

# 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



## Small fist



Potatoes

## 1 handful



Nuts and  
seeds



Fruit

## Large fist



Dried pasta



Sweet  
potato



Dried rice



## Flat hand



Cooked rice and  
cooked pasta

