



PORTIONING

It can be difficult to know how much to cook – especially with foods like rice and pasta. But cooking just the right amount of food for you and your family is an easy way to prevent food waste. Luckily, the solution to cooking perfect portions every time is in your hands. Our handy guide will show you how much to cook.



PROTEIN

(meat) should be the size and thickness of the palm of your hand.



CARBOHYDRATES

(potatoes, pasta, rice etc.) should be equivalent to the size of your clenched fist.



VEGETABLES

and salad should equal two cupped hands.



FATS

(cheese, dressing etc.) should be the size of your thumb.



With some foods, it can be tough to know how much of the raw ingredient you need. Pasta, rice and grains expand when cooked, while some vegetables lose so much water, they end up half their size. We've taken out the guesswork for you with these guidelines. If you do mistakenly cook too much, use the excess to make lunch for the next day or freeze it for later use.

1 PERSON

Rice: 1/3 cup
Pasta: 100g
Oats: 1/2 cup



4 PEOPLE

Rice: 1 1/3 cups
Pasta: 400g
Oats: 2 cups



2 PEOPLE

Rice: 2/3 cup
Pasta: 200g
Oats: 1 cup



6 PEOPLE

Rice: 2 cups
Pasta: 600g
Oats: 3 cups



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