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HeroFiber Portion Control Ladles

HeroFiber Portion Control Serving Spoons User Manual

Model: Portion Control Ladles
Brand: HeroFiber

1. Introduction

The HeroFiber Portion Control Serving Spoons set is designed to assist in precise food portioning for various culinary needs, including healthy eating, weight management, and specific dietary requirements such as those following bariatric or gastric sleeve surgery. This comprehensive 8-piece set provides a range of measuring capacities to ensure accurate serving.

2. Product Overview

The set includes eight serving spoons: four solid-bottom spoons and four perforated (slotted) spoons. Each type is available in 2oz (59ml), 4oz (118ml), 6oz (177ml), and 8oz (237ml) capacities. These utensils are constructed from high-grade stainless steel for durability, featuring plastic handles for a comfortable and secure grip. The handles are color-coded for quick identification of spoon size, and each spoon is equipped with a convenient hook for resting on the side of serving dishes.



An overhead view of the complete 8-piece HeroFiber Portion Control Serving Spoons set, showcasing four solid and four perforated spoons, each with its corresponding volume measurement in ounces and milliliters. The handles are color-coded red, green, black, and blue.



A top-down view of the eight stainless steel portion control ladles arranged on a wooden surface, highlighting their polished finish and the distinct solid and perforated bowl designs.



An illustration demonstrating the 'Rim-Rest Ledges' feature of the serving spoons, showing how the handle's design allows the spoon to rest securely on the edge of a pot or serving dish. Various spoon sizes with their respective lengths are also indicated.



A close-up image emphasizing the high-quality stainless steel construction of the spoon bowls and handles, with color-coded plastic grips visible. Text overlay highlights the durability of the material.

3. Setup

Before first use, thoroughly wash all serving spoons with warm, soapy water. Rinse them completely and dry them with a soft cloth. The spoons are also dishwasher safe for convenient cleaning.



A father and child loading the HeroFiber serving spoons into a dishwasher, illustrating the product's dishwasher-safe feature for easy cleaning.

4. Operating Instructions

Select the appropriate spoon size (2oz, 4oz, 6oz, or 8oz) based on your desired portion. Use the solid-bottom spoons for serving liquids, sauces, or solid foods. Utilize the perforated (slotted) spoons for serving foods that require draining, such as vegetables or pasta, to separate solids from liquids. The long handles provide easy control and safe handling, keeping your hands away from hot food or steam. The color-coded handles allow for quick identification of the desired spoon size during use.



A solid-bottom serving spoon being used to portion out a hearty stew from a pot, demonstrating its practical application for serving meals. The image also features various ingredients and cooking tools.



A close-up view of a serving spoon with a long handle immersed in a pot of colorful stew, illustrating how the extended handle provides easy control and safe handling by keeping hands away from heat.

An instructional video demonstrating the features and practical use of the HeroFiber Portion Control Serving Utensil Set, highlighting its design for accurate food portioning.

5. Maintenance & Care

The HeroFiber Portion Control Serving Spoons are designed for easy cleaning. They are dishwasher safe, allowing for convenient and thorough sanitization. For hand washing, use warm water and a mild dish soap. Avoid abrasive cleaners or scouring pads that could scratch the stainless steel finish. Ensure the spoons are completely dry before storing to prevent water spots or mineral buildup.

6. Troubleshooting & Preventative Care

While these spoons are built for durability, proper care ensures their longevity. If you notice any residue after washing, re-

wash the spoons thoroughly. To prevent potential bending, avoid applying excessive force when scooping very dense or frozen foods. Always store the spoons in a dry place to maintain their stainless steel integrity.

7. Specifications

Feature	Detail
Number of Pieces	8
Is Dishwasher Safe	Yes
UPC	673400694379
Package Dimensions	14.76 x 4.88 x 4.09 inches
Item Weight	1 ounces
Manufacturer	HeroFiber
ASIN	B07TK1V1T3
Item model number	Portion Control Ladles
Color	Black/Blue/Red/Green
Material	Stainless Steel
Style	Portion Control Cooking Spoons Set

8. Warranty & Support

For any questions, concerns, or support regarding your HeroFiber Portion Control Serving Spoons, please contact HeroFiber customer service through the retailer's platform or the official HeroFiber website. Please retain your proof of purchase for any warranty claims, if applicable.

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