



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 Allow people to serve their own portions to suit their appetite
- 3 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.

Fantastic! Perfect portions mean less leftovers and healthier eating. Move to Step 5: Keep it fresh.



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