

Carbohydrate Portion Size Guide

This portion size guide provides examples of amounts equivalent to one portion of carbohydrate. Use this guide for amounts and for choosing a variety of carbohydrate foods to balance your meal.

	1 portion
Pasta / noodles / grains	½ cup cooked pasta / noodles / quinoa ¼ cup cooked rice
Legumes (beans, peas, lentils)	¾ cup cooked legumes
Bread	1 slice bread or ½ roll or wrap
Starch vegetables	1 medium potato ¼ medium sweet potato ½ corn cob
Fruit	1 piece fruit (medium apple, banana, pear) 2 small pieces fruit (kiwi fruit, nectarine, apricot)
Dairy foods	1 glass milk (250ml) ½ cup yoghurt

Meal ideas

Beef Stir Fry



0 portions

Beef Stir Fry



½ cup rice = 2 portions

Beef Stir Fry



¾ cup rice = 3 portions

Omelette



1 slice of toast = 1 portion

Lamb and chickpea salad



½ cup rice + ¾ cup chickpeas = 3 portions

Grilled fish + dessert



¼ medium sweet potato + ½ cup cooked quinoa + 1 piece fruit + ½ cup yoghurt = 4 portions