

Portion sizes table

An average portion is approximately 2–3 tablespoons or 1 large serving spoon. Do not confuse the two spoons sizes as this will result in consumption of too many/too few calories. To work out the protein, fat and carbohydrate per portion divide by 100 and multiply by the size of the portion. To work out the energy per portion

KEY: tbsp. = table spoon ssp = serving spoon

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Grains and cereals						
All Bran	30g – 2tbsp – 1ssp	250	75	13	2.5	46
Barley – cooked	30g (dry) – 100g – 2tbsp – 1ssp	120	120	2.7	0.5	28
Bread – white	30g – 1 medium slice	235	70.5	7.8	1.6	46.2
Bread – wholegrain	30g – 1 medium slice	230	70	9	2.2	45
Buckwheat – cooked	30g (dry) – 100g – 2tbsp – 1ssp	100	100	2.1	0.4	22
Bulgar wheat – cooked	30g (dry) – 100g – 2tbsp – 1ssp	100	100	2.7	0.5	21
Cooked oats (with water)	80g – 2tbsp – 1ssp	120	96	10.6	6.7	60

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Corn cob	40g (dry) – 100g – 1ssp	75	75	3.0	1.5	15
Cornflakes	30g – 2tbsp – 1ssp	350	105	8	0.5	82
Couscous – cooked	30g (dry) – 100g – 3tbsp – 1ssp	122	122	5	1.0	45
Croissant	60g – 1 small or ½ large	230	138	4.3	12.2	27.3
Muesli	40g – 2tbsp – 1ssp	370	148	13	7.5	66
Oat cakes	20g – 2 biscuits	450	90	10.1	18	60
Pasta – cooked	30g (dry) – 100g – 1ssp	137	137	13.2	2	77
Pitta bread	30g – ½ large	193	58	5.1	1.0	41.1
Potato – baked, with skin	100g – female fist	85	85	2	0	20
Potato – new, boiled	100g – 2 small	82	82	1.4	0.1	19.7

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Rice – brown	30g raw – 100g cooked – 1ssp	131	131	3.4	1.4	40.7
Rice – white	30g raw 100g cooked – 1ssp	119	119	2.6	0.1	28
Rice cakes	20g – 2 cakes	260	52	1.8	1.0	15.6
Shredded wheat	45g – 2 biscuits	370	166	10.5	3	68
Quinoa – cooked	30g (dry) – 100g – 2tbsp – 1ssp	87	87	3.9	1.4	15.6

Fruit

Apricot – dried	30g – approx. 4	180	54	4	0	43
Banana	1 medium	80	100	1	0.3	20
Blackberries	80g – small handful	30	24	1.5	0	6
Cherries	80g – small handful	40	32	0.5	0	10
Currants	30g – 1tbsp	240	72	2	0	63

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Dates	30g – approx. 4	210	63	2	0	55
Grapes	80g – small handful	60	48	0.6	0	15
Gooseberries	80g – small handful	16	13	1	0	3
Grapefruit	½ large	20	20	0.5	0	5
Mango	80g – 1 medium	60	48	0.5	0	15
Melon	100g – 1 slice	22	22	0.5	0	5
Nectarine	1 medium	50	40	1	0	11
Orange	1 medium	40	40	1	0	9
Peach	1 medium	34	34	0.5	0	8
Pear	1 medium	30	45	0.2	0	8
Pineapple	80g – small bowl	50	40	0.5	0	12

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Plum	1 medium	40	20	0.5	0	10
Strawberries	80g – small bowl	25	20	0.5	0	6
Tangerine	2 small or 1 medium	36	25	1	0	8

Vegetables

Artichoke	80g – 2 hearts	15	12	1	0	3
Asparagus	5 stalks	8.8	11	1.7	0	0.5
Aubergine	80g – ½	15	12	0.7	0	3
Avocado	80g – ½	220	176	4	20	2
Beet	100g – 2 tbsp – 1ssp	45	45	1.8	0	10
Beans - runner	80g – 2 tbsp – 1ssp	20	16	2	0.2	3
Broad beans	120g – 2 tbsp – 1ssp	50	60	4	0.6	7
Broccoli	100g – 2 large florets – 1ssp	20	20	3	0	1.6

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Brussels sprout	2 tbsp – 1ssp	20	20	3	0	1.7
Carrots	2 tbsp – 1ssp	20	20	0.6	0	4
Cauliflower	2 large florets	10	10	1.5	0	0.8
Celery	1 stalks	10	10	1	0	1.3
Cucumber	80g	10	8	0.6	0	2
Cabbage – Savoy	80g – 2 tbsp – 1ssp	10	8	1.3	0	1
Cabbage – Greens	80g – 2 tbsp – 1ssp	8	6	1	0	1
Lettuce	Side salad portion	8	8	1	0	1
Mushroom	80g – 2	13.4	10	2	0.6	0
Onions	1 onion	25	25	1	0	5
Parsnip	2 tbsp – 1ssp	60	60	1.3	0	13.5

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Peas	80g – 2tbsp – 1ssp	41	24	5.4	0.4	4.3
Peppers	½ pepper	15	15	1	0.4	2
Plantain	100g	100	100	0.6	0.3	24.0
Tomato	80g – 2 small – 7–8 cherry	15	12	1	0	3
Turnip	2 tbsp – 1ssp	10.8	11	0.7	0	2
Yam	100g – 2tbsp – 1ssp	110	110	1.5	0.3	27.6

Pulses

Baked beans	120g – 3tbsp – 1ssp	74	89	5	0.3	12.7
Lentils	120g – 3tbsp – 1ssp	100	120	8	0.5	17
Butter beans	120g – 3tbsp – 1ssp	100	120	7	0.3	17
Flageolet bean	120g – 3tbsp – 1ssp	90	108	6.6	0.5	17

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
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Soya products

Tofu	30g	100	30	10.8	5.7	1.0
Tempeh	30g	140	42	17.4	5.4	5.4

Nuts

Almonds	30g – small handful – 6 - 8 whole	560	168	17	54	4
Brazil	30g – small handful – 6 whole	600	180	12	60	4
Peanuts	30g – small handful	570	171	24	50	9
Peanut butter	20g thick spread on one slice	620	124	23	54	13
Walnuts	30g small handful	530	159	11	52	5

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
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Fish

Cod – grilled	120–150g palm of hand	100	120	21	1.3	0
Haddock	120–150g	130	160	24	4	0
Mackerel	120–150g	190	230	22	11	0
Salmon – grilled	120–150g	200	240	20	13	0
Sardines – tinned	120–150g	220	264	24	14	0
Trout	120–150g	140	170	24	4.5	0
Tuna – canned in oil	120–150g	100	100	25	0.1	0

Meat, poultry and eggs

Bacon rashers – streaky grilled	50g – 2 rashers	400	200	25	36	0
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Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Beef – grilled	100g – palm of hand/deck cards	220	220	27	12	0
Beef – minced	100g	230	230	23	15	0
Beef burger – no bun	60g	260	156	20	17	7
Chicken – roast	100–120g	159	159	22	7.5	0
Eggs – whole	1 medium	250	150	10	23	0
Ham – sliced	50g – 2 slices	114	57	39	7.8	1.8
Lamb – leg	100–120g	270	270	26	18	0
Lamb – chop	100–120g	350	350	24	29	0
Pork	100–120g	290	290	27	20	0
Pork - chop	100–120g	330	330	29	24	0

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
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Dairy

Semi and skimmed milk	125ml	45/30	90/60	1.0/3.0	1.5/0.1	4.5/5.0
Yoghurt – plain	200g	55	110	5.9	1.2	5.6
Non-fat yoghurt	200g	41.6	83	4.6	0.1	5.5
Cheese	40g – ‘matchbox’	400	160	26	34	0
Ice cream	80g – 1 small scoop	170	136	4	7	25

Dairy alternatives

Soya milk	200ml	40	80	3.6	2.4	0.8
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Fats and sugars

Sunflower seeds	15g – 1tbsp	567	85	19.6	46.9	7.8
Vegetable oil	5g – 1tsp	900	45	0	100	0

Food	Portion size	Energy per 100g	Energy per portion	Protein g per 100g	Fat g per 100g	Carbohydrate g per 100g
Mayonnaise	15g – 1 level tbsp	440	66	1.9	67	5
Natural honey	1 tsp – 5g	290	15	0	0	76
Jam	1 tsp – 5g	260	13	0.5	0	60
Crisps	30g	526	158	7.3	35.2	48.4
Mars bar	40g	440	176	5	19	67