

# Portion sizes and food groups

## Starchy foods



This includes all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

### Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
<b>Bread:</b> includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps		(50-70g) 1-2 slices of medium bread 1 small roll 1 small or 1/2 large bagel 1 small pitta 2 6" wraps 1 10" wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12" wrap
<b>Potatoes or sweet potato:</b> includes boiled mashed	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-410g
<b>Other starchy root vegetables:</b> includes yam, plantain, cocoyam and cassava	Raw	100-150g	150-200g
<b>Pasta and noodles:</b> includes white and wholemeal spaghetti, noodles and pasta shapes	Dried <sup>2</sup>	45-65g	65-80g
<b>Rice:</b> includes white and brown rice	Dried <sup>3</sup>	35-55g	55-65g
<b>Other grains:</b> includes couscous, bulgur wheat, maize (polenta) and cornmeal	Dried	40-60g	60-70g

**Starchy foods where fat or oil has been added before or during the cooking process:** include roast or sautéed potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil.

<b>Potatoes cooked in oil or fat:</b> includes roast or sautéed potatoes, chips, potato wedges, other processed potato products such as waffles	Raw	70-100g	120-150g
<b>Garlic bread</b> (as an accompaniment)	Dried	20g 1 slice	40g 2 slices

**Bread with no added fat or oil must be available every day.** All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixtures of white and wholemeal, pitta, rolls, chapattis, naan, ciabatta, and herb bread.

Note: **Wholegrain (i.e. made with, or containing whole grain):** starchy wholegrains include wholemeal, granary flour, bread and bread products, wholewheat pasta, brown rice and oats. Higher-fibre white bread, 50/50 bread, half/half wholegrain and white mixes, such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

<sup>1</sup> Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles

<sup>2</sup> Based on average weight change of white and brown rice

## Fruit and Vegetables



This includes vegetables in all forms, including fresh, frozen, canned, dried and juiced, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal, in addition to any vegetables used as ingredients in composite dishes such as casseroles and stews. Potatoes are classed as a starchy food and are not included in this food group.

### Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Vegetables or mixed salad, salad bars	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens	Cooked	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses include lentils, kidney beans, chick peas	Dried <sup>1</sup>	15-20g	30g
	Cooked	40-60g 1-2 tablespoons	80g 3 tablespoons
Baked beans in tomato sauce (as an accompaniment)	Cooked	50-70g 1-2 tablespoons	90-100g 3 tablespoons
Vegetable-based soup	Cooked	200-250g	250-300g

**Fruits** in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within other dishes - for example, fruit-based desserts such as crumbles.

Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g 1 small sized fruit with skin	100-150g 1 medium sized fruit with skin
Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g 1 fruit with skin	80-100g 1-2 fruits with skin
Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g 10-15 fruits	80g 15-20 fruits
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g 1/2 - 1 tablespoon	25-30g 1 tablespoon

All fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler, fruit jelly). Fruit used as decoration or jam added to a dessert does not count towards this standard.

Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (40 g min fruit) 2-3 tablespoons	130g 80g min fruit) 3-4 tablespoons
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<sup>3</sup>Based on average weight change of chickpeas, kidney beans and green lentils

# Portion sizes and food groups

## Meat, fish, eggs, beans and other non-dairy sources of protein

This includes fresh and frozen meat, poultry, fresh, frozen and canned fish, shellfish, eggs, meat alternatives (including products such as soya and Quorn™), tofu, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy) and nuts.

### Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Roast red meat includes beef, lamb, pork, veal, venison and goat. This is also the meat portion for baked potato/sandwich fillings	Raw	50-80g	80-95g
Roast poultry includes chicken, turkey and duck, as well as dishes or products made from these meats	Raw	60-85g	85-125g
All dishes containing red meat or poultry (e.g. stew, casserole, curry, sweet and sour, pie with potato topping) <b>Note:</b> weight may be reduced proportionately in composite dishes if adding another protein based food, such as beans/cheese/milk	Raw	50-75g	75-90g
Meat-based soup	Cooked	200-250g	250-300g
White fish such as pollock, hake, coley, cod, haddock and plaice – whether cooked alone, or in a dish such as a casserole or fish pie, or as a breaded or battered product	Raw	60-90g	90-125g
Oily fish, such as fresh, tinned or frozen salmon, sardines, pilchards, mackerel, herring, and fresh or frozen tuna. Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process	Raw	55-80g	80-110g
Fish or shellfish such as tuna, salmon, mackerel and prawns, served in a salad, baked potato or sandwich	Cooked	50-70g	70-100g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg	1-2 eggs
Meat alternatives made from soya beans, such as soya mince, tofu and Quorn™ (e.g. vegetarian stew, curry, tikka, sweet and sour). <b>Note:</b> weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans/cheese/milk	Cooked	50-70g	70-100g
Pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy). This also includes nuts	Raw	20-25g	40-45g
	Cooked	50-60g 1-2 heaped tablespoons	100-120g 2-3 heaped tablespoons
Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g	70-100g
<b>Meat products</b>			
Sausages made from beef, lamb or pork	Raw	50-75g 1 sausage	75-90g 1-2 sausages
Burgers	Raw	55-80g	80-100g
Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, quiche, cold pork pie (e.g. Melton Mowbray)	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets, goujons, burgers	Cooked	50-70g	70-100g



## Milk and dairy

This includes all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yoghurt), or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk and milk-based sauces.

Food	Primary 4-10 year olds	Secondary 11-18 year olds
Lower-fat drinking milk	150-200 mls	200-250 mls
Milk puddings and whips made with milk	100-120g	120-150g
Custard made with milk (e.g. served with fruit); portion size excludes fruit	80-100g	100-120g
Yoghurts	80-120g	120-150g
Cheese (added to salads, baked potatoes, sandwiches or crackers)	20-30g	30-40g



## Foods high in fat, sugar and salt

**Deep fried foods:** including those deep fried or flash fried in the kitchen or in the manufacturing process, such as chips (including oven chips), potato waffles, hash browns, samosas, plantain chips, spring rolls, doughnuts, pakora and bhajis.

Refer to relevant portion size table

**Batter-coated and breadcrumb-coated foods:** including any bought-in or homemade products such as chicken nuggets, fish fingers, battered onion rings and tempura.

Refer to relevant portion size table

**Pastry:** including shortcrust, flaky, filo, choux and puff, used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties, samosa.

Refer to relevant portion size table

**Desserts:** include cereal and starch based desserts such as rice, semolina, tapioca pudding, fruit-based desserts such as jelly, fruit compote, crumbles, and sponge puddings, vegetable-based desserts such as soya-based mousse, egg-based desserts such as ready to eat products and products prepared from egg such as flans, egg custard, custard fillings in pies, meringues, dairy-based desserts such as puddings with dairy-based fillings, fruit or flavoured yoghurt or other fermented milk and/or milk products, ice cream, mousse and fat-based desserts, such as ice cream, made with vegetable fats.

Fruit pies, sponge puddings or crumbles	80-100g	100-120g
Fruit jelly (portion size excludes fruit)	80-100g	100-120g
<b>Cakes and biscuits:</b> include manufactured, bought-in products and prepared from scratch cakes and biscuits such as individual cakes, buns and pastries, scones, sweet and savoury biscuits.		
Cakes, tray bakes, muffins, scones, doughnuts	40-50g	50-60g
Biscuits and flapjack	25-30g	30-40g
Ice cream	60-80g	100g
Pizza base	50-70g	80-100g
<b>Savoury crackers, bread sticks</b> (served with fruit, vegetables or dairy foods); portion size excludes fruit.	10-15g	15-30g
	1-2 crackers	2-3 crackers
<b>Condiments:</b> include ketchup, mayonnaise, salad cream, brown sauce, chutney.	no more than 10g, or one teaspoonful	
	Gravy	20-30g 1 tablespoon

**'Snacks'** means pre-packaged items other than confectionery, sandwiches, cakes or biscuits, which are ready to eat without further preparation and which consist of or include as a basic ingredient potato, cereals, soya, nuts, seeds, fruit or vegetables.

Refer to relevant portion size table for fruit, vegetables and crackers

**Confectionery:** includes cereal bars, processed fruit bars, non-chocolate confectionery (whether or not containing sugar), chocolate in any form (except hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance. Cocoa is permitted.

Not permitted - no portion sizes provided



## Healthier Drinks

Fruit/vegetable juice (maximum portion size)	150 mls	150 mls
Drinking milk	150-200 mls	200-250 mls
Combination drinks (fruit juice/water, flavoured milk) (maximum portion size)	330 mls	330 mls