

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 |
|---|--------------------|---|--|
| Bread: 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 |
| Potatoes or sweet potato: includes boiled and mashed | Raw | 120-170g | 200-250g |
| Jacket and baked potatoes | Raw | 200-280g | 330-410g |
| Other starchy root vegetables: includes yam, plantain, cocoyam and cassava | Raw | 100-150g | 150-200g |
| Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes | Dried ¹ | 45-65g | 65-80g |
| Rice: includes white and brown rice | Dried ² | 35-55g | 55-65g |
| Other grains: 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.

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| Potatoes cooked in oil or fat: includes roast or sautéed potatoes, chips, potato wedges, other processed potato products such as waffles | Raw | 70-100g | 120-150g |
| Garlic bread (as an accompaniment) | | 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:** starchy wholegrains include wholemeal and granary flours, wholemeal and granary breads and bread products, wholewheat pasta, brown rice and oats. Also look out for higher-fibre white bread, half/half wholegrain and white mixes such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

¹ Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles

² 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 ³ | 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 |
| <p>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.</p> | | | |
| 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 ½ - 1 tablespoon | 25-30g 1 tablespoon |
| <p>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.</p> | | | |
| 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 |

³Based 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 portion size for baked potato and sandwich fillings). | Raw | 50-80g | 80-95g |
| Roast poultry includes chicken, turkey and duck, as well as dishes or products made from these meats (this is also the portion size for baked potato and sandwich fillings). | Raw | 60-85g | 85-125g |
| Red meat or poultry in dishes such as casserole, stew, pie, or curry. Note: <i>weight may be reduced proportionately in composite dishes if adding another protein based food, such as beans, cheese, or milk.</i> | 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 |
| Breaded or battered fish portions and products such as fish cakes, fish fingers, and fish goujons. | Cooked | 55-80g | 85-95g |
| 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 and tofu) and Quorn™ (in dishes such as vegetarian casserole, stew, pie, or curry). Note: <i>weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans, cheese, or milk</i> | 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). | 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 |
| Meat products | | | |
| 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, 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 (<i>added to salads, baked potatoes, sandwiches or crackers</i>) | 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 bhajjis.

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.

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| Fruit pies, sponge puddings or crumbles | 80-100g | 100-120g |
| Fruit jelly (portion size excludes fruit) | 80-100g | 100-120g |

Cakes and biscuits: include manufactured, bought-in products and prepared from scratch cakes and biscuits such as individual cakes, buns and pastries, scones, sweet and savoury biscuits.

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| 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 |
| Savoury crackers, bread sticks (served with fruit, vegetables or dairy foods); portion size excludes fruit. | 10-15g 1-2 crackers | 15-30g 2-3 crackers |

Condiments: include ketchup, mayonnaise, salad cream, brown sauce, chutney.

no more than 10g, or one teaspoonful

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| Gravy | 20-30g 1 tablespoon | 40-50g 2 tablespoons |
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'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

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| 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 |