

HELPING HANDS

Your handy guide to carbohydrate portion size

Cooked rice, rice & peas, Jollof & pasta



FLAT HAND



SMALL FIST



Amala, Eba, Fufu

Dry rice & pasta



2 CUPPED HANDS



SMALL FIST



Cooked beans & pulses & cooked porridges



HANDFUL

Gari, pounded yam, plantain flours

