



# Perfect portion sizes

STEP  
4

Cooking the right amount can help you:

- reduce leftovers
- eat well and save money
- maintain a healthy weight



## Smart ideas

- 1 Check packaging instructions for portion size guidelines.
- 2 If you have extra portions left over save them in the fridge or freezer for later.

## Smart actions

- ✓ One palm-size of raw meat is about 85 grams, which is one serve.
- ✓ A general rule for rice is that half a cup of raw rice is enough for two people.
- ✓ The hole in the pasta spoon fits about one serving of dried spaghetti.
- ✓ Allow people to serve their own portions to suit their appetite.

**Fantastic!** Perfect portions mean less leftovers and healthier eating. Move to Step 5 for more great tips.



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