

THE IRISH FOOD PORTION SIZES DATABASE

First Edition

Jacqueline Lyons & Miriam Giltinan (2013)

*Data compiled by the
Irish Universities
Nutrition Alliance
(IUNA) at University
College Cork (UCC),
Ireland*



Introduction

The *Irish Food Portion Sizes Database* contains data from four large, nationally representative food consumption surveys carried out in Ireland in recent years:

- National Children's Food Survey (NCFS) [2003-2004]
- National Teens' Food Survey (NTFS) [2005-2006]
- National Adult Nutrition Survey (NANS) [2008-2010]
- National Pre-school Nutrition Survey (NPNS) [2010-2011]

Further information on each of these surveys is available at www.iuna.net

Median, 25th and 75th percentile portion weights are described in the database for an extensive selection of food items for five separate groups:

- **Table 1** Children aged 1, 2, 3 and 4 years
- **Table 2** Children aged 5-8 and 9-12 years
- **Table 3** Children aged 13-17 years
- **Table 4** Adults aged 18-64 years
- **Table 5** Adults aged 65 years and over

Tables 3, 4 and 5 present portion weight data for the total population, and separately for males and females. Tables 1 and 2 present portion weight data for the total population only. 'Reference weights' have been included where available (in square brackets after the food descriptors) to provide some context for the portion weight data.

Estimation of food portion size

For all groups, food portion size was defined as the weight of food consumed per eating occasion, i.e. weight served minus leftovers. On all surveys, food intake was very carefully quantified, as shown:

	NCFS (%)	NTFS (%)	NANS (%)		NPNS (%)
			18-64y	≥65y	
Weighed by participant/caregiver	75.7	21.0	47.2	42.7	78.0
Assigned a manufacturer's weight	10.6	24.5	9.9	7.6	7.0
Photographic food atlas ^{1, 2}	5.2	27.7	15.6	18.7	6.0
Weighed by IUNA	1.0	8.0	4.0	4.6	0.5
<i>Food Portion Sizes</i> ³	2.9	10.0	10.1	13.5	1.0
Household measures	1.5	6.5	10.6	10.8	6.0
Estimated	3.1	2.3	2.6	2.1	1.5

¹ Foster E, Hawkins A & Adamson A (2010) *Young Person's Food Atlas: Pre-school*. Food Standards Agency: London.

² Nelson M, Atkinson M & Meyer J (1997) *A Photographic Atlas of Food Portion Sizes*. Food Standards Agency: London.

³ Food Standards Agency (2002) *Food Portion Sizes*, 3rd ed. London: The Stationery Office.

Contact information

The information presented in this report was prepared by Dr Jacqueline Lyons and Ms Miriam Giltinan. The work was funded by the Irish Department of Agriculture, Food and the Marine under the *Food for Health Research Initiative 2007-2012*.

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Associated material

An accompanying paper detailing the methodologies used to develop the *Irish Food Portion Sizes Database* and some key characteristics of the portion weight data has been published. The paper will provide a useful context for researchers and other professionals using the database.

Lyons J, Walton J & Flynn A (2013) Development of an on-line database of typical food portion sizes in Irish population groups. *Journal of Nutritional Science* **2**, e25.

Table 1 Median portion sizes (g) and inter-quartile ranges (IQR) of a variety of foods consumed by Irish pre-school children aged 1-4 years

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Pasta, rice and noodles												
Pasta, boiled [1 tablespoon = 30g ¹]	103	51	31-78	95	68	44-109	79	71	46-111	115	81	55-113
Rice, boiled [1 heaped tablespoon = 40g ¹]	58	43	25-66	55	62	35-72	54	74	47-105	39	65	40-97
Noodles, boiled	7	36	12-52	7	50	38-53	4	85	43-109	5	50	26-71
Savouries												
Pizza, total [½ thin base retail pizza = 155g ³]	13	30	18-90	21	90	37-124	27	76	50-105	29	89	55-138
Spaghetti canned in tomato sauce	14	94	76-119	16	80	44-159	18	114	71-154	23	154	58-183
Breads												
White bread and rolls, total	197	27	18-37	245	38	23-53	286	38	30-64	290	40	31-69
White bread, sliced [Average slice = 38g ²]	169	27	18-36	205	36	24-49	222	38	28-64	229	38	30-68
White rolls, soft and crusty	21	30	17-57	32	46	24-63	60	50	33-65	58	52	36-70
White bread, crusty	7	20	7-34	8	27	22-102	4	36	30-62	3	41	-
Wholemeal/brown bread and rolls, total	129	28	20-38	206	35	24-42	173	36	26-52	147	38	25-73
Wholemeal/brown bread, sliced [Avge slice = 38g ²]	101	27	19-38	175	34	23-41	141	36	26-50	126	38	25-74
Brown soda bread [Average slice = 38g ²]	20	27	19-49	24	38	23-41	27	38	22-56	20	38	25-72
Wholemeal/brown/granary rolls	8	33	23-54	7	59	44-75	5	28	26-51	1	41	41-41
Potatoes												
Potatoes, mashed [1 scoop = 60g ¹]	56	67	49-97	55	80	56-130	74	71	46-100	49	81	65-126
Potatoes, boiled [Average old potato = 60g ¹]	124	63	36-100	106	54	31-87	85	62	41-91	109	75	52-109
Potatoes, roasted [1 medium = 85g ¹]	18	44	24-90	13	63	39-77	24	37	24-71	32	41	24-67
Chips/wedges, fried or oven-cooked [1 chip = 10g ¹]	47	32	20-62	60	62	32-84	81	60	36-80	67	63	32-100
Breakfast cereals												
Ready-to-eat breakfast cereals, total	351	18	10-22	379	20	15-30	418	24	17-35	425	25	18-36
Weetabix [1 biscuit = 19g ³]	158	19	17-24	140	20	18-34	100	25	18-37	113	22	19-36

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Rice Krispie type cereals	42	11	8-20	71	19	10-27	97	21	13-30	86	20	12-29
Cornflakes	18	13	10-22	20	19	13-31	52	24	15-30	28	26	17-34
Other flaked cereals, no additions	21	16	10-33	39	25	16-41	31	25	20-35	31	28	16-42
Loop type cereals	65	10	5-20	74	19	12-25	67	27	17-32	94	25	18-36
Porridge, made up with milk/water	63	89	63-130	73	118	68-159	71	103	79-150	41	137	117-187
Fruit												
Eating apples, edible part only [1 medium = 100g ¹]	103	40	18-67	154	65	38-93	150	70	39-109	172	77	44-107
Bananas, flesh only [1 medium = 100g ¹]	227	59	36-89	186	83	58-99	191	81	57-100	167	90	63-112
Oranges, flesh only [1 medium = 161g ²]	24	43	23-69	36	68	39-100	29	66	31-102	35	58	48-116
Tangerines/clementines/satsumas, flesh only	55	53	33-66	50	61	44-77	52	60	45-89	54	50	35-65
Grapes [1 medium = 6g ²]	117	33	20-46	94	45	32-74	100	55	33-85	74	47	30-63
Pears, edible part only [1 medium = 157g ²]	43	46	24-71	45	64	44-91	40	62	31-78	21	82	57-96
Raisins/sultanas [1 tablespoon dried fruit = 25g ¹]	128	14	9-14	80	14	10-17	63	14	10-19	39	15	14-28
Canned fruit	12	36	16-72	11	26	4-50	6	21	10-94	8	44	21-124
Fruit purees	55	100	83-100	31	100	78-100	12	100	98-100	5	86	81-88
Vegetables												
Tomatoes, raw	22	24	12-46	23	29	17-45	21	28	21-37	30	32	21-58
Carrots, raw	4	24	17-59	6	57	20-84	14	41	22-56	20	34	17-46
Carrots, boiled [1 tablespoon = 40g ¹]	95	25	15-37	70	25	15-39	97	31	17-52	87	34	18-50
Broccoli, boiled [1 spear = 45g ¹]	48	26	12-39	40	28	14-44	62	33	16-47	63	34	23-44
Peas, boiled [1 tablespoon = 30g ¹]	54	12	8-25	30	15	11-30	32	21	13-34	27	22	12-34
Sweetcorn, boiled/canned [1 tablespoon = 30g ¹]	26	14	8-25	18	20	10-39	20	25	10-39	32	37	22-52
Turnip/swede, boiled	15	22	12-35	16	23	15-38	14	22	17-47	17	30	14-42
Baked beans in tomato sauce [1 tablespoon = 40g ¹]	40	60	41-93	51	45	30-96	48	59	29-91	57	57	41-115
Peas, processed [1 tablespoon = 30g ¹]	9	24	16-35	15	25	15-45	4	52	35-73	13	34	22-81
Meat and meat products												
Sausages [Average fried = 25g ²]	62	40	27-55	77	40	24-62	69	45	31-62	73	41	27-57

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Rashers [Average fried/grilled = 23g ²]	10	7	6-11	20	18	14-43	23	19	12-23	19	18	12-45
Black/white pudding [Average slice fried = 31g ²]	6	17	5-27	16	24	13-58	9	28	21-36	9	13	11-21
Sausage rolls	4	48	42-90	3	32	-	6	70	40-106	10	75	44-85
Breaded chicken (incl. nuggets/goujans)	27	50	36-90	42	59	40-72	51	56	28-70	50	56	41-92
Burgers, without bun	6	46	33-72	11	73	36-81	16	50	35-77	17	54	41-93
Ham slices [2 ham slices = 25g ³]	58	19	11-35	89	20	12-26	120	20	14-28	137	20	15-28
Other luncheon meats	6	16	4-25	16	18	11-23	32	21	17-38	33	24	19-42
Roast meat	59	25	15-40	65	31	17-60	83	32	20-50	76	41	27-56
Chicken/turkey breast, fried/grilled	18	26	11-39	23	36	23-65	20	41	30-69	30	38	28-59
Beef steak, fried/grilled	6	35	26-46	9	20	17-88	13	39	26-75	10	32	25-49
Fish and fish products												
Fish fingers [1 fish finger = 28g ¹]	35	50	30-56	26	45	28-58	24	64	50-84	37	56	43-84
Canned salmon/tuna	8	26	19-84	10	23	18-37	4	35	20-60	19	42	23-52
Fish coated with batter/breadcrumbs	7	40	25-44	8	53	41-74	14	58	28-95	13	68	50-99
Fillet of fish, uncoated	35	35	16-50	31	44	29-73	18	57	40-69	16	31	22-48
Eggs												
Eggs, total	47	57	40-84	73	50	35-64	57	54	43-68	56	59	50-67
Eggs, boiled [Average = 50g ¹]	20	51	34-64	26	48	30-59	32	54	46-64	27	61	50-67
Eggs, fried [Average = 60g ¹]	4	55	31-109	14	42	35-53	6	35	19-54	8	55	33-60
Eggs, scrambled [Average using two eggs = 120g ¹]	20	83	50-122	31	52	40-96	18	59	42-105	16	64	33-106
Milk/yoghurt/cheese												
Cows milk, as a beverage	658	190	110-227	520	153	111-215	432	138	100-200	396	138	98-190
Infant milk, as a beverage	159	170	142-227	96	171	142-230	4	157	113-200	8	184	169-220
Cows milk, on cereal	283	85	50-113	330	96	57-136	347	100	61-142	372	100	71-145
Yoghurt, total	181	90	71-100	194	100	86-125	219	100	90-125	213	100	100-125
Yoghurt, in pots [Average = 125g ³]	137	90	65-95	121	90	85-125	93	100	82-125	73	123	77-125
Yoghurt, twin pot [Average = 150g ³]	9	125	96-150	15	146	112-150	25	118	85-150	25	136	95-150
Drinking yoghurt [Average = 100g ³]	35	100	82-100	58	100	95-100	101	100	100-100	115	100	100-100

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Fromage frais [Small carton = 60g ³]	185	60	60-90	118	60	54-118	121	60	50-80	131	60	49-65
Hard cheese [Matchbox sized piece = 30g ¹]	141	13	7-20	138	17	9-26	109	20	12-25	116	20	13-30
Soft/spreadable cheese	37	16	9-22	23	18	10-29	26	20	17-25	44	18	13-30
Processed cheese [1 easi-single slice = 20g ³]	18	20	20-25	17	21	20-40	21	20	17-21	14	20	19-24
Cheese strings [1 cheese string = 21g ³]	29	21	21-21	25	22	21-25	34	21	21-25	30	21	21-29
Butter and spreads												
Butter [1 teaspoon = 5g ¹]	105	5	3-5	105	5	3-7	136	5	3-8	99	6	4-10
Spreads (40-80% fat) [1 teaspoon = 5g ¹]	192	4	3-5	278	5	3-6	305	5	4-8	262	5	3-8
Low fat spreads (<40% fat) [1 teaspoon = 5g ¹]	31	5	3-8	60	5	4-8	60	7	4-10	83	5	4-7
Biscuits												
Biscuits, total excl infant biscuits/crackers/rice cakes	103	14	9-19	144	17	11-25	157	21	14-30	175	20	13-28
Semi-sweet biscuits [1 biscuit = 9g ³]	24	14	8-18	22	11	8-30	25	14	8-20	26	9	9-14
Digestives, plain [1 biscuit = 15g ³]	15	15	7-16	17	24	15-31	10	25	15-30	20	28	15-32
Chocolate-coated digestive biscuits	2	14	-	8	17	15-36	20	28	17-36	11	20	17-27
Chocolate chip cookies	6	15	12-29	11	19	11-34	13	26	19-33	23	21	17-34
Chocolate biscuits, fully coated	5	15	10-31	8	12	11-18	10	16	10-40	10	19	10-28
Sandwich biscuits	15	14	11-26	22	17	11-26	34	22	15-26	41	25	15-28
Infant biscuits/rusks	117	14	9-17	39	25	15-30	17	29	20-31	13	26	15-31
Crackers [1 cracker = 8g ³]	69	9	7-16	80	14	9-22	77	16	10-20	84	16	10-20
Rice cakes [1 rice cake = 7g ³]	81	7	4-10	31	14	6-19	25	17	8-19	29	16	9-18
Chocolate confectionary												
Chocolate confectionery, total	57	16	8-22	110	20	15-26	142	20	15-30	147	20	15-33
Milk chocolate, no additions [8-square bar = 50g ³]	22	15	8-31	43	20	14-30	63	22	15-31	53	19	14-34
Smartie type sweets [1 tube = 38g ³]	1	13	13-13	10	15	8-18	13	16	13-32	11	28	14-40
Chocolate covered bars	8	15	9-21	29	21	20-25	43	20	17-24	48	21	17-37
Non-chocolate confectionary												
Sugar based sweets, total	29	10	6-22	67	19	10-39	101	16	10-24	89	17	13-42

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Jellies/pastilles	18	12	9-24	30	20	15-29	41	20	16-29	46	18	15-40
Ice lollies	3	23	-	6	70	40-80	7	65	48-65	15	65	42-105
Lollipops	5	5	4-8	14	10	7-11	23	10	8-13	9	10	5-11
Cereal bars	4	37	24-65	19	21	20-42	10	28	17-37	19	25	20-40
Cakes, buns and pastries												
Cakes with jam/cream/icing	18	22	17-32	9	34	14-51	15	28	24-54	26	35	24-53
Cakes without jam/cream/icing	19	30	15-50	27	37	25-50	21	32	23-44	18	38	20-54
Muffins	6	41	29-61	7	21	20-23	9	37	19-69	13	46	34-87
Fairy cakes	9	33	30-40	10	40	32-52	14	32	22-44	17	43	34-57
Ice-cream/puddings/desserts												
Ice cream [Average scoop = 60g ¹]	29	45	21-58	49	55	42-72	95	53	34-70	91	60	47-76
Rice pudding	13	155	125-190	11	147	125-174	6	150	93-190	3	173	-
Custard	25	60	45-80	13	125	50-150	17	93	57-119	9	116	86-150
Fruit pie/crumble	1	30	30-30	3	68	-	4	47	32-71	6	71	65-117
Jelly	21	75	56-120	13	75	56-85	10	76	25-107	13	92	68-197
Pancakes, sweet	7	60	30-82	12	42	29-58	16	39	29-71	22	57	36-87
Savoury snacks												
Potato crisps [1 multipack bag = 25g ³]	14	6	4-10	17	25	19-25	43	25	24-30	33	25	25-26
Corn snacks/potato puffs and similar products	31	15	6-20	38	17	16-21	44	17	17-20	49	18	17-25
Popcorn	9	16	13-20	15	15	15-15	33	16	11-30	31	15	15-30
Beverages												
Tea, infusion (no milk)	16	132	101-172	14	64	49-89	13	60	33-150	32	138	73-168
Carbonated beverages [Standard can = 330g ³]	5	141	121-202	14	111	90-146	34	158	119-200	46	200	100-330
Drinking chocolate	2	7	-	17	20	5-219	15	189	64-357	31	164	100-214
Smoothies	38	114	40-180	61	180	123-180	62	180	115-180	69	180	42-180
Fruit juices	144	50	21-120	176	92	55-144	232	124	76-200	280	120	74-186
Fruit juice drinks	21	200	55-200	87	125	84-200	84	200	100-200	73	200	200-200
Cordial drinks made up with water	248	148	80-200	297	140	93-205	300	160	100-225	329	150	100-228

	1 year olds (n 126)			2 year olds (n 124)			3 year olds (n 126)			4 year olds (n 124)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR	n	Median	IQR
Water	659	88	44-134	585	112	87-160	511	120	75-185	446	129	97-200
Sugar, preserves and spreads												
Sugar, brown and white [1 heaped teaspoon = 6g ¹]	32	3	2-5	54	5	2-5	39	3	3-5	71	4	3-5
Jam/marmalade [1 level teaspoon = 8g ¹]	42	5	4-10	97	7	4-10	78	8	4-12	93	9	7-17
Honey and syrup [1 level teaspoon = 8g ¹]	15	4	3-6	37	8	5-9	56	6	4-10	39	6	5-9
Chocolate spread [1 level teaspoon = 8g ¹]	8	9	8-16	20	12	8-22	25	13	7-19	34	9	6-14
Nuts and seeds												
Peanut butter [thin spread on 1 slice = 12g ¹]	2	20	-	10	10	6-13	15	10	9-20	9	10	7-14
Soups and sauces												
Soups, total	35	118	76-166	33	123	64-177	42	137	71-196	27	167	108-206
Tomato ketchup [1 sachet = 12g ¹]	20	6	4-14	53	8	5-15	73	10	6-15	66	10	6-19
Mayonnaise [1 level tablespoon = 15g ¹]	5	10	5-27	14	8	5-11	13	7	5-9	48	8	5-15
Gravy	28	24	15-35	39	16	10-32	50	22	15-30	38	28	14-34
Pasta sauce, tomato based	8	57	26-69	13	31	15-82	6	37	19-60	7	112	45-137

n, number of eating occasions

Table 2 Median portion weights (g) and inter-quartile ranges (IQR) of a variety of foods consumed by children aged 5-8 and 9-12 years

Age range (years)	5-8 (n 296)			9-12 (n 298)		
	n	Median	IQR	n	Median	IQR
Pasta, rice and noodles						
Pasta, boiled [1 tablespoon = 30g ¹]	243	110	75-158	195	161	108-214
Rice, boiled [1 heaped tablespoon = 40g ¹]	155	100	69-145	161	135	85-188
Rice, fried	31	97	73-140	36	130	85-171
Noodles, boiled	60	130	69-223	62	188	107-251
Savouries						
Pizza, all types [$\frac{1}{2}$ thin base retail pizza = 155g ³]	178	100	67-150	180	127	85-199
Spaghetti hoops in tomato sauce	87	106	79-200	57	160	86-200
Stuffing	31	30	20-69	28	24	15-50
Breads						
White bread, sliced [Average slice = 38g ²]	1382	50	36-73	1130	68	39-76
White bread, toasted	551	37	27-59	635	54	33-67
White rolls, soft and crusty	331	51	39-73	445	64	49-77
White bread and rolls, total	2328	49	33-72	2291	60	40-75
Wholemeal/brown bread, sliced [Avge slice = 38g ²]	180	50	31-71	142	68	42-79
Wholemeal/brown bread, toasted	67	35	29-60	64	48	32-64
Brown soda bread [Average slice = 38g ²]	166	50	37-74	182	66	40-89
Wholemeal and brown breads and rolls, total	432	47	34-70	417	63	38-80
Scones [1 small = 85g ²]	60	74	49-105	52	75	56-100
Pitta bread [1 medium = 60g ²]	38	46	26-51	32	50	47-85
Garlic bread [Average slice from baguette = 28g ²]	66	47	30-74	44	48	29-60
Burger buns	58	48	25-52	73	50	48-56
Potatoes						
Potatoes, mashed [1 scoop = 60g ¹]	133	128	84-183	133	160	106-221
Potatoes, boiled [Average old potato = 60g ¹]	589	120	75-180	520	143	99-200
Potatoes, baked	90	102	70-139	59	140	94-179
Potatoes, roasted [1 medium = 85g ¹]	97	76	47-109	128	86	55-138
Chips/wedges, fried or oven-cooked [1 chip = 10g ¹]	574	95	65-132	644	111	78-165
Potato waffles [1 grilled = 45g ¹]	91	56	45-95	105	89	52-109
Breakfast cereals						
Weetabix [1 biscuit = 19g ³]	304	24	19-38	268	38	20-40
Rice Krispie type cereals	297	29	20-38	171	33	24-45
Cornflakes	214	30	23-40	248	40	28-51
Other flaked cereals, no additions	178	34	23-48	228	47	31-61
Muesli, crunchy and not crunchy	43	40	26-85	32	71	46-109
Loop type cereals	255	34	25-44	248	43	32-57
Ready-to-eat breakfast cereals excluding muesli	1650	32	21-41	1516	40	27-54
Ready-to-eat breakfast cereals, total	1693	32	22-42	1548	40	28-54
Porridge	73	168	124-257	72	202	141-282
Fruit						
Eating apples, edible part only [1 medium = 100g ¹]	535	102	80-118	425	106	93-123
Bananas, flesh only [1 medium = 100g ¹]	338	87	70-100	241	86	73-102
Oranges, flesh only [1 medium = 161g ²]	98	79	48-120	123	80	61-139
Mandarins and other small oranges, flesh only	121	57	48-72	77	65	48-77
Grapes [1 medium = 6g ²]	163	57	38-85	122	67	38-100
Berries, all types [1 blackberry = 5g ¹]	55	57	34-89	42	53	31-85
Pears, edible part only	50	106	78-132	41	124	87-157

Age range (years)	5-8 (n 296)			9-12 (n 298)		
	n	Median	IQR	n	Median	IQR
Raisins/sultanas [1 tablespoon dried = 30g ¹]	56	15	11-18	21	17	14-45
Canned fruit	21	121	103-144	24	88	52-161
Vegetables						
Tomatoes, raw [1 medium = 80g ²]	90	23	18-38	108	33	17-53
Lettuce, raw [4 small leaves = 20g ¹]	56	14	8-19	91	14	8-26
Cucumber, raw [1 inch piece = 60g ¹]	47	34	23-48	68	24	20-50
Carrots, raw	45	31	12-48	55	45	22-67
Onions, raw [1 slice = 20g ¹]	18	15	6-20	35	8	4-17
Peppers, raw [sliced, 1 ring = 10g ¹]	27	7	3-40	40	21	11-45
Coleslaw [1 tablespoon = 45g ¹]	55	40	28-55	62	29	21-45
Carrots, boiled [1 tablespoon = 40g ¹]	336	38	25-60	306	53	37-72
Broccoli, boiled [1 spear = 45g ¹]	183	38	27-56	132	54	31-75
Peas, boiled [1 tablespoon = 30g ¹]	106	40	24-57	79	40	24-68
Sweetcorn, boiled/canned [1 tablespoon = 30g ¹]	57	35	25-62	58	41	20-63
Turnip/swede, boiled	70	55	28-83	54	48	28-86
Cabbage, boiled [1 tablespoon = 26g ²]	43	48	28-74	52	66	32-105
Cauliflower, boiled [1 spear = 57g ²]	46	35	25-54	36	73	44-104
Baked beans in tomato sauce [1 tablespoon = 40g ¹]	192	80	50-125	157	97	71-142
Peas, processed [1 tablespoon = 30g ¹]	77	41	29-71	48	59	41-74
Vegetables, all types (excluding pulses)	1233	35	20-58	1252	40	20-68
Meat and meat products						
Bacon/ham, boiled	77	43	29-62	81	63	41-78
Roast meat	360	49	30-75	347	60	33-95
Beef, roasted [1 thick slice = 45g ¹]	67	45	23-74	81	59	31-89
Lamb, roasted	16	68	32-76	25	53	34-100
Pork, roasted	13	36	23-76	22	50	34-82
Chicken/turkey, roasted [1 slice breast = 40g ¹]	262	49	31-75	217	63	36-100
Steak, fried/grilled	55	62	42-94	55	76	45-120
Lamb chops, edible portion only	17	51	42-93	30	51	32-71
Pork chops, edible portion only	53	56	36-92	47	70	48-105
Chicken/turkey breast, fried/grilled	54	65	41-100	81	100	62-120
Burgers, without bun	63	57	38-75	87	63	37-93
Takeaway burgers, with bun [1 hamburger = 104g ³]	47	115	105-130	98	122	107-167
Sausage rolls	29	83	44-115	41	88	45-110
Chicken nuggets/goujons [1 baked/fried = 16g ¹]	145	72	57-85	117	80	57-102
Chicken breast in crumbs	152	60	45-100	109	80	54-114
Ham slices [2 ham slices = 25g ³]	558	20	14-29	470	25	18-35
Other luncheon meats	261	20	11-30	156	25	17-35
Sausages [Average fried = 25g ²]	404	49	38-64	325	50	38-72
Rashers [Average fried/grilled = 23g ²]	139	23	15-36	194	25	20-45
Black/white pudding [Average slice fried = 31g ²]	52	32	22-44	60	32	20-40
Fish and fish products						
Fish fingers [1 fish finger = 28g ¹]	97	58	45-84	46	71	55-90
Canned salmon/tuna	47	40	22-71	54	53	33-90
Fish coated with batter/breadcrumbs	47	90	59-110	47	100	76-118
Fillets of fish uncoated	30	62	42-87	28	88	50-111
Eggs						
Eggs, boiled [Average = 50g ¹]	94	56	50-67	83	60	50-67
Eggs, fried [Average = 60g ¹]	80	50	35-60	77	50	44-60
Eggs, scrambled [Average using two eggs = 120g ¹]	53	82	59-125	38	106	58-147
Milk and other dairy foods						
Milk, all types [½ pint milk = 293g ¹]	3449	150	100-203	3051	177	111-243

Age range (years)	5-8 (n 296)			9-12 (n 298)		
	n	Median	IQR	n	Median	IQR
of which full fat milk	3225	150	100-203	2627	178	110-244
of which reduced fat milks	224	147	103-200	424	173	117-224
Yoghurt, all types	1028	95	60-120	611	100	60-125
of which yoghurt, in pots [Average = 125g ³]	175	125	90-125	151	125	82-125
of which yoghurt, twin pot [Average = 150g ³]	128	150	85-150	90	150	150-150
of which drinking yoghurt [Average = 100g ³]	265	100	100-100	181	100	100-109
of which fromage frais [Small carton = 60g ³]	460	60	40-80	189	60	40-60
Cheese, all types	687	21	17-27	597	22	17-34
of which hard cheese [Matchbox size piece=30g ¹]	216	21	15-32	347	22	16-35
of which soft/spreadable cheese	76	24	18-34	56	25	15-34
of which processed cheese [1 easi-single = 20g ³]	176	20	17-34	117	22	17-34
of which cheese strings [1 cheese string = 21g ³]	214	21	21-21	75	21	20-22
Custard	35	135	69-150	25	84	45-140
Rice pudding	21	150	74-200	19	150	126-231
Ice cream [Average scoop = 60g ¹]	420	60	47-75	413	66	50-85
Fats and oils						
Butter [1 teaspoon = 5g ¹]	461	7	4-10	358	8	5-10
Spreads > 59% fat [1 teaspoon = 5g ¹]	1338	6	4-10	1437	7	5-11
Low-fat spreads (< 38% fat)	610	5	3-8	343	7	4-10
Biscuits						
Semi-sweet biscuits [1 biscuit = 9g ³]	54	20	14-30	80	24	15-37
Digestive biscuits [1 biscuit = 15g ³]	63	30	22-39	52	26	19-30
Chocolate-coated digestive biscuits	72	25	18-30	98	33	26-45
Chocolate chip cookies	110	24	14-32	81	24	19-37
Chocolate biscuits, full coated	290	25	21-26	245	25	21-26
Sandwich biscuits	140	26	14-34	80	25	17-36
Crackers [1 cracker = 8g ³]	181	19	15-30	204	28	17-33
Rice cakes [1 rice cake = 7g ³]	23	16	7-19	29	17	13-18
Biscuits, all types	956	25	18-31	843	25	20-34
Chocolate confectionary						
Milk chocolate, no additions [8-square bar = 50g ³]	320	23	15-35	383	26	17-45
Smartie type sweets [1 tube = 38g ³]	69	36	15-41	69	34	16-42
Chocolate covered bars	449	25	20-29	539	27	22-45
Chocolate confectionary, all types	1039	24	18-33	1230	27	20-44
Non-chocolate confectionary						
Sugar based sweets, total	622	28	10-36	598	21	12-42
of which jellies/pastilles	227	29	15-50	208	30	15-52
of which chewy sweets	144	20	15-37	145	24	15-45
of which lollipops	119	10	5-14	84	11	5-14
of which hard boiled sweets	30	14	6-34	46	10	6-30
Fruit winders	72	18	18-20	34	19	18-20
Ice lollies	102	50	43-74	106	54	50-85
Cereal bars	142	25	20-35	98	25	25-30
Cakes, buns and pastries						
Cakes with jam/cream/icing	57	54	31-73	57	60	42-82
Cakes without jam/cream/icing	109	40	28-58	82	46	25-61
Muffins	80	33	21-40	86	40	28-76
Fairy cakes	50	30	28-35	56	30	28-45
Doughnuts, jam and iced	26	66	54-76	26	72	61-75
Cakes, buns and pastries, all types	455	38	26-59	450	46	28-73
Puddings and desserts						

Age range (years)	5-8 (n 296)			9-12 (n 298)		
	n	Median	IQR	n	Median	IQR
Pancakes, sweet	60	70	37-107	36	69	48-132
Fruit pie/crumble	49	72	51-97	45	89	67-136
Jelly	37	109	81-134	32	129	79-176
Mousse/dairy desserts	25	62	40-90	47	77	55-100
Savoury snacks						
Potato crisps [1 multipack bag = 25g ³]	414	25	25-30	435	25	25-35
Corn snacks/potato puffs and similar products	283	19	17-26	313	20	17-27
Popcorn	228	15	15-30	228	30	15-30
Tortilla chips	12	37	25-40	25	35	33-50
Savoury snacks, all types	971	25	16-29	993	25	19-30
Beverages						
Tea, infusion (no milk)	329	120	91-150	452	151	126-189
Milkshakes	16	275	225-336	27	336	284-354
Carbonated beverages [Standard can = 330g ³]	873	200	150-267	1089	250	200-350
Diet carbonated beverages [Standard can = 330g ³]	131	156	110-245	158	232	160-330
Fruit juice	1063	157	114-200	1007	167	124-220
Fruit juice drinks	341	200	200-222	308	200	200-250
Cordial drinks made up with water	1264	230	145-330	998	260	192-406
Sugar, preserves and spreads						
Sugar, brown and white [1 heaped teaspoon = 6g ¹]	778	5	3-8	763	6	4-11
Jam and marmalade [1 level teaspoon = 8g ¹]	275	7	4-12	241	10	6-17
Honey [1 level teaspoon = 8g ¹]	93	7	3-10	57	10	6-15
Chocolate spread [1 level teaspoon = 8g ¹]	172	13	7-18	166	14	9-21
Nuts and seeds						
Peanut butter [thinly spread on 1 slice = 12g ¹]	37	13	9-20	45	14	11-20
Peanuts [10 peanuts = 13g ¹]	13	25	12-35	17	40	15-50
Soups and sauces						
Soups, made up, total	115	150	113-210	143	203	156-275
Tomato ketchup [1 sachet = 12g ¹]	230	10	6-17	249	12	7-20
Mayonnaise [1 level tablespoon = 15g ¹]	341	10	5-15	394	10	6-16
Brown sauce [1 sachet = 12g ¹]	25	7	3-12	14	5	4-6
Gravy	227	38	21-53	222	47	30-75
White sauce	25	48	27-69	16	50	23-107
Pasta sauce, tomato based	28	55	31-110	44	81	51-119
Composite meals						
Curries, all types	59	107	60-173	70	184	133-260
Casseroles and stews	87	189	135-287	79	240	155-357
Bolognese	115	119	86-158	75	147	103-199

n, number of eating occasions

Table 3 Median portion weights (g) and inter-quartile ranges (IQR) of a variety of foods consumed by boys and girls aged 13-17 years

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Pasta, rice and noodles									
Pasta, boiled [1 tablespoon = 30g ¹]	315	214	161-269	165	234	189-319	150	161	121-240
Rice, boiled [1 heaped tablespoon = 40g ¹]	240	177	131-267	115	224	131-270	125	177	96-223
Rice, fried	56	177	119-307	27	183	131-339	29	176	114-237
Noodles, boiled	105	287	225-367	40	300	225-371	65	287	172-366
Savouries									
Pizza, total [½ thin base retail pizza = 155g ³]	351	180	119-264	175	225	130-298	176	146	106-231
Spaghetti hoops in tomato sauce	42	205	200-210	19	205	200-400	23	205	150-210
Stuffing	118	50	30-50	65	50	30-50	53	40	30-50
Breads									
White bread, sliced [Average slice = 38g ²]	898	72	70-72	526	72	72-72	372	70	36-72
White bread, toasted	779	54	44-54	407	54	54-66	372	54	27-54
White rolls, soft and crusty	850	87	57-140	469	87	57-140	381	80	55-105
White bread and rolls, total	2680	70	54-87	1485	72	54-90	1195	57	46-72
Wholemeal/brown bread, sliced [Avge slice = 38g ²]	336	72	54-76	207	72	56-88	129	72	51-72
Wholemeal/brown bread, toasted	205	62	39-62	111	62	54-62	94	60	31-62
Brown soda bread [Average slice = 38g ²]	132	76	40-100	59	76	42-114	73	64	40-80
Wholemeal and brown breads and rolls, total	841	72	52-76	460	72	54-88	381	64	40-72
Scones [1 small = 85g ²]	85	80	80-89	28	80	80-148	57	80	80-86
Pitta bread [1 medium = 60g ²]	45	66	53-91	10	98	57-153	35	66	50-72
Garlic bread [Average slice from baguette = 28g ²]	58	60	40-100	22	60	40-101	36	60	40-89

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Burger buns	102	59	50-60	62	58	50-60	40	60	50-60
Tortilla wraps [Average wrap = 57g ²]	80	60	40-80	43	56	40-82	37	60	40-80
Bagels [Average bagel = 85g ³]	34	85	70-97	11	70	57-85	23	85	75-102
Potatoes									
Potatoes, mashed [1 scoop = 60g ¹]	275	221	181-303	161	262	221-344	114	221	181-262
Potatoes, boiled [Average old potato = 60g ¹]	641	197	140-262	346	221	159-266	295	181	140-226
Potatoes, baked	68	198	140-262	32	226	162-311	36	180	138-221
Potatoes, roasted [1 medium = 85g ¹]	173	143	85-177	102	143	109-210	71	132	76-170
Chips/wedges, fried or oven-cooked [1 chip = 10g ¹]	986	150	107-204	462	168	132-240	524	132	97-182
Potato waffles	70	114	90-126	37	114	90-171	33	90	73-117
Potato salad, with mayonnaise	42	90	45-143	22	120	44-181	20	78	45-97
Breakfast cereals									
Weetabix [1 biscuit = 19g ³]	319	40	38-56	220	40	38-60	99	38	20-40
Rice Krispie type cereals	388	48	38-60	221	52	45-66	167	39	31-52
Cornflakes	233	48	38-67	162	58	43-70	71	38	31-60
Other flaked cereals, no additions	323	49	38-64	194	52	45-70	129	38	31-51
Muesli, crunchy and not crunchy	55	85	45-103	26	95	79-140	29	52	41-85
Loop type cereals	196	48	38-67	109	50	41-78	87	48	31-56
Ready-to-eat breakfast cereals excluding muesli	1726	45	38-64	1068	51	40-67	658	38	31-54
Ready-to-eat breakfast cereals, total	1781	46	38-65	1094	52	40-69	687	39	31-54
Porridge	173	234	180-350	122	277	212-376	51	199	179-228

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Fruit									
Eating apples, edible part only	530	118	105-156	270	134	105-163	260	117	105-142
Bananas, flesh only [1 medium = 100g ¹]	428	89	75-102	253	89	77-108	175	89	71-102
Oranges, flesh only [1 medium = 161g ²]	111	124	87-176	71	119	87-142	40	147	81-189
Mandarins and other small oranges, flesh only	72	61	50-77	28	64	59-113	44	61	46-68
Grapes [1 medium = 6g ²]	104	47	30-84	53	60	38-91	51	38	25-52
Strawberries	57	76	50-120	25	102	54-124	32	64	49-99
Kiwis, flesh only	33	60	52-69	15	52	52-62	18	61	57-74
Pears [1 medium = 157g ²]	66	133	102-155	32	137	88-156	34	133	108-155
Raisins/sultanas [1 tablespoon dried fruit = 25g ¹]	27	15	15-30	15	20	15-30	12	15	15-27
Vegetables									
Tomatoes, raw	232	40	29-71	91	40	30-80	141	40	27-69
Lettuce, raw	328	17	14-28	154	18	14-28	174	16	13-26
Peppers, raw	100	30	22-40	28	39	20-45	72	30	24-40
Cucumber, raw [1 inch piece = 60g ¹]	67	36	23-58	29	41	27-60	38	26	18-43
Onions, raw	124	15	10-27	58	19	15-29	66	15	10-22
Carrots, raw	67	96	51-118	34	96	68-123	33	74	51-118
Coleslaw	121	50	40-65	63	50	40-78	58	45	40-61
Carrots, boiled [1 tablespoon = 40g ¹]	367	72	48-90	199	72	55-90	168	57	38-72
Broccoli, boiled [1 spear = 45g ¹]	159	70	49-101	89	84	52-101	70	67	49-84
Peas, boiled [1 tablespoon = 30g ¹]	142	69	42-92	72	73	54-105	70	57	40-73
Sweetcorn, boiled/canned [1 tablespoon = 30g ¹]	83	56	28-73	38	63	43-88	45	40	21-63

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Mixed vegetables, boiled	48	115	85-145	32	125	89-174	16	85	85-115
Turnip/swede, boiled	59	90	48-124	32	91	54-156	27	70	28-90
Parsnip, boiled	29	55	38-85	17	45	34-80	12	60	42-85
Cabbage, boiled [1 tablespoon = 26g ²]	67	96	51-118	34	96	68-123	33	74	51-118
Cauliflower, boiled [1 spear = 57g ²]	42	114	86-143	24	115	87-144	18	90	64-150
Onions, fried	67	30	18-41	30	30	18-40	37	30	18-48
Mushrooms, fried	49	41	26-56	27	41	25-55	22	43	26-57
Baked beans in tomato sauce [1 tablespoon = 40g ¹]	214	121	94-166	124	134	103-200	90	103	71-134
Peas, processed [1 tablespoon = 30g ¹]	82	73	57-109	52	89	73-124	30	57	53-94
Vegetables, all types (excluding pulses)	2102	42	24-80	1011	51	25-90	1091	40	22-72
Meat and meat products									
Bacon/ham, boiled	121	82	50-112	73	89	50-112	48	70	51-112
Roast meat [1 slice roast chicken breast = 40g ¹]	556	89	53-120	292	100	62-124	264	76	46-100
Beef, roasted	96	89	55-123	53	112	85-142	43	67	45-89
Lamb, roasted	34	75	46-112	19	89	65-112	15	67	45-113
Pork, roasted	26	89	67-103	13	89	74-129	13	78	53-100
Chicken/turkey, light meat, roasted	400	96	51-120	207	100	63-124	193	76	50-120
Steak	127	147	111-200	79	173	115-212	48	115	82-149
Lamb chops, meat only	44	120	80-200	23	123	80-209	21	107	80-134
Pork chops, meat only	72	120	107-158	37	123	110-162	35	120	100-150
Chicken/turkey breast	240	100	65-124	123	100	70-130	117	98	51-120
Burgers, without bun	126	81	57-120	71	84	63-126	55	78	40-95

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Takeaway burgers, with bun	172	148	107-188	81	167	119-211	91	136	105-167
Sausage rolls	76	90	67-160	46	104	88-180	30	88	44-101
Meat pies	30	143	136-217	15	140	136-216	15	144	135-220
Chicken nuggets/goujons	103	100	64-141	62	100	72-144	41	72	60-108
Chicken breast in crumbs/batter	209	120	97-143	118	120	100-146	91	118	86-142
Ham slices [2 ham slices = 25g ³]	719	30	20-40	412	34	22-47	307	26	20-40
Other luncheon meats	181	30	20-52	103	41	20-62	78	24	20-40
Sausages [Average fried = 25g ²]	429	50	40-75	239	50	40-75	190	50	40-72
Rashers [Average fried/grilled = 23g ²]	309	46	23-46	177	46	41-63	132	46	23-46
Black/white pudding [Average slice fried = 31g ²]	104	31	28-54	65	32	27-62	39	31	28-48
Fish and fish products									
Fish fingers [1 fish finger = 28g ¹]	27	84	44-112	11	84	44-112	16	72	46-141
Canned salmon/tuna	55	46	37-64	18	48	30-73	37	46	39-62
Fish coated with batter/breadcrumbs	95	121	106-152	58	126	112-180	37	113	100-144
Fillet of fish, uncoated	61	120	84-155	33	130	100-158	28	100	52-148
Eggs									
Eggs, boiled [Average = 50g ¹]	80	60	50-63	48	58	50-65	32	60	57-61
Eggs, fried [Average = 60g ¹]	127	60	60-60	70	60	60-120	57	60	60-60
Eggs, scrambled [Average using two eggs = 120g ¹]	70	120	60-120	46	120	60-120	24	90	60-120
Milk and other dairy foods									
Milk, all types [$\frac{1}{2}$ pint milk = 293g ¹]	3965	162	69-262	2203	200	98-294	1762	123	60-216
Flavoured milk/drinking chocolate	75	250	225-284	37	250	200-346	38	260	239-283

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Cream	58	23	15-31	20	28	16-30	38	20	10-36
Yoghurt, in pots [Average = 125g ³]	284	125	125-150	159	125	125-150	125	125	125-150
Drinking yoghurt [Average = 100g ³]	186	100	100-100	99	100	100-100	87	100	100-100
Fromage frais	77	80	60-120	31	80	60-125	46	60	60-120
Yoghurt, all types	547	125	100-150	289	125	100-150	258	120	100-125
Hard cheese [Matchbox sized piece = 30g ¹]	670	36	25-50	367	36	25-56	303	36	25-50
Soft/spreadable cheese	90	27	17-39	44	18	12-36	46	30	20-40
Processed cheese [1 easi-single slice = 20g ³]	89	20	17-34	54	32	17-34	35	20	17-34
Cheese strings [1 cheese string = 21g ³]	32	21	21-21	20	21	21-42	12	21	21-21
Cheese, all types	886	34	20-48	490	34	20-48	396	34	21-48
Ice cream [Average scoop = 60g ¹]	385	72	57-87	177	75	64-92	208	65	50-86
Fats and oils									
Butter & spreads > 59% fat [1 teaspoon = 5g ¹]	2068	12	8-16	1101	12	8-20	967	8	7-16
Low-fat spreads (< 38% fat)	524	12	8-16	231	14	8-20	293	10	8-16
Biscuits									
Semi-sweet biscuits [1 biscuit = 9g ³]	29	28	19-40	12	36	27-74	17	24	16-28
Digestive biscuits [1 biscuit = 15g ³]	38	45	30-60	16	30	30-60	22	45	24-60
Chocolate-coated digestive biscuits	105	48	30-68	70	57	34-85	35	27	17-45
Chocolate chip cookies	109	45	33-72	53	48	36-80	56	40	24-51
Sandwich biscuits	44	42	26-73	17	55	28-78	27	33	26-52
Crackers [1 cracker = 8g ³]	131	31	16-36	58	32	12-37	73	31	18-33
Biscuits, all types	776	31	24-50	403	34	25-55	373	28	21-45

	Total (n 441)			Boys (n 224)			Girls (n 217)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Chocolate confectionary									
Milk chocolate, no additions [8-square bar = 50g ³]	482	42	20-53	205	43	20-53	277	40	20-53
Chocolate covered bars	773	40	24-54	443	48	27-58	330	29	20-48
Chocolate confectionary, all types	1588	40	21-51	803	42	24-54	785	36	20-48
Non-chocolate confectionary									
Sugar based sweets, total	468	31	16-50	200	45	25-54	268	25	14-40
of which gums/pastilles	162	48	26-56	82	52	42-95	80	35	20-50
of which chewy sweets	108	38	20-50	51	45	30-50	57	25	18-50
of which peppermints	61	30	8-36	20	30	23-30	41	30	6-36
of which hard boiled sweets	46	23	12-46	22	26	14-50	24	20	11-36
Ice lollies	47	90	50-105	17	80	60-105	30	90	35-114
Cereal bars	246	36	25-37	140	37	25-42	106	29	25-37
Cakes, buns and pastries									
Cakes with jam/cream/icing	61	59	32-83	23	77	38-95	38	57	30-66
Cakes without jam/cream/icing	108	58	35-93	56	57	36-107	52	60	35-86
Muffins	60	102	72-102	25	102	80-150	35	102	72-102
Fairy cakes	42	45	28-69	11	60	28-72	31	45	28-65
Doughnuts	53	70	62-101	35	75	63-110	18	69	59-76
Cakes, buns and pastries, all types	487	63	40-102	247	65	40-102	240	60	38-84
Puddings and desserts									
Pancakes, sweet	37	120	72-233	17	180	115-365	20	72	72-156
Fruit pie/crumble	80	90	63-140	39	115	85-150	41	65	62-116

	Total (<i>n</i> 441)			Boys (<i>n</i> 224)			Girls (<i>n</i> 217)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Jelly	21	90	75-115	11	115	82-150	10	75	75-92
Mousse/dairy desserts	45	77	55-100	21	55	55-100	24	100	63-111
Rice pudding	19	150	150-200	12	150	150-200	7	194	150-216
Custard	12	97	63-149	7	73	60-150	5	123	85-149
Savoury snacks									
Savoury snacks, all types	1172	27	24-40	454	30	25-40	718	26	22-40
Potato crisps [1 multipack bag = 25g ³]	625	26	25-40	273	35	25-40	352	25	25-40
Corn snacks/potato puffs and similar products	320	25	17-28	95	26	19-32	225	25	17-28
Popcorn	154	30	15-60	55	30	15-60	99	30	15-60
Tortilla chips	55	40	30-40	25	33	28-40	30	40	33-50
Beverages									
Tea, infusion (no milk)	1446	220	190-250	704	220	196-255	742	216	184-249
Coffee, infusion/instant (no milk)	93	195	150-220	31	181	165-220	62	200	150-220
Smoothies (dairy and non-dairy)	50	250	160-325	15	284	250-400	35	250	160-300
Carbonated beverages [Standard can = 330g ³]	1546	330	250-500	822	330	300-500	724	300	245-500
Diet carbonated beverages	186	330	250-500	95	300	208-500	91	330	300-500
Pure fruit juice	804	212	160-300	394	228	160-300	410	200	160-300
Cordial drinks made up with water	512	300	250-500	311	300	250-565	201	300	250-475
Sugar, preserves and spreads									
Sugar, brown and white [1 heaped teaspoon = 6g ¹]	1129	8	5-12	680	10	5-12	449	8	5-10
Jam and marmalade [1 level teaspoon = 8g ¹]	303	18	13-26	143	20	15-26	160	16	12-26
Honey [1 level teaspoon = 8g ¹]	93	20	13-40	66	18	13-40	27	25	13-48

	Total (<i>n</i> 441)			Boys (<i>n</i> 224)			Girls (<i>n</i> 217)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Chocolate spread [1 level teaspoon = 8g ¹]	73	35	24-44	41	40	35-54	32	30	19-40
Nuts and seeds									
Peanut butter [thin spread on 1 slice = 12g ¹]	57	24	20-40	47	24	20-40	10	20	9-40
Peanuts	21	30	11-50	12	40	25-56	9	13	10-40
Soups and sauces									
Soups, made up, total	251	207	170-283	103	257	196-353	148	201	145-257
Tomato ketchup [1 sachet = 12g ¹]	377	16	15-32	224	20	15-32	153	15	14-38
Mayonnaise [1 level tablespoon = 15g ¹]	387	15	12-26	179	15	15-30	208	15	11-26
Gravy	278	50	50-91	144	50	50-95	134	50	50-80
Pasta sauce, tomato based	70	90	58-131	32	90	38-134	38	88	58-131
Composite meals									
Curries, all types	79	242	173-293	36	264	228-299	43	215	131-257
Casseroles and stews	77	352	241-481	45	416	281-546	32	287	217-410
Bolognese	119	237	174-298	62	249	180-299	57	223	164-283
Lasagne	60	290	227-350	33	290	238-359	27	290	200-342

n, number of eating occasions

Table 4 Median portion weights (g) and inter-quartile ranges (IQR) of a variety of foods consumed by men and women aged 18-64 years

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Pasta, rice and noodles									
Pasta, boiled [1 tablespoon = 30g ¹]	396	199	113-250	209	214	143-280	187	161	105-214
Rice, boiled [1 heaped tablespoon = 40g ¹]	498	173	120-224	252	179	131-250	246	141	100-180
Rice, fried	96	177	131-252	58	200	131-257	38	173	125-250
Noodles, boiled	93	150	100-280	43	170	109-280	50	138	77-280
Savouries									
Pizza, total [½ thin base retail pizza = 155g ³]	326	220	135-350	174	306	180-407	152	170	112-228
Stuffing	199	50	30-50	103	50	30-50	96	50	30-50
Breads									
White bread, sliced [Average slice = 38g ²]	1131	76	62-82	711	76	72-107	420	72	42-76
White bread, toasted	946	62	48-76	486	62	54-76	460	62	42-72
White rolls, soft and crusty	520	94	55-125	319	120	69-130	201	75	50-120
White bread and rolls, total	3357	72	55-88	1871	76	60-111	1486	65	49-76
Wholemeal/brown bread, sliced [Avge slice = 38g ²]	1540	76	59-84	849	76	62-93	691	75	50-80
Wholemeal/brown bread, toasted	737	62	48-76	329	62	59-76	408	60	38-72
Brown soda bread [Average slice = 38g ²]	557	75	48-100	302	76	50-120	255	65	43-80
Wholemeal and brown breads and rolls, total	3465	72	52-86	1771	76	60-99	1694	69	44-79
Scones [1 small = 85g ²]	386	82	64-114	163	85	80-115	223	80	61-114
Pitta bread [1 medium = 60g ²]	93	60	55-91	33	75	59-110	60	60	54-79
Garlic bread [Average slice from baguette = 28g ²]	120	60	40-88	61	70	49-120	59	50	33-71

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Burger buns	133	58	50-83	84	64	50-86	49	50	50-73
Tortilla wraps [Average wrap = 57g ²]	200	62	60-80	84	64	60-115	116	62	58-67
Bagels [Average bagel = 85g ³]	93	80	70-85	39	83	70-92	54	80	70-85
Ciabatta	68	94	68-120	32	85	63-120	36	97	74-120
Potatoes									
Potatoes, mashed [1 scoop = 60g ¹]	354	175	120-221	173	181	140-262	181	140	100-204
Potatoes, boiled [Average old potato = 60g ¹]	1331	181	130-254	692	218	161-297	639	151	105-206
Potatoes, baked	137	196	133-276	76	206	150-303	61	180	101-231
Potatoes, roasted [1 medium = 85g ¹]	336	125	80-181	177	143	100-200	159	109	69-171
Chips/wedges, fried or oven-cooked [1 chip = 10g ¹]	1052	150	97-200	559	165	117-204	493	132	97-168
Potato waffles	58	112	57-150	31	118	90-168	27	90	47-112
Potato croquettes/hash browns	59	77	46-126	35	77	48-116	24	70	43-131
Potato salad, with mayonnaise	113	64	41-106	40	99	45-140	73	58	36-100
Breakfast cereals									
Weetabix/Oatibix [1 biscuit = 19g ³]	552	39	36-55	330	40	38-60	222	38	24-40
Rice Krispie type cereals	197	40	30-53	103	45	30-60	94	40	30-49
Cornflakes	390	45	31-60	238	50	37-65	152	38	28-50
Other flaked cereals, no additions	454	48	34-68	189	60	42-75	265	45	30-60
Muesli, crunchy and not crunchy	300	75	53-100	191	80	57-103	109	67	50-83
Loop type cereals	78	45	33-52	59	48	39-56	19	31	30-40
Ready-to-eat breakfast cereals, excluding muesli	1964	42	33-60	1054	49	38-67	910	39	30-50
Ready-to-eat breakfast cereals, total	2264	45	36-66	1245	52	38-74	1019	40	30-54

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Porridge	748	210	150-277	338	228	166-324	410	194	145-261
Fruit									
Eating apples, edible part only	925	120	101-147	456	128	105-151	469	116	100-140
Bananas, flesh only [1 medium = 100g ¹]	1136	100	81-116	573	100	89-120	563	98	74-116
Oranges, flesh only [1 medium = 161g ²]	290	132	87-189	109	140	87-189	181	130	86-189
Mandarins and other small oranges, flesh only	191	75	59-100	73	72	58-96	118	79	57-100
Grapes [1 medium = 6g ²]	224	60	40-100	82	67	40-103	142	60	40-80
Strawberries	160	66	36-94	47	64	39-89	113	68	36-95
Bilberries (blueberries)	80	21	12-46	17	30	13-57	63	20	12-44
Other berries	85	16	5-30	24	29	21-40	61	7	3-29
Kiwis, flesh only	126	65	60-79	35	66	60-80	91	65	60-79
Peaches/nectarines	63	110	95-125	21	117	94-134	42	109	95-123
Plums	87	60	55-90	27	59	52-87	60	60	55-94
Fruit salad	36	140	100-214	19	140	100-256	17	140	88-214
Pineapple, fresh	46	79	40-134	10	117	67-149	36	71	40-128
Melon, edible part only	37	102	59-175	10	91	59-175	27	117	53-193
Pears [1 medium = 157g ²]	222	130	101-150	99	137	105-155	123	122	96-143
Canned fruit	72	93	48-137	22	121	81-175	50	76	38-116
Raisins/sultanas [1 tablespoon dried fruit = 25g ¹]	79	20	12-38	50	27	14-41	29	20	12-26
Olives, weighed without stones	65	15	9-25	36	12	9-29	29	15	11-22
Vegetables									
Tomatoes, raw	1184	50	34-72	492	52	34-73	692	46	34-71

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Lettuce, raw	1003	24	15-33	422	24	15-30	581	24	15-33
Peppers, raw	473	25	13-41	174	25	10-40	299	25	13-44
Cucumber, raw [1 inch piece = 60g ¹]	248	30	22-47	73	30	22-43	175	31	23-48
Onions, raw	550	20	10-30	218	20	11-40	332	20	10-30
Carrots, raw	83	40	22-80	22	33	22-57	61	50	26-90
Garlic, raw	54	5	3-10	18	8	5-10	36	5	3-10
Celery, raw	46	30	15-60	23	28	10-60	23	39	28-60
Beetroot, pickled, drained	98	41	32-60	36	40	22-59	62	41	32-60
Coleslaw	462	45	32-65	213	50	40-79	249	45	30-60
Mixed salad, no dressing	118	60	30-106	59	60	28-100	59	64	33-118
Hummus	59	54	29-83	23	63	20-81	36	52	30-88
Carrots, boiled [1 tablespoon = 40g ¹]	847	66	45-90	423	72	52-90	424	60	40-83
Broccoli, boiled [1 spear = 45g ¹]	333	67	49-95	159	67	52-100	174	67	49-91
Peas, boiled [1 tablespoon = 30g ¹]	341	60	40-83	186	70	46-91	155	54	38-73
Sweetcorn, boiled/canned [1 tablespoon = 30g ¹]	192	40	26-65	77	50	30-85	115	38	24-59
Broad/runner beans, boiled	74	51	32-68	35	51	32-68	39	51	40-72
Mixed vegetables, boiled	109	115	85-168	51	131	90-186	58	102	85-135
Turnip/swede, boiled	189	88	59-138	94	99	60-139	95	80	55-137
Parsnip, boiled	85	55	39-73	39	55	45-72	46	55	35-74
Cabbage, boiled [1 tablespoon = 26g ²]	261	95	60-120	127	96	73-120	134	86	53-118
Cauliflower, boiled [1 spear = 57g ²]	105	84	58-123	48	113	68-172	57	60	48-91
Onions, fried	232	40	27-55	130	40	29-58	102	40	25-50

	Total (n 1274)			Men (n 634)			Women (n 640)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Mushrooms, fried	219	44	30-56	103	44	41-62	116	41	27-54
Tomatoes, fried/grilled	86	49	35-81	43	47	35-80	43	57	35-90
Baked beans in tomato sauce [1 tablespoon = 40g ¹]	331	120	77-197	189	135	90-200	142	103	64-169
Peas, processed [1 tablespoon = 30g ¹]	197	80	57-118	108	89	60-122	89	70	40-100
Vegetables, all types (excluding pulses)	7064	41	24-72	3054	47	25-80	4010	40	21-70
Meat and meat products									
Bacon/ham, boiled	289	89	46-134	163	94	65-134	126	86	45-113
Roast meats, all types	1045	100	67-134	562	100	76-148	483	86	51-120
Beef, roasted	222	91	67-134	131	112	71-152	91	89	67-120
Lamb, roasted	82	100	64-134	46	120	83-157	36	83	51-112
Pork, roasted	59	90	80-146	30	112	89-164	29	89	67-117
Chicken/turkey, roasted [1 slice roast breast = 40g ¹]	666	100	59-130	350	100	70-142	316	82	51-120
Steak, fried/grilled	314	160	115-218	188	180	143-271	126	122	88-180
Lamb chops, edible portion only	71	129	76-194	41	150	115-240	30	88	67-120
Pork chops, edible portion only	108	120	87-170	62	138	86-183	46	105	88-150
Chicken/turkey breast, fried/grilled	439	103	76-148	225	130	100-150	214	100	62-130
Burgers, without bun	182	78	66-144	111	89	68-150	71	78	55-115
Takeaway burgers, with bun	149	180	124-412	102	180	141-214	47	169	120-214
Sausage rolls	59	88	60-137	30	88	78-146	29	77	57-128
Meat pies	58	174	140-233	27	206	154-300	31	159	135-200
Chicken nuggets/goujons	83	100	70-150	44	106	79-178	39	94	50-112
Ham slices [2 ham slices = 25g ³]	1227	34	24-48	720	38	25-52	507	29	23-41

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Other luncheon meats	204	40	26-60	126	45	30-65	78	39	23-50
Sausages, fried/grilled [Average fried = 25g ²]	612	60	40-94	361	75	48-102	251	48	33-75
Rashers [Average fried/grilled = 23g ²]	608	46	23-47	351	46	30-56	257	40	23-46
Black/white pudding [Average slice fried = 31g ²]	204	44	30-62	144	45	30-64	60	43	28-60
Meat pâté	25	27	15-53	9	24	15-67	16	30	16-49
Fish and fish products									
Fish fingers [1 fish finger = 28g ¹]	23	100	60-120	9	112	72-160	14	92	60-112
Canned salmon/tuna	210	80	50-105	104	94	46-130	106	65	50-86
Fish coated with batter/breadcrumbs	183	152	120-201	95	180	139-221	88	137	108-174
Fillets of fish, uncoated	307	126	84-170	121	157	100-200	186	113	83-150
Prawns, boiled (weighed without shells)	43	50	30-81	16	47	30-95	27	50	32-66
Smoked salmon	83	56	44-80	34	60	40-83	49	56	47-80
Eggs									
Eggs, boiled [Average = 50g ¹]	360	61	50-75	187	61	50-100	173	61	50-68
Poached eggs	61	60	50-75	30	60	53-100	31	50	50-67
Omelette	60	172	120-238	24	202	120-240	36	142	118-230
Egg mayonnaise	62	65	40-120	35	75	30-120	27	60	40-100
Eggs, fried [Average = 60g ¹]	288	60	60-89	164	60	60-120	124	60	60-60
Eggs, scrambled [Average using two eggs = 120g ¹]	136	120	95-130	62	120	110-158	74	120	78-120
Milk and other dairy foods									
Milk as a beverage [Average glass milk = 200g ¹]	606	284	200-479	416	300	248-518	190	228	162-300
Milk on cereal	1352	160	100-217	744	200	115-244	608	140	100-200

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Milk in tea/coffee	7966	30	20-52	3673	30	25-58	4293	30	20-50
Flavoured milk/drinking chocolate	59	250	174-300	20	245	174-369	39	250	185-300
Cream	161	25	15-40	56	30	19-40	105	20	10-33
Yoghurt, full fat, in pots [Average = 125g ³]	501	125	125-125	201	125	125-125	300	125	125-125
Yoghurt, reduced fat, in pots [Average = 125g ³]	393	125	125-131	152	125	125-150	241	125	125-125
Yoghurt, twin pot	89	150	150-175	37	150	150-175	52	160	131-175
Drinking yoghurt [Average = 100g ³]	288	100	74-100	143	100	68-100	145	100	100-100
Yoghurt, all types	1290	125	100-125	546	125	100-130	744	125	100-125
Cheddar cheese [Matchbox sized piece = 30g ¹]	1110	36	24-50	636	40	25-52	474	30	20-45
Cheddar cheese, reduced fat	119	29	20-40	53	40	20-48	66	25	20-36
Other hard cheeses	158	27	17-40	71	34	20-40	87	20	14-40
Soft/spreadable cheese	269	30	18-42	83	30	18-50	186	27	18-38
Processed cheese [1 easi-single slice = 20g ³]	181	25	20-40	101	30	20-40	80	20	20-40
Cheese, all types	1876	34	20-47	959	38	25-50	917	27	20-40
Ice cream [Average scoop = 60g ¹]	364	72	52-100	179	75	55-101	185	69	50-93
Fats and oils									
Butter	1274	10	8-16	657	14	8-20	617	9	6-16
Spreads >59% fat [1 teaspoon = 5g]	2627	12	8-16	1415	14	8-20	1212	10	7-16
Low-fat spreads (< 40% fat)	1204	10	8-16	599	14	8-19	605	9	7-16
Oils	199	6	5-11	81	10	5-15	118	5	3-11
Biscuits									
Semi-sweet biscuits [1 biscuit = 9g ³]	131	21	16-32	65	27	18-32	66	20	14-31

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Digestive biscuits, plain [1 biscuit = 15g ³]	203	32	26-47	119	32	28-50	84	30	23-35
Chocolate-coated digestive biscuits	146	34	19-51	79	34	28-51	67	34	18-51
Chocolate chip cookies	140	30	20-48	54	33	20-50	86	28	20-44
Chocolate biscuits, full coated	146	26	18-42	80	29	20-45	66	24	15-32
Sandwich biscuits	151	30	24-40	81	33	26-51	70	26	21-38
Crackers [1 cracker = 8g ³]	306	24	16-33	90	24	15-35	216	24	16-33
Rice cakes	67	21	14-28	15	34	22-40	52	20	14-26
Biscuits, all types	1598	30	20-42	821	32	24-48	777	26	18-36
Chocolate confectionary									
Milk chocolate, no additions [8-square bar = 50g ³]	403	33	20-48	175	38	19-50	228	31	20-47
Dark chocolate, no additions	79	18	12-30	30	23	14-32	49	15	7-26
Chocolate covered bars	683	35	22-51	381	42	23-57	302	26	20-47
Chocolates, fancy and filled	117	26	15-40	34	33	20-56	83	26	13-36
Chocolate confectionary, all types	1471	30	20-50	689	39	22-54	782	26	18-43
Non-chocolate confectionary									
Sugar based sweets, total	253	25	10-49	82	30	10-55	171	25	10-40
of which gums/pastilles	93	40	25-55	44	52	30-90	49	36	22-50
of which chewy sweets	25	23	6-44	8	18	10-40	17	23	6-47
of which peppermints	29	9	4-28	9	4	4-14	20	18	8-30
of which hard boiled sweets	28	9	6-26	10	19	8-46	18	8	6-13
Cereal bars	212	37	25-40	97	37	36-45	115	28	23-39

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Cakes, buns and pastries									
Cakes with jam/cream/icing	251	58	34-77	120	60	33-99	131	50	34-68
Cakes without jam/cream/icing	183	50	38-80	78	60	45-99	105	47	34-61
Muffins	78	100	57-134	44	105	75-149	34	68	47-102
Fairy cakes	70	40	28-60	35	50	28-60	35	36	28-62
Doughnuts	44	88	60-102	25	94	60-117	19	79	59-90
Fruit cake	108	70	54-102	53	83	64-108	55	60	47-83
Cakes, buns and pastries, all types	1127	63	42-97	551	72	50-108	576	60	38-83
Puddings and desserts									
Pancakes, sweet	43	127	52-271	17	140	35-234	26	104	53-275
Fruit pie/crumble	233	98	63-131	104	108	66-147	129	80	63-127
Cheesecake	48	83	57-112	19	98	67-153	29	83	52-103
Rice pudding	74	200	144-200	32	200	193-244	42	179	88-200
Custard	67	98	69-132	31	111	73-149	36	80	48-120
Savoury snacks									
Potato crisps [1 multipack bag = 25g ³]	611	25	25-37	310	30	25-40	301	25	25-37
Corn snacks/potato puffs and similar products	158	25	19-26	60	25	19-26	98	23	19-26
Popcorn	147	30	28-50	63	30	30-60	84	30	24-38
Tortilla chips	42	40	25-77	22	46	28-90	20	30	21-70
Savoury snacks, all types	1000	26	25-37	473	30	25-40	527	25	20-35
Beverages									
All teas, infusion, no milk	8214	235	208-270	3634	238	210-278	4580	233	203-266

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Black tea, infusion, no milk	7730	232	205-269	3539	236	210-277	4191	230	200-263
Green tea, no milk	181	250	225-290	48	247	220-312	133	250	234-290
Herbal teas, no milk	303	260	221-300	47	250	250-330	256	260	220-300
Coffee, instant/infusion, no milk	2700	225	195-263	1365	233	200-283	1335	220	190-260
Latte/cappuccino	197	235	219-315	61	257	220-323	136	225	203-303
Smoothies (dairy and non-dairy)	79	250	180-350	31	300	200-500	48	250	180-300
Non diet carbonated beverages [1 can = 330g ³]	1142	330	50-500	697	330	292-500	445	302	225-500
Diet carbonated beverages	335	330	250-500	106	330	300-500	229	330	250-500
Pure fruit juice	1017	185	130-250	568	191	136-267	449	177	123-250
Fruit juice drinks	156	200	151-263	75	200	150-300	81	200	157-250
Water consumed as a beverage	5902	375	250-568	2682	500	250-568	3220	300	222-500
Cordial drinks made up with water	399	220	113-500	209	300	114-565	190	200	58-300
Sugar, preserves and spreads									
Sugar, brown and white [1 heaped teaspoon = 6g ¹]	3067	8	5-10	1883	8	5-12	1184	6	5-10
Jam and marmalade [1 level teaspoon = 8g ¹]	948	16	8-20	420	16	10-25	528	13	8-18
Honey [1 level teaspoon = 8g ¹]	359	10	8-17	189	13	9-17	170	10	8-16
Chocolate spread [1 level teaspoon = 8g ¹]	24	16	15-23	11	16	15-16	13	16	13-29
Nuts and seeds									
Peanut butter [thin spread on 1 slice = 12g ¹]	47	25	20-50	39	24	20-50	8	36	17-44
Peanuts	88	40	25-64	44	50	29-66	44	38	25-62
Linseed/flaxseed	101	6	4-13	10	12	6-12	91	6	3-14
Pumpkin seeds	91	5	3-7	16	6	5-10	75	5	3-7

	Total (<i>n</i> 1274)			Men (<i>n</i> 634)			Women (<i>n</i> 640)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Sunflower seeds	89	5	3-10	11	5	5-12	78	5	3-9
Soups and sauces									
Soups, made up, total	620	257	201-314	294	257	215-313	326	257	200-328
Tomato ketchup [1 sachet = 12g ¹]	316	15	12-24	187	18	12-24	129	12	10-24
Mayonnaise [1 level tablespoon = 15g ¹]	744	15	10-27	356	15	11-30	388	15	9-22
Relish	76	15	13-29	31	16	15-27	45	15	11-30
Mustard	70	5	3-10	39	5	2-6	31	8	5-12
Salad dressing	145	15	10-30	48	15	14-35	97	15	10-20
Brown sauce	52	13	12-20	36	12	12-23	16	15	8-20
Chilli sauce	316	15	12-24	187	18	12-24	129	12	10-24
Gravy	480	50	30-80	257	50	40-97	223	50	30-70
White sauce, made up	86	53	30-77	47	49	30-63	39	55	30-95
Pasta sauce, tomato based	135	119	75-166	79	133	83-170	56	100	75-150
Composite meals									
Curries (excluding rice)	236	256	169-341	128	277	194-350	108	200	149-297
Casseroles and stews	176	332	241-437	98	352	260-450	78	302	222-416
Bolognese	150	240	170-301	76	249	200-348	74	212	145-266
Lasagne	118	335	245-400	63	365	290-420	55	282	187-372
Stir-fry dishes (excluding rice)	121	205	117-297	45	260	174-410	76	185	108-250
Sweet and sour dishes (excluding rice)	38	240	127-332	21	300	174-365	17	150	103-306

n, number of eating occasions

Table 5 Median portion weights (g) and inter-quartile ranges (IQR) of a variety of foods consumed by men and women aged 65 years and over

	Total (<i>n</i> 226)			Men (<i>n</i> 106)			Women (<i>n</i> 120)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Pasta and rice									
Pasta, boiled [1 tablespoon = 30g ¹]	13	150	88-214	7	150	72-214	6	135	83-223
Rice, boiled [1 heaped tablespoon = 40g ¹]	57	171	98-203	20	177	98-266	37	140	96-183
Rice, fried	8	91	85-218	4	85	85-231	4	114	88-218
Savouries									
Pizza, total [½ thin base retail pizza = 155g ³]	9	150	84-213	6	163	61-258	3	116	-
Stuffing	26	50	30-50	9	50	50-76	17	50	28-50
Breads									
White bread, sliced [Average slice = 38g ²]	497	58	36-76	260	76	38-76	237	38	32-62
White rolls, soft and crusty	51	65	40-77	28	68	41-76	23	56	40-80
White bread and rolls, total	628	62	38-76	331	76	40-80	297	43	36-67
Wholemeal/brown bread, sliced [Avg slice = 38g ²]	531	64	38-76	249	72	48-80	282	60	38-76
Brown soda bread [Average slice = 38g ²]	178	56	38-76	88	65	39-86	90	50	38-72
Wholemeal and brown breads and rolls, total	838	63	39-76	387	73	42-87	451	59	38-76
Scones [1 small = 85g ²]	107	95	75-120	73	98	80-124	34	80	48-112
Pitta bread [1 medium = 60g ²]	6	62	58-80	2	57	-	4	70	60-80
Potatoes									
Potatoes, mashed [1 scoop = 60g ¹]	82	140	120-225	46	140	120-240	36	141	117-208
Potatoes, boiled [Average old potato = 60g ¹]	392	150	120-221	188	181	140-262	204	140	99-181
Potatoes, baked	26	186	138-295	9	260	150-405	17	160	136-238

	Total (n 226)			Men (n 106)			Women (n 120)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Potatoes, roasted [1 medium = 85g ¹]	59	109	75-150	25	143	93-177	34	91	42-147
Chips/wedges, fried or oven-cooked [1 chip = 10g ¹]	93	132	92-168	46	165	99-204	47	97	61-165
Potato salad, with mayonnaise	20	45	38-83	7	50	37-70	13	45	35-87
Breakfast cereals									
Weetabix/Oatibix [1 biscuit = 19g ³]	109	36	20-39	43	20	19-39	66	36	28-38
Cornflakes	53	30	23-31	19	30	27-39	34	23	22-31
Other flaked cereals, no additions	56	37	30-64	25	45	31-81	31	35	30-40
Muesli, crunchy and not crunchy	67	42	21-55	32	38	21-54	35	42	30-67
Loop type cereals	10	17	16-21	5	16	16-24	5	18	17-21
Ready-to-eat breakfast cereals, excluding muesli	314	31	23-41	129	31	20-47	185	35	23-40
Ready-to-eat breakfast cereals, total	373	34	22-45	157	31	20-52	216	35	23-41
Porridge	319	200	141-262	159	210	160-258	160	186	130-268
Fruit									
Eating apples, edible part only	143	105	88-138	66	101	87-134	77	111	90-146
Bananas, flesh only [1 medium = 100g ¹]	269	92	72-102	123	100	77-108	146	88	71-102
Oranges, flesh only [1 medium = 161g ²]	77	121	87-168	28	128	85-167	49	121	103-173
Clemintines/satsumas/tangerines, flesh only	52	82	54-103	16	87	43-121	36	69	56-97
Grapes [1 medium = 6g ²]	98	53	36-86	38	54	35-64	60	50	36-92
Strawberries	25	85	52-106	6	106	97-126	19	80	48-96
Bilberries (blueberries)	11	25	25-44	3	37	-	8	25	25-43
Other berries	15	39	3-47	-	-	-	15	39	3-47
Kiwis, flesh only	28	62	43-72	11	61	30-62	17	71	46-74

	Total (n 226)			Men (n 106)			Women (n 120)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Plums	17	65	50-116	5	75	51-113	12	65	47-143
Fruit salad	21	168	140-207	12	170	151-208	9	150	82-233
Pineapple, fresh	15	136	80-154	7	150	136-204	8	100	66-149
Melon, edible part only	19	92	40-170	8	40	34-92	11	132	78-198
Pears [1 medium = 157g ²]	80	114	76-143	34	111	70-150	46	115	93-143
Canned fruit	48	115	56-140	20	115	61-147	28	102	56-139
Raisins/sultanas [1 tablespoon dried fruit = 25g ¹]	29	29	15-30	10	30	30-39	19	15	5-30
Vegetables									
Tomatoes, raw	228	53	37-80	85	65	40-80	143	53	34-80
Lettuce, raw	146	24	15-33	55	24	15-33	91	24	15-30
Peppers, raw	24	20	12-40	6	30	20-47	18	20	10-40
Cucumber, raw [1 inch piece = 60g ¹]	29	28	22-43	7	36	36-71	22	24	20-40
Onions, raw	68	18	10-30	21	20	14-40	47	16	10-22
Carrots, raw	7	19	16-33	1	44	44-44	6	19	16-25
Celery, raw	20	50	32-60	8	50	41-55	12	53	30-69
Coleslaw	38	45	39-63	12	45	39-52	26	46	40-65
Mixed salad, no dressing	26	80	54-100	5	80	71-100	21	76	51-101
Carrots, boiled [1 tablespoon = 40g ¹]	229	60	40-82	112	55	43-79	117	60	40-88
Broccoli, boiled [1 spear = 45g ¹]	90	67	49-101	41	67	45-107	49	77	60-101
Peas, boiled [1 tablespoon = 30g ¹]	75	57	33-73	38	57	30-75	37	55	39-73
Mixed vegetables, boiled	30	90	80-156	10	125	84-185	20	85	79-115
Turnip/swede, boiled	64	60	52-106	34	60	53-111	30	61	52-106

	Total (n 226)			Men (n 106)			Women (n 120)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Parsnip, boiled	31	56	45-70	13	64	54-83	18	53	40-60
Cabbage, boiled [1 tablespoon = 26g ²]	70	74	51-110	32	85	51-113	38	71	48-113
Cauliflower, boiled [1 spear = 57g ²]	36	86	57-115	20	88	55-115	16	86	57-106
Onions, fried	25	40	30-58	12	39	15-42	13	45	38-60
Mushrooms, fried	21	30	22-53	6	35	24-96	15	30	20-50
Tomatoes, fried/grilled	23	67	30-85	12	83	34-143	11	53	27-85
Baked beans in tomato sauce [1 tablespoon = 40g ¹]	40	101	71-135	14	96	48-124	26	112	72-143
Peas, processed [1 tablespoon = 30g ¹]	26	87	70-136	14	105	66-191	12	82	70-90
Vegetables, all types (excluding pulses)	1312	51	30-80	551	55	36-80	761	48	25-79
Meat and meat products									
Bacon/ham, boiled	85	85	46-134	45	92	50-149	40	69	43-112
Roast meats, all types	204	100	76-134	99	112	89-160	105	100	70-115
Beef, roasted	38	90	77-134	25	101	89-171	13	84	62-101
Lamb, roasted	28	90	70-112	7	100	23-200	21	89	72-112
Chicken/turkey, roasted [1 slice roast breast = 40g ¹]	130	101	76-143	60	124	93-155	70	100	68-124
Steak, fried/grilled	49	162	107-224	24	189	113-227	25	144	86-202
Lamb chops, edible portion only	35	108	77-143	17	129	99-160	18	98	63-116
Pork chops, edible portion only	28	134	96-202	14	170	99-216	14	122	72-196
Chicken/turkey breast, fried/grilled	29	120	94-150	6	109	86-223	23	130	92-148
Sausage rolls	8	88	50-150	6	109	77-189	2	49	-
Meat pies	14	188	168-391	9	172	165-473	5	203	161-344
Chicken breast in crumbs/batter	18	153	105-233	9	227	103-265	9	145	105-175

	Total (n 226)			Men (n 106)			Women (n 120)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Ham slices [2 ham slices = 25g ³]	198	30	23-42	98	31	23-49	100	28	23-40
Other luncheon meats	26	52	31-82	18	54	31-82	8	46	19-88
Sausages, fried/grilled [Average fried = 25g ²]	97	50	40-75	58	50	40-75	39	47	40-80
Rashers [Average fried/grilled = 23g ²]	111	40	23-50	66	46	24-69	45	33	23-46
Black/white pudding [Average slice fried = 31g ²]	41	55	28-62	31	56	22-62	10	44	30-67
Meat pâté	12	29	17-70	9	32	17-80	3	25	-
Fish and fish products									
Canned salmon/tuna	21	85	52-103	10	91	74-180	11	60	35-96
Fish coated with batter/breadcrumbs	43	130	109-180	22	125	112-180	21	140	100-182
Fillets of fish, uncoated	112	126	100-170	63	130	100-183	49	112	85-155
Prawns, boiled (weighed without shells)	11	44	30-60	6	48	38-70	5	33	17-101
Smoked salmon	31	56	46-70	15	56	40-111	16	56	47-66
Eggs									
Eggs, boiled [Average = 50g ¹]	113	60	50-67	64	60	50-72	49	50	50-60
Poached eggs	11	50	50-68	1	50	50-50	10	51	50-76
Omelette	10	120	120-188	3	120	120-120	7	135	120-196
Eggs, fried [Average = 60g ¹]	65	60	60-60	42	60	60-71	23	60	50-60
Eggs, scrambled [Average using two eggs = 120g ¹]	18	120	60-125	9	120	80-131	9	120	60-149
Milk and other dairy foods									
Milk as a beverage [Average glass milk = 200g ¹]	123	200	142-284	50	200	129-254	73	200	149-284
Milk on cereal	405	100	76-146	161	100	71-150	244	100	82-142
Milk in tea/coffee	2132	30	23-50	997	30	25-50	1135	30	21-50

	Total (n 226)			Men (n 106)			Women (n 120)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Flavoured milk/drinking chocolate	14	263	260-270	9	260	248-270	5	265	260-308
Cream	51	24	15-32	19	29	15-45	32	24	15-30
Yoghurt, full fat, in pots [Average = 125g ³]	150	125	75-125	59	120	67-125	91	125	114-125
Yoghurt, reduced fat, in pots [Average = 125g ³]	62	125	62-125	16	116	46-128	46	125	62-125
Yoghurt, twin pot	13	175	150-188	4	200	181-200	9	150	150-175
Drinking yoghurt [Average = 100g ³]	88	100	68-100	25	100	66-100	63	99	68-100
Yoghurt, all types	318	114	68-125	105	100	67-125	213	120	68-125
Cheddar cheese [Matchbox sized piece = 30g ¹]	145	39	20-53	73	45	36-72	72	26	19-41
Cheddar cheese, reduced fat	15	32	20-50	4	50	15-95	11	32	21-40
Other hard cheeses	25	19	12-32	8	27	19-40	17	18	11-21
Soft/spreadable cheese	45	34	17-43	26	34	12-41	19	30	17-43
Processed cheese [1 easi-single slice = 20g ³]	23	36	25-40	16	40	34-40	7	25	17-40
Cheese, all types	253	35	20-47	127	40	27-58	126	25	17-40
Ice cream [Average scoop = 60g ¹]	75	65	47-87	37	67	47-93	38	60	47-86
Fats and oils									
Butter	296	12	7-24	135	16	8-24	161	10	7-16
Spreads (40-80% fat) [1 teaspoon = 5g]	578	10	8-16	269	14	8-24	309	8	5-16
Low-fat spreads (< 40% fat)	417	11	8-16	244	12	8-18	173	8	5-14
Oils	31	5	3-11	15	10	5-14	16	4	3-9
Biscuits									
Semi-sweet biscuits [1 biscuit = 9g ³]	45	21	14-30	19	26	16-48	26	16	10-28
Digestive biscuits, plain [1 biscuit = 15g ³]	51	30	17-32	16	30	16-39	35	31	26-32

	Total (n 226)			Men (n 106)			Women (n 120)		
	n	Median	IQR	n	Median	IQR	n	Median	IQR
Chocolate-coated digestive biscuits	31	23	17-36	24	28	15-36	7	18	17-26
Chocolate chip cookies	14	19	14-23	7	20	16-23	7	18	14-27
Chocolate biscuits, full coated	11	24	14-48	7	20	14-51	4	36	19-47
Sandwich biscuits	15	26	13-27	6	27	14-30	9	16	12-26
Crackers [1 cracker = 8g ³]	49	20	14-30	11	20	15-26	38	20	14-30
Biscuits, all types	276	25	15-32	131	24	16-34	145	26	15-32
Chocolate confectionary									
Milk chocolate, no additions [8-square bar = 50g ³]	21	18	13-32	2	40	-	19	17	12-30
Dark chocolate, no additions	16	20	16-25	9	25	16-25	7	20	12-33
Chocolate covered bars	47	25	22-42	20	24	22-43	27	26	21-36
Chocolate confectionary, all types	103	25	17-36	39	24	17-36	64	25	17-36
Non-chocolate confectionary									
Sugar based sweets, total	14	13	4-20	3	5	-	11	15	4-32
Cereal bars	18	34	27-45	5	27	24-51	13	38	28-45
Cakes, buns and pastries									
Cakes with jam/cream/icing	42	66	42-101	19	69	60-101	23	56	34-85
Cakes without jam/cream/icing	53	50	33-114	22	115	40-123	31	41	30-65
Fairy cakes	16	38	29-55	11	39	28-65	5	38	33-47
Fruit cake	45	60	47-99	24	70	60-116	21	51	42-61
Cakes, buns and pastries, all types	256	63	41-100	132	69	45-107	124	53	40-85
Puddings and desserts									
Fruit pie/crumble	77	85	62-112	42	83	62-120	35	85	55-109

	Total (<i>n</i> 226)			Men (<i>n</i> 106)			Women (<i>n</i> 120)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Cheesecake	8	87	78-118	6	83	62-134	2	94	-
Rice pudding	36	200	200-216	23	200	200-247	13	200	184-200
Custard	49	98	73-122	26	98	73-125	23	80	60-123
Savoury snacks									
Potato crisps [1 multipack bag = 25g ³]	13	25	25-37	4	31	25-37	9	25	24-36
Savoury snacks, all types	16	25	24-37	5	37	25-67	11	25	24-35
Beverages									
All teas, infusion, no milk	2037	223	196-260	942	230	200-270	1095	220	190-259
Black tea, infusion, no milk	1982	223	195-260	937	230	200-270	1045	220	190-256
Green tea, no milk	17	440	220-565	3	610	-	14	350	220-520
Herbal teas, no milk	38	220	220-246	2	190	190-190	36	220	220-246
Coffee, instant/infusion, no milk	395	220	175-259	170	220	190-260	225	215	165-258
Latte/cappuccino	29	220	195-260	6	212	200-230	23	227	190-275
Smoothies (dairy and non-dairy)	13	224	110-291	6	110	110-221	7	280	224-323
Non diet carbonated beverages [1 can = 330g ³]	32	200	120-323	17	250	185-330	15	165	115-220
Diet carbonated beverages	19	300	250-500	13	500	200-500	6	300	283-300
Pure fruit juice	194	145	100-189	94	134	100-200	100	149	116-183
Fruit juice drinks	50	160	126-200	12	200	160-250	38	150	122-200
Water consumed as a beverage	826	250	190-431	273	260	200-420	553	250	171-432
Cordial drinks made up with water	22	228	160-419	14	260	125-310	8	180	160-569
Sugar, preserves and spreads									
Sugar, brown and white [1 heaped teaspoon = 6g ¹]	593	8	5-10	350	10	5-12	243	5	3-9

	Total (<i>n</i> 226)			Men (<i>n</i> 106)			Women (<i>n</i> 120)		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Jam and marmalade [1 level teaspoon = 8g ¹]	379	15	8-23	203	16	10-25	176	15	8-19
Honey [1 level teaspoon = 8g ¹]	131	10	5-20	77	17	5-20	54	8	5-18
Nuts and seeds									
Peanuts	6	43	32-55	4	42	27-50	2	52	-
Linseed/flaxseed	40	5	3-15	4	14	12-17	36	5	3-15
Pumpkin seeds	29	6	3-25	3	3	3-3	26	9	3-25
Sunflower seeds	24	4	2-20	3	3	3-3	21	6	2-20
Soups and sauces									
Soups, made up, total	204	220	145-281	98	225	199-300	106	194	120-250
Tomato ketchup [1 sachet = 12g ¹]	13	20	10-35	7	20	10-46	6	20	6-34
Mayonnaise [1 level tablespoon = 15g ¹]	61	11	10-18	18	15	11-28	43	11	10-16
Salad dressing	16	19	15-45	5	18	10-38	11	19	15-60
Gravy	108	50	30-75	53	50	30-100	55	50	40-61
White sauce, made up	18	95	55-143	15	100	57-146	3	58	-
Composite meals									
Curries (excluding rice)	22	260	189-347	4	309	236-379	18	260	185-347
Casseroles and stews	67	301	244-382	27	330	270-416	40	287	221-378
Bolognese	8	227	153-286	4	250	216-648	4	157	124-265
Lasagne	7	310	234-350	2	326	-	5	238	218-372
Stir-fry dishes (excluding rice)	12	208	100-355	6	208	120-259	6	182	78-501

n, number of eating occasions

