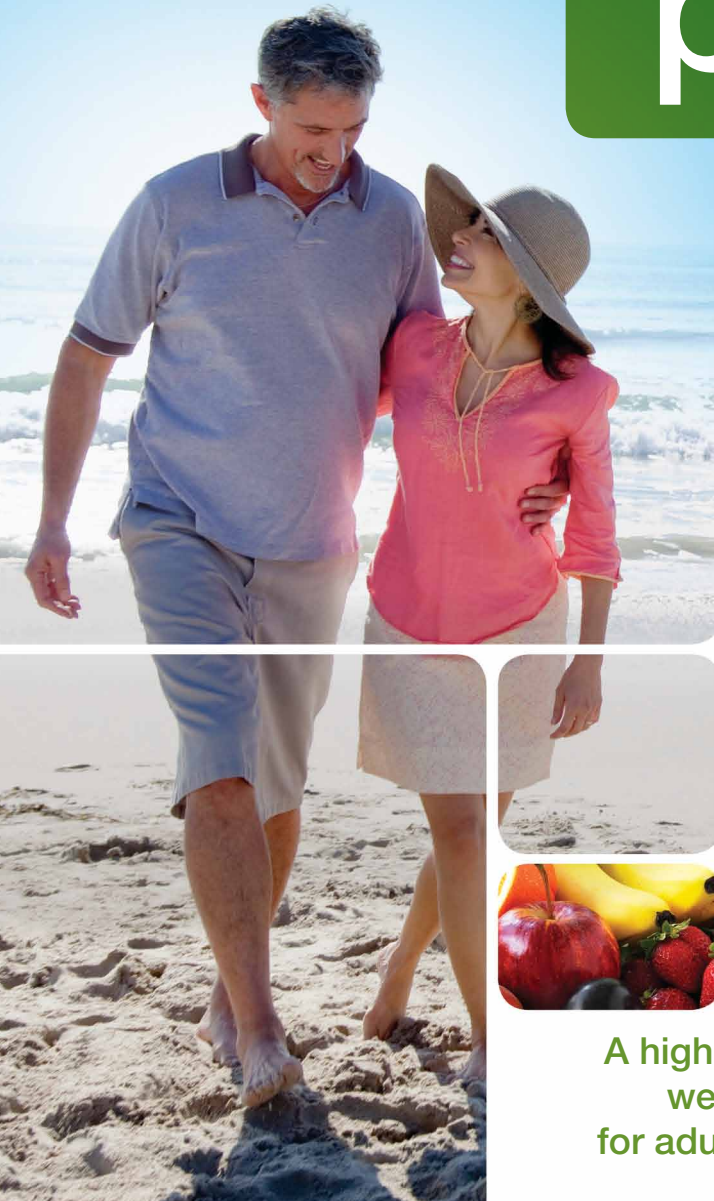


# the livewell plan



A higher protein, low GI  
weight loss plan  
for adults up to 50 years

# About the Plan

If you need to lose weight and improve your cholesterol, blood pressure or blood glucose levels, this plan can help you.

The Live Well Plan shows you how to make simple changes to your diet and lifestyle to lose weight and improve your health so you have more energy to enjoy life.

There are three parts to The Live Well Plan:

- 1 A higher protein, low Glycemic Index (GI) eating plan
- 2 Advice on regular exercise
- 3 Tips to achieve mindful eating

The eating plan encourages a variety of protein-rich and low GI foods without cutting out carbs and explains how to choose foods from key food groups in the right portion sizes to help you lose weight.

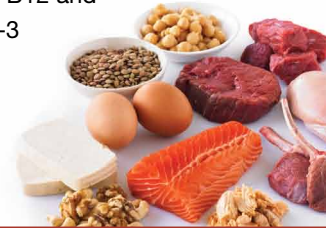
## Benefits of a higher protein, low GI eating plan:

- ✓ Scientifically proven to lose weight and body fat
- ✓ More filling so you are less likely to feel hungry
- ✓ Helps lower blood pressure and triglycerides (fat in the blood)
- ✓ Helps manage cholesterol and blood glucose (sugar in the blood)

## Benefits of eating from key food groups

Eating a variety of foods from these key food groups in the right portion sizes helps you get all the nutrients you need for good health.

Protein-rich foods such as lean meat, fish and eggs for iron, zinc, vitamin B12 and omega-3



Wholegrain, high fibre and low GI grain foods for carbohydrate, dietary fibre, thiamin, folate and iodine



Dairy foods for calcium, riboflavin, vitamin B12 and protein



Vegetables for vitamin C, folate, potassium, beta-carotene and dietary fibre



Fruit for vitamin C, potassium and dietary fibre



Oils and spreads for essential fatty acids and vitamins D & E



# Eating plan

The recommended units per day for each food group are based on a higher protein weight loss plan. Use this eating plan as a guide to control your weight\*.

## Meat & alternatives



3 units

To enhance variety and meet your nutritional needs, base your meals around:

- Six units of beef and lamb a week, spread over 3 to 4 meals, for iron and zinc
- Fish twice a week for omega-3
- Legumes 2 to 3 times a week for dietary fibre
- Up to 6 eggs a week

### 1 unit =

- 100g (raw weight) meat trimmed of fat (beef, lamb, veal, chicken, pork, turkey), fresh or canned fish
- 2 eggs
- 1 cup (150g) cooked or canned legumes/beans e.g. lentils, chickpeas (no added salt)
- 170g tofu
- 30g nuts and/or seeds (no added salt)



## Grains & cereal foods



4 units

Choose a variety of wholegrain, higher fibre and low GI choices#

### 1 unit =

- 1 slice (40g) of bread, half a bread roll or flat bread
- 2/3 cup (30g) high fibre breakfast cereal flakes
- ¼ cup (30g) muesli
- ½ cup (120g) cooked porridge
- ½ cup (75-120g) cooked pasta, rice, noodles, couscous, barley, quinoa etc.
- 3 crisp breads (35g)
- 1 crumpet (60g) or English muffin (35g)



## Dairy foods



2 ½ units

Choose a variety of mostly reduced or low fat choices over the week

### 1 unit =

- 1 cup (250ml) milk or calcium fortified soy milk
- ¾ cup (200g) yoghurt
- 2 slices (40g) cheese
- ½ cup (120g) ricotta cheese



## Fruit



2 units

Choose a variety of choices over the week

### 1 unit =

- 1 medium piece or 2 small pieces of fruit (150g)
- 1 cup (150g) diced or canned fruit (no added sugar)
- 30g dried fruit



## Vegetables



At least 5 units

Choose at least 3 different coloured vegetables each day

### 1 unit =

- ½ cup (75g) cooked vegetables
- 1 cup salad or green leafy vegetables
- 1 medium tomato
- ½ medium potato or sweet potato<sup>^</sup>

<sup>^</sup> A unit of potato or sweet potato can be substituted for one of your grains and cereal units.



## Oils and spreads



3 units

Choose a variety of healthier oils and spreads such as canola, olive and sunflower

### 1 unit =

- 1 tsp. oil (e.g. canola, olive, sunflower)
- 1 tsp. margarine spread



## Free foods - Low in kilojoules. Eat as desired.

### Vegetables and salad

Eat vegetables freely\* such as capsicum, carrots, cauliflower, celery, cucumber, green beans, lettuce, mushrooms, peas, pumpkin, tomatoes, zucchini etc.  
\*excludes potato and sweet potato

### Add flavours to meals

For example: chilli sauce, clear soups/broths (salt reduced), curry powder, garlic, ginger, herbs, spices, lemon juice, mustard, vinegar etc.

### Drinks

Drink mainly water. You can also have tea, cocoa, diet drinks (e.g. diet cordial) and mineral water (unflavoured).

## Treats

2 serves PER WEEK (optional)

### 1 unit =

1 glass (150ml) wine  
1 bottle (375ml) light beer  
20g chocolate

2 plain sweet biscuits  
1 small packet potato crisps (20g)  
Or other food up to the value of ~ 450kJ

# Planning meals

These weekday and weekend examples show you how you can plan your meals to meet your daily units.

WEEKDAY EXAMPLE	MEAT/ALT	GRAINS	DAIRY	FRUIT	VEG	OILS
<b>Breakfast</b> Bowl of high fibre, low GI cereal (30g) and low fat milk (250ml) topped with sliced fresh fruit (150g)		1 grain	1 dairy	1 fruit		
<b>Morning tea</b> 1 low fat yoghurt (200g)			1 dairy			
<b>Lunch</b> Wholegrain bread sandwich (2 slices) with canned tuna (100g), 1 slice (20g) reduced fat cheese, 1 cup salad and 2 tsp. margarine spread	1 meat/alt	2 grains	½ dairy		1 vegetable	2 oil/spreads
<b>Afternoon tea</b> 1 piece fresh fruit 30g almonds & walnuts	1 meat/alt			1 fruit		
<b>Dinner</b> Beef stir-fry (100g stir-fry strips, raw weight), ½ cup cooked basmati rice, 2 cups cooked mixed vegetables e.g. bok choy, carrot, mushrooms, capsicum and 1 tsp. canola oil	1 meat/alt	1 grain			4 vegetables	1 oil/spread
<b>Total daily units</b>	3	4	2½	2	5	3

## TIP: combine units to make a portion

- ✓ 100g lean beef mince + 1 cup kidney beans = 2 units of meat/alternatives
- ✓ 1 cup pasta = 2 units grains/cereals

WEEKEND EXAMPLE	MEAT/ALT	GRAINS	DAIRY	FRUIT	VEG	OILS
<b>Breakfast</b> 2 eggs omelette (with 20g reduced fat cheese, tomato and mushrooms), 2 slices soy & linseed toast and 2 tsp. margarine spread 1 skim latte or cappuccino (250ml)	1 meat/alt	2 grains	1½ dairy		1 vegetable	2 oil/spreads
<b>Lunch</b> Thai beef salad (100g rump steak, raw weight), ½ cup cooked noodles & plenty (2 cups) of salad vegetables e.g. tomato, cucumber, rocket, carrot & bean sprouts 1 low fat yoghurt (200g) with 150g strawberries	1 meat/alt	1 grain	1 dairy	1 fruit	2 vegetables	
<b>Dinner</b> Chicken casserole (100g diced chicken breast, raw weight), ½ cup cooked couscous, 2 cups cooked mixed vegetables e.g. mushrooms, carrot and broccoli and 1 tsp. olive oil 150g fresh fruit salad	1 meat/alt	1 grain		1 fruit	4 vegetables	1 oil/spread
<b>Treats</b> 1 glass wine (150ml)	1 treat					
<b>Total daily units</b>	1	3	4	2½	2	7

## Free food vegetable soup

Create a soup with any combination of vegetables and salt reduced stock e.g. tomato, pumpkin, peas, carrot, zucchini, cauliflower, silverbeet, leeks, celery, mushrooms etc.

## Free food salad

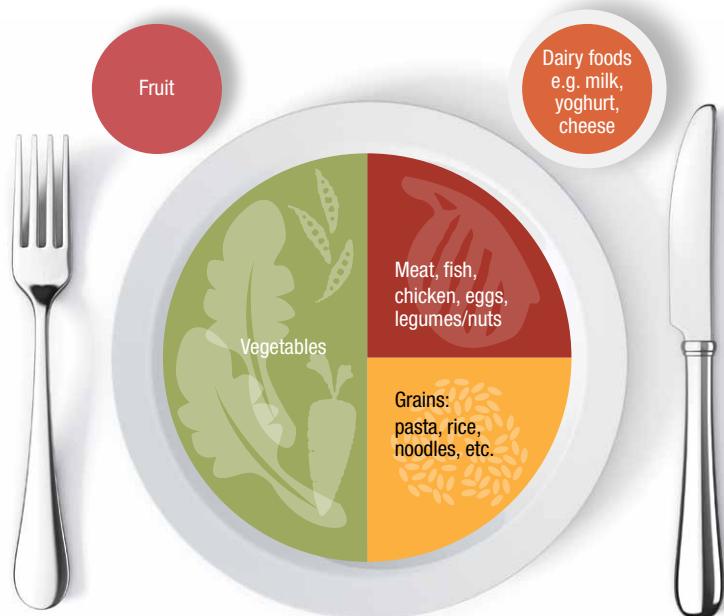
Create a salad using any combination of vegetables e.g. lettuce, rocket, baby spinach, shallots, tomato, cucumber, carrot, capsicum, asparagus, celery etc.



# Portion sizes

Large portions are a common cause of weight gain. Use the following guide to control your portion sizes.

Keep your meat/alternative and grain foods to a quarter of the plate each, leaving plenty of room for vegetables. Add a unit each of dairy foods and fruit to the meal if desired.



## Use these as a guide for portion sizes.

100g (raw weight) meat, chicken or fish = palm of hand



½ cup (cooked) pasta = one small tong full



20g chocolate = one row/four squares



½ cup (cooked) rice = four heaped tablespoons



# Shopping guide

These basic ingredients make it easy to cook a quick, healthy meal any time.

## FRIDGE

- Always have at least five different types of vegetables available everyday
- Eggs, milk & cheese
- Always have at least one type of fresh lean meat e.g. beef, lamb, chicken, fish available everyday
- Leftover cooked meat e.g. roast lamb

## FREEZER

- Beef or lamb steak can be sliced when frozen for stir fry
- Frozen leftovers e.g. bolognaise sauce
- Vegetables e.g. peas

## PANTRY

- Canned tuna & salmon
- Canned vegetables e.g. tomatoes (no added salt)
- Canned legumes e.g. three bean mix (no added salt)
- Pasta, noodles and rice
- Dried herbs and spices
- Oils e.g. olive, canola
- Stock (salt reduced)
- Vinegar
- Sauces e.g. soy sauce (salt reduced)

## FLAVOUR INSPIRATIONS

<b>Curry</b>	= ginger + garlic + ground coriander + ground cumin + turmeric
<b>Casserole</b>	= garlic + thyme + red wine + tomato paste*
<b>Thai</b>	= chilli + lemongrass + lime juice + fish sauce + spring onion
<b>Moroccan</b>	= garlic + ginger + cinnamon + cumin + lemon
<b>Chinese</b>	= soy sauce* or oyster sauce + honey + garlic + sesame oil
<b>Mexican</b>	= lime + chilli + paprika + coriander + red onion
<b>Greek</b>	= garlic + lemon + oregano + natural yoghurt (reduced fat)
<b>Spanish</b>	= paprika + garlic + saffron + thyme + red onion
<b>Italian</b>	= basil + parsley + garlic + tinned tomatoes*

\*salt reduced or no added salt

## TIPS

- ✓ Serve steak, chicken or fish sliced over a salad for the whole family to share to make the portions go further
- ✓ Keep vegetables fresh for longer:
  - Buy only what you need
  - Store in plastic bags in the vegetable crisper of your fridge
  - Store fruits and vegetables separately

# Meal ideas

## for you & your family

For recipe ideas, visit [www.themainmeal.com.au](http://www.themainmeal.com.au)

There is no need to cook special meals on this eating plan. Simply adapt your portion sizes when serving from the family meal.

### Spaghetti bolognaise



Cook your usual spaghetti bolognaise recipe with lean mince and serve with a side salad of mixed leafy greens.

**Your portion =** one small tong full of spaghetti, three spoons of bolognaise mince & sauce, 40g reduced fat grated cheese and plenty of salad.

**TIP:** Replace pasta with grilled eggplant slices, top with bolognaise sauce, sprinkle with 40g reduced fat grated cheese and bake for 30 minutes at 180°C.

### Roast meat and vegetables



Roast plenty of vegetables (e.g. carrots, zucchini, capsicum, pumpkin), potato or sweet potato and lean meat. Flavour meat with herbs and spices or marinade in reduced fat natural yoghurt.

**Your portion =** two slices of roast meat (trimmed of fat), plenty of roast vegetables and half a potato or sweet potato (equivalent to one unit).

**TIP:** Use one tsp. olive oil per person for roasting the vegetables i.e. if cooking for four people use four tsp. = one tbsp.

### Meat, fish or chicken with salad or vegetables

Grill, pan fry or barbeque steak, fish or chicken (trimmed of fat) and serve with a large salad or steamed vegetables and grains such as brown rice or quinoa.

**Your portion =** 200g (raw weight, trimmed of fat) steak, chicken or fish. You can slice steak or chicken to share and eat four-six slices. Serve with plenty of vegetables and one unit of grains such as brown rice, quinoa or burghal.

**TIP:** Flavour meat and vegetables with herbs and spices as a healthy alternative to salt.



### Stir-fry

Cook stir-fry with plenty of vegetables and one meat/alternative such as beef, lamb, chicken (trimmed of fat), seafood or eggs and serve with noodles or rice.

**Your portion =** four heaped tablespoons of basmati rice or one small tong full of noodles, top with stir fry. As a guide, about 10 cooked thin meat strips is equivalent to 100g. Serve with plenty of vegetables.

**TIP:** Cook with a variety of healthier oils such as olive, canola, sunflower or peanut oil.



# Meal ideas

## for you & your family

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### Casserole or curry



Serve casserole or curry with steamed vegetables or salad and grains such as couscous or barley.

**Your portion =** as a guide, five small cubes of cooked meat is equivalent to 100g. Have plenty of mixed vegetables and one unit of grains such as couscous or barley.

**TIP:** Legumes such as chickpeas or lentils are a healthy addition to any curry or casserole.

### Soup



Use plenty of vegetables and one meat/alternative such as kidney beans, lentils, beef or chicken (trimmed of fat). Barley or small pasta shapes can be added. Flavour with herbs and spices.

**Your portion =** a large bowl of soup

**TIP:** A bowl of soup is a great way to boost your daily vegetable intake. Leftovers are perfect re-heated for lunch the next day.

### Salad

Use plenty of vegetables and one meat/alternative such as eggs, canned fish, canned beans or lean meat. Add a unit of dairy such as reduced fat feta cheese.

**Your portion =** a bowl or plate of salad with one unit of meat/alternative such as two eggs, one cup of beans or 10 thin slices of steak.

**TIP:** Add a variety of different vegetables to your salad. If making a pasta or rice based salad, ensure there is double the quantity of salad vegetables compared to the pasta or rice.



### Burger or rissole

Use lean beef mince to make the rissoles and serve with plenty of mixed vegetables or salad and wholegrain bread or bread rolls.

**Your portion =** one rissole with plenty of mixed vegetables or salad and a slice of bread or ½ a bread roll.

**TIP:** One rissole is around one unit of meat/alternatives.





# Take-out guide

Here are some healthier choices if you buy your lunch or dinner out regularly.

## Sandwich shop

Choose wholegrain or sourdough breads with a meat and salad filling or reduced fat cheese and salad filling. Ask for margarine spread or avocado instead of butter.

Avoid extra-large or thick slices of bread, focaccia and Turkish bread as these are higher in kilojoules.

## Salad bar

Choose salads with plenty of vegetables and meat/alternatives e.g. Thai beef salad, tuna salad or chickpea and feta salad.

Avoid creamy salad dressings as these are higher in kilojoules.

## Asian noodle or soup bar

Choose soups, stir-fries and noodles with meat/alternatives, plenty of vegetables and a small portion of rice or noodles.

Avoid adding extra soy sauce as it is high in salt.

## Japanese

Choose sushi, sashimi, miso soup, Teppanyaki (grilled meats and seafood), yakitori (teriyaki chicken skewers), shabu-shabu (thinly sliced beef and vegetables cooked in clear broth) and salads.

Avoid adding extra soy sauce as it is high in salt.



## Italian

Choose minestrone soup, grilled meats, seafood and fish, salads, entrée size pasta meals with tomato based sauces and thin crust pizza with vegetable toppings.

Avoid large 'main' pasta dishes and creamy sauces as these are higher in kilojoules.

## Indian

Choose tomato, yoghurt or spiced based curries e.g. rogan josh, tandoori, tikka or dhal (lentils) with plenty of vegetables and a small portion of steamed basmati rice.

Avoid naan or roti breads and deep fried dishes as these are higher in kilojoules.

## Middle Eastern

Choose slow cooked meats e.g. lamb shoulder or shanks, grilled meat kebabs, koftas, souvlaki, falafel, vine leaves, plenty of salads e.g. Greek salad or tabouli, hummus and a small portion of grains e.g. couscous or burghal.

## Chinese, Thai or Vietnamese

Choose soups (e.g. pho, tom yum, clear soups), rice paper rolls, salads and stir-fries with vegetables (e.g. black pepper beef, garlic prawns, chilli & basil chicken), a side of vegetables and a small portion of grains e.g. steamed rice.

Avoid fried rice, sweet & sour sauces, coconut cream and deep-fried dishes as these are higher in kilojoules.



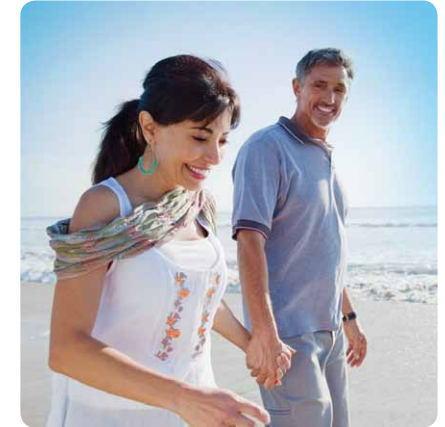
# Lifestyle

Enjoy an active lifestyle to help you lose weight and improve your health and wellbeing.

## Start exercising - NO excuses!

Set yourself an exercise goal and make a commitment:

- Find a motivated friend to exercise with.
- Organise regular walks with your partner or take the dog out for a walk.
- Set aside time for exercise in your calendar or diary each week.
- Make a financial commitment: get a personal trainer or join a gym.
- Make exercise social e.g. golf, tennis, cycling, dancing.



## How much exercise?

1. Aim to exercise for at least 60 minutes every day.
2. Move throughout the day. Sitting for long periods of time is bad for your health. Use the stairs, stand up, stretch and use any opportunity to walk rather than drive.

## Mindful eating

- Enlist the help of your partner, friend or healthcare professional to support you.
- Eat slowly and enjoy your food. Think before you eat. Only eat when you are hungry, not stressed, upset or bored!
- Don't feel guilty if you eat outside your plan occasionally (i.e. once a fortnight), get straight back to healthy eating the next day and fit in some extra exercise sessions.
- Set aside one day a week to enjoy a treat food and keep the portion size small.
- Set short and long term goals that you can work towards. Reward yourself when you reach key milestones.

It takes 20-25 minutes of brisk walking to burn off the kilojoules in one treat:

- 1 glass wine or 1 chocolate biscuit = 20-25 minutes brisk walking



This brochure has been produced by Meat & Livestock Australia and the information has been independently reviewed by the following organisations.



Meat & Livestock Australia (MLA) is a producer owned company that delivers marketing and research services for Australia's cattle, sheep and goat industries. MLA provides health professionals and consumers with accurate nutrition information about the role of red meat as part of a healthy balanced diet.

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[www.themainmeal.com.au](http://www.themainmeal.com.au)



MLA is a DAA corporate partner. For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD) in your local area by visiting 'Find an APD' at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.



Lean red meat trimmed of all visible fat has less than 4% saturated fat and earns the Heart Foundation Tick of approval. For more information on the Tick Program, visit [www.heartfoundation.org.au/tick](http://www.heartfoundation.org.au/tick).

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#### PRIMARY FOOD ALLIANCE



The Primary Food Alliance is an informal collaboration of non-commercial organisations representing primary foods recommended in the Australian Dietary Guidelines which aims to bridge the gap between agriculture and health to facilitate healthy and balanced eating.

Information in this brochure is aimed at men and women aged approximately 30-50 years. Care is taken to ensure the accuracy and currency of this publication. However we do not guarantee accuracy or currency. This publication is only intended to provide general information.

It is not intended to be comprehensive. You should make your own enquiries before making decisions concerning your nutritional requirements.

This information is not medical advice and you should consult a health professional before making any decisions concerning your interests.

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