Perfect Portion Planner

By practicing perfect portion control you’ll avoid unnecessary food waste by not cooking too much. To help measure your perfect portions you’ll need a tablespoon, a 300ml mug and some weighing scales. If you’re cooking for more people, simply multiply the portions.

**Spaghetti**

1 adult = 75g  
2 adults = 150g  
3 adults = 225g  

or hold your spaghetti over the circles

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Rice
1 adult = \( \frac{1}{4} \) mug, 5 level tablespoons or 75ml
1 child = \( 2\frac{1}{2} \) tablespoons or 35ml

Pasta
1 adult = 100g
1 child = 60g

Chicken/Beef/Pork/Fish
1 adult = 140g
1 child = 100g

Lentils/Kidney Beans/Butter Beans/Chickpeas/Cannellini Beans/Black Eye Beans
1 adult = 3 heaped tablespoons or 80g. For children under 5, portions may be smaller.

Fruit and Vegetables
The 5-a-day portion size guide for fruit and veg is 80g for adults. For children under 5, portions may be smaller.

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