

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.

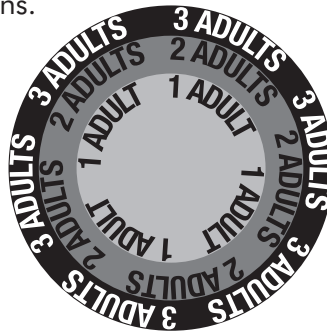
Spaghetti

1 adult = 75g

2 adults = 150g

3 adults = 225g

or hold your spaghetti over the circles



Oxfordshire Waste Partnership

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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

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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