



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

