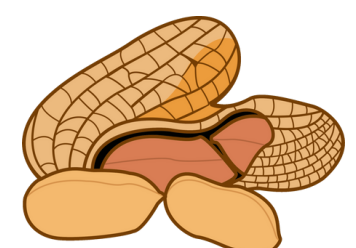
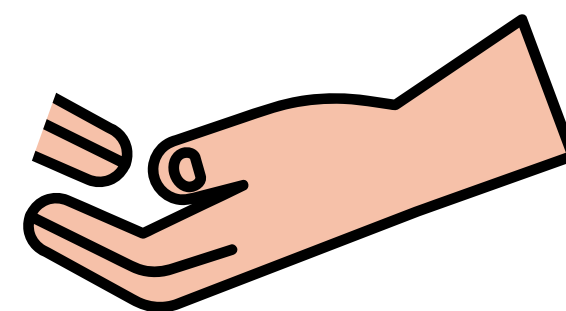
- Meat, poultry and fish: palm size



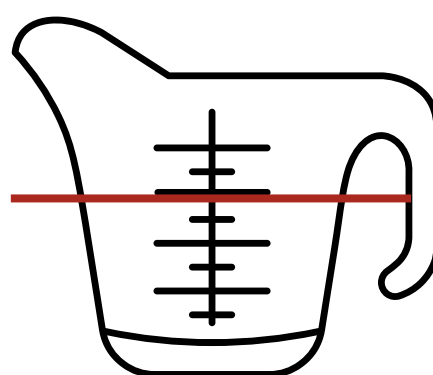
- Legumes (beans and lentils): fist size



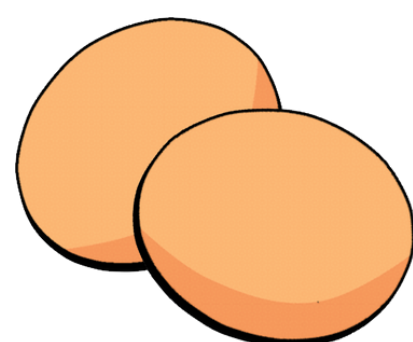
- Nuts and seeds: cupped handful



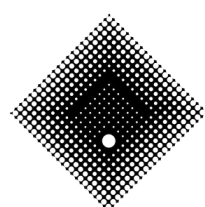
- Tofu: 3/4 cup chopped



- Eggs: 2



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



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An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

