



Flat hand



Cooked rice, rice & peas, Jollof & pasta

Amala, Eba, Fufu



Small fist

Dry rice & pasta



Large fist

# Helping hands

Your handy guide to carbohydrate portion size



Gari, pounded yam, plantain flours



Handful



2 Handfuls



Cooked beans & pulses & cooked porridges



2 cupped hands

