

Main meal cost comparison

Food Foundations • an NAQ Nutrition program

The daily requirements from the meat and alternatives food group for children under 5 years is between 0.5 serve to 0.75 serves per day (whilst in care). Included in this food group are legumes/beans/lentils. These foods are fantastic to incorporate into your meals as they can help reduce cost. These foods are included under the meat and alternatives food group as well as the vegetables food group.

Through adding legumes/beans/lentils you can decrease the amount of meat added whilst still achieving the same serves of this food group per child. This usually results in decreased cost and/or the ability to use a better-quality cut of meat/poultry. See the two examples below:



Chicken for curry	Chicken & chickpeas for curry
7.5kg raw chicken breast (~6kg cooked)	5kg raw chicken breast (~4 kg cooked) + 1.5 kg chickpeas
Lean meats, poultry, fish, eggs, nuts and seeds and legumes/ beans: 0.75 serve per child	Lean meats, poultry, fish, eggs, nuts and seeds and legumes/ beans: 0.75 serves per child + bonus vegetables: 0.25 serves per child
\$71	\$50

Beef tacos – 3-star mince	Beef and bean tacos – Lean mince
7.5kg raw 3-star beef mince (~6kg cooked)	5kg raw lean beef mince (~4 kg cooked) + 1.5 kg chickpeas
Lean meats, poultry, fish, eggs, nuts and seeds and legumes/ beans: 0.75 serve per child	Lean meats, poultry, fish, eggs, nuts and seeds and legumes/ beans: 0.75 serves per child + bonus vegetables: 0.25 serves per child
\$82.50	\$78

(See <https://naqld.org/recipe/#/filter/food-foundations> for the beef and bean taco recipe)

Calculations based on edible portion of produce. Prices from Coles online on 8.6.20

1 meat and alternative serve = 80g cooked edible portion meat/poultry or 150g cooked/canned lentils/beans/legumes, 1 vegetable serve = 75g edible portion