

Catering Portions Guide

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portion calculator - sweet success sugarcraft - Portion Calculator. The table below gives a rough guide to the number of portions you can cut from square or round cakes of various sizes. Rich fruit cakes are

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a guide to catering quantities - people's kitchen - A typical portion is 400 ml of soup, or 250 ml curry/stew/goulash etc. with carbs and side dish 1 catering tin A guide to catering quantities

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portion sizes and serving sizes | sparkpeople - Selecting the right foods also means choosing portions that are proper serving sizes. The terms "portion" and "serving" are often used interchangeably, but they don't

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food servings calculator - free charts and graphs - If one eats a larger portion, count it as more than 1 serving. For conversions of standard household measures use areppim's Household Measures Conversion Calculator.

catering tips: how much food is enough for your - Catering Tips: How Much Food is Enough for Your Keep in mind that having a myriad of different food options means that you should serve them in smaller portions.

bbq faq: portion size - cbbqawiki - The fact that it is all men means you probably won't be serving gala appetizer [I got a job catering a tire I basically have three sizes--small portions

portion size plate | recommended serving sizes - The WebMD Portion Size Plate helps gauge the amount of food in a single serving to help you with portion control.

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christmas portion planner | bbc good food - For many people Christmas dinner is the biggest food event of the year so think big when it comes to portions and even bigger if you want leftovers for Boxing Day.

portion guide: wallet size - webmd - An illustrated wallet size guide to help you understand portion sizes for portion control from WebMD.

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