

هيئة أبوظبي للزراعة والسلامة الغذائية  
ABU DHABI AGRICULTURE AND FOOD  
SAFETY AUTHORITY





# ABU DHABI AGRICULTURE AND FOOD SAFETY AUTHORITY



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Abu Dhabi Agriculture and Food Safety Authority

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Abu Dhabi Agriculture and Food Safety Authority is based on the UK publication 'A Photographic Atlas of Food Portion Sizes' published by the UK's Ministry of Agriculture, Fisheries and Food. Information contained herein, which is adapted or replicated from the UK Food Atlas, is used under the UK's Open Government License v1.0 [www.nationalarchives.gov.uk/doc/open-government-licence/](http://www.nationalarchives.gov.uk/doc/open-government-licence/)

## 1. Introduction



In preparation for a large food consumption survey within the Emirate of Abu Dhabi, a food atlas was identified as a necessary but absent tool for the quantification of food intake. Several food atlases were reviewed to assess their suitability for use in the survey but the decision was taken to develop a food atlas specifically for use in Abu Dhabi, which would take account of the wide range of foods available given the diverse and multicultural population living in the Emirate.

Of the food atlases which were reviewed, the UK's 'Food Portion Sizes: A Photographic Atlas' was deemed the most appropriate on which to base the Photographic Atlas of Food Portions for the Emirate of Abu Dhabi.

A large number of local foods from Abu Dhabi and the Gulf Cooperation Council (GCC) region in general were considered for inclusion in this publication, which follows the format used in the UK Food Atlas. These were supplemented with a number of foods which have been replicated from the UK Food Atlas.

The Abu Dhabi Food Atlas is published as two booklets:

- **Photographic Atlas of Food Portions for the Emirate of Abu Dhabi**
- **Photographic Atlas of Food Portions for the Emirate of Abu Dhabi - User's Guide**

The Photographic Atlas of Food Portions for the Emirate of Abu Dhabi contains a series of photographs (generally 8) depicting common portion sizes of a number of foods. It also contains a number of guide photographs that represent foods which cannot easily be depicted in a series of increasing portions.

The User's Guide gives data on the weights of the food portions included in the Abu Dhabi Food Atlas. It also provides information on how to use the Atlas and background information on the development of the Abu Dhabi Food Atlas.

Three separate life sized photographs of the dinner plate, side plate and bowl used in the photographs have been provided (printed on A3 paper) to help with the perception of the portion sizes depicted in the atlas.

## 2. Background Information



### Abu Dhabi Agriculture and Food Safety Authority

photographs which illustrate a wide range of foods commonly consumed in portions not easily quantified by household measures or without the use of visual aids. In general, the Food Atlas contains a series of eight photographs depicting a range of portion sizes in increasing size and incremental weight. The exceptions to this are photographs for butter (of which there are four). There are a total of 83 different series of photographs contained in the Atlas.

In addition, a collection of guide photographs have also been included. These photographs reflect a number of foods which come in a variety of types and sizes and do not readily fit into the pattern of increasing portion sizes with incremental weight. The Food Atlas contains 29 guide photographs.

## 2.1 Foods



The foods displayed in the Abu Dhabi Food Atlas are foods which are commonly consumed in the Emirate of Abu Dhabi by a variety of ethnic groups. These foods are categorised and placed according to major food groups such as cereals and fruit.

As this publication is based on the UK Food Atlas, foods included in that publication were also reviewed and included in the Abu Dhabi Food Atlas where appropriate. Of the foods which have been replicated, most are individual food items, such as rice and individual vegetables. Some mixed dishes have also been included such as Spaghetti Bolognese and Vegetable Curry; these mixed dishes represent dishes common to different ethnic groups.

A number of local and regional foods were also chosen for inclusion in the Abu Dhabi Food Atlas. These are mostly mixed dishes which are not equivalent to the foods in the UK Food Atlas, such as Harees and Assedah. Some local individual foods have also been included, such as Kibbeh.

Of the 76 foods portrayed in a series of photographs in the UK Food Atlas, 46 were deemed to be important in the diet of the multi-ethnic society of Abu Dhabi. These photographs were replicated and displayed with the weights used in the UK publication. A further 37 foods were selected for inclusion in the Abu Dhabi Food Atlas.

29 guide photographs have been included in the Abu Dhabi Food Atlas, 21 of which are food items. These include a variety of breads, fruits and meat products. The weights of these foods reflect what is commonly available on the market in Abu Dhabi.



## 2.2 Weight of Food



The weights for all the foods displayed in the Abu Dhabi Food Atlas are presented in Section 3. Section 3.1 lists the weights for the series of photos and Section 3.2 lists the weights for the guide photographs. For the series of photographs replicating the UK Food Atlas, the weight used in the UK has also been replicated (with the exception of coleslaw and steak). The weights for the UK Food Atlas were determined based on portion sizes ranging in weight from the 5th to the 95th percentile in the National Diet and Nutrition Survey of British Adults (Gregory et al, 1990). For each food, the weight interval between serving sizes in each series of photographs corresponds to a fixed 'increment' equal to 7/11th of the difference in weight between the 5th and 95th percentile.

Unfortunately, local or regional data was not available to determine the 5th and 95th percentile weights for local foods to be included in the Abu Dhabi Food Atlas. Therefore, a number of methods were deployed to estimate a range of portion sizes to be depicted in each picture. A small survey was conducted whereby respondents - and all members in their household - weighed the amount consumed of any local foods contained in the Abu Dhabi Food Atlas. This data was supplemented by portion sizes depicted in the Food Instruction Manual developed by the Kuwait Institute of Scientific Research (2010). In addition, portion sizes from the UK's Food Portion Sizes (FSA, 2002) and the UK Food Atlas were used where foods were deemed to be equivalent. As a final resort, expertise from the catering industry was used to determine a range of typical portion sizes for a variety of individuals. Using all of this data, a range of intakes for local foods was determined and a fixed increment was used for each increasing portion.

In some cases, displaying the food with a fixed increment proved to be extremely difficult. For example, some foods in the region are generally served with meat on the bone, such as meat in Saloonah (stew). For these foods, the incremental weight for the eight photographs contains the bones, but the weight adjusted for the edible portion only is also presented. More information on these and other issues is presented in Section 4.

The weights of foods in the guide photographs are representative of foods commonly available on the market in Abu Dhabi.

## 2.3 Food Atlas Format



Food atlases use varying numbers of pictures to depict portion sizes. Nelson & Haraldsdottir (1998) suggest that an even number of photographs is preferred over an odd number as it avoids the tendency for the subject to choose the central image. Furthermore, by including a wider range of portion sizes - and therefore a larger number of pictures - very large and very small portions can be included. This should improve precision and the photographs may be appropriate for use with children.

Specific research for the development of the UK's Food Atlas found that:

- Sets of eight photographs yielded more accurate estimates of food portion size and nutrient intake than either sets of four photographs or single photographs. This finding is supported by Subar et al (2010), who also found that eight compared to four images yielded more accurate results.
- A7 size photographs were as good as larger photographs in helping people to assess portion size.
- Eight was the maximum number of photographs whereby subjects could distinguish between adjacent portion sizes.
- Eight A7 photographs could be presented clearly on one A4 page without causing confusion.

As the UK Food Atlas was chosen as the ideal model, it was decided to replicate/produce photographs to the same specifications i.e. eight photographs per food (displayed on one page) with a fixed increment between portion sizes.

In line with the UK Food Atlas, colour photographs were chosen as they are more attractive than black and white photographs.

## 2.4 Reference Objects



As recommended by Nelson & Haraldsdottir (1998), and used in the UK Food Atlas, standard reference objects were included in every picture to improve the respondent's perception of the size of the plate/bowl on which the food was portrayed. A knife, fork, and/or spoon were included as appropriate to the food displayed in the photograph.

Standard plain white crockery was used for every photograph. Food was presented on a 27 cm dinner plate, a 21 cm side plate or a 16.5 cm bowl (with a 5 cm depth) as appropriate.

Three life-sized photographs of the crockery have been included with the Abu Dhabi Food Atlas to help with perception.

## 2.5 Photography Sessions



The camera used was a Hasselblad H4D\_60. This is a 60 megapixel camera, which uses 250 speed, aperture f16 - f19, and ISO of 50. This camera provides ultra-high resolution and utilises colour checker to produce superior results.

During shooting, the camera was connected to a MacBook Pro. Using the computer software program Phocus (by Hasselblad), pictures could be viewed on the laptop to ensure the food and setting was consistent.

Lighting was provided by a 1\*1 Softbox (1500 watt) at a 45 degree angle and enhanced by a 2\*2 shade to give a more natural look to the food displays. This light provided a daylight effect, which is preferable for food as it gives freshness and enhanced colour. Two Bowen studio lights were used on both sides to highlight the food and in order to show the dimensions of the food relative to the plate.

The photographs were taken with the camera's height of view designed to mirror that of a person of average height sitting at a table, facing a plate of food on the table in front of them.

## 2.6 How to Use the Atlas



There are several ways in which the respondent may be asked to identify portion sizes using photographs. Respondents can select the photograph that they believe most closely resembles the amount of food eaten. The weight corresponding to a specific photograph is taken as the best estimate of the weight of food eaten. Additionally, the respondent can indicate a portion size between two photographs or indicate a portion greater than the largest or less than the smallest. For a series of eight photographs, this means there are 17 portions from which to choose.

For the series of photographs, each series, food or page, is numbered giving a total of 83. Within each series, food or page, each photograph is numbered 8-1, with number 1 representing the smallest portion and number 8 representing the largest portion. For example, the smallest portion of chickpeas (which appears on page 36) is numbered 36.1; the second portion is numbered 36.2, and so on. The weights for each of the portions are listed in Section 3.1.

Three separate life-sized photographs (printed on A3 paper) of the plates and bowl used in the photographs have been included with the atlas to help with the perception of the portion sizes displayed.

There are a number of foods where it is not practical to portray portions in a series of eight increasing portion sizes; therefore, a number of guide photographs were developed to represent foods such as fruit, meat slices and bread. A variety of such foods available on the market in Abu Dhabi were selected and photographed. The guide photographs are labelled G-1G29 and the foods within each photograph are labelled with a letter. The corresponding weights are listed in Section 3.2.

A variety of cups and mugs, glasses, plates, bowls and spoons have also been displayed in the guide photographs.

Obviously, not all foods could be included in the Abu Dhabi Food Atlas. However, there are a number of foods which can be considered equivalent to those included here. These foods are equivalent in terms of appearance and composition; however, adjustment in weights may be necessary based on the density of the foods. A list of equivalent foods can be found in Section 5 (this list is not exhaustive).

## 3. Food Portion Weights

### 3.1 Series of Photographs



This section lists the food portion weights (g) for the photographic series. Weights for the eight portion sizes are presented, as well as the incremental weight between each photograph.

Page No.	Food	1	2	3	4	5	6	7	8	Increment
1	Biryani Rice	97	175	253	331	408	486	564	642	77.9
2	Boiled White Rice	39	85	131	177	224	270	316	362	46.1
3	Chinese Fried Rice	97	175	253	331	408	486	564	642	77.9
4	Noodles	42	90	138	186	234	282	33	378	48.0
5	Pasta	55	108	161	214	266	319	372	425	52.9
6	Spaghetti	55	108	161	214	266	319	372	425	52.9
7	Corn Flakes	16	23	31	38	45	52	60	67	7.3
8	French Fries	41	65	88	112	136	160	183	207	23.8
9	Potatoes (mashed)	58	99	140	181	221	262	303	344	40.9
10	Potatoes (boiled)	58	99	140	181	221	262	303	344	40.9
11	Potato Wedges	61	97	132	168	204	240	275	311	36.0
12	Meat with Rice	59	142	225	308	391	474	557	640	83.0
	- Edible Portion (%63)	37	89	142	194	246	299	351	403	52.3
13	Minced Meat	32	70	108	146	185	223	261	299	38.1
14	Roast Beef	23	45	67	89	112	134	156	178	22.1
15	Shawarma	30	71	112	153	194	235	276	317	41.0
16	Steak	56	108	168	191	246	308	350	400	n/a
17	Tikka	13	64	115	166	217	268	319	370	51.0
18	Harees	80	146	212	278	344	410	476	542	66.0
19	Keema	80	140	200	260	320	380	440	500	60.0
20	Lasagne	135	187	238	290	341	393	444	496	51.6
21	Meat Biryani	81	171	261	351	441	531	621	711	90.0
	- Edible Portion (%87)	70	149	227	305	384	462	540	619	78.3
22	Meat Curry	47	89	131	173	215	257	299	341	42.0
23	Meat Saloonah/Stew	93	158	222	287	352	416	481	546	64.7
	- Edible Portion (%87)	81	137	193	250	306	362	418	475	56.3
24	Mince with Bolognese Sauce	99	149	199	249	298	348	398	448	49.9
25	Noodles with Chicken and Vegetables	62	120	177	235	292	350	407	465	57.6
26	Threed	100	172	245	318	390	462	534	606	72.0
27	Fish (fillet)	42	70	98	126	155	183	211	239	28.1
28	Fish (whole)	43	58	82	123	245	274	345	560	n/a
	- Edible Portion (%53)	23	31	43	65	130	145	183	297	n/a
29	Jasheed	24	56	88	120	152	184	216	248	32.0
30	Madrooba	51	126	201	276	351	426	501	576	75.0
31	Aubergine (fried)	30	69	107	146	184	223	262	300	38.6
32	Black Eyed Peas	18	39	59	80	100	121	141	162	20.6

Page No.	Food	1	2	3	4	5	6	7	8	Increment
33	Broad Beans	30	58	85	113	140	168	195	223	27.5
34	Broccoli	32	49	67	84	101	118	136	153	17.3
35	Carrots (boiled)	21	38	55	72	90	107	124	141	17.1
36	Chickpeas	18	39	59	80	100	121	141	162	20.6
37	Green Beans	27	47	68	88	108	128	149	169	20.3
38	Mixed Vegetables (1)	26	56	85	115	145	174	204	234	29.7
39	Mixed Vegetables (2)	26	56	85	115	145	174	204	234	29.7
40	Mushrooms (fried)	13	27	41	55	68	82	96	110	13.9
41	Peas	24	40	57	73	89	105	122	138	16.3
42	Carrots (raw)	8	22	37	51	66	80	95	109	14.4
43	Cucumber	6	13	21	28	36	43	51	58	7.4
44	Lettuce - Cos/Romaine	6	15	24	33	43	52	61	70	9.1
45	Lettuce - Iceberg	6	15	24	33	43	52	61	70	9.1
46	Lettuce - Lollo Bianco	6	15	24	33	43	52	61	70	9.1
47	Tomatoes	14	27	40	53	67	80	93	106	13.1
48	Coleslaw	48	93	138	183	228	273	318	363	45.0
49	Daal (1)	21	67	113	159	205	251	297	343	46.0
50	Daal (2)	21	67	113	159	205	251	297	343	46.0
51	Fattoush	88	150	213	275	338	400	463	525	62.5
52	Foul	36	89	142	195	248	301	354	407	53.0
53	Tabouleh	44	75	107	138	169	200	231	263	31.3
54	Vegetable Curry	19	69	118	168	218	267	317	367	49.7
55	Vegetable Saloonah/Stew	57	110	163	216	269	322	375	428	53.0
56	Fruit Salad	39	64	89	114	139	164	189	214	25.0
57	Melon	28	56	83	111	139	166	194	222	27.2
58	Watermelon	28	56	83	111	139	166	194	222	27.2
59	Brie Cheese	12	20	29	37	46	54	63	71	8.4
60	Cheddar Cheese	13	25	36	48	60	72	83	95	11.7
61	Cream Cheese	6	17	27	38	48	59	69	80	10.6
62	White Cheese	13	25	36	48	60	72	83	95	11.7
63	Apple Tart	41	63	85	107	130	152	174	196	22.1
64	Cheesecake	67	83	98	114	129	145	160	176	15.6
65	Chocolate Cake/Gateaux	38	58	77	97	116	136	155	175	19.6
66	Kunafa	56	113	170	227	284	341	398	455	57.0
67	Plain Cake	22	31	40	49	58	67	76	85	9.0
68	Sponge Cake	23	34	46	57	69	80	92	103	11.4
69	Custard	48	73	98	123	147	172	197	222	24.9
70	Jelly	39	64	90	115	140	165	191	216	25.3
71	Rice with Milk	88	128	167	207	247	286	326	366	39.7
72	Sago	29	74	119	164	209	254	299	344	45.0
73	Tripe	83	116	149	182	214	247	280	313	32.9
74	Ummali	45	85	125	165	205	245	285	325	40.0
75	Mamroosa (dates)	20	53	86	119	152	185	218	251	33.0
76	Ice Cream	30	47	64	81	98	115	132	149	17.0
77	Khabisa	40	63	86	109	132	155	178	201	23.0
78	Assedah	40	86	312	178	224	270	316	362	46.0
79	Balaleet	40	92	144	196	248	300	352	404	52.0

Page No.	Food	1	2	3	4	5	6	7	8	Increment
80	Butter - Spread on Bread	4	8	12	16					4.0
81	Butter - Spread on Crackers	1	2	3	4					1.0
82	Nuts	15	49	82	116	149	183	216	250	33.6
83	Soup	33	89	145	201	257	313	369	425	56.0

## 3.2 Guide Photographs



This section details the weight of foods (g) included in the guide photographs. Each food in the photograph has been labelled with a letter which is listed in the table below.

G1, G2: Arabic and Regional Breads	Letter in Photograph	Description	Weight (g)
	A	Arabic Bread (small)	30
	B	Arabic Bread (large)	160
	C	Paratha	99
	D	Muhalah Bread	47
	E	Egyptian Bread	50
	F	Naan Bread	104
	G	Regag Bread	21
	H	Kurse	91
	I	Saaj	101
	J	Afghani Bread	260
	K	Khameer	76
	L	Tandoor Bread	191

G3: International Bread (Buns and Rolls)	Letter in Photograph	Description	Weight (g)	Length (cm)
Buns	A	Olive Roll	53	
	B	Mini Burger Bun	31	
	C	Burger Bun	62	
	D	Burger Bun	62	
	E	Burger Bun	69	
	F	Crusty Bun	60	
Small Rolls	G	Baguette (piece)	40	5.0
	H	Parisette	36	8.0
	I	Mini Bread Roll	30	8.5
	J	Pandesal	58	9.5
	K	Granary Roll	64	10.0
	L	Baguette (piece)	137	13.5
Large Rolls	M	Sandwich Roll (white)	62	15.5
	N	Sandwich Roll (sesame)	72	15.5
	O	Samoon (white)	62	17.5
	P	Finger Roll (wholemeal)	77	19.5
	Q	Demi-Baguette	126	29.0
	R	Baton (white)	194	33.0

G4: International Bread (Slices)	Letter in Photograph	Description	Weight (g)
Sliced - Brown	A	Small	19
	B	Medium	26
	C	Jumbo	37
Sliced - Multi-Grain	D	Multi-Cereal Bread	18
	E	Multi-Grain Jumbo Cube	38
	F	Multi-Seed Sandwich Bread	43
Sliced - White	G	Small	19
	H	Medium	24
	I	Medium (milk bread)	30
	J	Jumbo	34
	K	Super Jumbo	38
Un sliced	L	Rye Bread	33
	M	Rye Bread	46
	N	Maize Loaf	21
	O	Maize Loaf	38
	P	Country Bread (white)	34
	Q	Country Bread (white)	48

G5, G6, G7, G8: Chicken	Letter in Photograph	Description	Total Weight (g)	Edible Portion (g)
G5 Chicken - Half	A		190	127
	B		257	172
	C		385	258
G6 Chicken - Whole	A		444	297
	B		610	409
	C		806	540
G7 Chicken - Portions	A	Chicken Breast	58	
	B	Chicken Breast	125	
	C	Chicken Breast	258	
	D	Chicken Breast	308	
G8 Chicken - Portions	A	Chicken Drumsticks	15	9
	B	Chicken Drumsticks	25	15
	C	Chicken Drumsticks	52	32
	D	Chicken Drumsticks	66	40
	E	Chicken Legs	34	21
	F	Chicken Legs	49	30
	G	Chicken Legs	125	76
	H	Chicken Legs	137	84
	I	Chicken Legs	103	67
	J	Chicken Legs	165	107
	K	Chicken Wings	13	6
	L	Chicken Wings	27	12
	M	Chicken Wings	33	14

G9, G10: Meat and Meat Products	Letter in Photograph	Total Weight (g)	Edible Portion (g)
G9 Chops	A	21	11
	B	43	23
	C	55	29
G9 Kebab	D	27	
	E	42	

	F	64
	G	20
	H	45
	I	80
G9 Kibbeh	J	26
	K	39
	L	52
G10 Sausages	A	11
	B	23
	C	24
	D	55
	E	31
	F	85
	G	82
G10 Sliced Meats	H	16
	I	34
	J	4
	K	15
	L	43
	M	52
	N	24

G11: Prawns	Letter in Photograph	Total Weight (g)	Edible Portion (g)
	A	9	5
	B	18	9
	C	56	28
	D	172	86
	E	5	
	F	7	
	G	10	
	H	31	
	I	84	

G11: Tomatoes	Letter in Photograph	Weight (g)
	A	13
	B	48
	C	72
	D	89
	E	182
	F	231

G15,14,13,12: Fruit	Letter in Photograph	Total Weight (g)	
G12 Bananas	Letter in Photograph	Total Weight (g)	Weight Excluding Skin (g)
	A	51	34
	B	87	58
	C	135	90
	D	180	121
	E	244	163



G12 Routab	Letter in Photograph	Total Weight (g)	Weight Excluding Stone (g)	
	A	11	10	
	B	13	12	
	C	15	14	
	D	15	14	
	E	7	6	
	F	8	7	
	G	9	8	
G12 Dates	Letter in Photograph	Total Weight (g)	Weight Excluding Stone (g)	
	H	16	15	
	I	22	20	
	J	21	19	
	K	25	23	
	L	12	11	
	M	10	9	
	N	17	16	
	O	18	17	
	P	8	7	
	Q	8	7	
	R	10	9	
G13 Nectarines	Letter in Photograph	Total Weight (g)	Weight Excluding Stone (g)	
	A	27	25	
	B	41	38	
	C	55	51	
	D	81	75	
	E	121	111	
G13 Apples	Letter in Photograph	Total Weight (g)	Weight Excluding Core (g)	Weight Excluding Skin and Core (g)
	A	120	107	91
	B	153	136	116
	C	162	144	123
	D	168	150	128
	E	172	153	131
	F	276	246	210
G13 Oranges	Letter in Photograph	Total Weight (g)	Weight Excluding Skin (g)	
	A	74	53	
	B	115	83	
	C	205	148	
	D	231	166	
	E	316	228	
	F	369	266	
G14 Pears	Letter in Photograph	Total Weight (g)	Weight Excluding Core (g)	
	A	60	57	
	B	82	78	
	C	189	180	
	D	172	163	

G14 Mangosteens	Letter in Photograph	Total Weight (g)	Weight Excluding Skin (g)
	A	45	9
	B	63	12
	C	103	20
	D	114	22
	E	130	25
G14 Mangoes	Letter in Photograph	Total Weight (g)	Weight Excluding Skin and Seed (g)
	A	76	44
	B	172	100
	C	282	164
	D	313	182
	E	391	227
	F	569	330
G15 Apricots	Letter in Photograph	Total Weight (g)	Weight Excluding Stone (g)
	A	9	9
	B	18	17
	C	31	29
G15 Grapes	Letter in Photograph	Weight of Bunch (g)	Weight of Individual Grape (g)
	D	95	8
	E	69	6
	F	120	16
	G	139	11
G15 Plums	Letter in Photograph	Total Weight (g)	Weight Excluding Stone (g)
	H	37	33
	I	61	54
	J	93	83
G15 Strawberries	Letter in Photograph	Weight (g)	
	K	14	
	L	23	
	M	29	
	N	45	
	O	60	

G16, G17: Sweet Dishes and Desserts	Letter in Photograph	Weight (g)
G16 Mahmool	A	20
	B	42
	C	50
	D	63
	E	8
	F	12
	G	24
	H	33
	I	52
	J	8
	K	11
	L	10

	M	16
	N	8
	O	20
G17 Shabyatt	A	53
	B	60
	C	69
	D	82
G17 Baklawas	Letter in Photograph	Weight (g)
	A	11
	B	50
	C	16
	D	34
	E	29
	F	6
	G	10
	H	18
	I	23
	J	16
	K	12
	L	12
	M	18

G18, G19, G20, G21 Savouries	Letter in Photograph	Weight (g)	Size (cm)		
G18 Mini Pizzas	A	11	5*5		
	B	17	5*6		
	C	28	5.5*7		
	D	35	7.5*7.5		
	E	37	9*9		
	F	81	12*12		
G18 Pizza Slices	Letter in Photograph	Weight (g)	Deep Pan Weight (g)	Weight per Additional Topping (g)	
	G	24	28	4	
	H	32	37	5	
	I	41	47	6	
	J	66	76	10	
	K	72	83	11	
	L	106	122	16	
G19 Whole Pizza	Letter in Photograph	Weight (g)	Deep Pan Weight (g)	Weight per Additional Topping (g)	Size (cm)
	A	237	273	36	20*20
	B	458	527	69	27*27
	C	670	771	101	32*32
G20 Sambosa	Letter in Photograph	Weight (g)			
	A	37			
	B	59			
	C	126			
	D	20			
	E	31			
	F	50			

G20 Spinach Pastry	A	28
	B	56
	C	86
	D	153
G21 Stuffed Cabbage	A	36
	B	43
	C	68
G21 Stuffed Courgette	D	39
	E	80
	F	150
G21 Stuffed Vine Leaves (Warak Anab)	G	8
	H	11
	I	11
	J	21
	K	36

G22: Bowls	Letter in Photograph	Volume (ml)	Depth (cm)	Width (cm)	Width (inner) (cm)
	A	350	4.3	23.0	16.0
	B	350	4.5	24.0	17.0
	C	900	6.4	30.8	20.3
	D	350	4.5	16.5	
	E	500	5.0	18.7	
	F	1000	6.5	22.2	
	G	100	4.5	9.8	
	H	250	5.5	11.0	
	I	275	5.8	12.3	
	J	400	5.5	15.3	

G23: Cups (Ceramic)	Letter in Photograph	Volume (ml)
	A	150
	B	220
	C	300
	D	350
	E	150
	F	220
	G	200
	H	330
	I	65
	J	55
	K	80
	L	100

G24: Cups (Stickán/Finjan)	Letter in Photograph	Volume (ml)
	A	110
	B	145
	C	110

	D	190
	E	35
	F	55
	G	55
	H	80

G25: Glasses	Letter in Photograph	Volume (ml)
	A	355
	B	225
	C	300
	D	300
	E	215
	F	335
	G	570
	H	200
	I	360
	J	340
	K	375
	L	150
	M	170
	N	280
	O	230

G26: Plates	Letter in Photograph	Width (cm)
	A	23.0
	B	27.0
	C	31.5
	D	16.0
	E	19.3
	F	21.0

G27: Spoons and Ladles	Letter in Photograph	Volume (ml)	Weight (g)	Length (cm)	
	A	140		32.5	
	B	90		29.0	
	C	100		34.5	
	D	40	65	34.5	
	E	2	3	10.5	
	F	3	4	11.5	
	G	4	6	13.3	
	H	7.5	11	17.5	
	I	11	15	18.5	
	J	11	15	20.0	
	K	20	25	23.0	

G28: Life-Sized Finjan - Arabic Coffee	Letter in Photograph	Volume (ml)
	A	4
	B	9
	C	13

G29: Life-Sized Glass - Juice	Letter in Photograph	Volume (ml)
	A	100
	B	200
	C	300

## 4. Other Information



This section provides other relevant information relating to the food and the photographs.

No.	Food	Notes
4	Noodles	The noodles used in this series are Chinese egg noodles.
12	Meat with Rice	The meat used in this series is mutton. The weights include meat on the bone. The edible portion can be considered as %63. The meat is served on a standard portion of boiled rice which is 290g (a large portion from the UK's Food Portion Sizes, 3rd Ed.).
15	Shawarma	The meat used in this series is chicken.
16	Steak	Preparation of steak to the weights given in the UK Food Atlas proved extremely difficult. A series of eight photographs are depicted here but the weight increase is not incremental.
17	Tikka	The meat used in this series is lamb.
18	Harees	The meat used in this series is veal. Harees is a porridge-type dish made with grain (coarse ground wheat), meat and ghee.
19	Keema	Keema is a tomato-based stew-type dish made with minced meat and peas.
21	Meat Biryani	The meat used in this series is mutton. The weights include meat on the bone. The edible portion can be considered as %87.
22	Meat Curry	The meat used in this series is chicken.
23	Meat Saloonah/Stew	The meat used in this series is mutton. The weights include meat on the bone. The edible portion can be considered as %87.
24	Mince with Bolognese Sauce	The spaghetti on which the bolognese sauce is served in each photograph weighs 221g which represents the mean weight of spaghetti portions in the British Adult Survey (Gregory et al, 1990).
26	Threed	The meat used in this series is goat meat. Threed is a stew-type dish made with meat, vegetables (including tomatoes) and regag bread which is added at the end.
27	Fish (fillet)	The fish used in this series is haddock.
28	Fish (whole)	The fish used in this series is shad. Preparation of whole fish in incremental weights proved extremely difficult. A series of eight photographs are depicted here, but the weight increase is not incremental. The edible portion can be considered as %53.
29	Jasheed	Jasheed is prepared from crumbled shark flesh seasoned with herbs and spices.
30	Madrooba	Madrooba is a porridge-type dish made with rice, fish and ghee.
38	Mixed Vegetables (1)	The vegetable mix consists of asparagus, baby corn, carrots, cauliflower, courgette and mangetout (also known as snow or sugar peas).
39	Mixed Vegetables (2)	The vegetable mix consists of carrots, green beans, peas and sweetcorn.
42	Carrots (raw)	Carrots are presented as chunks and grated carrot on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.
43	Cucumber	Cucumber is presented as chunks and slices on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.

No.	Food	Notes
47	Tomatoes	Tomatoes are presented as slices and chunks on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.
49, 50	Daal	Daal is a stew-type dish made from lentils.
51	Fattoush	Fattoush is an Arabic green salad which contains pieces of toasted or fried bread.
52	Foul	Foul is an Arabic dish made from broad beans, parsley, olive oil and lemon.
53	Tabouleh	Tabouleh is an Arabic salad made from parsley, burghol, lemon and olive oil.
56	Fruit Salad	The fruit salad consists of apple, grape, kiwi, melon, orange, strawberry and watermelon.
60	Cheddar Cheese	Cheddar cheese is presented as slices and cubes on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.
61	Cream Cheese	Cream cheese is presented alone and spread on Arabic bread on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.
62	White Cheese	White cheese is presented as slices and chunks on one plate. The amount of each portion on the plate is equal, and the single portion weight is given in Section 3.1.
63	Apple Tart	The slice of apple tart in each photograph has been cut from an apple tart which is 18 cm in diameter.
64	Cheesecake	The slice of cheesecake in each photograph has been cut from a cheesecake which is 18 cm in diameter.
65	Chocolate Cake/ Gateaux	Compared to sponge cake, this cake is moist and approximately %30 heavier for slices of the same size. The slices were taken from a cake which is 21 cm in diameter.
66	Kunafa	Kunafa is a sweet dish made with vermicelli noodles, Akkawi cheese, oil and sugar.
68	Sponge Cake	Compared to chocolate cake, this cake is dry and approximately %30 lighter for slices of the same size. The slices were taken from a cake which is 21 cm in diameter.
73	Triæ	The triæ in this series consists of jelly, custard and sponge cake. Fruit is not included.
74	Ummali	Ummali is a dessert made with bread, milk, sugar and sometimes raisins or nuts.
75	Mamroosa (dates)	Mamroosa is a dessert made with minced dates blended with flour, oil/ghee and cinnamon.
77	Khabisa	Khabisa is a crumble-type dessert made from flour, sugar, water and butter.
78	Assedah	Assedah is a dessert-type product usually consumed at breakfast. It is made with flour, sugar/date paste and seasoned with herbs, ghee and saffron. It is served hot and in a pureed consistency which solidifies when cooled.
79	Balaleet	Balaleet is a sweet and savoury dish usually consumed at breakfast. It is made with vermicelli, sugar, water and eggs.
82	Nuts	The mixed nuts consists of almonds, cashew, melon seeds, peanuts, pistachio, walnuts and toasted corn.
83	Soup	Lentil soup of medium consistency was used for this series.
G2	Arabic and Regional Breads	Because of its large size, saaj bread has been folded over twice (showing a quarter of the original size) for ease of display.
G5	Chicken (half)	The edible portion can be considered as %67.
G6	Chicken (whole)	The edible portion can be considered as %67.
G8	Chicken Portions	The edible portion for chicken drumsticks/legs (A-H) can be considered as %61. The edible portion for chicken legs (I-J) can be considered as %75. The edible portion for chicken wings can be considered as %43.
G9	Chops	The edible portion can be considered as %53.
G11	Prawns	The edible portion for prawns with shells can be considered as %50.
G12	Bananas, Dates, Routab	The edible portion for bananas can be considered as %67. The edible portion for dates and routab can be considered as %92.
G13	Nectarines, Apples, Oranges	The edible portion for nectarines can be considered as %92. The edible portion for apples (excluding core) can be considered as %89. The portion excluding skin and core can be considered as %76. The edible portion for oranges can be considered as %72.

No.	Food	Notes
G14	Pears, Mangosteens, Mangoes	The edible portion for pears can be considered as %95. The edible portion for mangosteens can be considered as %19. The edible portion for mangoes can be considered as %58.
G15	Apricots, Grapes, Plums, Strawberries	The edible portion for apricots can be considered as %95. The edible portion for plums can be considered as %89.
G16	Mahmool	Mahmool are biscuits or cookies stuffed with dates.
G17	Shabyatt	Shabyatt is puff pastry with a cream (type) filling, topped with oil and sugar syrup.
G17	Baklawa	Baklawa are traditional Arabic sweets.
G18	Pizza (slices)	These slices are cut from the three whole pizzas shown in G18.
G19	Pizza (whole)	The pizzas are a selection of thin base tomato and cheese (Margarita) pizzas of different diameters. The weight of equivalent pizzas with thicker (deep pan) bases are also provided. The average weight of an additional topping (meat and/or vegetable) has also been provided and should be added to the weight of the appropriate pizza.
G20	Sambosa	The weights presented here are for meat and vegetable sambosas. Cheese filled sambosas weigh %45 less.
G23 G24 G25	Crockery and Glassware	The measurement for glasses and cups represents the vessel filled to 1 cm from the top.
G27	Spoons and Ladles	The volume corresponds to a full spoon/ladle of water. The weight corresponds to a heaped spoon of sugar.

## 5. Equivalent Foods



This section lists contains foods which can be considered equivalent to the foods photographed in this Atlas.

No.	Food	Equivalent Foods
1	Biryani Rice	Other rice varieties
2	Boiled White Rice	Other rice varieties
3	Chinese Fried Rice	Other rice varieties
4	Noodles	Other similar noodles
5	Pasta	Other pasta shapes
6	Spaghetti	
7	Corn Flakes	Other similar breakfast cereals
8	French Fries	
9	Potatoes (mashed)	Other mashed vegetables
10	Potatoes (boiled)	Other potato varieties/cooking methods, turnip, sweet potatoes
11	Potatoes (wedges)	Thicker cut chips, other fried potatoes
12	Meat with Rice	Other meat varieties served on the bone (Mandi, Mathbi, Quouzi, Mansaf)
13	Minced Meat	



No.	Food	Equivalent Foods
14	Roast Beef	Slices of other red meats
15	Shawarma	Other shawarma varieties such as meat and Mexican
16	Steak	
17	Tikka	Shish tawook
18	Harees	Other harees varieties
19	Keema	Other mince based dishes
20	Lasagne	Bechamel
21	Meat Biryani	Other meat biryani varieties
22	Meat Curry	Other curry varieties
23	Meat Saloonah/Stew	Other meat/chicken stews or casseroles
24	Mince with Bolognese Sauce	
25	Noodles with Chicken and Vegetables	Other noodle based dishes
26	Threed	Other Threed varieties (Margooka and different varieties)
27	Fish (fillet)	
28	Fish (whole)	
29	Jasheed	
30	Madrooba	
31	Aubergine (fried)	Courgette
32	Black Eyed Peas	Red beans
33	Broad Beans	
34	Broccoli	Cauliflower
35	Carrots (boiled)	
36	Chick Peas	
37	Green Beans	
38	Mixed Vegetables (1)	Other vegetable mixes
39	Mixed Vegetables (2)	Other vegetable mixes
40	Mushrooms (fried)	
41	Peas	Sweet corn
42	Carrots (raw)	Grated cabbage, nut and carrot salad, grated salads without dressing
43	Cucumber	
44	Lettuce - Cos/Romaine	Other green leaves
45	Lettuce - Iceberg	Other green leaves
46	Lettuce - Lollo Bianco	Other green leaves
47	Tomatoes	
48	Coleslaw	Other grated salads with mayonnaise or dressing
49	Daal (1)	Other varieties of daal
50	Daal (2)	Other varieties of daal
51	Fattoush	Other similar salads
52	Foul	Mussabaha, Qudsiyah
53	Tabouleh	Other similar salads
54	Vegetable Curry	
55	Vegetable Saloonah/Stew	
56	Fruit Salad	

No.	Food	Equivalent Foods
57	Melon	Papaya
58	Watermelon	
59	Brie Cheese	Other soft cheeses (Camembert)
60	Cheddar Cheese	Other hard cheeses
61	Cream Cheese	Other spreadable cheeses and other spreads such as peanut butter
62	White Cheese	
63	Apple Tart	Other fruit pies/tarts
64	Cheesecake	Other similar desserts
65	Chocolate Cake/Gateaux	Similar moist cakes
66	Kunafa	Other similar desserts
67	Plain Cake	Other similar cakes
68	Sponge Cake	Other similar sponge cakes
69	Custard	Crème caramel and other similar puddings
70	Jelly	
71	Rice with Milk	Milk puddings (Mahalabia)
72	Sago	
73	Trife	Other similar desserts
74	Ummali	
75	Mamroosa (dates)	
76	Ice Cream	Other frozen desserts such as sorbet, frozen yoghurt
77	Khabisa	Bathita
78	Assedah	
79	Balaleet	
80	Butter - Spread on Bread	Other fat spreads
81	Butter - Spread on Crackers	Other fat spreads
82	Nuts	
83	Soup	Other soups and broths
G9	Kebab	Kofta

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### Saloonah

meat .....	23
vegetable.....	55

Sambosa .....	G20
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Sausages.....	G10
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Shawarma .....	15
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Shabyatt.....	G17
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Sliced meats .....	G10
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### Slices of

apple tart .....	63
bread .....	G4
Brie cheese .....	59
cheddar cheese .....	60
cheesecake .....	64
chocolate cake.....	65

gateaux .....	65
meat (luncheon meat) .....	G10
melon .....	57
pizza .....	G18
plain cake .....	67
roast beef .....	14
sponge cake .....	68
tomato .....	47
watermelon .....	58
white cheese .....	62
Soup .....	83
Spaghetti .....	6
Spaghetti bolognese .....	24
Spinach pastry .....	G20
Sponge cake .....	68
Spoons .....	G27
Steak .....	16
Stew (see Saloonah)	
Stickan .....	G24
Strawberries .....	G15
Stuffed cabbage .....	G21
Stuffed courgette .....	G21
Stuffed vine leaves .....	G21
<b>T</b>	
Tabouleh .....	53
Threed .....	26
Tikka .....	17
Tomatoes	
slices and chunks .....	47
whole .....	G11
Tripe .....	73
<b>U</b>	
Ummali .....	74

## V

Vegetable curry .....	54
Vegetable dishes	
curry .....	54
daal .....	49, 50
foul .....	52
saloonah .....	55
stew .....	55
Vegetable saloonah .....	55
Vegetable stew .....	55
Vegetables (see also salad)	
aubergine .....	31
black eyed peas .....	32
broad beans .....	33
broccoli .....	34
carrots, boiled .....	35
carrots, raw .....	42
chick peas .....	36
green beans .....	37
mixed .....	38, 39
mushrooms .....	40
peas .....	41
Vegetables with noodles and chicken .....	25
Vine leaves, stuffed .....	G21
<b>W</b>	
Watermelon .....	58
Wedges .....	11
White cheese .....	62
White rice .....	2
Wings, chicken .....	G8







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