

Every year in the UK we throw away £12 billion worth of food, costing the average family £50 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away. Here are a few of our favourites for measuring everyday portions.

Perfect Portions

Mug

A mug is handy for measuring uncooked rice.

4 adults = Full mug, 300ml

2 adults = Half a mug, 150ml

Tablespoon

Ideal for measuring child portions.

Use 2½ tablespoons for rice, beans or dried fruit.

Scales

Kitchen scales are great for measuring exact portions.

Spaghetti measurer

Stand bundles of uncooked spaghetti on our handy measurer to get perfect portions.

The portion calculator at lovefoodhatewaste.com removes the guesswork when it comes to portions, helping you cook and serve the right amount.

Measure your spaghetti here

1 portion

2 portions

3 portions



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