



Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Brown roll
One small



Cooked pasta
Two tablespoons or...



Uncooked pasta
One handful



Pitta bread (brown)
Half



Rice
Two heaped tablespoons



Rice cakes
Three



Weetabix
One



Oven chips
Nine



Potato
One fist-size



Egg noodles
Half a pack



Brown bread or toast
One slice of medium sliced



Crackers
Three



Wrap
Half a wrap



Plantain
One



Crumpet
One whole



Baguette
Length of a hand



English muffin
Half a muffin



Bagel
Half a bagel



Granola
One tablespoon



Muesli
Two tablespoons



Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

One portion is

Mash potato
Three tablespoons



Cornflakes
Three tablespoons



Oats (porridge)
Three tablespoons / 27g uncooked



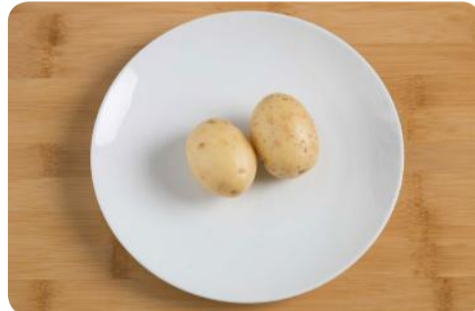
Spaghetti
One handful



Crispbreads
Two crispbreads



Potatoes
Two egg-sized



Couscous
Two tablespoons



Look at your plate size



Using larger plates can make a serving of food appear smaller, encouraging us to fill our plates and eat more than we need.