

Control your starchy carb portions

“Control your portions, control your weight”

You can have starchy carbs at every meal and every day if you want to. It's the portion size that matters. This resource gives you a lower limit for a range of starchy carbs – you don't need to go lower than what we recommend, to lose weight. You can eat carbs, be happy and lose weight!

For example, you don't need to eat less than these equivalents:

- Breakfast: **2** slices of toast at breakfast
- Lunch: **2** slices of bread (e.g., as a sandwich)
- Evening meal: **4** egg-sized potatoes or **4** heaped tablespoons of cooked rice or **6** heaped tablespoons of cooked pasta

Loading half the dinner plate with vegetables and / or salad will help you feel satisfied with smaller portions of starchy carbs if you are used to eating more than these starchy carb equivalents at each meal.

Other healthy habits for weight loss and maintenance

- Limit calorific snacks (such as biscuits, crisps, cake, chocolate) to no more than 3-4 times a week – think **one small** calorific snack **every other day**
- Eat a portion of fruit in between meals
- Eat regular meals

The next two pages show you as low as you need to go with your starchy carbs. If you're current having a lot more than shown here, then just reduce this by, say, one third or a half.

For example, if you usually serve **15** heaped tablespoons of cooked rice on your plate, reduce this to **10** heaped tablespoons of cooked rice. You can cut-back further when and if you want to. If you cut back too much, you may really struggle taming that hungry bear!

Starchy carbs for breakfast

Breakfast cereal

or

Toast

or

Weetabix



~6 heaped tablespoons

2 slices

2 biscuits

Shredded Wheat

or

Oats

or

Muesli / Granola



2 biscuits

~2 heaped tablespoons

~2 heaped tablespoons

Breakfast muffin

or

Crumpets

or

Pancake















1½ x 64g muffin

2 x 55g crumpets

1½ x 64g pancake

Remember to keep a check on other things you might add to your starchy carbs at breakfast, such butter, margarine, cream, jam, sugar, agave syrup, peanut butter.

Starchy carbs for lunch and evening meal

<p>Potato</p>  <p>4 egg-sized</p>	or	<p>Bread</p>  <p>2 slices</p>	<p>Rice (cooked)</p>  <p>~4 heaped tablespoons</p>
<p>Pasta (cooked)</p>  <p>~6 heaped tablespoons</p>	or	<p>Yam</p>  <p>~2-3 slices</p>	<p>Green banana</p>  <p>~2 small fingers</p>
<p>Plantain (fried)</p>  <p>~4 slices</p>	or	<p>Couscous (soaked)</p>  <p>~4 heaped tablespoons</p>	<p>Breadfruit (fried)</p>  <p>~2 slices</p>
<p>Gari / Fufu</p>  <p>~ ¾ size of a fist</p>	or	<p>Quinoa</p>  <p>~4 heaped tablespoons</p>	<p>Roti</p>  <p>~2 medium (7 inches)</p>

Remember to keep a check on other things you might add to your starchy carbs at lunch, such butter, margarine, cream, sauces, cheese, oil – olive oil is good for the heart but even this is loaded with calories (as many as there are in lard).
