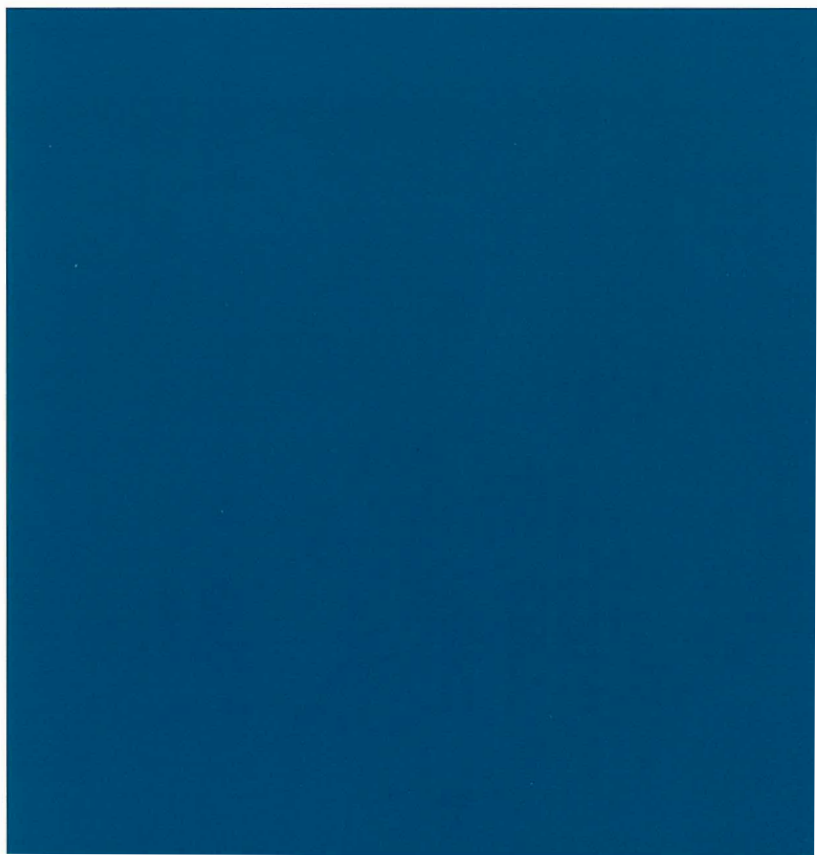




FOOD FOR **BALANCE**

Ideas for enjoying a healthy variety of foods



WHY DO WE NEED TO EAT A WIDE VARIETY OF FOODS?

The four major food groups are enjoyable to eat every day:

1. **fruit and vegetables**
2. **breads and cereals**
3. **milk and milk products**
4. **lean meat, poultry, seafood, eggs, nuts, seeds and legumes.**

They are also good for us, providing all the vitamins and minerals we need.

Foods of animal origin, such as lean meat, eggs, seafood, milk and milk products, are naturally rich in nutrients. Some of these nutrients are used more easily than those found in plant foods, such as cereals and vegetables.



WHAT?	WHERE?	HOW?
Protein	Beef, lamb, pork, venison, chicken, seafood, eggs and dairy products contain high quality protein with the complete range of amino acids.	Building blocks for growth and strength.
Calcium	Dairy products (milk, yoghurt, cheese).	Strong bones and teeth.
Iron	Beef, lamb, pork, venison, chicken and seafood.	Healthy blood and energy. Brain development in babies.
Zinc	Beef, lamb, pork, venison, chicken, seafood and dairy products (milk, yoghurt, cheese).	Fight infection and heal wounds.
Vitamin B₁₂	Only found in foods of animal origin - beef, lamb, pork, venison, chicken, seafood and dairy products (milk, yoghurt, cheese).	Healthy nervous system – for our brain to function at its best.
Vitamin D	Highest in oily fish. Also in milk, meat and egg yolk .	Healthy strong bones.

TRY THE FOLLOWING MEAL IDEAS TO INCLUDE NATURALLY NUTRIENT-RICH FOODS IN A BALANCED DAILY DIET

Breakfast

- Cereal with fruit, **milk and yoghurt**, or
- Omelette made **with egg, milk, grated cheese and/or lean bacon** and vegetables such as tomato and onion

Lunch

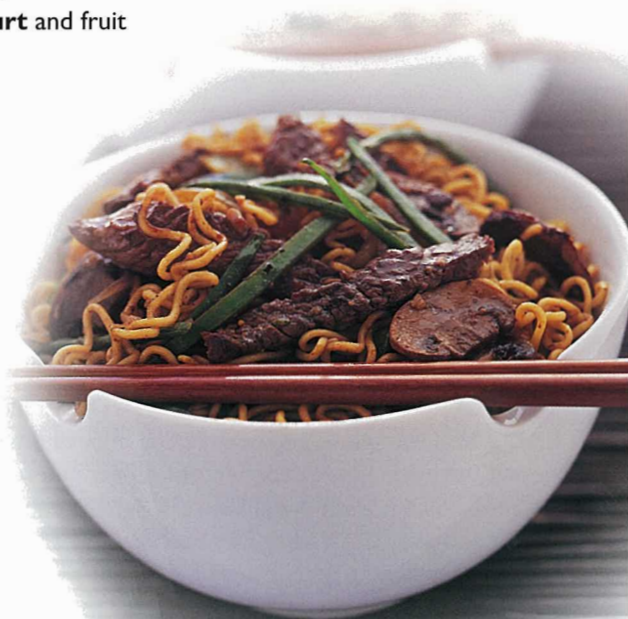
- Sandwich made with wholegrain bread, **lean meat (beef, chicken, lamb, pork or venison), cheese or canned fish (in spring water)** and salad vegetables, or
- Toast with poached or scrambled **eggs** and grilled tomato

Dinner

- Grilled **fish, steak or chicken** with vegetables, or
- Stir-fry **lean meat (beef, chicken, lamb, pork or venison)** with rice and vegetables, or
- Pasta with **lean meat (beef, chicken, lamb, pork or venison) or fish** and vegetables

Snacks or Desserts

- Pottle of **yoghurt**
- Crackers with **cheese** and tomato
- Smoothie made with **milk, yoghurt** and fruit



RECIPES

meal ideas to include naturally nutrient-rich foods

PUMPKIN, FETA AND CORIANDER FRITTERS

- ½ cup coarsely grated pumpkin
- ½ Tbsp salt
- ¾ cup flour
- ¾ Tbsp baking powder
- ½ cup trim milk
- 1 large egg
- 100g feta, crumbled
- 3 Tbsp chopped coriander
- Canola oil spray (or a little canola oil)

1. In a bowl combine the pumpkin and salt and leave to stand for 10 minutes. With your hands squeeze any excess moisture out of the pumpkin.
2. Mix the flour and baking powder together in a bowl and make a well in the centre.
3. Combine the milk and egg and add to the flour mixture with the pumpkin, feta and coriander, stir until well combined.
4. Heat a frying pan to medium and spray or lightly grease with canola oil.
5. Cook large spoonfuls of the mixture in batches for about 2 minutes each side until golden.
6. Serve with fresh tomato salsa and a green salad.



Serves 2

SPICY BEEF KEBABS

- 300g trimmed beef rump steak

Marinade:

- 1 tsp each ground coriander and cumin
- ½ tsp each paprika and garlic powder
- 2 tsp wine vinegar
- 1 Tbsp dark soy sauce
- 2 Tbsp oil

1. Cut beef rump into generous cubes. Mix all the marinade ingredients in a bowl and add the beef. Toss to coat evenly. Cover and refrigerate for 4 hours if possible.
2. Thread cubes onto metal skewers, packing cubes close together and season well with salt and pepper. (If using bamboo skewers, soak them in cold water for 30 minutes before threading the meat on.)
3. Grill under high heat for 8-10 minutes (or barbecue), turning to brown all sides. Brush with any remaining marinade during cooking. Serve with rice or couscous and your favourite salad.



Serves 2

HOISIN AND PLUM PORK STIR-FRY

500g Trim Pork schnitzel cut into slices

1 red onion, sliced

½ cup Hoisin sauce

½ cup plum sauce

300g bok choy or pak choy, core removed and chopped

1. Heat the oil until hot in a wok.
2. Add the pork and onion in batches and stir-fry 2-3 minutes.
3. Add the Hoisin sauce, plum sauce and bok choy and stir-fry until heated through.
4. Serve over rice or Udon noodles.



Serves 4

ROSEMARY-MARINATED LAMB SALAD

400-500g lamb fillets, trimmed and silverskin removed
or boned lamb loin, scotch or topside

3 Tbsp olive oil

leaves from 2 sprigs fresh rosemary

1 courgette, sliced or julienned

1 cup frozen corn kernels

1 red pepper, sliced

1 spring onion, trimmed and chopped

mixed lettuce leaves for 3-4 people

mung bean sprouts (optional)

chopped coriander leaves or torn mint leaves

Dressing:

1 Tbsp white wine vinegar

2 Tbsp olive oil

juices from cooking the lamb

1. Place the lamb fillets flat in a dish, sprinkle with the oil, rosemary leaves and plenty of pepper, and turn the lamb to coat. Cover and refrigerate for 4 hours or overnight if possible. Remove from the fridge at least 30 minutes before cooking.
2. Immediately before cooking, season the lamb with salt. Heat a heavy-based frying pan until very hot and quickly pan-fry the fillets for 4 minutes, turning them to brown all sides. Do not overcook. Remove the lamb and cover loosely with foil.
3. Blanch the courgette and corn for about 2 minutes. Refresh with cold water and drain. Toss with the red pepper, spring onion, lettuce, bean sprouts and herbs.
4. Whisk together the dressing ingredients with the juices drained from the lamb and toss into the salad.
5. Slice the lamb across the grain and toss with the salad just before serving.



Serves 4

SPICY GRILLED VENISON

500g venison sliced for stir-fry

Marinade:

- ¼ cup coriander, chopped
- 1 Tbsp lemon grass, thinly sliced
- ¼ cup shallot, thinly sliced
- ¼ cup mint leaf
- ½ tsp chilli powder
- ¼ tsp sugar
- 1½ Tbsp ground sesame seeds
- 4½ Tbsp lime juice
- 3 Tbsp fish sauce
- ½ cup light soya sauce
- 1 Tbsp sesame oil
- ½ Tbsp ground black pepper

Fresh vegetables sliced thin: Chinese cabbage, red cabbage, courgette, red peppers, mung bean shoots, mushrooms and spring onion

2 nests of dried thin egg noodles, blanched and refreshed

1. Marinate the venison for 20 minutes. Stir-fry in a hot wok or heavy pan, or briefly on a flat grill with oil.
2. Add the thinly sliced vegetables and cook until just wilted.
3. Serve immediately with steamed noodles or rice and sprinkle with chopped fresh coriander and toasted sesame seeds.

Serves 6



FRUIT SMOOTHIES

1 cup low fat milk
½ cup low fat yoghurt (plain or fruit flavoured)
1 cup fruit (either fresh or frozen berries, banana, kiwifruit, apricots, mango, or other fruit in season). You can try freezing even-sized chunks of fruit (about 2cm) the night before for a smooth, thick drink.

Combine all ingredients in a blender. Blend on medium speed until smooth and frothy. Pour into glasses and serve.

Serves 1-2



VANILLA CUSTARD WITH HOT FRUIT SALAD

CUSTARD

- 2 cups trim milk
- 1 vanilla pod, split down the middle
- 3 eggs, separated
- 2 Tbsp sugar
- 1 Tbsp cornflour

1. To make the custard, warm the milk and vanilla pod together, until just scalded.
2. Beat the egg yolks and sugar together until pale yellow.
3. Scrape the seeds from the vanilla pod into the warm milk then whisk this into the egg mixture.
4. Pour the mixture into a saucepan.
5. Mix the cornflour with a little cold milk and add to the mixture.
6. Place over a very low heat and stir continuously until the mixture thickens, about 5 minutes.
7. Strain if necessary.



HOT FRUIT SALAD

- ¼ pineapple, cut into large chunks
 - 1 apple, quartered
 - 1 pear, quartered
 - 8 small tamarillos, peeled and cut in half
 - 2 Tbsp honey or brown sugar
 - 1 Tbsp lemon juice
 - 2 Tbsp orange juice or fruit based liqueur
1. Pre-heat the grill.
 2. Place all the fruits in one layer in an oven proof dish.
 3. Combine the honey or sugar, lemon juice and orange juice or liqueur and pour over the fruit, mix to coat.
 4. Place in the oven and grill for 5-10 minutes until hot, stirring once.
 5. Serve with warm custard.

Serves 4

PRACTICAL TIPS

- The protein provided by animal-based foods helps us feel full for longer, so may help curb your appetite if you want to control your weight. Including a small amount of protein with each meal also helps lower the glycaemic index (GI) of other foods such as bread or pasta, making you feel more satisfied.
- As well as containing better-used haem iron, eating lean meat (beef, lamb, pork, venison or chicken) or fish with non-haem foods (such as vegetables and cereals) will boost non-haem iron absorption. For example, pasta or rice and vegetables with stir-fry beef, venison or pork.
- Where possible use lower fat dairy options, for example skim or trim milk and Edam cheese in cheese sauces or on homemade pizzas. This will reduce the fat but not the calcium, protein, or taste.
- Trim any visible fat from meat and remove skin from chicken. This can be done before or after cooking according to taste.

FREQUENTLY ASKED QUESTIONS

We know foods of animal origin (beef, lamb, pork, venison, dairy, eggs, chicken and seafood) provide nutrients essential for good health including calcium, iron, zinc, protein and vitamins B₁₂ and D. These are common questions asked about them and the role they play in our daily eating patterns.

Do I have to avoid dairy foods and red meat if I want to lose weight?

No, a weight loss diet should be balanced, containing the four food groups. You need dairy products such as milk and yoghurt to provide you with calcium. There are low fat dairy products available such as skim milk, low fat yoghurt and reduced fat cheese so you can still enjoy them while reducing your fat intake.

Lean meat, both red and white, has a positive role in maintaining a healthy weight because it provides valuable nutrients and protein, without the burden of too much fat or energy. Protein-rich lean meat lessens hunger and gives sustained feelings of fullness, therefore assisting those trying to lose weight.

Should I limit the number of eggs I eat?

For the general population, eggs can be included as part of a normal, varied diet.

Do I have to avoid eating meat if I have high cholesterol?

Lean red meat, 'Trim Pork' and chicken without the skin is low in saturated fat so can be part of a heart-healthy diet. The Heart Foundation states women can include 100-150g of lean meat and men 150-200g of lean meat in their daily diet.

Can I get enough iron without eating meat?

Iron is found in two forms – haem and non-haem. Meat, fish and poultry are the only sources of haem iron, the type which is well absorbed. In general, the redder the meat, the higher the iron content. In contrast, the non-haem iron found in plant foods, such as spinach, fortified foods and supplements is absorbed at a lower rate. Because of this, vegetarians need to eat much larger amounts of iron from cereals and vegetables to have enough. Non-haem iron is also affected by tannins in tea, so avoid drinking tea with meals.

Does milk cause mucus?

This is one of the most common myths in regard to dairy foods. Some people may experience a thin, temporary coating over the mouth and throat after drinking milk. This is often mistaken for mucus but is simply milk's natural creamy texture and perhaps a little saliva production. This is not harmful and the sensation lasts for only a short period of time.

Do I have to avoid eating fish if I am pregnant?

Eating fish regularly during pregnancy offers many health benefits. More commonly eaten species, such as tarakihi, blue cod, hoki, salmon and all canned fish are of little concern, in terms of mercury levels. They should continue to be included as part of a healthy, balanced diet.

Marlin, swordfish, school shark, dogfish and fish caught in geothermal waters, such as trout, should only be eaten during pregnancy once every one or two weeks. Limit other species such as orange roughy, hapuka, groper, ling and bluenose to four servings (each of about 150g) per week.



Does milk cause asthma?

Milk is rarely a trigger for asthma. The major triggers for asthma are allergens such as house dust mites, pollens, infections, exercise and tobacco smoke. Foods, drinks and food chemicals affect less than 2% of all people with asthma. A healthy diet including a variety of foods is appropriate for people with asthma.

Do I need to eat dairy products if I take calcium tablets?

Dairy products such as milk, yoghurt and cheese are excellent sources of calcium but are also good sources of protein, carbohydrate, vitamins A, D, B₁₂ and riboflavin, potassium, magnesium, phosphorus and zinc. A calcium tablet won't provide all these other nutrients dairy foods add to the diet.

Can young children drink low fat or skim milk?

Skim and trim milks are not suitable for children under five. Food and nutrition guidelines recommend regular milk for children below the age of five to satisfy their energy, growth and development needs. Reduced fat milk can be introduced from two years of age if a child is eating well and growing adequately.

Do I have to avoid milk and other dairy products if I have difficulty digesting lactose?

Dairy foods do not need to be eliminated from the diet if you are lactose intolerant. Most people can consume up to 10g of lactose a day without symptoms. This is equivalent to a small (200ml) glass of milk. Cheese and yoghurt are usually well tolerated. Most cheeses are virtually lactose free. The bacteria in yoghurt help to digest lactose.

Does drinking milk cause kidney stones?

Milk can actually reduce the risk of kidney stones (formed by oxalates). The calcium in milk may be protective as it binds to oxalate making it unavailable for absorption, hence reducing the risk of developing kidney stones.

Does red meat cause cancer?

There are a number of factors that can promote cancer, including obesity, high alcohol consumption, smoking, a lack of physical activity and a low fibre intake, i.e. not eating enough fruit and vegetables. When these factors are considered, any link with red meat consumption is reduced. Red meat is typically eaten with high fibre foods such as vegetables, which are considered by scientists to have a protective effect against bowel cancer. Most scientists feel overall eating habits are more important than any one particular food, so recommend a healthy, balanced diet containing a wide variety of foods.

Does meat take a long time to digest?

Meat protein is very easily digested (94%), in a similar way to milk, eggs and fish. Plant proteins such as beans, are less easily digested (78%). Meat will generally leave the stomach within 2-3 hours and be fully digested in 4-6 hours. The human digestive system is well designed to digest meat and absorb its wide range of essential nutrients.



Can I get too much iron from eating red meat regularly?

Iron overload does exist, and it can be a problem, but it is rare. Iron deficiency is far more common. There are two ways in which iron overload can occur. Firstly, a rare hereditary (genetic) defect called 'haemochromatosis', which results in increased iron absorption that can cause organ damage. The other is by taking too much iron. Although iron absorption in the body is very efficiently controlled, absorption of iron given as supplements is not as well controlled as that from the diet.



Is all pork meat fatty?

'Trim Pork' is a brand of boneless, skinless, trimmed cuts so low in fat they are eligible to carry the Heart Foundation Tick (less than 4% saturated fat). Trimming any visible fat before cooking is an effective way to further reduce fat intake.

Are eggs with brown shells better than eggs with white shells?

Shell colour is determined by the breed of the hen, and has no effect on the nutritional value, flavour or quality of the egg.

Are plant-based diets better than mixed diets?

Mixed diets (containing both plant and animal foods) provide the full range of nutrients needed for optimum health. Plant-based diets can also contain the required nutrients, although the availability of some nutrients, such as iron and zinc, is lower in plant foods. Up to 80% more iron and 50% more zinc is required by those not eating animal foods. Protein quality is also lower in plant foods.

FOR MORE INFORMATION **AND RECIPES**

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