

THE **HANDY GUIDE** *to perfect* **portions**

LOVE FOOD HATE WASTE NEW ZEALAND

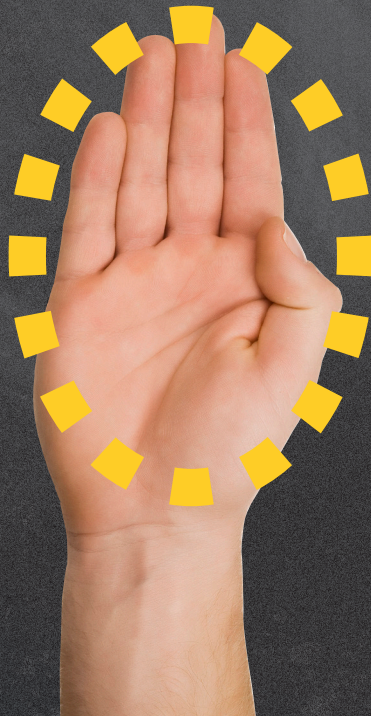
ONE FIST

CARBOHYDRATES
LEGUMES
RICE
PASTA
POTATO



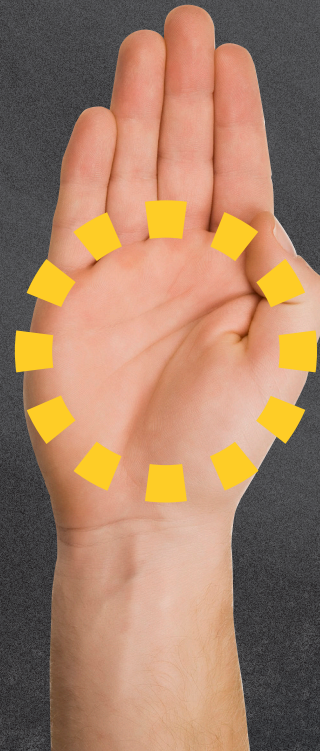
ONE HAND

FISH
VEGETABLES



ONE PALM

PROTEIN
BEEF
PORK
EGGS
CHICKEN



ONE CUPPED HAND

FRUIT
NUTS
SEEDS



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