

Handy Carbohydrate Portion Guide

Limiting your carbohydrate portion sizes in a meal will make it easier for your body to manage your blood glucose levels.

2 Cupped Hands



Cooked beans and pulses, cooked porridges



1 Fist



Potatoes & sweet potatoes

1 Handful



Nuts and seeds



Oven Chips



Fruit

2 Handfuls

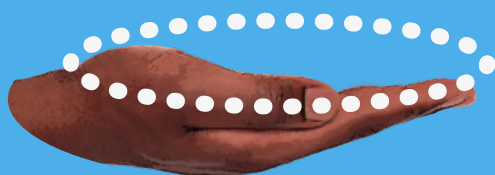


Flaked breakfast cereal

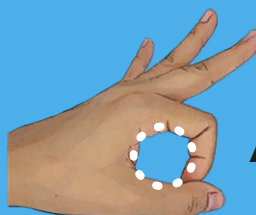
Flat Hand



Cooked rice and cooked pasta



Finger and Thumb



Dried Spaghetti

A hole the size of a £1 coin.



Large Fist



Dried pasta



Dried rice