

# Potatoes, bread, rice, pasta and other starchy foods

Eight portions a day for men, seven portions a day for women

## One portion is

**Brown roll**  
One small



**Cooked pasta**  
Two tablespoons or...



**Uncooked pasta**  
One handful



**Pitta bread (brown)**  
Half



**Rice**  
Two heaped tablespoons



**Rice cakes**  
Three



**Weetabix**  
One



**Oven chips**  
Nine



**Potato**  
One fist-size



**Egg noodles**  
Half a pack



**Brown bread or toast**  
One slice of medium sliced



**Crackers**  
Three



**Wrap**  
Half a wrap



**Plantain**  
One



**Crumpet**  
One whole



**Baguette**  
Length of a hand



**English muffin**  
Half a muffin



**Bagel**  
Half a bagel



**Granola**  
One tablespoon



**Muesli**  
Two tablespoons

