

Portion sizes and food groups

Starchy foods



This includes all breads, potatoes, rice, couscous, bulgar wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Breads includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapatis, plain baked naan, rotis, rolls, bagels, pitta, wraps		50-70g 1.2 slices of medium bread 1 small roll 1 small or 1/2 large bagel 1 small pitta 2 8" wraps 1 10" wrap	80-100g 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 10" wrap
Potatoes or sweet potato includes boiled and mashed	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-430g
Other starchy root vegetables: includes yam, plantain, cocoyam and cassava	Raw	100-150g	150-200g
Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes	Dried ¹	45-65g	65-80g
Rice: includes white and brown rice	Dried ²	35-55g	55-65g
Other grains: includes couscous, bulgar wheat, maize (polenta) and cornmeal	Dried	40-60g	60-70g

Starchy foods where fat or oil has been added before or during the cooking process: include roast or sautéed potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapatis and naan made with fat, pancakes and waffles cooked in oil.

Potatoes cooked in oil or fat: includes roast or sautéed potatoes, chips, potato wedges, other processed potato products such as waffles

Garlic bread (as an accompaniment)

	20g	40g
	1 slice	2 slices

Bread with no added fat or oil must be available every day. All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixture of white and wholemeal, pitta, rolls, chapatis, naan, ciabatta, and herb bread.

Note: Wholegrain: starchy wholegrains include wholemeal and granary flours, wholemeal and granary breads and bread products, wholemeal pasta, brown rice and oats. Also look out for higher-fibre white bread, half/half wholegrain and white mixes such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

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

² Based on average weight change of white and brown rice

Fruit and Vegetables



This includes vegetables in all forms, including fresh, frozen, canned, dried and juiced, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal, in addition to any vegetables used as ingredients in composite dishes such as casseroles and stews. Potatoes are classed as a starchy food and are not included in this food group.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Vegetables or mixed salad, salad bars	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens	Cooked	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses include lentils, kidney beans, chick peas	Dried ¹	15-20g	30g
	Cooked	40-60g 1-2 tablespoons	80g 3 tablespoons
Baked beans in tomato sauce (as an accompaniment)	Cooked	50-70g 1-2 tablespoons	90-100g 3 tablespoons
Vegetable-based soup	Cooked	200-250g	250-300g

Fruits in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within other dishes - for example, fruit-based desserts such as crumbles.

Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g 1 small sliced fruit with skin	100-150g 1 medium sliced fruit with skin
Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g 1 fruit with skin	80-100g 1-2 fruits with skin
Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g 10-15 fruits	80g 15-20 fruits
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g 1/2 - 1 tablespoon	25-30g 1 tablespoon

All fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobblers, fruit jolly). Fruit used as decoration or juice added to a dessert does not count towards this standard.

Fruit salad, fruit stirred in juice and stewed fruit	Raw/cooked	65-100g (40 g min fruit) 2-3 tablespoons	130g 80g (min fruit) 3-4 tablespoons
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¹ Based on average weight change of chickpeas, kidney beans and green lentils