

# Perfect Portion Planner

By practicing perfect portion control you'll avoid unnecessary food waste by not cooking too much. To help measure your perfect portions you'll need a tablespoon, a 300ml mug and some weighing scales. If you're cooking for more people, simply multiply the portions.

## Spaghetti

1 adult = 75g

2 adults = 150g

3 adults = 225g

*or hold your spaghetti over the circles*



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### **Rice**

1 adult = 1/4 mug, 5 level tablespoons or 75ml

1 child = 2 1/2 tablespoons or 35ml

### **Pasta**

1 adult = 100g

1 child = 60g

**Chicken/Beef/Pork/Fish** (about the size of a deck of playing cards)

1 adult = 140g

1 child = 100g

**Lentils/Kidney Beans/Butter Beans/Chickpeas/Cannellini Beans/Black Eye Beans**

1 adult = 3 heaped tablespoons or 80g. For children under 5, portions may be smaller.

### **Fruit and Vegetables**

The 5-a-day portion size guide for fruit and veg is 80g for adults. For children under 5, portions may be smaller.

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