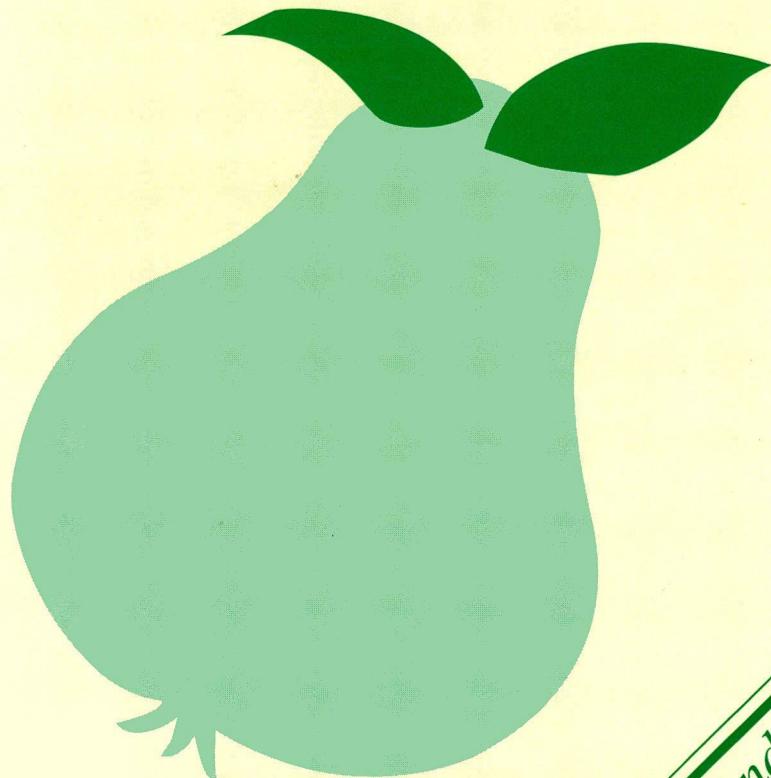


Ministry of Agriculture, Fisheries and Food

FOOD PORTION SIZES



Second Edition

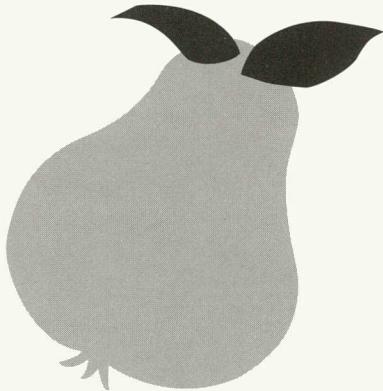
Lucy Jayne

Ministry of Agriculture Fisheries and Food

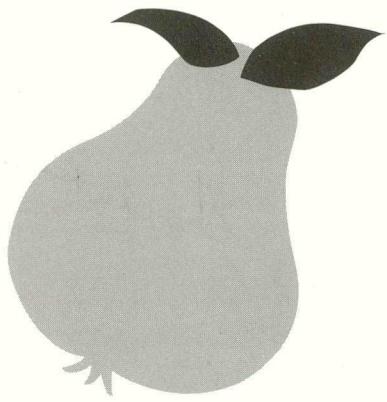
Shoesta Safety

FOOD PORTION SIZES

Second Edition



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INTRODUCTION

This book has been compiled primarily by Alison Mills and Sejal Patel and continues the concept of the first edition by Helen Crawley.

As before this book provides up to date information on typical weights and portion sizes of foods eaten in Britain. It provides dietitians, nutritionists, and anyone wishing to estimate how much they eat, with average values for the weights of both individual food items and average portion sizes. By using this book in conjunction with nutritional information on food labels or a standard reference book of food composition such as the Ministry of Agriculture, Fisheries and Food's Manual of Nutrition¹, McCance and Widdowson's 'The Composition of Foods'² and its supplements (all of which present nutrient value in 100g of the food), the energy and nutrients in portions of the foods and therefore in a typical day's meals can be calculated.

This edition now includes information that has been collected during a large number of recent weighed dietary studies carefully conducted by the Ministry of Agriculture, Fisheries and Food throughout Britain. In addition a large number of weights have been revised from manufacturers' information and by weighing numerous new items of food, particularly take-away foods and some foods which are not yet required by law to be labelled with their weight.

The weights in this book fall into two categories:

- 1 Weights of specific discrete items, e.g. a packet of crisps, a chocolate bar, a biscuit, an ice-lolly etc.
- 2 Average portions of larger items, e.g. of pasta, vegetables, apple crumble etc.

Individual items

In many cases a specific name or brand is sufficient to distinguish a particular product e.g. a 'bourbon biscuit', but it is still important to check the weight given on the packet wherever possible. Weights of manufactured foods may vary as manufacturers increase and decrease

weights and prices, or may offer larger packs for promotional purchases. It is important to be aware that all 'standard' weights can vary from those printed here and that there can be significant differences between brands.

Portion sizes indicated in this book are not necessarily intended to relate to serving sizes for the purposes of nutrition claims, these being subject to special legal provisions in their own right.

Where the information is less specific this book can also be used to obtain a suitable estimate or average value. In such cases, first check the exact food description: an apple can be 'small' or 'large', and other foods as purchased can vary from the 'bite size' to the 'economy'. If the packet is not available, an idea of size or purchase price, number of items in a pack or outlet from which it was purchased can all provide useful information. We have tried to include as far as possible the main variations in weight for the same food.

Average portion sizes

Portions from larger items or packets are more variable and this book can at best only provide an estimate of the actual amount consumed. Whilst the values should be reasonably accurate across a population, any individual's intake could be quite different. For example, a child's portion could be smaller and an active man's portion could be larger. However, many weights can be made more accurate if more is known about the food eaten, eg half a large tin of baked beans or a small bowl of cornflakes. Users may need to weigh particular foods to familiarise themselves with small, medium and large portions or thick and thin spreadings. It is often more difficult to assign portion sizes to food eaten outside the home but weights of many standard fast foods and ethnic dishes have been included in the appropriate section.

The book is divided into sections alphabetically, and foods are then listed alphabetically within each group. Foods which fit into more than one section may appear twice. There will also inevitably be cases where regional or ethnic dishes appear under names other than the familiar local names.

This is the second edition of what is planned to be a regularly updated book, and we would appreciate users' and manufacturers'

comments on presentation and on specific weights. We would also welcome suggestions for extending it further.

We would like to thank Alison Blackburn, Sarah Darbyshire, Susan Lee and Gillian Smithers of Nutrition Branch I, for their help and advice in compiling the information in this book.

We would also like to thank the following manufacturers who provided information for the revision of this book:

Birds Eye Wall's Limited, The Biscuit Cake Chocolate and Confectionery Alliance, The Boots Company PLC, Burger King UK Ltd, Cadbury Ltd, Colman's of Norwich, The Federation of Bakers, The Food and Drink Federation, H J Heinz Company Limited, Kellogg's, Kentucky Fried Chicken GB Ltd, Lyons Bakeries (UK Ltd), Mars Confectionery, McDonald's Restaurants Limited, McVities (UK), Meat and Livestock Commission, Milupa, Nestlé UK Ltd, Nestlé Rowntree, Pizzaland International Ltd, Red Mill Snack Foods Ltd, RHM Food Limited, Snack Nut and Crisp Manufacturers Association Ltd, St Ivel Ltd and Wimpy International.

Nutrition Branch I
Ministry of Agriculture,
Fisheries and Food
1993

¹ Manual of Nutrition, 9th Edition, MAFF/HMSO, 1985.

² McCance and Widdowson's 'The Composition of Foods'. 5th Edition B Holland, A A Welch, I D Unwin, D H Buss, A A Paul and D A T Southgate. The Royal Society of Chemistry, 1991.

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1	Baby foods
3	Beverages
7	Biscuits
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81	Sauces, pickles and soups
84	Savoury snacks
89	Sugars, preserves and sweet sauces
90	Vegetables
98	Yoghurts and fromage frais

Standard weights and measures

1 ounce	=	28.35g
1 pound	=	453.6g
1 gram	=	0.0353oz
1 kilogram	=	2.20516lb
1 fluid ounce	=	28.41ml
1 pint	=	568.3ml
1 litre	=	1.76 pints
1 teaspoonful	=	$\frac{1}{8}$ fl oz = about 5ml
1 dessertspoonful	=	$\frac{1}{4}$ fl oz = about 10ml
1 tablespoonful	=	$\frac{1}{2}$ fl oz = about 15ml

SPECIFIC GRAVITIES OF COMMONLY CONSUMED FOODS

All typical portion sizes presented in this book are given in grams of the edible portion of the food unless otherwise stated. Since many dairy products and beverages may be sold or measured by volume, typical specific gravities (densities) of some of these products are given in the table below. To convert volumes into grams multiply by the appropriate specific gravity.

Food and drink	Specific gravity
Milk products and eggs	
Skimmed milk	1.036
Semi-skimmed milk	1.034
Whole milk	1.031
Condensed milk (sweetened)	1.160
Evaporated milk (unsweetened)	1.066
Single cream	1.000
Whipping cream	0.990
Double cream	0.990
Yoghurts	1.080
	(range 1.030–1.200)
Ice cream	variable 0.500–0.600
Eggs	1.020

Food and drink	Specific gravity
Fats and oils	
Palm oil	0.890
Other vegetable oils	0.910–0.925
Selected beverages	
<i>Baby drinks</i>	
Baby fruit juice	1.040
Baby fruit juice drink, concentrated	1.320
<i>Carbonated drinks, not low calorie</i>	
Barley crush	1.070
Cola	1.040
Fruit juice drink	1.040
Lemonade	1.020
<i>Concentrated fruit drinks, not low calorie</i>	
Any fruit not blackcurrant	1.100
Barley water, any fruit, not blackcurrant	1.100
Mixed fruit	variable 1.09–1.120
Ribena—blackcurrant	1.280
<i>Concentrated fruit drinks, low calorie</i>	
Citrus	1.030
Mixed fruit	1.010
Fruit juice	1.020
<i>Fruit juice drinks, ready to drink, not low calorie</i>	
Apple flavour	1.040
Citrus	1.040
Mixed fruit	1.030
Ribena—blackcurrant	1.050

Food and drink	Specific gravity
<i>Fruit drinks, not low calorie</i>	
Mixed fruit with blackcurrant	1.040
Mixed fruit not blackcurrant	1.030
<i>Fruit drinks, low calorie</i>	
Mixed fruit not blackcurrant	1.010
<i>High juice, not blackcurrant, not low calorie</i>	
Concentrated	1.150
Ready to drink	1.040
<i>Milk drinks</i>	
Drink, skimmed milk with whole milk, chocolate flavoured	1.050
Drink, skimmed milk with whole milk, not chocolate flavoured	1.040
Mars milk	1.070
Cadbury's skimmed milk based, milk chocolate drink	1.060
Milk shake, whole milk based, UHT, purchased	1.060
Yoghurt drink containing puréed fruit	1.060
Alcoholic beverages	
<i>Beers</i>	
Beer, bitter, canned	1.008
Beer, bitter, low alcohol	1.020
Beer, draught	1.004
Beer, keg	1.001
Beer, mild draught	1.009
Brown ale, bottled	1.008
Lager, bottled	1.005
Lager, low alcohol	1.010

Food and drink	Specific gravity
Lager, alcohol-free	1.010
Pale ale, bottled	1.003
Stout, bottled	1.014
Stout, extra	1.002
Strong ale	1.018
<i>Ciders</i>	
Cider, dry	1.007
Cider, sweet	1.012
Cider, vintage	1.017
Cider, low alcohol	1.020
<i>Wines</i>	
Red wine	0.998
Rose wine, medium	1.003
White wine, dry	0.995
White wine, medium	1.005
White wine, sparkling	0.995
White wine, sweet	1.016
<i>Fortified wines</i>	
Port	1.026
Sherry, dry	0.988
Sherry, medium	0.988
Sherry, sweet	1.009
<i>Vermouths</i>	
Vermouth, dry	1.005
Vermouth, sweet	1.046
<i>Liqueurs</i>	
Advocaat	1.093

Food and drink	Specific gravity
Cherry brandy	1.093
Curaçao	1.052
<i>Spirits</i>	
40% volume	0.950

BABY FOODS

Boots, First Harvest	Dessert starter Infant desserts Infant savouries, from 4 months Junior desserts Junior savouries, from 7 months Savoury starters, from 3 months	125g 125g 125g 190g 190g 125g
Cow and Gate	Ready to drink baby juice (125mls) Stage 1 jars Stage 2 jars	130g 150g 200g
Dried/powdered baby foods	1 average tablespoon	5g
Fromage frais	Baby Danone Heinz, jar	60g 150g
Heinz	Desserts, from 3 months, can jar Savoury dishes, from 3 months, can jar Savoury dishes, from 7 months, can standard jar large jar	128g 163g 128g 128g 163g 163g 200g
Milupa	Baby Rice Flakes, 1 tablespoon Fine Oat Flakes, 1 tablespoon Infant Foods, 1 tablespoon Junior Foods, 1 tablespoon Junior Drink, 1 heaped teaspoon Sugarfree Fennel Infant Drink, 1 scoop Wholewheat Flakes, 1 tablespoon	5g 2.5g 5g 5g 3.8g 0.3g 5g
Robinson's	Ready to drink baby juice (250mls)	260g
Rusks	Boots, Original Ruskmen Low sugar, flavoured Farley's original Liga	6g 8g 10g 17g 8g

Yoghurts (baby)	Cow & Gate, jar	150g
	Heinz yoghurt dessert, jar	150g
	St Ivel Baby & Toddler	90g

BEVERAGES

Refer to pp viii–xii to convert volumes to grams.

Alcoholic drinks

Babycham	1 bottle	100g
Barley wine	1 bottle	180g
Beer/lager	1 pint	574g
	½ pint	287g
	bottle	250/300g
	small can	333g
	large can	444g
Liqueurs	1 measure	25g
Sherry	1 glass, small	50g
	large	100g
Spirits	1 measure (England and Wales)	23g
	(Scotland)	27g
	(N. Ireland)	35g
	1 airline measure	48g
	1 miniature	29g
Vermouth	1 measure	48g
Wine	1 average glass	125g
	1 small bottle	200g
	1 half bottle	375g
	1 average bottle	750g

Soft drinks and fruit juices

Many beverages are sold or measured by volume.

To convert into grams multiply by the appropriate specific gravity. (see table pp viii–xii).

Carbonated bottled drink	Lucozade (glass bottle)	250ml
	Own brand (plastic bottle)—large	500ml
	Own brand (plastic bottle)—standard	250ml

Beverages

Carbonated canned drink	slim can	250ml
	sports/large can	500ml
	standard can	330ml
	trial/funsize/baby can	150ml
<hr/>		
Cup drinks	Calypso	191g
	Scotts	191g
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Dilutable still drinks	average measure	50g
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Fresh orange juice	1 orange, freshly squeezed	50g
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Fruit Juice	average glass	160g
	individual carton	200g
	tall tumbler	300g
	wine glass	120g
	Britvic canned	173g
	pub bottle	110g
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Lime cordial	in ½ pint lager	45g
	in 1 pint lager	90g
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Mineral water	large	500g
	standard	330g
	small	250g
	Evian, small	200g
	canned, standard	330g
	canned, small	250g
<hr/>		
Mixers	pub bottle	110g
	Schweppes, bottled	250ml
	standard, bottle	330ml
	tonic water, canned	170ml
<hr/>		
Pouch drinks	Capri Sun	208g
	Geebee Twist & Squeeze	201g
	Lucozade Sport Isotonic drink	250g
	Luvly Jubbly pouch drink	206g
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Ready to drink still fruit drinks

These are generally purchased in 200ml or 250ml cartons. Some examples of common types:

200ml cartons	Del Monte Fruit Troop	206g
	Five Alive fruit juice drinks	206g
	Libby's C drinks	208g
	Libby's Um Bongo	206g
	Suncrest fruit drinks	206g
250ml cartons	C-Vit	263g
	Own brand, fruit drinks	257g
	Own brand, fruit juice drinks	257g
	Own brand, Hi juice drinks	260g
	Quosh fruit drink	257g
	Robinson's Special 'R' fruit juice drinks	253g
	Rowntree fruit juice drink	257g
	Wells Sugar free fruit drinks	253g
Ribena	concentrate, average measure	38g
	individual carton	263g
	kingsize carton	394g
Squash (concentrate)	average measure	50g
	diluted (1:4)	250g

Other beverages

Cadbury's highlights	1 sachet	11g
Chocolate break	1 sachet	28g
Chocolate drinks, instant	1 sachet, average	11g
Chococino (Nestlé)	1 sachet	20g
Cocoa	1 teaspoon heaped level	6g 2g
Coffee	1 average cup	190g
	1 average mug	260g
	1 average vending machine cup	170g
	1 teaspoon instant, heaped level	2g 1g

Beverages

Cappuccino (Nescafé) unsweetened	1 sachet 1 sachet	13g 12g
Drinking chocolate	for 1 mug	18g
Horlicks chocolate malted food drink	for 1 mug	20g
Horlicks, instant, low fat	1 sachet	32g
Horlicks malted food drink	for 1 mug 1 sachet	25g 23g
Lemon tea, instant	1 teaspoon for 1 mug	2g 6g
Nesquik	for 1 tumbler of milk 1 rounded teaspoon	15g 5g
Ovaltine	for 1 mug 1 sachet	20g 23g
Ovaltine light	1 sachet	20g
Tea	1 average cup 1 average mug 1 average vending machine cup	190g 260g 170g

BISCUITS

Abbey Crunch		9g
All butter shortbread, McVities		20g
All butter thins		5g
Animals		10g
Arrowroot, thin		8g
Assorted creams		12g
<hr/>		
Bandit		24g
Bath Oliver		15g
Blue Ribband	standard	22g
	mini	12g
Boasters, McVities	double chocolate	19g
	hazlenut/pecan	17g
Bourbon		13g
Brandy snaps		15g
Breakaway		24g
Butter crunch		7g
Butter puffs		10g
<hr/>		
Caramel wafer, Tunnocks		27g
Carr's Table Water	large	8g
	small	3g
	with sesame seeds	3g
Cereal bars, Boots		30g
Cheddars		4g
Mini Cheddars	bag	33g
	each	2g
Cheese sandwich		7g
Cheese thins		4g
Chocolate and nut cookies		8g
Chocolate chip gingers		13g
Chocolate chip oaties		7g
Chocolate coated ginger and		
pear bar, Boots		45g
Chocolate fingers		6g
Classic bar, Fox's		34g
Club	(all except wafer)	24g
Club wafer		19g
Cluster	(all varieties)	28g

Biscuits

Coconut cookies		15g
Coconutmallows		11g
Cookies, Boots		17g
Mini cookies	per bag	30g
	Boots, per bag	40g
Corn crisp	1/8	20g
Cream crackers		7g
Crispbread	crackerbread	10g
	extra thin	5g
	Kavli, muesli	10g
	Ryvita	10g
	Scanda	6g
	wholewheat	15g
Crunchy bars, Jordans		33g
Custard creams		11g
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Digestive		
	chocolate bar, McVities	19g
	chocolate, McVities	18g
	creams, McVities	14g
	full coated	20g
	McVities	15g
	sweetmeal	13g
	sweet meal, chocolate	13g
<hr/>		
Farleys rusk		17g
Farmhouse crackers		8g
Fig rolls		15g
Fingers, chocolate coated		6g
54321		21g
Fivers		17g
Flapjacks	Boots	70g
	Large	90g
	Yoghurt coated	50g
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French toast		8g
Fruit shortcake		10g
Fruit Shrewsbury		15g
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Garibaldi		10g
Giant cookies	Boots, Paterson Bronté	60g
	Own brand	50g
Ginger bar, McVities	chocolate coated	28g

Biscuits

Ginger crunch creams		13g
Ginger nuts		10g
Ginger snaps		7g
Ginger thins		7g
Gipsy creams		13g
Gold bar		22g
Golden crumble		9g
Golden crunch creams		13g
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Harvest crunch bars		20g
Hi-Lo crackers		5g
Hob-nob bar		27g
Hob-nobs	chocolate coated	16g
	creams	14g
	plain	14g
Hovis crackers		7g
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Iced gems	per bag	30g
	each	2g
Iced ring biscuits		12g
Iced shorties		9g
<hr/>		
Jaffa cakes		13g
Jam rings		13g
Jam sandwich creams		13g
Jamboree mallow		20g
Jammy dodgers		17g
Jaspers	chocolate coated	13g
Jump cereal bar		15g
		21g
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Kavli	muesli crispbread	10g
Kracka wheat		7g
Krisprolls		10g
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Lemon puffs		10g
Lincoln biscuits		8g
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Mallows		17g
Malted milk		9g
Malted milk creams		12g
Marie		8g

Biscuits

Marshmallow teacake		18g
Maryland cookies		9g
Mini cookies	Boots, bag	40g
	McVities, bag	30g
	each	3g
Misbits		10g
Montana		29g
Morning coffee		5g
Munchmallow		18g
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Nice	finger	5g
<hr/>		
Oatcakes	round	13g
	triangle	17g
Orange creams		12g
Original crunchy bars,		
Jordans		33g
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Peanut sticks	bag	30g
Penguin		25g
Petit beurre		7g
Petticoat tails		13g
Plain chocolate digestive	sweetmeal	13g
Plain chocolate homewheat	McVities	17g
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Raisin and honey, Prewetts		15g
Rice cake		7g
Rich tea		7g
	chocolate coated	13g
Ritz	cheese sandwich	8g
	plain	3g
Riva, McVities	2 piece bar	25g
Rocky biscuit		29g
Ryvita		10g
<hr/>		
Sesame seed thins	crackers	4g
Shortbread finger		13g
Shortcake		10g
Snack, Cadbury's		5g
Snowballs		25g
<hr/>		
Taxi		14g

Biscuits

Tetley tea folk		24g
Thin arrowroot		8g
Toffypops		18g
Tracker	standard	37g
	packet of 6, each	27g
	buttermunch	18g
Treacle crunch creams		13g
Trio		24g
Triple bar		22g
Tuc	each	5g
	savoury sandwich	14g
Tuc, mini	bag	25g
	each	2g
Twiglets	standard	50g
	packet of 6, each	25g
	each	1g
Typhoo Tea Break	each	24g
Tyrol bar, Prewetts		28g
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United	golden crunch/orange/mint	21g
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Viennese fingers		21g
Viscount	mint/orange	16g
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Wafer, not coated		15g
Wafer, pink filled		7g
Wafers for ice cream	see Ice creams and ice lollies	
Wagon wheels		31g
Water biscuits		8g
Wholemeal	bran	15g
	crispbread	5g
	shortbread	15g
<hr/>		
YoYo	mint	19g
	toffee	20g
<hr/>		

Biscuits, if name not specified = averages

Cheese biscuits		4g
Cream sandwich biscuits		12g
Full coated chocolate biscuits		24g
Semi-sweet biscuits	e.g. Marie	7g

Biscuits

Sweet biscuits	cookies, crunch	10g
Wafer biscuits	(cream filled, not ice-cream wafers)	7g

BREAD, ROLLS, CHAPATIS, ETC.

Bagel	plain	70g
Breadstick	each	7g
Brioche	individual	45g
Chapati	white or brown, average, without fat with fat	55g 60g
Croissant	chocolate, 'pain-au-chocolat' mini plain savoury filled	60g 35g 60g 90g
Croutons	with soup, homemade purchased	25g 15g
Crumpet	toasted	40g
Danish style light bread		
sliced	medium slice fresh toasted	20g 18g
French stick	2" slice 6" slice	40g 120g
French toast	bread coated in egg, fried, 1 slice	70g
Garlic bread	1 slice 1 slice with cheese restaurant portion	20g 40g 60g
Malt loaf	1 slice	35g
Muffin	white, toasted wholemeal, toasted	68g 72g
Naan bread	filled plain	155g 160g

Nimble, sliced	1 slice fresh toasted	20g 18g
Papadum	fried grilled	13g 10g
Paratha	plain stuffed	140g 170g
Pikelets	toasted, each	25g
Pitta bread	'mini', picnic small large	35g 75g 95g
Potato cake/bread	1 farl, fried grilled	65g 56g
Pumpernickel	1 average slice	33g
Puri, fried		70g
Rolls	bagel bap, granary, white or wholemeal (6" diameter) bridge roll granary roll hamburger bun, bakers prepacked Hovis, 'mini loaf' krisp roll e.g. Pogees white roll, crusty soft wholemeal roll, crusty soft	70g 112g 20g 56g 85g 50g 40g 10g 50g 45g 48g 48g
Roti, bread	cooked in tandoor	100g
Rye bread	1 average slice	25g
Slimcea, sliced	1 slice fresh toasted	15g 13g

Soda bread	1 farl	130g
Staffordshire oatcake		50g
Toasting loaf	white, 1 slice fresh	27g
	toasted	24g
White crusty bread	small loaf, 1 slice fresh	27g
	toasted	24g
	large loaf, 1 medium slice fresh	35g
	toasted	31g
	large loaf, 1 thick slice fresh	50g
	toasted	45g
White sliced bread (including Premium, soft-grain white loaves)	small loaf, 1 slice fresh	25g
	toasted	20g
	large loaf, 1 thin slice fresh	31g
	toasted	22g
	large loaf, 1 medium slice fresh	36g
	toasted	27g
	large loaf, 1 thick slice fresh	44g
	toasted	34g
Wholemeal sliced bread (including brown, granary, wheatgerm loaves)	small loaf, 1 slice fresh	25g
	toasted	23g
	large loaf, 1 medium slice fresh	36g
	toasted	31g
	large loaf, 1 thick slice fresh	44g
	toasted	40g
Wholemeal unsliced bread	small loaf, 1 average slice fresh	30g
	toasted	27g
	large loaf 1 medium slice fresh	38g
	toasted	33g
	large loaf, 1 thick slice fresh	55g
	toasted	50g

NB For a thicker end crust of a loaf add on 10g.

Crusts are 30% of a slice in weight, e.g. a 30g slice weighs 21g without crust.
For fried bread, add on 10g fat per slice.

BREAKFAST CEREALS

All-Bran type cereals	e.g. Branbuds, Grapenuts, All-Bran	
	1 average portion, small	30g
	medium	40g
	large	60g
	1 tablespoon	7g
Clusters, Nestlé	1 average portion	30g
Cornflake type cereals	e.g. Branflakes, Weetaflakes, Frosties, Crunchy Nut Cornflakes, Fruit and Fibre, Golden Crackles	
	1 average portion, small	20g
	medium	30g
	large	50g
	1 tablespoon Branflakes	8g
	1 tablespoon Cornflakes	6g
	1 tablespoon Frosties	8g
	1 tablespoon Golden Crackles	7g
	1 variety pack, Cornflakes	17g
	Frosties/Crunchy Nut	
	Cornflakes	23g
	Golden Crackles	25g
Instant oat cereal	e.g. Ready Brek	
	made up weight,	
	average portion, small (1/6 pint milk)	130g
	medium (1/4 pint milk)	180g
	large (1/3 pint milk)	225g
Lucky Charms, Nestlé		30g
Muesli cereals, not crunchy	e.g. Alpen, Country Store	
	1 average portion, small	30g
	medium	50g
	large	80g
	1 4oz cup muesli	100g
	1 sachet Alpen	40g
	1 tablespoon	15g

Breakfast Cereals

Muesli, crunchy	e.g. Original Crunchy, Harvest Crunch	
	1 average portion, small	40g
	medium	60g
	large	100g
	1 tablespoon	20g
Multi Cheerios, Nestlé	1 tablespoon	5g
Pop Tarts, Kellogg's	each	52g
Porridge	made up weight, average portion, small	110g
	medium	160g
	large	210g
Puffed wheat	1 average portion	20g
	1 tablespoon	3g
Rice Krispie type cereals	e.g. Rice Krispies, Ricicles, Puffed Rice Cocopops, Special K	
	1 average portion, small	20g
	medium	30g
	large	45g
	1 tablespoon	4g
	1 variety pack, Cocopops	30g
	Rice Krispies	20g
	Ricicles	30g
Shredded Wheat, Nestlé	average portion (2)	45g
	each	22g
	Mini, average portion, small	35g
	medium	45g
	large	70g
Shreddies, Nestlé	average portion	45g
Splitz type cereal eg raisin	average portion, small	25g
	medium	40g
	large	60g
	1 tablespoon (7 pieces)	9g

Breakfast Cereals

Start multi-grain, Kelloggs	1 tablespoon (15 pieces)	6g
Sugar puff type cereals	e.g. Sugar Puffs, Smacks	
	1 average portion, small	20g
	medium	30g
	large	50g
	1 tablespoon	6g
Weetabix	1 bisc	20g

Cakes

CAKES, BUNS AND PASTRIES

Almond slice		35g
American muffins	purchased	85g
Angel sandwich	purchased, average slice	40g
Apple and mincemeat tart	individual	88g
Apple strudel	slice	115g
Apple sundae		53g
Apple turnover	individual	100g
Bakewell tart	individual	43g
	slice of large tart	120g
Baklava, Greek pastry		100g
Banana cake	average slice	85g
Battenburg	purchased, average slice	32g
Belgian bun		110g
Black forest gateau	average portion	90g
Blackcurrant and apple slice		32g
Blackcurrant sundae		55g
Chelsea bun		78g
Cherry bakewell		46g
Cherry fruit cake	average slice	42g
Cherry slice		38g

Chocolate cake with buttercream	average slice frozen, average slice	65g 35g
Chocolate cupcake		40g
Chocolate eclair	bakery or home-made purchased, frozen, fresh cream,	90g 35g
Chocolate fancy, Lyons		25g
Chocolate fudge slice		98g
Chocolate krispie cake		25g
Chocolate mini roll		25g
Chocolate swirl, Lyons		28g
Choux bun	filled with cream	112g
Coconut cake	average slice	40g
Coconut crunch cake, Lyons		27g
Coconut pyramid		25g
Country slice		38g
Cream horn		60g
Cream slice		100g
Cupcakes, Lyons	purchased, iced	39g
Currant bun		60g
Custard tart	individual slice of large tart	94g 140g
Dairy cream sponge	average slice	39g

Danish pastry	large medium	180g 110g
Devonshire split		65g
Doughnut	apple filling cream, custard filling iced jam filling large, iced or filled ring	85g 75g 75g 75g 130g 60g
Eccles cake		45g
Fairy cake		28g
Flake cake		31g
Flapjack	medium slice large slice	60g 90g
Florentines		60g
French fancy	fondant fancy	30g
Fruit cake	plain, average slice, homemade plain, average slice, purchased rich, average slice rich with marzipan and icing	90g 60g 70g 70g
Fruit malt loaf		35g
Fruit pies	see Puddings and fruit pies	
Gateau with fresh cream	average slice individual pot	85g 90g
Gingerbread man		50g
Gingerbread, parkin		50g

Hot cross bun		50g
Iced bun		65g
Jam tart	individual slice of large tart	34g 90g
Jamaica ginger cake	average slice	35g
Lemon meringue pie	average slice individual	150g 39g
Macaroons		28g
Madeira	purchased, average slice	40g
Melting moment		30g
Meringue	with cream without cream	28g 8g
Mince pie	individual slice of large pie	55g 90g
Mini-roll	chocolate/vanilla raspberry/vanilla	25g 27g
Ostler, Lyons	any flavour	30g
Paklava, Greek pastry		100g
Rock cake		45g
Rum Baba		198g
Russian cake	sliced, average slice	180g
Scones	drop scones plain, fruit, cheese potato wholemeal with cream and jam, purchased	31g 48g 57g 50g 50g

Cakes

Sponge cake		
no fat, with cream, purchased		58g
with fat, with buttercream filling,		
average slice		60g
with fat, with jam filling,		
average slice		60g
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Sponge finger	each	4g
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Sultana cake	purchased, average slice	50g
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Swiss bun		50g
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Swiss roll	average slice	30g
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Teacake	fresh	60g
	toasted	55g
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Treacle tart	individual	35g
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Trifle sponge		24g
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Vanilla slice		113g
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Viennese slice	average	34g
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Viennese split	each	16g
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Viennese whirl	each	27g
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Welsh cakes		28g
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CHEESE AND CHEESE DISHES

Camembert type cheese	1/6 portion	40g
	average portion	40g
Cauliflower cheese	average portion, main dish	200g
	side dish	90g
	frozen purchased ready meal, for one	235g
Cheddar type cheese	chunk, small	20g
	medium	40g
	large	60g
	grated, 1 tablespoon	10g
	matchbox size piece	30g
	pick 'n' mix, each	20g
	in ploughmans lunch, average	120g
	in sandwich, average (cheese only)	45g
Cheese and egg flan	1 slice	120g
Cheese and onion pastie		125g
Cheese triangle	small, Dairylea	14g
	Laughing Cow	17g
	large, Dairylea chunky	25g
Cottage cheese	1 small pot	112g
	1 tablespoon	40g
	in sandwich	50g
Cream cheese	pick 'n' mix, each	17g
	in sandwich, average	30g
Crispy cheese pancake	purchased frozen, fried	68g
Danish blue	average portion	30g
Edam/Gouda type	average portion	40g
Fromage frais	see Yoghurt and fromage frais	

Low fat soft cheese,

Quark	1 heaped tablespoon	55g
Macaroni cheese	average portion	300g
	canned, large tin	430g
	small tin	210g

Mini baby bel	each	18g
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Pizza	chilled/frozen, large	350–500g
	medium	200g
	frozen, fun size	40g
	individual slices	100g
	small	100g
	homemade, average portion	300g

Pizza, deep pan

5" diameter	average, cheese & tomato	116g
	meat/fish	160g
	vegetarian	150g
	'special'	190g
6" diameter, children's	average, cheese & tomato	220g
7" diameter (serves 1)	average, cheese & tomato	230g
	meat/fish	290g
	vegetarian	300g
	'special'	360g
<i>1 slice = 1/4 of total weight of pizza</i>		
9–10" diameter (serves 1–2)	average, cheese & tomato	410g
	meat/fish	500g
	vegetarian	500g
	'special'	580g
<i>1 slice = 1/6 of total weight of pizza</i>		
12" diameter (serves 2–3)	average, cheese & tomato	700g
	meat/fish	800g
	vegetarian	800g
	'special'	890g
<i>1 slice = 1/8 of total weight of pizza</i>		

Pizza, thin crust		
7" diameter (serves 1)	average, cheese & tomato meat/fish vegetarian 'special'	116g 150g 150g 190g
	<i>1 slice = 1/4 of total weight of pizza</i>	
9–10" diameter (serves 1–2)	average, cheese & tomato meat/fish vegetarian 'special'	260g 310g 340g 350g
	<i>1 slice = 1/6 of total weight of pizza</i>	
12" diameter (serves 2–3)	average, cheese & tomato meat/fish 'special' vegetarian	560g 660g 740g 660g
	<i>1 slice = 1/8 of total weight of pizza</i>	

Average weights of extra toppings, per individual medium pizza (10" thin crust, 7" deep pan)

anchovies	10g
cheese	30g
ham, bacon, pepperoni, salami, sausage	30g
mushroom, pepper, onion, sweetcorn	30g
pineapple	60g
spicy beef, chicken	30g
tuna, olives	15g

Processed cheese	1 slice	20g
	1 triangle, small	14g
	Dairylea, Laughing Cow	17g
	1 triangle, large, Dairylea chunky	25g

Stilton		35g
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Vol au vents	filled with cheese sauce, 1 small	30g
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Welsh rarebit	topping only	40g
	with toast, 1 slice	67g

CONFECTIONERY

Aero milk chocolate, Nestlé

Rowntree	bar	48g
	chunky bar	37g
	snack size	28g
	mini	11g

After Eight mints, Nestlé

Rowntree	each	8g
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American hard gums

	tube	45g
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	each	4g
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Aniseed balls

	each	4g
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Applause, Mars

	standard bar	50g
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	fun size	24g
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Barker and Dobson menthol

BPC	each	8g
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Barley sugar

	piece	7g
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Barratt's everlasting toffee

strip		22g
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Barratt's French nougat

	bar	114g
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Barratt's fruit drops

	box	115g
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	small packet	56g
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	each	16g
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Bassett's jelly babies

	box	115g
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	small packet	56g
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Bassett's liquorice Allsorts

	box	115g
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	small packet	56g
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	each	5g
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Bettabar

	bar	30g
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Black Magic, Nestlé

Rowntree	chocolate assortment, each	8g
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Blackjacks

	each	4g
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Bon bons

	packet	113g
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Boost bars, Cadbury's

	Biscuit Boost	57g
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	snack size	36g
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	treat size	21g
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	Coconut Boost	53g
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Bounty bar, Mars

	plain/milk, twin	57g
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	mini	29g
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Bournville chocolate,			
Cadbury's	small bar		50g
Bournville Fruit & Nut bar,			
Cadbury's			100g
Brazil nut chocolates	each		12g
Bubble gum	average each		4g
	bubble hamburger		6g
	Bubblicious		5g
	High blow		8g
	Hubba bubba		6g
	Super bazooka		8g
Buttermints	each		7g
Butterscotch	packet		133g
Buttons, chocolate,			
Cadbury's	large packet		51g
	standard packet		33g
	4 buttons		5g
	treat size		14g
	creamy white buttons, packet		32g
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Cadbury's Bar Six			40g
Cadbury's Caramel	bar		50g
	treat size		17g
Cadbury's Caramel Egg			40g
Cadbury's Chomp			26g
Cadbury's Creme Egg			39g
	mini		12g
Cadbury's Crunchie			42g
	treat size		17g
Cadbury's Curly Wurly			29g
Cadbury's Dairy Milk			
chocolate	standard bar		54g
	snack size		30g
	vending		43g
	miniatures		5g
	square		7g
	treat size		15g
Cadbury's Double Decker	standard bar		51g
	treat size		19g
Cadbury's Flake	bar		34g
	99, treat size, finger		9g

Cadbury's Finger of Fudge	bar	30g
	treat size	15g
Cadbury's Fruit & Nut milk chocolate	standard	52g
	snack	30g
Cadbury's Golden Crisp		100g
Cadbury's Mini Eggs	packet	85g
	each	3g
Cadbury's Nut Crisp	bar	44g
Cadbury's Old Jamaica		100g
Cadbury's Picnic	bar	49g
	snack	29g
Cadbury's Shoe People		15g
Cadbury's Snack	6 shortbread	42g
	1 shortbread	7g
Cadbury's Spira	finger	20g
Cadbury's Tasters	packet	45g
Cadbury's Tiffin		100g
Cadbury's Time Out bar	bar	40g
	finger	20g
	treat size	20g
Cadbury's Top Deck		100g
Cadbury's Twirl	bar	44g
	finger	22g
	treat size	22g
Cadbury's Strollers	packet	45g
Cadbury's Whole Nut	standard	51g
	snack size	30g
Cadbury's Wildlife	bar	22g
Cadbury's Wispa	standard	39g
	snack size	23g
	treat size	15g
Caramac, Nestlé		
Rowntree	bar	30g
	per square	3g
Chewetts	packet	18g
	each	3g
Chewing gum	average packet	18g
	stick	2g
Chews, fruit salad	each	4g
Chewy mints	tube	39g
	each	3g

Chocolate almonds	each	3g
Chocolate assortments,		
Cadbury's	each	10g
Chocolate brazils	each	12g
Chocolate covered ginger	each	8g
Chocolate eclairs	tube	46g
	each	9g
Chocolate mice	large, each	6g
	small, each	3g
Chocolate nuts, M & M's,		
Mars	packet	47g
Chocolate orange/mint crisp	each	10g
Chocolate orange, Terry's	bar	49g
Clear mints	glacier mints, tube	38g
Coconut Grove		55g
Coconut ice		125g
Cola bottles	(jelly), each	3g
Cola sweets	each	4g
Cote D'or chocolate	1 square	8g
Creamy fudge	1 inch square	11g
Crunch, Nestlé Rowntree	bar	31g
Crunch, Milk, Nestlé Rowntree	bar	33g
Dextrosol	glucose tablet, each	7g
Dime bar		30g
	snack size	13g
Dolly mixtures	box	115g
	bag	56g
Drifter bar, Nestlé Rowntree	standard size	56g
	per finger	28g
Edinburgh rock	average stick	100g
Eggs	Cadbury's caramel egg, each	40g
	Cadbury's mini creme egg, each	12g
	Cadbury's mini eggs, each	3g
	Creme eggs, each	39g
	Nutcracker, Terry's per half shell	18g
	Truffle eggs, Galaxy per half shell	17g
Everton mints	each	6g
Extra strong mints, Trebor	tube	51g

Fisherman's Friend throat

lozenges	each	1g
Fizzers	packet	4g
Flump	pink marshmallow shape, each	2g
Fruit bon bons	each	7g
Fruit drops	tube	16g
Fruit gums, Nestlé Rowntree	tube	40g
	each	2g
Fruit pastilles, Nestlé		
Rowntree	tube	42g
	mini	18g
	each	3g
Fruit salad chews	each	4g
Fruitellas	tube	34g
	each	4g
Fry's chocolate cream	bar	50g
Fry's turkish delight	bar	51g
Fudge	no additions, 1 inch square	11g
Fudge finger, Cadbury's	treat size	30g
		15g
Galaxy	bar	47g
Galaxy Gold	bar	43g
Galaxy truffle egg		34g
Ginger, chocolate covered	each	8g
Glacier fruits	tube	38g
Glacier mints	clear mints, tube	38g
	each	3g
Gobstoppers	each	8g
Golden cup bar, Nestlé	large	60g
Rowntree		
	standard	37g
	small	22g
Hacks, throat lozenges	each	3g
Hall mentholypus	packet	32g
Halo Chocolate, reduced calorie	bar	29g
Haribo Gummi bears	packet	125g
Hazel whirls	each	8g
Highland toffee bar		15g
Humbugs	each	8g

Jelly animal	each	12g
Jelly babies, Bassett's	box	113g
	small bag	56g
	each	6g
Jelly beans	each	3g
Jelly bears, Gummi bears	packet	125g
Jelly bottles	each	3g
Jelly shapes	each	5g
Jelly tots, Nestlé Rowntree	packet	43g
	mini pack	25g
	each	1g
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Kit Kat, Nestlé Rowntree	4 fingers	49g
	2 fingers	22g
KP chocolate/toffee dips	biscuits	34g
	dip	17g
Krunch	bar	17g
		31g
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Lion bar, Nestlé Rowntree	standard size	53g
	snack size	34g
	mini	16g
Liqueur chocolates	each	8g
Liquorice Allsorts, Bassett's	box	113g
	small bag	56g
Liquorice shoelace	each	6g
Liquorice sticks	each	3g
Liquorice toffees	each	8g
Liquorice torpedoes	packet	76g
	6 torpedoes	10g
Lockets throat lozenges	packet	43g
Logger fruit and nut chocolate, Terry's	bar	50g
Logger milk chocolate, Terry's	bar	50g
Lollipops	each	5g
Lovehearts	packet	16g
Lucozade tablets	each	4g
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M & M's, Mars	plain	45g
	peanut	47g
	plain/peanut, family bag	120g

Mac throat lozenges	each	3g
Maltesers, Mars	family bag	80g
	standard bag	37g
	each	2g
	funsize	21g
Mars almond snack bar		38g
Mars bar	kingsize	100g
	standard	65g
	snack	42g
	funsize	19g
Marshmallows	each	5g
	bag	40g
Marzipan fruits	each	12g
Matchmakers	each	2g
Milk chew	each	4g
Milk chocolate assortment	each	10g
Milk chocolate bar	average	50g
	1 square	7g
Milk chocolate raisins	packet	44g
	each	2g
Milk gums	each	2g
Milkybar	chunky	37g
	large	33g
	medium	20g
	standard	13g
Milkybar buttons, Nestlé		
Rowntree	bag	30g
Milky Way, Mars	standard	26g
	funsize	17g
Minstrels, Galaxy	family bag	100g
	bag	42g
	each	3g
Mint imperials	each	2g
Minties, Nestlé Rowntree	tube	44g
	each	4g
Mintolas, Nestlé Rowntree	standard tube	62g
	mini tube	21g
	each	4g
Mints, Trebor	extra strong, per tube	51g
	extra strong, each	3g
Moments, Terry's	bar	48g

Murray fruits, Murray mints	tube	50g
	each	5g
Munchies, Nestlé Rowntree	standard tube	55g
	mini tube	18g
	each	5g
Munchies, Nestlé Rowntree, hazlenut	tube	57g
	each	5g
Neapolitans	Terry's nap, each	8g
Newberry fruits	each	9g
Noisette cup	each	8g
Nougat	large bar	114g
	small bar	70g
	sweet	10g
Opal fruits	packet	114g
	tube	45g
	fun size	21g
	each	4g
Orange and lemon slices	each	5g
Orbit gum	stick	2g
Parma violets	packet	16g
	each	1g
Pastilles, fruit, Nestlé Rowntree	tube	40g
	each	3g
Peanut brittle	bar	58g
Pear drops	large, each	6g
	small, each	2g
Penny chew	each	4g
Peppermint creams	not chocolate covered	6g
	chocolate covered	7g
Pineapple chunks	each	5g
Polo fruits, Nestlé Rowntree	tube	30g
Polo mints, Nestlé Rowntree	tube	30g
	mini tube	13g
	each	2g
Pontefract cakes	each	4g
Poppets, Paynes	box	45g
Pyramint, Terry's		30g

Quality Street, Nestlé

Rowntree	chocolate assortment, each	8g
Refreshers	tube	14g
	each	1g
Revels, Mars	family packet	105g
	packet	35g
	each	2g
Ripple bar, Galaxy		22g
Ritter chocolate bars	all types	100g
Rock	1 average stick	100g
Rolo Egg, Nestlé Rowntree	each	34g
Rolos, Nestlé Rowntree	tube	58g
	mini tube	27g
	each	5g
Ruffle bar, Cadbury's		28g
Rum and raisin fudge	1 square inch	11g
Rum and raisin toffee	each	8g
Secret, Nestlé Rowntree	bar	39g
Sesame snaps	packet	30g
Sherbet bon bons	each	7g
Sherbet Dib Dab, Barratts	lolly	5g
	sherbet	14g
Sherbet Fountain, Swizzles	sherbet	24g
	liquorice	5g
Sherbet lolly		5g
Sherbet pips	each	1g
Skittles	family bag	125g
	packet	60g
	fun size	23g
Smarties, Nestlé Rowntree	tube	37g
	mini box	15g
Snickers bar, Mars	king size	100g
	standard	61g
	snack bar	38g
	fun size	19g
Soft mints	tube	45g
Strepsils throat lozenges	each	3g
Suchard chocolate bars	standard	100g
Suchard praline milk		
chocolate bar		42g

Suchard Toblerone	very large	400g
	large	200g
	medium	100g
	small	50g
	mini	35g
Sugared almonds	each	6g
Sweet cigarette	each	7g
Tasters, Cadbury's	bag	45g
Terry's Bitz	bar	50g
Terry's Chocolate orange, milk/plain	bar	49g
Terry's Crispy Caramel	bar	45g
Terry's Logger	bar	50g
Terry's Moments	bar	48g
Terry's Neapolitans, 'naps'	each	8g
Terry's Orange chocolate	1 piece	9g
Terry's plain chocolate bar	large	150g
	medium	100g
	small	50g
Terry's plain chocolate bar with marzipan		41g
Terry's Waifa bar	plain or milk chocolate	35g
Throat pastilles	each	2g
Tic-Tacs	box	12g
Toblerone, Suchard	large	200g
	medium	100g
	small	50g
	mini	35g
Toffee Cup		23g
Toffee Crisp, Nestlé		
Rowntree	standard	48g
	snack size	33g
	mini	18g
Toffee egg		20g
Toffees	not chocolate covered, no additions, each	8g
Toffos, plain/mint/assorted	tube	47g
	each	5g
Tooty Frooties	bag	41g
Topic	bar	47g

Tracker	standard bar	37g
	grocer pack (6 pack), each	27g
Tracker buttermunch		18g
Trebor mints	packet	28g
Trebor soft fruits	packet	45g
Tunes throat lozenges	packet	37g
	each	3g
Turkish delight, Fry's	chocolate covered bar	51g
Turkish delight	1 square	15g
Twix, Mars	standard	56g
	single finger	28g
	mini	21g
Twix, Tea breaks		28g
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Victory V's	packet	50g
Vice Versa, Nestlé Rowntree	packet	47g
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Walnut Whip, Nestlé		
Rowntree	each	32g
Wine gums	each	3g
Wrigley's chewing gum	stick	2g
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XXX Mints	tube	48g
	each	3g
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Yes	packet	37g
Yoghurt coated peanuts and raisins	each	1g
Yorkie, almond, Nestlé Rowntree		60g
Yorkie milk chocolate bar, Nestlé Rowntree		66g
	1 chunk	10g
Yorkie, raisin and biscuit, Nestlé Rowntree		61g

EGG AND EGG DISHES

Egg custard	average portion	140g
Egg, duck's	boiled, no shell, average size	75g
Egg fried rice	average portion	270g
Egg, hen's	boiled, no shell, average size	50g
	no shell, size 1	67g
	no shell, size 2	61g
	no shell, size 3	57g
	no shell, size 4	47g
	dried egg, 1 tablespoon	5g
Egg, hen's, white	average size	32g
Egg, hen's, yolk	average size	18g
Egg mayonnaise	average portion	120g
Fried egg	average	60g
Omelette	2 eggs	120g
Poached egg	average size	50g
Quiche	average slice, small, ($\frac{1}{4}$ purchased quiche)	95g
	medium	140g
	large	180g
	mini	40g
Scotch egg	average size	120g
	mini, picnic egg	60g
Scrambled egg	2 eggs	120g
Soufflé	average portion	110g
Yorkshire pudding	see Pasta, rice and grains	

FATS

Butter or hard margarine	average spread on slice of bread, thin	7g
	medium	10g
	thick	12g
	average spread on roll, thin	10g
	medium	12g
	thick	15g
	average spread on toasted crumpet	15g
1 curl		8g
1 portion, packed		10g
1 restaurant portion, not packed		20g
1 teaspoon		5g
Butter in 'boil in the bag'		15g
Butter/margarine in baked potato		20g
Flora	1 portion pack	10g
Oil	1 tablespoon	11g
	1 teaspoon	3g
Margarine, soft; low fat spread	average spread on slice of bread, thin	5g
	medium	7g
	thick	10g
	average spread on roll, thin	7g
	medium	10g
	thick	12g
	average spread on toasted crumpet	10g
	thin scraping on crispbread	2g
	1 teaspoon	5g

NB For toast add 2g spread per slice

FISH AND FISH PRODUCTS

Unless specified, weights are edible portion.

Anchovy	1 anchovy	3g
	1 small tin	50g
	average on pizza	10g
Caviar	1 tablespoon	19g
Cockle	1 cockle	4g
	small jar	142g
	average portion	25g
Cod	1 average fillet, small	50g
	medium	120g
	large	175g
	1 average steak	50g
	in batter, small	120g
	medium	180g
	large	225g
	in batter or crumb, oven crispy	100g
	in sauce, purchased, frozen	170g
Cod roe	average portion fried or grilled	116g
	in batter, average portion	160g
Conger eel	average portion, grilled with bones	225g
	without bones	115g
Crab	1 tablespoon crab meat	40g
	1 small can	85g
	1 large can	170g
	1 average dressed crab, no shell	130g
Crabstick	1 stick	17g
Dogfish	see rock salmon	
Dover sole	1 whole, average, with bone	250g

Eel	1 slice, 5" long average portion	20g 70g
Filet-o-fish	McDonald's	156g
Fish and pasta bake	purchased ready meal, average	275g
Fish cakes	1 fried in batter 1 frozen, fried or grilled	100g 50g
Fish fingers	1 fish finger, fried or grilled 1 jumbo size fish finger	28g 60g
Fish in a bun	BurgerKing, Ocean Catch (bun and fish) fried fish in a bun, fish only	175g 75g
Fish in batter	fast food outlet, average fish and chip shop, average	160g 170g
Fish in sauce	frozen, purchased	170g
Fish lasagne	purchased ready meal for one, average	290g
Fish paste	1 small jar 1 medium jar 1 large jar average spread on slice of bread	35g 53g 75g 10g
Fish paté	average portion, as starter	40g
Fish pie	(fish and pastry) average serving (fish and potato, not pastry) average serving purchased frozen ready meal for one	170g 250g 320g
Grey mullet	1 average whole, grilled	100g
Haddock	1 grilled fillet, small medium large	50g 120g 170g

	1 average fillet fried in batter, small	120g
	medium	170g
	large	220g
	1 average fillet, oven baked	100g
	1 average fillet, purchased	
	breadcrumbed, fried or grilled	120g
	1 average fillet, smoked, poached	150g
Hake	1 average steak	100g
Halibut	average portion, poached	110g
	1 average steak, grilled	145g
Herring	1 filleted, small	85g
	medium	119g
	filleted in tomato sauce, 1 can	200g
	pickled, 1 roll mop herring	90g
Herring roe	average portion fried or grilled	85g
Hoki	1 average fillet, grilled	190g
Kedgeree	average portion	300g
King prawn	1, no shell	8g
Kipper	1 grilled fillet, small	85g
	medium	130g
	large	170g
	1 'Boil-in-the-bag', with butter	170g
	1 can kipper fillets	200g
Lemon sole	1 average, grilled or fried or steamed,	
	small	100g
	medium	170g
	large	220g
Lobster	average portion, 2 tablespoons	85g
	half dressed lobster, with shell	250g
Mackerel	1 whole fried mackerel	220g
	average portion grilled mackerel	160g

	1 average smoked mackerel, small	100g
	medium	150g
	large	200g
	1 can mackerel in oil,	
	small can	200g
	large can	425g
	1 can mackerel in curry/tomato/mustard	
	sauce	125g
Monkfish	average portion, grilled	70g
Mussels		
	1 mussel, no shell	7g
	1 average portion, no shells	40g
	1 jar mussels small	80g
	large	198g
	1 small tin smoked mussels	105g
Oysters		
	1 oyster with shell	42g
	1 oyster without shell	10g
	1 dozen oysters, edible portion	120g
	1 can smoked oysters	105g
Paella	frozen, purchased	284g
Pilchards		
	1 canned pilchard in tomato sauce	55g
	1 can pilchards, small	215g
	large	425g
Plaice		
	1 average fillet plaice, steamed or	
	grilled,	
	small	75g
	medium	130g
	large	180g
	1 average fillet plaice, in breadcrumbs,	
	fried, small	90g
	medium	150g
	large	200g
	1 average fillet plaice, in batter, fried,	
	small	150g
	medium	200g
	large	250g

	1 average whole plaice in batter or crumb, oven ready	112g
	1 average whole stuffed plaice, purchased frozen	190g
Prawns	1 prawn, without shell	3g
	1 average portion prawns, shelled	60g
	1 king prawn, without shell	8g
	half a pint of prawns, shelled	142g
	prawn cocktail	88g
	prawns	40g
	lettuce	20g
	cocktail sauce	28g
	1 small jar prawns	100g
Rainbow trout		
	1 average, grilled, with bones and head	230g
	without bones and head	155g
Red mullet	1 average whole, grilled	75g
Red snapper	1 average whole, fried	200g
Rock salmon (dogfish)	1 average portion in batter, fried,	
	small	150g
	medium	200g
	large	250g
Roe	1 average portion cod's roe, grilled or fried	116g
	1 average portion cod's roe in batter	160g
	1 average portion herring roe, fried or grilled	85g
Salmon	1 average salmon steak, steamed or poached	100g
	1 large salmon steak, grilled	170g
	1 average portion canned salmon	100g
	1 average portion canned salmon in a sandwich	45g
	1 average portion smoked salmon	56g

Sardines	6 average, grilled	86g
	1 average portion canned sardines	100g
	1 average portion in sandwich	50g
	1 canned sardine	25g
Scampi	1 average portion of scampi, fried in breadcrumbs	170g
	1 piece scampi, crumb coated	15g
Seafood tagliatelle	purchased ready meal for one	235g
Shrimps	potted, average portion	50g
Skate	1 average large wing, grilled	290g
	1 average portion skate, fried in batter	200g
	1 average portion skate, cooked in butter	150g
Sprats	1 portion sprats, fried or grilled with bones	220g
	1 sprat fried or grilled with bones	55g
Squid	1 average portion cooked squid	65g
	1 average ring of squid, fried in batter (calamari)	20g
	1 average portion fried squid in batter	120g
Swordfish	1 average portion, grilled	140g
Taramasalata	average portion, 1 tablespoon	45g
	1 average tub, purchased	112g
Trout	1 average trout, fried or grilled, with bones and head	230g
	without bones and head	155g
	1 average stuffed trout	270g
Tuna	1 average portion for sandwich filling	45g
	1 average portion with salad	92g
	1 small can	100g
Turbot	1 average whole, grilled	160g

Whelks	1 whelk, without shell	7g
	1 average portion whelks	30g
 White fish	(If type not specified)	
	small fillet	100g
	medium fillet	150g
	large fillet	180g
 Whitebait	1 whitebait, fried in flour	4g
	1 average portion, fried	80g
 Whiting	1 average portion, fried in batter,	
	small	120g
	medium	180g
	large	240g
	1 average portion, steamed	85g

FRUIT

Fruit

Apple	1 raw small eating (6 to 1b) with core	75g
	without core	67g
	1 raw medium eating (4 to 1b)	112g
	without core	100g
	1 raw large eating (2–3 to 1b)	170g
	without core	153g
	stewed with sugar, average portion	110g
	without sugar, average portion	85g
	1 baked, average portion	190g
Apricot	1 raw without stone	40g
	canned with syrup/juice, average portion	140g
	1 dried	8g
Avocado pear	1 raw small without skin or stone	100g
	1 raw medium without skin or stone	145g
	1 raw large without skin or stone	195g
	average ½ pear	75g
Banana	1 raw small without skin	80g
	1 raw medium without skin	100g
	1 raw large without skin	120g
	1 raw slice without skin	5g
	10 dried chips	13g
Bilberries	1 raw	2g
Blackberries	1 raw	5g
	stewed with sugar, average portion	140g
Blackcurrants	5 raw	2g
	Stewed with sugar, average portion	140g
Cherries	1 raw eating without stone	4g
Clementines	1 raw small without skin	40g
	1 raw medium without skin	60g
	1 raw large without skin	80g

Currants	4 dried 1 heaped tablespoon, dried	1g 25g
Damson	1 raw without stone	15g
Date	1 raw without stone 1 dried without stone	25g 15g
Fig	1 raw 1 dried	55g 20g
Fruit juices	see Beverages	
Fruit salad	canned with syrup or juice average portion fresh with syrup or juice, average portion	115g 140g
Gooseberries	stewed with sugar, average portion	140g
Grapes	1 raw 1 seedless small bunch	5g 2g 100g
Grapefruit	1 raw small with skin 1 raw medium with skin 1 raw large with skin $\frac{1}{2}$, raw flesh only canned with syrup or juice, average portion	250g 340g 425g 80g 120g
Greengage	1 raw without stone	50g
Kiwi fruit	1 raw medium without skin	60g
Kumquat	1 raw medium	8g
Lemon	juice from $\frac{1}{2}$ lemon 1 slice for drinks	10g 20g
Loquat	1 raw without stone	13g

Lychee	1 raw without stone or skin canned without stone	15g 13g
Mandarin orange	no skin, small medium large	60g 100g 140g
Mango	1 without stone or peel 1 slice canned in syrup average portion	150g 40g 105g
Medlar	1 raw, without stone	60g
Melon	canteloupe, 1 slice without skin honeydew, 1 slice without skin watermelon, 1 slice without skin	150g 200g 200g
Mineola	average with skin	200g
Mixed dried fruit	1 heaped tablespoon	25g
Nectarine	1 raw small without skin 1 raw medium without skin 1 raw large without skin	130g 150g 190g
Olive	without stone, stuffed olive	3g
Orange	1 raw small without skin 1 raw medium without skin 1 raw large without skin juice from 1 orange	120g 160g 210g 55g
Passion fruit	1 average, flesh and seeds only	15g
Paw paw (papaya)	1 average slice, without skin or stone	140g
Peach	1 raw small without stone 1 raw medium without stone 1 raw large without stone canned with syrup or juice, average portion	70g 110g 150g 120g

Pear	comice, 1 raw medium	150g
	large	250g
	conference, 1 raw medium	170g
	canned, $\frac{1}{2}$ pear	60g
	canned with syrup or juice, average portion	135g
Pineapple	1 raw large slice without skin	80g
	canned, one ring, or 6 chunks	40g
	1 fritter	60g
Plum	raw, small without stone	30g
	medium without stone	55g
	large without stone	85g
Prunes	1 dried	46g
	6 stewed, without stones	19g 60g
Raisins	1 tablespoon dried	30g
Raspberries	1 raw	4g
	raw, average portion (15 raspberries)	60g
	canned with syrup or juice, average portion	90g
Rhubarb	stewed, with sugar, average portion	140g
Satsuma	see tangerine	
Sharon fruit	1 raw	110g
Strawberry	1 raw	12g
	raw, average portion	100g
	canned with syrup, average portion	90g
Sultanas	1 tablespoon, dried	30g
Tangerine	1 raw small without skin	50g
	1 raw medium without skin	70g
	1 raw large without skin	90g

ICE-CREAMS AND ICE-LOLLIES

Bombe	chocolate covered, individual	60g
Bomboniera, Walls		73g
Bounty, Mars	twin	48g
	single	24g
Calippo, Walls		139g
Catering Brickette	strawberry; vanilla (Walls)	36g
Choc ice	Cadbury's Dairy Milk (Nestlé)	56g
	Chunky (Walls)	50g
	Classico (Nestlé)	44g
	Dark and golden (Walls)	48g
	Kick (Walls)	58g
Cones/cornets (no ice cream)	large	4g
	medium	3g
	square	4g
	sugar	11g
Cornetto, Walls	choc 'n' nut	73g
	dairy cappuccino	73g
	mint choc chip	75g
	strawberry	81g
Diddy Tub, Walls	strawberry; vanilla	41g
Elite Tub, Walls	chocolate; strawberry; vanilla	140g
Fab, Nestlé		61g
Feast, Walls	chocolate, mint	85g
	nutty	97g
Frozen yoghurt	average portion	56g
Galaxy Dove, Mars		104g
Hooded skull, Walls		65g
Ice-cream	average serving	75g
	1 average scoop	60g
	block, 1 average slice	75g
	tub	60g
	individual slices, vanilla	36g
	bar, Golden vanilla (Walls)	48g

King Cone, Nestlé	vanilla and strawberry vanilla, chocolate and nuts mint choc chip Indian ice-cream, average	81g 89g 75g 80g
Kulfi		
Magnifico, Walls		117g
Magnum, Walls	almond dark; white chocolate	96g 94g
Mars bar, Mars		57g
Max, Walls	banana; caramel chocolate; toffee; vanilla	59g 70g
Milky Way, Mars		19g
Mincemeat Brulee, Walls		108g
Mini Juice, Walls	apple; orange	36g
Mini Milk, Walls	chocolate; strawberry; vanilla	30g
Mini Yogice, Walls	banana; strawberry	33g
Mint crisp, Nestlé		70g
Mivvi, Nestlé	pineapple and cream raspberry and cream all types except dairy dairy	63g 65g 45g 40g
Mr Men, Nestlé		
Opals Iced fruits, Mars		99g
Orange Fruitie, Walls		82g
Orange Maid		71g
Penguin ice-cream bar, Mars		56g
Romantica, Walls	1 average slice	60g
Screwball, Treats		67g
Scribbler, Walls		45g
Sky, Walls		52g
Snickers, Mars		57g
Sparkles, Walls	lemonade; orange	57g
Strawberry Split, Walls		77g
Tangle Twister, Walls		80g
Toffee Crumble, Nestlé		56g
Too Good To Be True, Walls	average scoop	62g
Tub, ice-cream		61g
Twix, Mars		57g

Vanilla	bar	49g
Viennetta, Walls	1 average slice	56g
	individual	55g
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Wafers	each	2g
	cups	4g
	fan	5g
Whippy ice-cream, Walls	in medium cone	53g
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Zoom, Nestlé		63g
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MEAT AND MEAT PRODUCTS

Bacon		
1 rasher back bacon, fried or grilled average	25g	
1 rasher middle bacon, fried or grilled average	40g	
1 rasher streaky bacon, fried or grilled average	20g	
1 portion bacon average	46g	
1 gammon steak average in a bun, average	170g	
with egg in a bun, average	100g	
Burger King,	120g	
bacon double cheeseburger	158g	
BBQ bacon double cheeseburger	172g	
McDonald's, bacon and egg McMuffin	146g	
Wimpy, bacon in a bun	105g	
Wimpy, bacon and egg in a bun	165g	
 Beefburgers		
no bun,		
80% beef, 56g raw, fried or grilled	36g	
100% beef, 56g raw, fried or grilled	34g	
economy,		
60% beef, 56g raw, fried or grilled	40g	
80% beef, quarterpounder, fried or grilled	90g	
100% beef, quarterpounder, fried or grilled	78g	
in a bun, average	105g	
with cheese, cheeseburger, average	115g	
quarterpounder, average	180g	
quarter pounder with cheese, average	200g	
Burger King,		
hamburger	106g	
cheeseburger	118g	
double cheeseburger	166g	
cheeseburger deluxe	147g	
whopper	258g	
double whopper	334g	
whopper with cheese	283g	
double whopper with cheese	359g	
mushroom double Swiss	168g	

	McDonalds,	
	hamburger	100g
	cheeseburger	117g
	quarter pounder	162g
	quarter pounder with cheese	195g
	quarter pounder with cheese deluxe	220g
	Big Mac	204g
	Wimpy,	
	hamburger	105g
	cheeseburger	120g
	quarter pounder	210g
	quarter pounder with cheese	225g
	half pounder	305g
	kingsize	200g
	leanburger	235g
	in batter, average	130g
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Beef casserole or curry	average portion, small	180g
	medium	260g
	large	360g
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Beef, minced	stewed, small, average portion	100g
	medium, average portion	140g
	large, average portion	220g
	stewed with gravy and vegetables,	
	average portion	270g
	stewed canned, small	200g
	large	392g
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Beef pies	Beef and onion pastie	160g
	Beef and onion pie	140g
	Canned steak/steak and kidney pie,	
	small	213g
	large	425g
	Cornish pastie, mini	75g
	medium	145g
	large	227g
	Scotch pie	112g
	Shepherds pie/cottage pie,	
	average portion	310g
	Steak and kidney pie individual	160g

	Steak and kidney pudding individual	141g
	small	230g
	large	450g
	Steak and potato pie individual	128g
	Steak pie individual	150g
	individual, deep filled	210g
	Steak pie large, small slice	90g
	medium slice	120g
	large slice	150g
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Beef, roast	small, average portion	50g
	medium, average portion	90g
	large, average portion	150g
	thinly sliced beef, 1 slice	28g
	thickly sliced beef, 1 slice	45g
	1 portion in gravy, purchased frozen	
	beef	59g
	gravy	55g
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Beef, steaks, fried or grilled	small, average portion	110g
	medium, average portion	144g
	large, average portion	210g
	1 fillet steak, 5oz, fried	108g
	grilled	105g
	8oz fried	172g
	grilled	168g
	1 minute steak, 5oz, fried	80g
	grilled	78g
	1 rump steak, 5oz, fried	103g
	grilled	102g
	8oz, fried	166g
	grilled	163g
	1 T-bone steak, 8oz, fried	169g
	grilled	166g
	12oz, fried	253g
	grilled	248g
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Beef, stewed	small average portion	90g
	medium average portion	140g
	large average portion	210g

Beef, stewed with vegetables	small average portion in gravy, medium average portion large average portion	230g 270g 340g
Black pudding	1 slice 1 portion	30g 75g
Bolognese sauce	average portion	240g
Braising steak	see beef, stewed	
Burgerbites in baked beans	small tin, beans burgerbites	170g 55g
Cannelloni	average portion frozen ready meal, serves one	340g 260g
Chickbits	in baked beans, small tin, beans chickbits	170g 55g
Chicken in a bun	fried chicken sandwich, chicken only with bun Burger King, BK Flamer Chicken Royale Kentucky Fried Chicken Sandwich McDonald's, McChicken Sandwich Wimpy, Chicken in a bun	70g 130g 167g 224g 174g 159g 180g
Chicken breast steak	in breadcrumbs, fried	100g
Chicken casserole or curry	small average portion medium average portion large average portion	180g 260g 360g
Chicken cordon bleu	fried or grilled	160g
Chicken fingers	fried, each	15g
Chicken Kiev	fried or grilled	170g

Chicken nuggets	pieces, baked or fried, each	16g
	6 nuggets average portion	100g
	McDonald's 6 McNuggets	105g
	Burger King chicken pick 'em ups (for 6)	111g
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Chicken pie	individual	130g
	large	480g
	1 slice of large pie, small	90g
	medium	120g
	large	150g
	individual, with mushroom or vegetables	140g
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Chicken portions	1 breast, no bone, small	100g
	medium	130g
	large	150g
	1 drumstick, with bone	90g
	edible portion	47g
	1 half, edible portion	350g
	1 leg, with bone	165g
	edible portion	90g
	1 quarter, edible portion	190g
	1 thigh, with bone	75g
	edible portion	45g
	1 wing, with bone	55g
	edible portion	25g
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Chicken portions, fried e.g. Kentucky	1 breast portion, with bone	70g
	1 drumstick, with bone	131g
	1 rib, with bone	110g
	1 thigh, with bone	107g
	1 wing, with bone	73g
	Hot wings, with bones, 5 pieces	161g
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Chicken, roast	small average portion	70g
	medium average portion	100g
	large average portion	170g
	in gravy, purchased frozen, chicken	59g
	gravy	55g
	1 slice roast, breast	40g

Chicken roll	1 slice (diameter 8cm)	12g
Chicken sticks	1 fried	25g
Chicken tikka and tandoori chicken	see Indian dishes	
Chilli con carne	no rice purchased frozen ready meal for one sauce rice	220g 290g 155g 135g
Chinese dishes	beef dishes, e.g. beef in oyster sauce char-sui buns, steamed, small large chicken dishes, e.g. chicken with mushrooms chop suey dishes, e.g. chicken chop suey chow mein dishes, e.g. beef chow mein fu yung dishes, e.g. chicken fu yung pancake roll, small large spare ribs in sauce spring roll, meat, average sweet and sour dishes, e.g. sweet and sour pork pork balls only vegetable dishes, fried, from takeaway	360g 60g 112g 400g 450g 350g 310g 90g 140g 340g 55g 300g 150g 340g
Chopped ham and pork	thinly sliced, 1 slice	14g
Corned beef	1 slice, thin thick 1 small can	38g 50g 198g
Cornish pastie	medium large	155g 260g
Cottage pie/Shepherds pie	average portion	310g

Curries	average, e.g. Bhuna, Dhansak, Dupiaza, Kashmir, Korma, Madras, Malaya, Patia, Rogan Josh, Vindaloo (see also Indian dishes) frozen purchased ready meal with rice	350g 290g
Duck	breast and wing, roast, meat and skin only crispy duck, average takeaway portion	185g 125g
Faggots	in gravy, two	150g
Fillet steak	average, 5oz, fried grilled	108g 105g
Game	1 grouse, with bone meat only 1 partridge, with bone meat only 1 pheasant, with bone meat only 1 pigeon, with bone meat only 1 rabbit, with bone meat only venison, average portion	350g 160g 550g 260g 800g 430g 240g 115g 850g 510g 120g
Game pie	average slice	175g
Garlic sausage	1 small average slice (diameter 5cm) 1 large average slice (diameter 11cm)	5g 12g
Ham	average slice very thinly sliced ham, 1 slice canned ham, average slice, thin honey glazed ham, average slice parma ham, average slice average portion	23g 11g 35g 45g 28g 17g 17g 47g

Hamburgers	see beefburgers	
Hashbrown	McDonald's	51g
Haslet	average slice	14g
Heart	lambs, 1 whole cooked	200g
Indian dishes	Biriani, rice and meat biriani sauce Chicken tikka, as starter Chicken tikka, as main course Chicken tikka mossala curry, e.g. Bhuna, Dhansak, Dupiaza, Kashmir, Korma, Madras, Malaya, Patia, Rogan Josh, Vindaloo Kebab, rashmi, seesh, shami, as starter Meat tikka, main course Samosa, meat, small medium large Tandoori chicken, as starter Tandoori chicken, main course, half chicken edible portion whole chicken edible portion	400g 200g 120g 200g 300g 350g 140g 200g 40g 70g 120g 100g 700g 350g 1400g 700g
Irish stew	average portion canned, 1 large can	330g 425g
Kebab	average portion meat on skewer Doner kebab, small, meat pitta bread salad Doner kebab, large, meat pitta bread salad Kofte kebab, meat only Rashmi, Seesh, Shami kebab, Indian starter	90g 85g 75g 70g 130g 95g 90g 90g 140g

	Shish kebab, meat on skewer, meat only	85g
Kidney		
	in gravy, average portion	112g
	in individual steak and kidney pie	15g
	1 tablespoon cooked kidney	40g
	1 whole lamb's kidney, fried	35g
	1 whole pig's kidney	140g
Lamb casserole or curry		
	small average portion	180g
	medium average portion	260g
	large average portion	360g
Lamb chop		
	average braising chop, with bone	120g
	edible portion only	70g
	average chump chop, with bone, fried or grilled	120g
	edible portion only	70g
	average cutlet, with bone, fried or grilled	98g
	edible portion only	50g
Lamb, roast		
	small average portion	50g
	medium average portion	90g
	large average portion	150g
	average slice	30g
Lasagne		
	average portion	420g
	purchased frozen ready meal for one	290g
Liver		
	1 slice lamb's/calf's, fried or grilled	40g
	1 slice pig's/ox, fried or grilled	50g
	1 portion fried or grilled	100g
	1 portion, in gravy, liver only	70g
	1 portion, with onions in gravy, purchased frozen	142g
Luncheon meat		
	average slice	14g
	thick slice	20g
Meat dishes		
	average portions	
	Cannelloni	340g
	Chicken chow mein	300g
	Chilli con carne, no rice	220g

	Hot-pots	260g
	Irish stew	260g
	Lasagne	420g
	Meatballs, 6 meat balls, canned	80g
	Moussaka	330g
	Shepherds pie, Cottage pie	310g
	Spaghetti bolognese, sauce only	240g
	stews, casseroles, average	260g
	Tacos, 1 filled shell, meat only	65g
	taco shell	14g
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Minute steak	average fried	80g
	grilled	78g
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Partridge	see game	
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Pastie	see cornish pastie, beef pies	
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Pâté	average portion as starter	80g
	average on slice of bread	40g
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Pheasant	see game	
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Pies	see beef pies, chicken pies, pork pies, sausage rolls	
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Pigeon	see game	
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Pork casserole or curry	average portion, small	180g
	medium	260g
	large	360g
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Pork chops	chump chops, no bone fried or grilled	170g
	lean pork escalope, fried or grilled	75g
	loin steaks, no bone, fried or grilled	120g
	rib end chops, with bone, fried or grilled edible portion	165g 85g
	shoulder steak, no bone, fried or grilled	135g
	spare rib chops, with bone, fried or grilled	220g
	edible portion	140g

	streaky slices, with bone, fried or grilled edible portion	170g 110g
	other pork chops, average, with bone, fried or grilled edible portion	150g 75g
Pork luncheon meat	thinly sliced, 1 slice	14g
Pork pies	buffet pie individual pie large/family pie mini pie slice pie slice Grosvenor pork pie veal and ham pie, 1 slice	75g 140g 450g 50g 60g 113g 140g
Pork, roast	small average portion medium average portion large average portion average slice thinly sliced pork, 1 slice	50g 90g 150g 40g 28g
Rabbit	see game	
Ravioli	see Pasta, rice and grains	
Rump steak	average, 5oz, fried grilled	103g 102g
Salami	1 small average slice (diameter 5cm) 1 large average slice (diameter 11cm) 1 snack salami (peperami)	5g 12g 25g
Sausage rolls	1 sausage roll, small medium large/jumbo 1 'mini cocktail' sausage roll	32g 60g 145g 14g
Sausages	1 chipolata, fried or grilled 1 Chorizos snack sausage 1 cocktail sausage fried or grilled 1 German sausage, bratwurst	20g 30g 10g 75g

	1 hot dog sausage/frankfurter, small	23g
	large	47g
	1 kabanos sausage, snack	30g
	McDonald's Sausage and Egg McMuffin	171g
	1 Peperami	25g
	1 pork/beef, buffet, fried or grilled	12g
	1 pork/beef, large fried or grilled	40g
	1 pork/beef, thin, fried or grilled	20g
	1 saveloy	65g
	sausage in batter	115g
	Wimpy Bender (frankfurter) in a bun	140g
Scotch eggs	see Egg and egg dishes	
Scotch pie	individual	112g
Shepherds pie	cottage pie, average portion	310g
	purchased frozen ready meal for one	210g
Spam	1 average slice	14g
	fritter	30g
Spare rib chops	with bone, fried or grilled	220g
	edible portion	140g
Spare ribs	1 rack, 4 ribs, with bone	120g
	edible portion	60g
	average portion, no bone	120g
	Chinese spare ribs in sauce	340g
	Kentucky, spare ribs with bone	224g
	spare ribs in full house, with	
	bone	112g
	1 Ungers King Rib	60g
Spring roll	see Meat and Vegetable sections	
Steak	see beef	
Steak and kidney pies	see beef pies	
Steak and kidney puddings	see beef pies	

Stewing steak	see beef stewed	
Tandoori chicken	see Indian dishes	
T-bone steak	average, 8oz, fried grilled	169g 166g
Tongue	1 average slice	25g
Tripe	1 average portion, stewed	150g
Turkey breast roll	thinly sliced, 1 slice	11g
Turkey burger	1 breaded and fried	90g
Turkey, roast	small average portion medium average portion large average portion thinly sliced, 1 slice 1 average steak	70g 90g 140g 23g 100g
Turkey roll	1 slice	19g
Veal and ham pie	1 slice	140g
Veal, cutlet/escalope	in breadcrumbs, fried	150g
Venison	1 average portion	120g

MILK AND CREAM

Milk and cream

Milk		
1 pint	585g	
½ pint	293g	
⅓ pint	195g	
¼ pint	146g	
⅛ pint	73g	
1 tablespoon	15g	
1 dessertspoon	10g	
1 teaspoon	5g	
whole, in 1 cup tea/coffee	25g	
in 1 mug tea/coffee	30g	
semi-skimmed, in 1 cup tea/coffee	30g	
in 1 mug tea/coffee	40g	
skimmed, in 1 cup tea/coffee	35g	
in 1 mug tea/coffee	50g	
average glass	200g	
with cereals, average portion	100g	
canned, semi-skimmed, ready to drink	300g	
dried milk, 1 teaspoon	3g	
evaporated, 1 small can	170g	
individual portion pack for tea	15g	
Coffee whitener powder		
1 teaspoon	3g	
1 heaped teaspoon	4.5g	
1 sachet, Coffee-mate	3g	
1 heaped teaspoon, Coffee-mate Lite	4.5g	
Cream		
1 small carton (5 fl. oz)	150g	
1 large carton (10 fl. oz)	300g	
1 tablespoon, single	15g	
1 tablespoon, double, whipped	30g	
1 tablespoon, aerosol cream	10g	
individual portion pack for coffee	15g	
fresh cream whipped on fruit or cake	45g	
aerosol cream on fruit or cake	17g	
Dream Topping	on fruit or cake	15g
Dried milk	1 teaspoon	3g

Flavoured milk		
Aero chocolate drinks		192g
Crazy Milk, individual carton		214g
bottle (500 mls)		544g
Mars bar milk (200 ml)		227g
Nesquik semi-skimmed		190g
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Milkshake, thick with ice-cream		
McDonald's		300g
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Super whip	average portion	38g
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Tip Top dessert topping	3 dessertspoons	50g
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Yoghurt drinks	see Yoghurt section	

MISCELLANEOUS

Baking powder	1 level teaspoon	4g
Bovril	see Marmite	
Cherry	glacé or maraschino, 1	5g
Complan	1 sachet	57g
Curry powder	1 level teaspoon	3g
Glacé cherry	1	5g
Gravy browning	1 teaspoon	5g
Herbs	dried, 1 teaspoon	1g
Hundreds and thousands	1 teaspoon	4g
Maraschino cherry	1	5g
Marmite, Bovril	thin scraping on bread	1g
	thick scraping on bread	4g
	1 heaped teaspoon	18g
	1 level teaspoon	9g
Mustard	1 level teaspoon	8g
	powder, 1 level teaspoon	3g
Oxo	stock cube, 1	7g
Parsley	dried, 1 level teaspoon	1g
	fresh, 1 large sprig	1g
Pepper	1 level teaspoon	2g
Salt	1 level teaspoon	5g
	1 heaped teaspoon	8g
Spices	dried, 1 teaspoon	3g

Miscellaneous

Stock cube	Knorr, 1 Oxo, 1	9g 6g
Stuffing	1 portion	50g
Vinegar	1 teaspoon 1 tablespoon	5g 15g
Yeast extract	see Marmite	

NUTS AND SEEDS

Almonds	6 whole	13g
Brazil nuts	3 whole	10g
Cashew nuts	10 whole roasted, salted, per bag	10g 25g/50g/100g
Chestnuts	5 whole, peeled	50g
Cob nuts	hazelnuts, 10 whole	10g
Macademia nuts	6, no shell	10g
Mixed nuts and raisins	per bag, Golden Wonder per bag, Big D, KP, Percy Dalton	40g 50g
Monkey nuts	1 with shell	2g
Peanuts	10 whole roasted, salted, per bag, small medium large dry roasted, per bag steam nuts, per bag	13g 25g 50g 100g 50g/100g 45g
Peanut butter	thickly spread on one slice thinly spread on one slice 1 portion pack	20g 12g 25g
Peanuts and raisins	1 handful	40g
Pecan nut	1, no shell	6g
Pistachio nuts	10, kernels only	10g
Popcorn	caramel coated	25g/75g
Sesame seeds	1 tablespoon	12g

Sesame seed spread	Tahini, 1 heaped teaspoon	<i>19g</i>
Sunflower seeds	1 tablespoon	<i>16g</i>
Tahini	1 heaped teaspoon	<i>19g</i>
Walnuts	6 halves	<i>20g</i>

PASTA, RICE AND GRAINS

Barley, pearl	boiled, 1 tablespoon	20g
	1 tablespoon dried, after boiling	60g
Bran	1 tablespoon	7g
Cornflour	1 heaped tablespoon	30g
Cous-cous	cracked wheat, average portion	150g
	1 tablespoon	33g
Custard powder	1 heaped tablespoon	30g
Dumpling, suet	1 average	70g
Flour	any, 1 level tablespoon	20g
	1 heaped tablespoon	30g
Lasagne	see Meat	
Macaroni	boiled, small average portion	150g
	medium	230g
	large	350g
	1 tablespoon	30g
Macaroni cheese	average portion	220g
	canned, average portion	210g
	large can	430g
	small can	210g
	purchased frozen ready meal for one	280g
Noodles	instant, 1 packet, made up	280g
Oats	1 tablespoon	15g
	1 tablespoon jumbo oats	10g
Pasta	cooked, small average portion	150g
	medium average portion	230g
	large average portion	350g

	canned in tomato sauce, side dish	
	average portion	125g
	large can	425g
	small can	215g
	1 tablespoon	30g
	purchased ready meal, for one	235g
	salad, can	210g
Pot-noodles	as served	300g
Ravioli	average portion	250g
	canned, average portion	220g
	large can	440g
	small can	215g
	1 tablespoon	45g
Rice	boiled, average portion, small	100g
	medium	180g
	large	290g
	1 heaped tablespoon	40g
	boiled/fried, take-away portion	300g
	pilau (fried) rice, average portion	180g
	salad, 1 tablespoon	45g
	savoury, average portion	180g
	1 packet made up	300g
Sago, semolina, tapioca		
pudding	average portion	200g
	canned, small can	210g
	large can	430g
Spaghetti	boiled, small average portion	150g
	medium average portion	220g
	large average portion	270g
Spaghetti Bolognaisse	average portion	470g
	restaurant portion	400g
	pasta	230g
	sauce	170g
	canned, large can	430g
	small can	210g
	purchased frozen ready meal for one	320g

	pasta	100g
	sauce	220g
Tortellini	average portion	320g
	canned, 1 tablespoon	50g
Wheatgerm	1 tablespoon	5g
Yorkshire pudding	average portion	80g

PUDDINGS, CHILLED DESSERTS AND FRUIT PIES

Apple charlotte	average portion	170g
Apple crumble	(or any fruit) average portion	170g
Apple Danish	Burger King	100g
Apple pie	see Fruit pie	
	deep fried, Burger King	115g
	deep fried, Kentucky	78g
	deep fried, McDonald's	81g
Arctic roll	average slice, one fifth	50g
Bavarois	purchased, Nestlé	100g
Blancmange	average portion	150g
Bread and butter pudding	average portion	170g
Bread pudding	average slice	190g
Caramel surprise	St Ivel	128g
Cheesecake	average slice	120g
	individual	90g
Chocolate desserts	Cadbury's Bournville dessert	80g
	Cadbury's Dairy milk	80g
	Chocoholics	110g
	Chocolate Surprise, St Ivel	128g
	Hippo Mud	125g
	Milky Bar (white chocolate)	90g
	Nesquik	80g
	Rolo	70g
	Yopi, Yoplait	100g
Christmas pudding	average portion	100g

Creme caramel		90g
	purchased, La Laitière	100g
	purchased, St Ivel	128g
Crumble	any fruit, average portion	170g
Custard	average portion	120g
	canned, half a can	210g
	cartoned, half a carton	265g
	ready to serve, per individual pot	150g
Egg custard	average portion	110g
Fruit fool	average portion	120g
	individual, purchased	115g
Fruit pie	average portion	110g
	deep fried, average portion	80g
	individual, small	54g
	individual, large	100g
	half large purchased pie	150g
Fruit sponge	average portion	110g
Fruit sundae	ice cream, fruit, sauce and cream	180g
Fruit tart/flan	average portion	95g
Instant whip/Angel Delight	average portion	120g
	purchased, ready to eat, per pot	100g
Jelly	average portion	115g
	purchased, ready to eat, per pot	125g
Lemon meringue pie	average portion	95g
Milk jelly	Chambourcy Disney	125g
Milk puddings	average portion	200g
	canned, large	425g
	small	213g

	Ambrosia, per pot	150g
	Müller rice, per pot	200g
Mousse	purchased frozen, individual, average	74g
	purchased, individual, average	60g
	Aero milk chocolate	62g
	Chambourcy Disney, Chocolate	62g
	Delight reduced fat chocolate	70g
	Hippo Pota Mousse	62g
	Real Chocolate	63g
	St Ivel, Cadbury's Dairy Milk	62g
Pancakes (crêpes)	small	60g
	medium	110g
	large	150g
	filled with fruit, average portion	145g
Pavlova	average portion	100g
Profiteroles	with chocolate sauce and cream	155g
Rice pudding	see Milk puddings	
Sorbet	average portion	95g
Soufflé	average portion	113g
Sponge pudding	average portion	110g
	canned, whole	300g
	purchased, individual	100g
Suet pudding	average pudding	90g
Tiramisu	purchased, individual	90g
Trifle	Cadbury's Dairy Milk Chocolate	105g
	homemade	170g
	individual purchased	113g
Viennetta	average slice	56g

Waffle, sweet *65g*

General puddings	small	<i>120g</i>
	medium	<i>150g</i>
	large	<i>180g</i>

SANDWICHES AND BAPS (PURCHASED)

Many of the large supermarket chains are now selling pre-packed sandwiches.

Although the quantities of ingredients used will be very variable, typical weights of 1 round (i.e., 2 slices of medium sliced bread) of the more popular types of sandwiches are presented below.

Sandwiches

Beef, roast & salad	165g
Cheese & pickle	185g
Chicken, roast & salad	205g
Egg mayonnaise & cress	145g
Ham, cheese & pickle	180g
Tuna mayonnaise	165g

Baps

Cheese & pickle	195g
Chicken salad	190g

SAUCES, PICKLES AND SOUPS

Apple sauce	average portion	20g
Blue cheese dressing	1 tablespoon	25g
Bread sauce	average portion	45g
Brown sauce	1 sachet	12g
	1 portion pack	20g
Cheese sauce	with meat/fish/vegetables, small portion medium portion large portion	30g 62g 90g
Chutney, mango	1 teaspoon 1 tablespoon	10g 33g
Cranberry sauce	average portion	30g
Curry sauce	average portion	150g
French dressing	1 salad, average portion 1 tablespoon	15g 15g
Gravy	small average portion medium average portion large average portion	45g 50g 120g
Horseradish sauce	1 sachet 1 portion pack	12g 20g
Mayonnaise	with salad, average portion 1 heaped tablespoon 1 level tablespoon 1 portion pack	30g 33g 15g 12g
Mint jelly	average portion	20g

Mint sauce	average portion 1 teaspoon	10g 7g
Mustard	average portion, smooth type 1 sachet average portion, whole grain type	2g 5g 14g
Onion sauce	average portion	62g
Parsley sauce	average portion	62g
Pesto	1 tablespoon	26g
Pickle	with ploughman's, average portion 1 heaped teaspoon 1 tablespoon 1 portion pack	40g 15g 40g 20g
Pickled beetroot	1 average	35g
Pickled cabbage	1 tablespoon	45g
Pickled gherkin	1 small 1 medium 1 large, pickled cucumber	8g 25g 60g
Pickled onion	1 average 1 large 1 silverskin onion	15g 25g 2g
Prawn cocktail sauce	average	40g
Redcurrant jelly	1 teaspoon	9g
Relish	in burger 1 heaped teaspoon	15g 15g
Salad cream	average with salad 1 sachet	20g 12g
Savoury sauces	see white sauce	

Sauces & Pickles

Soup	small average portion	150g
	medium average portion	220g
	large average portion	300g
	main course soup	260g
	starter soup	190g
	cup-a-soup, made up	215g
	large can	405g
	small can	300g
	vending machine soup	170g
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Soy sauce	1 teaspoon	5g
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Sweet 'n' sour sauce	average portion	150g
	Burger King	25g
	McDonalds	32g
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Tartare sauce	average serving	30g
	1 sachet	12g
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Thousand island dressing	1 tablespoon	30g
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Tomato ketchup	1 sachet	12g
	1 portion pack	20g
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Tomato sauce	average, with meat/fish/pasta	90g
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White sauce	with meat/fish/vegetables, small	30g
	medium	62g
	large	90g

SAVOURY SNACKS

All weights given per bag

Apple Crackles		20g
Bacon Fries		25g/50g
Bensons Crinkle Cut		33g
Bombay mix	Sharwoods	100g
	Golden Glow	28g
	Percy Dalton	30g
Brannigans		37g
Californian corn chips		100g
Cheeky Chicken		18g
Cheese Quavers		20g
Cheese Savouries		33g
Cheese Snips		30g
Cheeselets		25g
Crinkles		40g
Crisps	small	25/27/28/30g
	medium/maxi	40g
	large	75g
	family pack	100g
	1 large crisp	2g
Dinobites		18g
Discos		18g/29g
Farmhouse jackets		40g

Savoury Snacks

Frazzles		27g
Frisps		28g
Garlic mini breads		28g
Golden lights		25g
Good 'n' Crunchy Crisps		35g
Groovers		30g
Horizons		50g
Hula Hoops		30g
Jack Spratt's lower fat snacks		35g
Jackets		28g
Japanese Rice Crackers		56g
Jumbo Jaws		26g
Kettle Chips		50g/100g
Krunchie Puffs	cheese	9g
	salt & vinegar	10g
Krunchie Onion Rings	salt & vinegar	9g
Krunchie Sticks		19g
McCoys Cracker Snacks		40g
Mean Beans		21g
Mexican Chips		30g
Mignons Morceau		125g

Savoury snacks

Monster Munch		27g
Nik Naks		35g
Oatsters		28g/50g
Odduns		26g
On Yums	pickled onion	18g
Onion Rings		50g
Petrified Prawn		18g
Pork Crackles		24g
Pork Scratchings		22g
Prawn Crackers		30g/40g
	Chinese take-away	70g
Pringles	Original, per tube	200g
Quarterbacks	cheese burger, burger pickle	20g
Quavers		20g
Real McCoys		40g
Ringos		24g
Ritz Sandwich	pack of 4	33g
Roysters		28g
Ruffles		28g
Savoury Huggy Bears		25g
Savoury Moments		28g/50g

Savoury Snacks

Scampi Fries		<i>27g</i>
Skips		<i>18g</i>
Space Raiders		<i>19g</i>
Spicy Popadums		<i>30g</i>
Solos		<i>25g</i>
Square Crisps		<i>25g</i>
Stackers		<i>100g</i>
Supa Krunchie Onion Rings	fried onion	<i>18g</i>
Supa Krunchies		<i>22g</i>
Supa Krunchies	cheese & tomato	<i>18g</i>
	salt & vinegar	<i>19g</i>
Taco	1 shell	<i>10g</i>
Tangy Toms		<i>9g/18g</i>
Thunder Cats		<i>18g</i>
Tortilla Chips		<i>50g/100g</i>
Transform-A-snack		<i>20g</i>
Tubaloops		<i>20g</i>
Twiglets		<i>25g/50g/100g</i>
Wheatcrunchies		<i>35g</i>
Whickettes		<i>50g</i>
Wotsits		<i>25g</i>

Yankee Stars

9g/20g

Savoury Snacks

SUGARS, PRESERVES AND SWEET SAUCES

Brandy butter	average portion	30g
Brandy sauce, rum sauce	average portion	60g
Cherry	glacé or maraschino, 1	5g
Chocolate sauce	average portion	60g
Chocolate spread	1 average spreading on 1 slice of bread	20g
	1 heaped teaspoon	16g
	1 level teaspoon	8g
Custard	See Puddings, chilled desserts and fruit pies	
Honey	1 average spreading on 1 slice of bread	20g
	1 heaped teaspoon	17g
	1 level teaspoon	8g
	1 portion pack	28g
Ice-cream topping sauce	average topping	28g
Jam, marmalade, lemon curd		
	1 average spreading on 1 slice of bread	15g
	1 heaped teaspoon	18g
	1 level teaspoon	8g
	1 individual carton	20g
	1 mini glass jar	28g/43g
Maple syrup	serving on waffles	55g
Marmalade	see jam	
Sugar		
	1 cube	5g
	1 heaped teaspoon	6g
	1 level teaspoon	4g
	1 'packet' sugar	6g
	1 tablespoon	20g

VEGETABLES

Artichoke	one globe heart, edible portion	50g
Asparagus	5 spears	125g
Aubergine	half including skin, cooked	130g
Baked beans	in tomato sauce, small portion	80g
	medium portion	135g
	large portion	190g
	1 small can	150g/205g
	1 large can	420g
	1 tablespoon	40g
	with sausage, small can, beans	170g
	sausage	55g
	large can, beans	305g
	sausage	145g
	with burgerbites, chickbits, small can,	
	beans	170g
	burgerbites/chickbits	55g
Beanburger	Burger King, with bun	240g
	Wimpy, with bun	235g
Beans	broad, 2 tablespoons	120g
	french, small portion	60g
	medium portion	90g
	large portion	120g
	dried, boiled, 2 tablespoons	60g
	red kidney, 1 heaped tablespoon	
	cooked beans	35g
	runner, small portion	60g
	medium portion	90g
	large portion	120g
Beansprouts	1 tablespoon	20g
Beetroot	1 small whole	35g
	per slice	10g
	average portion	40g

Vegetables

Bhindi	see okra	
Broccoli spears/calabrese	1 spear, boiled boiled, small portion medium portion large portion	45g 60g 85g 110g
Brussels sprouts	average serving, 9 sprouts small portion medium portion large portion	90g 60g 90g 120g
Bubble and squeak	fried, average portion	200g
Cabbage, boiled	any, small portion medium portion large portion red/white, raw, 1/6 small cabbage	60g 95g 120g 90g
Calabrese	1 spear, boiled	45g
Carrots	boiled, small portion medium portion large portion canned, 1 medium carrot 1 small, boiled 1 medium, boiled 1 large, boiled a few slices 1 tablespoon	40g 60g 85g 12g 30g 80g 140g 20g 40g
Cauliflower	1 floret boiled, small portion boiled, medium portion boiled, large portion Bhaji cauliflower cheese, see Cheese dishes	10g 60g 90g 120g 140g
Celery	1 stick boiled, small portion medium portion large portion	30g 30g 50g 80g

Vegetables

Chick peas	1 heaped tablespoon cooked peas 2–3 tablespoons, cooked paste, hummous, 1 tablespoon average portion chick pea curry, from takeaway	35g 90g 30g 60g 210g
Chinese leaves	1 large leaf	40g
Chips	see potato chips	
Coleslaw	1 tablespoon 1 small tub 1 large tub take-away portion, Kentucky 1 can	45g 120g 250g 100g 210g
Corn-on-the-cob	see sweetcorn	
Courgettes	1 medium cooked 1 large cooked small portion medium portion large portion	100g 150g 60g 90g 120g
Cress	see mustard and cress	
Cucumber	1 slice 1" piece average in salad	6g 60g 23g
French fries	see potato chips	
Green banana	1 whole boiled	140g
Leeks	1 medium, boiled stem, white portion only average serving	160g 80g 75g
Lentils	boiled, 1 tablespoon boiled (2oz raw)	40g 120g

Vegetables

Lettuce	4 small leaves	20g
	round, average serving in salad	30g
	iceberg, average serving in salad	80g
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Marrow	average serving	65g
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Mixed bean salad	small can	210g
	1 tablespoon	30g
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Mixed vegetables	average serving	90g
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Mushrooms	button, raw, 1 small	5g
	1 medium	10g
	1 large	20g
	breaded, average serving	110g
	fried, average serving	44g
	stewed, average serving	56g
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Mustard and cress	1 tablespoon	5g
	in sandwich	2g
	quarter of a punnet	10g
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Okra	ladies fingers, bhindi, 1 medium	5g
	bhindi bhaji, okra	
	curry	250g
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Onion	raw, 1 small	60g
	1 medium	150g
	1 large	240g
	1 slice	20g
	bhaji, fried, 1 average	35g
	boiled, average serving	60g
	fried, average serving	40g
	pickled, 1 average	15g
	1 large	25g
	rings, battered, average portion	100g
	spring, 1	10g
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Parsnips	average portion, small	40g
	medium	65g
	large	85g

Vegetables

	1 tablespoon	50g
	1 medium baked	90g
Peas		
	average portion, small	40g
	medium	70g
	large	100g
	1 tablespoon	30g
	mushy, average portion	80g
	mushy, fish and chip shop, average portion	125g
	canned, 1 tablespoon	30g
Pepper		
	green or red, 1 medium	160g
	sliced, 1 ring	10g
	half a stuffed pepper	175g
Plantain	1 whole, boiled	200g
Potatoes		
	baked, jacket, small with skin	100g
	without skin	88g
	medium, with skin	180g
	without skin	160g
	large, with skin	220g
	without skin	195g
	boiled, 1 average old potato	60g
	1 average new potato	40g
	1 average portion, small	120g
	medium	175g
	large	220g
	cakes, fried, each	80g
	chips, 1 chip	10g
	chips, average portion, small	100g
	medium	165g
	large	240g
	average portion, fish and chip shop chips	210g
	average portion 'french fries'	110g
	Burger King, small	75g
	regular	116g
	large	142g

Vegetables

Kentucky, french fries, regular		130g
large		165g
McDonald's, french fries, regular		77g
medium		110g
large		155g
Wimpy, french fries		110g
crisps, see Savoury snacks		
croquette, fried, 1 average		90g
grilled, 1 average		80g
crunchies, fried, 1		9g
grilled, 1		6g
average portion		90g
duchesse, 1		30g
fritter, 1		120g
hashbrowns, Burger King (6)		58g
mashed, portions as boiled		
1 tablespoon		45g
1 scoop		60g
1 forkful		30g
pancakes, baked/grilled		50g
fried		56g
roast, 1 small potato		50g
1 medium potato		85g
1 large potato		130g
average portion		200g
salad, 1 tablespoon		45g
1 average portion		85g
1 tub		250g
1 can		210g/440g
sauté, average portion		100g
scallops, average portion		150g
waffles, 1 grilled		45g
<hr/>		
Radish	1 average	8g
<hr/>		
Ratatouille	1 tablespoon	30g
	average serving	180g
<hr/>		
Salads, various	1 tub	200g/250g
<hr/>		
Sauerkraut	1 tablespoon	30g
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Spinach	average serving 1 tablespoon	90g 40g
Spring onion	1 average	10g
Spring roll	average, fried	60g
Swede	boiled, small portion medium portion large portion	40g 60g 85g
Sweet potatoes	boiled, 2 medium	130g
Sweetcorn	kernels only, 1 tablespoon average portion 1 corn-on-the-cob, kernels only fritter, 1	30g 85g 125g 85g
Tomato	1 small 1 medium 1 large, e.g. beefsteak tomato 1 slice 1 cherry tomato average in salad peeled tomatoes, large can	65g 85g 150g 17g 15g 34g 400g
Turnip	boiled, see swede 1 whole boiled	110g
Vegeburger	average, fried	56g
Vegetable casserole/stew	small average portion medium average portion large average portion	180g 260g 360g
Vegetable curry	1 serving, 3–4 tablespoons	200g
Vegetable pastie		155g
Vegetable salad	in mayonnaise, 1 tablespoon can	45g 210g/440g

Vegetable samosa	1 average, purchased average portion (2)	75g 100g
Vegetable spring roll	average	60g
Watercress	quarter of a bunch	20g
Yam	boiled, size of a medium potato	130g

Vegetables

YOGHURTS AND FROMAGE FRAIS

Yoghurt

1 tablespoon low fat	40g
1 tablespoon thick/Greek	45g

Yoghurt is generally purchased in cartons of 125g or 150g. Examples of some common brands in each category are listed below:

125g pots

Boots Shapers, fruit
Chambourcy Disney, fruit
Chambourcy Disney, set
Country Love, thick & creamy fruit
Danone Bio
Danone Bio—fruit on the bottom
Danone Bio Lite
Eden Vale, French style
Kool live, real fruit set
Marks & Spencer Bio
Munch Bunch, real fruit
Munch Bunch, set
Own brand, diet, very low fat, fruit
Own brand, low fat, French set
St Ivel Shape, French Style set
St Ivel, low fat
St Ivel, Fiendish Faces
St Ivel, Shape, low fat fruit
St Ivel Real
Safeway Bio layer, low fat
Sainsburys Bio, wholegrain fruit
Sainsburys Diet Bio natural
Sainsburys Mr Men, 'no bits'
Sainsburys wholemilk, organic
Ski Bio
Ski Diet
Thunderbirds, low fat

150g pots

Eden Vale, natural
La Laitière, whole milk, fruit (bottles)

	Marks & Spencer Lite, very low fat	
	Marks & Spencer, mild & thick, low fat, high fruit	
	Own brand, Bio	
	Own brand, Bio, diet	
	Own brand, low fat, fruit	
	Own brand, thick & creamy, fruit	
	Safeway, rich & creamy	
	Ski, extra fruit	
	Ski, fruit	
<hr/>		
Other fruit yoghurts	Boots, low fat	170g
	Cuisine light	175g
	Dairy Fresh, real fruit, low fat	115g
	Loseley	140g
	Müller light	200g
<hr/>		
Baby yoghurts	Cow & Gate (jar)	150g
	St Ivel Baby & Toddler	90g
<hr/>		
Custard style yoghurts	Boots	150g
	Boots, low fat	170g
	Safeway	125g
	Sainsburys	125g
	Somerfield	150g
	Tesco	125g
	Waitrose	150g
<hr/>		
Frozen yoghurt	Average portion	56g
	Boots frozen yoghurt in tubs	100g
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Greek yoghurt	Marks & Spencer Greek Style	125g
	Own brand, Greek style, diet fruit/fruit/ natural	150g
	Total Greek	200g/500g
<hr/>		
Pasteurised fruit yoghurts	Dairy Crest	125g
	Fruit Basket	250g
	Fruittis	125g
	St Ivel Prize	125g

Sheeps milk yoghurt	Woodlands Park, fruit Woodlands Park, natural	142g 227g
Split yoghurts		
	Boots Bio Split—yoghurt —fruit	140g 35g
	Cuisine Chocolate Crunch—yoghurt —biscuit	130g 20g
	Marks & Spencer Lite, yoghurt and fruit	150g
	Marks & Spencer Swiss style, yoghurt and fruit	175g
	Marks & Spencer Swiss style yoghurt and muesli	150g
	Müller Crunch Corner—banana yoghurt —chocoflakes	135g 15g
	Müller Crunch Corner—wholemilk yoghurt	150g
	—cereal, nuts and raisins	25g
	Müller Crunch Corner—wholemilk yoghurt	150g
	—muesli	25g
	Müller Fruit Corner—yoghurt —fruit	135g 40g
	Müller Honey Corner—yoghurt —honey	135g 40g
	St Ivel Shape twin pot—yoghurt —fruit	135g 35g
	Safeway Double Treat	175g
	Sainsburys Duet—yoghurt —fruit	135g 40g
	Sainsburys Duet Diet—yoghurt —fruit	115g 25g
	Ski Bio Split—yoghurt —fruit	135g 40g
	Tesco Fruit Plus Split	175g
	Tesco Healthy Eating Fruit Plus	140g
	Tesco Thick & Creamy	175g
Soya yoghurt	Granose	120g
Whipped yoghurt/Yoghurt mousse	Boots	100g

	Boots Shapers	100g
	Marks & Spencer Whisp (lightly whipped)	125g
	St Ivel Prize (lightly whipped) pack of 4, each	90g
	St Ivel Prize (lightly whipped) singles	112g
Yoghurt and cream desserts	Boots Delights	130g
	Heinz yoghurt dessert for babies (jar)	150g
Yoghurt drinks	Boots drinking yoghurt	200g
	Ski Cool (750 ml)	795g
	Ski Cool (200 ml)	212g
	Yop, large	700g
	Yop, standard	200g

Fromage Frais

1 tablespoon	45g
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Fromage frais is generally purchased in cartons of 60g or 100g. Examples of some common brands in each category are listed below:

60g pots	Chambourcy, with fruit purée Danone Petit Gervais chocolate Marks & Spencer, creamy with fruit pieces Petits Filous—small Safeway—small Safeway, very low fat Sainsburys, petit with fruit pieces Somerfield, low fat Thunderbirds
100g pots	Marks & Spencer, creamy with fruit purée Petit Danone—large Petits Filous—large St Ivel Shape, virtually fat free Safeway—large

Sainsburys, creamy with fruit
Sainsburys, very low fat, diet
Sainsburys, virtually fat free with fruit
 pieces
Tesco
Yoplait, fruit on the bottom
Yoplait light fruit

Other fromage frais	Country Love, fruit	150g
	Hippo Tots	50g
	Marks & Spencer Coco the Clown	42g
	Munch Bunch Pot Shots	42g
	Onken	200g
	Petit Danone—small	50g
	St Ivel Fiendish Faces	50g
Baby fromage frais	Baby Danone	60g
	Heinz (jar)	163g

Food Portion Sizes

This second edition book has been extensively revised and continues to provide dietitians, nutritionists and anyone seeking up to date information on what they eat, with a handy reference to the weights of both individual items (such as biscuits) and average portion sizes. Used in conjunction with either a standard reference book of food composition or data on food labels which give energy and nutrient values for weights of foods, it is simple to calculate the calorific and nutrient value of a snack, meal or diet.



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