



cooked rice , rice & peas, Jollof & pasta



Flat hand



amala, eba, fufu

Small fist



dry rice & pasta

Large fist

HELPING HANDS

Your handy guide to
carbohydrate portion
size*

*This portion size is equal to ~50g carbohydrate



Gari, pounded yam, plantain flours

2 Handfuls

Handful



cooked beans & pulses & cooked porridges

2 cupped hands

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

