

My handy guide to carb portions –



A visual guide to help you estimate and control portions size!

Description

What it looks like

Handy guide

**Small bowl
cereal
(30g)**



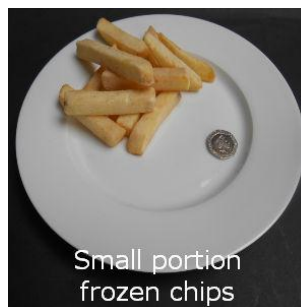
**One small jacket
potato
(100g)**



**Small portion
rice
(100g)**



**One small
portion chips
(100g)**



**One small
portion pasta
(150g)**



Description

What it looks like

Handy guide

**2 slices cut
bread**



4 crispbreads

