

MAFF project: nutrient analysis of bread and morning goods, sampling Aug-Sept 1998			Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
White sliced bread, large loaf									
Medium slice			Kingsmill wholegrain and white bread (800g)	Medium slice	38	Kingsmill wholegrain and white bread (800g)	Medium slice	40	
	Kingsmill square cut (800g)	Slice	40	Kingsmill square white bread (800g)	Medium slice	42	Kingsmill great everyday soft white medium (800g)	Medium slice	40
				Hovis square white (800g)	Medium slice	40	Hovis square white (800g)	Medium slice	40
				Hovis Best of Both (800g)	Medium slice	40	Hovis Best of Both (800g)	Medium slice	40
	Warburtons white bread (800g)	Slice	36.4	Warburtons Medium sliced white bread	Medium slice	40.3	Warburtons Medium sliced white bread	Medium slice	40.3
	Hovis white premium (800g)	Slice	35						
Thick slice									
				Kingsmill toastie white bread (800g)	Thick slice	44	Kingsmill toastie white bread (800g)	Thick slice	50
				Kingsmill square white bread (800g)	Thick slice	47	Kingsmill great everyday soft white thick (800g)	Thick slice	44
				Hovis square white (800g)	Thick slice	50	Hovis square white (800g)	Thick slice	50
				Hovis Best of Both (800g)	Thick slice	50	Hovis Best of Both (800g)	Thick slice	50
				Warburtons Toastie thick sliced white bread	Thick slice	44.7	Warburtons Toastie thick sliced white bread	Thick slice	47.4
	Hovis farmhouse white	Slice	44						
				Hovis square white (800g)	Extra thick slice	67	Hovis square white (800g)	Extra thick slice	67
Wholemeal sliced bread, large loaf									
Medium slice	Hovis wholemeal premium bread	Slice	36	Hovis wholemeal medium (800g)	Medium slice	36	Hovis wholemeal medium (800g)	Medium slice	40
				Kingsmill tasty wholemeal (800g)	Medium slice	38	Kingsmill great everyday tasty wholemeal (800g)	Medium slice	40
							Warburtons wholemeal medium (800g)	Medium slice	40.3
							Sainsburys longer life wholemeal loaf (800g)	Medium slice	36
Thick slice									
				Kingsmill Gold happy wholemeal	Thick slice	47			
				Kingsmill tasty wholemeal (800g)	Thick slice	45	Kingsmill great everyday tasty wholemeal (800g)	Thick slice	44
							Tesco wholemeal thick sliced loaf (800g)	Thick slice	44
				Hovis wholemeal thick (800g)	Thick slice	44	Hovis wholemeal thick (800g)	Thick slice	50
				Allinson wholemeal thick (800g)	Thick slice	44	Allinson wholemeal (800g)	Thick slice	47
				Hovis wholemeal farmhouse (800g)	Thick slice	44	Hovis wholemeal farmhouse (800g)	Thick slice	44
				Asda Bakersgold wholemeal (800g)	Thick slice	44	Asda Bakersgold wholemeal (800g)	Thick slice	44

Portion sizes in italics are estimates derived from on-pack energy values

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Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
White rolls								
White roll, crusty						Tesco instore bakery single white crusty rolls	Roll	63
White roll, soft			Kingsmill soft white rolls	1 roll	60	Kingsmill great everyday soft white rolls	1 roll	58
			Warburtons 6 sliced sandwich rolls	Average roll	57	Warburtons 6 sliced sandwich rolls	Average roll	57.1
			Asda smartprice white rolls	Roll	36	Sainsburys floury batch rolls white x 6	1 roll	68
			Asda smartprice white finger rolls	Roll	53			
			Tesco soft white rolls x6	Roll	63			
Naan bread, plain						Tesco garlic and coriander naan (2 pack)	Half naan	82.5
						Tesco naan plain white (2 pack)	Half naan	82.5
						Sainsburys plain naan, large x2	Half naan	70
						Sainsburys garlic and coriander naan, large, taste the difference	Half naan	70
						Sharwoods naan bread, plain (2 pack; 260g)	1 naan	130
						Sainsburys garlic and coriander naan, large, taste the difference	Whole naan	140
						Sainsburys plain naan, large x2	Whole naan	140
			Tesco naan bread - garlic & coriander x2	Naan	150	Tesco garlic and coriander naan 2 pack	Whole naan	165
			Tesco naan bread x2	Naan	150	Tesco naan plain white (2 pack)	Whole naan	165
Asda naan bread, garlic and coriander	Naan	130						

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Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Croissant, plain Standard			Asda butter croissants (4/8)	Per croissant	45	Sainsburys croissants x 8	Per croissant	<i>44</i>
			Tesco croissant all butter (8 pack)	Per croissant	52	Asda 8 croissants	Per croissant	<i>44</i>
						Tesco all butter croissants	Per croissant	54
Large						Tesco finest all butter croissants	Per croissant	71
						Sainsburys taste the difference croissants x 4	Per croissant	70
Foodservice						Starbucks butter croissant	Unit	65
						Brakes fully baked croissant	Each	40
						Brakes jumbo fully baked croissant	Each	70
Garlic bread, restaurant portion			Pizza Hut garlic bread	4 pieces	120	Pizza Hut garlic bread	4 pieces	96
						JD Wetherspoon garlic bread	Portion	<i>100</i>
			Dominos garlic pizza bread	Portion	214	Dominos garlic pizza bread	Portion (as sold)	214

Food description		Serving description	FSA Nutrient analysis of breakfast cereals; sampling April-June 2002		Wrieden (2006)	Manufacturers/retail data 2008
			Size (g)	Size (g)	Size (g)	Size (g)
Flake-type cereals	Kelloggs crunchy nut cornflakes	Serving	30	-	30	
	Kelloggs cornflakes	Serving	30	-	30	
	Tesco cornflakes	Serving	30	-	30	
	Kelloggs frosties	Serving	30	-	30	
	Kelloggs branflakes	Serving	30	-	30	
	Tesco light choices branflakes	Serving	30	-	30	
Muesli						
Not crunchy	Alpen original muesli	Serving	40	-	40	
	Tesco Swiss style breakfast muesli	Serving	50	-	50	
	Alpen no added sugar	Serving	-	-	40	
	Jordans muesli natural	Serving	50	-	50	
Crunchy	Jordans Country Crisp strawberry	Serving	50	-	50	
	Jordans Country Crisp raspberry	Serving	-	-	50	
	Quaker oat granola	Serving	-	-	50	
	Quaker harvest crunch	Serving	50	-	-	
	Tesco crunchy oat cereal with coconut, sultana and almonds	Serving	-	-	50	
	Tesco crunchy oat cereal with raisins, almonds and honey	Serving	50	-	-	
Rice krispie-type cereals	Kelloggs rice krispies	Serving	30	-	30	
	Tesco rice snaps	Serving	30	-	30	
	Kelloggs coco pops	Serving	30	-	30	
	Tesco choco snaps	Serving	30	-	30	
	Kelloggs ricles	Serving	30	-	30	
Wheat biscuits	Weetabix	2 biscuits	37.5	37.5	37.5	
	Tesco light choices wheat biscuits	2 biscuits	37	36	37.5	
	Sainsburys wholewheat bisks	Serving	-	-	36	
	Asda wheat bisks	2 bisks	-	-	37.5	
Instant oat cereal	Ready Brek original	Serving	40	-	30	
	Oatso simple original	Serving	27	-	27	
	Oatso simple golden syrup	Serving	39	-	36	

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	Food portion sizes		(1990) Size (g)	(1993) Size (g)	Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description			Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Digestive biscuits	Digestive, McVities	1 biscuit	17	15	McVities digestive	Biscuit	15	McVities digestive	Biscuit	15
					Tesco digestive	Biscuit	15	Tesco digestive	Serving	15.8
					Tesco Value digestive biscuits	Biscuit	15	Tesco Value digestive biscuits	Biscuit	15.5
					Sainsburys digestive biscuits	Biscuit		Sainsburys digestive biscuits	Biscuit	16
					Asda smart price digestive biscuits	Biscuit		Asda smart price digestive biscuits	Biscuit	14
					Asda digestive biscuits	Biscuit	14	Asda digestive biscuits	Biscuit	14
Rich tea biscuits					McVities rich tea biscuits	Biscuit	8	McVities rich tea biscuits	Biscuit	8
					Tesco Value rich tea	Biscuit	8	Tesco Value rich tea	Biscuit	8
Flapjacks					Hob nob mini flapjacks	Flapjack	35	McVities chocolate hob nob flapjacks	Flapjack	34
					Fabulous Bakin' Boys flapjacks, all flavours	Flapjack	90	Fabulous Bakin' Boys golden oaty flapjack fingers	Flapjack	28
								Fabulous Bakin' Boys mighty oat flapjack	Flapjack	85
								Fabulous Bakin' Boys choc on top flapjack	Flapjack	85
								Marks & Spencer flapjack mini bites (320g tub)	Flapjack	14
								(3663) McVities chocolate hob nob flapjack (foodservice)	Flapjack	96
Chocolate and nut cookies					Maryland cookies	Biscuit	10	Maryland chocolate chip and hazelnut cookies	Biscuit	11
					Tesco Value chocolate chip cookies	Biscuit	11	Maryland traditional chocolate chip cookies	Biscuit	11
					Asda choc chip cookies	Biscuit	11.5	Tesco Value cookies with chocolate flavoured chips	Cookie	11
								Asda smart price chocolate chip cookies	Biscuit	10
								Lyons cookies with chocolate chips	Biscuit	11
			Lyons cookies with chocolate chips	(recommended serving)	33					

Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Cookies, luxury and foodservice							Cadburys Boosters, chocolate and whole hazelnut Biscuit		17	
							Tesco American style chocolate & hazelnut cookies Biscuit		22	
				Subway cookies (all varieties)	Portion	48	Subway cookies (all varieties)	1 cookie	45	
							Starbucks chocolate chip cookie	Unit	110	
Half-coated chocolate digestives	McVities chocolate homewheat	Biscuit	17	18	McVities chocolate digestives	Biscuit	17.5	McVities chocolate digestives	Biscuit	17
					Tesco Value milk chocolate digestives	Biscuit	14	Tesco Value milk chocolate digestives	Biscuit	17
					Asda chocolate digestives	Biscuit	17	Asda smart price milk chocolate digestives	Biscuit	17
Cream sandwich biscuits					Foxs golden crunch creams	Biscuit	14.5	Foxs golden crunch creams	Biscuit	14
					Tesco custard creams	Biscuit	12	Tesco custard cream biscuits	Serving	12.6
								Tesco Value custard cream biscuits	Biscuit	12
					Sainsburys custard creams	Biscuit	13	Sainsburys custard creams	Biscuit	12
					Asda custard creams	Biscuit	12	Asda custard creams	Biscuit	12
					Tesco Value bourbon creams	Biscuit	14	Tesco Value bourbon creams	Biscuit	14
					Tesco bourbon creams	Biscuit	12	Tesco bourbon creams	Serving	14
								Sainsburys bourbon	Biscuit	14
								Asda smart price bourbon creams biscuits	Biscuit	14

	Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Cereal bars	Cereal bars, Jordans crunchy	1 bar	33	33	Jordans frusli bar, all flavours	Bar	30	Jordans frusli bar, raisin/hazelnut	Bar	30
	Tracker cereal bars, all varieties	Grocery bar	27	27	Tracker, chocolate chip/hazelnut	Pack	26	Tracker cereal bars, all varieties	Bar, from multipack	26
	Tracker cereal bars, all varieties	Standard bar		37				Tracker cereal bars, all varieties	Single bar	37
					Cadburys Brunch bar	Each	35	Cadbury Brunch bars, all varieties (6-pack, 210g)	Bar	35
					Alpen cereal bars	Each	29	Harvest Chewee bars	Bar	22
								Alpen fruit & nut with milk chocolate (6 bars)	Bar	29
Chocolate -covered biscuits	Penguin chocolate	1 biscuit	24	25	McVities Penguin	Biscuit	24	McVities Penguin	Biscuit	22
	Breakaway chocolate	1 biscuit	21	24	Breakaway	Biscuit	22	Nestle Breakaway	Biscuit	21.5

FSA nutrient analysis catch-up project (sampling Oct 2002-March 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Malt loaf						Soreen fruity malt loaf	Slice	33
						Soreen fruity sliced malt loaf	1/8 loaf	28
Hot cross buns			Tesco hot cross buns (4 pack)	Bun	72	Tesco white hot cross buns (6 pack)	Serving	70
						Sainsburys hot cross buns (6 pack)	Bun	68
						Marks & Spencer hot cross buns (4 pack, 290g)	Bun	72.5
Chelsea buns						Tesco chelsea buns (4 pack)	Serving	85
Belgian buns			Tesco Belgian buns (2 pack)	Bun	95	Tesco Belgian buns (2 pack)	Serving	115
			Asda Belgian buns (2 pack)	Bun	120			
Scones, retail			Tesco all butter scones (8 pack)	Scone	40	Tesco all butter scones (6 pack)	Serving	60
						Sainsburys sultana scones (6 pack)	Scone	60
						Marks & Spencer 6 fruit scones (345g)	Scone	57.5
			Asda sultana scones x 6	Each	54	Asda 6 sultana scones	Scone	60
Scones, foodservice						Caffe Nero luxury fruit scone	Scone	100
						Starbucks berry scone	Unit	130
						Starbucks jumbo raisin scone	Unit	150
American muffins, retail			Fabulous Baking Boys muffins, all flavours	Muffin	105	Fabulous Baking Boys truly madly chocolate	Muffin	95
	Tesco finest 2 double chocolate muffins	Muffin				Tesco chocolate chip muffins	Serving	73
	Tesco 4 blueberry muffins	Muffin	Tesco American style blueberry muffins	Muffin	72	Tesco blueberry muffins	Serving	73
	Tesco American style chocolate chip chocolate muffins	Muffin	Tesco American style chocolate chip chocolate muffins	Muffin	72	Tesco triple chocolate muffins	Serving	73
	Sainsburys 4 plain chocolate chip muffins	Muffin				Sainsburys American style chocolate chip muffins	Muffin	72
	Sainsburys 4 blueberry muffins	Muffin				Sainsburys American style blueberry muffins	Muffin	72
	McVities Galaxy muffin	Muffin						

FSA nutrient analysis catch-up project (sampling Oct 2002-March 2003)			Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
American muffins, foodservice						Caffe Nero blueberry muffin	Muffin	120	
						Caffe Nero reduced fat blueberry muffin	Muffin	120	
						Caffe Nero triple Belgian chocolate muffin	Muffin	124	
						Starbucks classic blueberry muffin	Unit	140	
						Starbucks skinny blueberry muffin	Unit	125	
						Starbucks double chocolate muffin	Unit	140	
				McDonalds low fat blueberry muffin	Muffin	140	McDonalds low fat blueberry muffin	Muffin	138
				McDonalds triple chocolate muffin	Muffin	135	McDonalds triple chocolate muffin	Muffin	138
			Subway muffins, all varieties	Muffin	111	Subway muffins, all varieties	Muffin	111	
Jam doughnuts, retail			Tesco jam doughnuts (5 pack)	Doughnut	78				
			Asda donuts (4 pack)	Doughnut	60				
Jam doughnuts, foodservice						Starbucks jam donut	Unit	24	
						McDonalds donut	Portion	77	
Mini rolls, chocolate			Cadburys mini rolls	Roll	29	Cadburys chocolate mini rolls	1 roll	27	
						Cadburys jam mini rolls	1 roll	30	
Cake slices						Mr Kipling country slices	1 slice	32	
			Mr Kipling lemon slices	Slice	30	Mr Kipling lemon slices	1 slice	29.8	
						Mr Kipling Angel slices	1 slice	35.5	
						Mr Kipling Bakewell slices	1 slice	35.2	
Cake bars	Mr Kipling chocolate chip cake bar	Cake	31	Mr Kipling chocolate chip cake bar	Bar	28	Mr Kipling chocolate chip cake bar	Serving	32
	Cadburys milk chocolate cake bars	Cake	35.5				Cadburys milk chocolate cake bars	Cake bar	34
							Cadburys caramel cake bars	Cake bar	33
	McVities Galaxy cake bars	Cake	33				McVities Galaxy cake bars	Cake	33
	McVities Jaffa cake bars	Cake	31.5	McVities Jaffa cake bars	Cake	31	McVities Jaffa cake bars	Cake	31
French fancies			Mr Kipling French fancies	1 cake	28	Mr Kipling French fancies	Serving	28	

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FSA nutrient analysis catch-up project (sampling Oct 2002-March 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Individual fruit pies			Mr Kipling bramley apple pies	Pie	66.5	Mr Kipling bramley apple pies	Serving	66.5
			Mr Kipling fruit pie selection	Pie	66.5	Mr Kipling apple and blackcurrant pies	Serving	66.5
Sponge cakes, large						Mr Kipling fruit pie selection	Serving	66.2
			Mr Kipling Victoria sponge	1/8 cake	74	Tesco finest Victoria cake, large	Serving	48
						Caffe Nero Victoria sponge cake	Slice	144
Fresh cream eclairs						Starbucks mini Victoria sponge	Slice	65
			Tesco chocolate eclairs (2 pack)	Éclair	66	Tesco fresh cream eclairs (2 pack)	Serving	66
						Sainsburys chocolate éclair (2 pack)	Éclair	59
						Marks & Spencer 2 large chocolate eclairs (150g)	Éclair	75
					Marks & Spencer 4 chocolate eclairs (175g)	Éclair	44	

MAFF Nutrient analysis projects: yoghurts, fromage frais and chilled desserts (Sampling Dec 1996-Jan 1997)*; foods commonly consumed by schoolchildren (sampling Oct 1995)**													
Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008						
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Yoghurt, fruit	Ski fruit yoghurts	Pot	150	150			Ski variety pack yoghurts	Pot	120	Activ8 Ski super smoothies	Serving	120	
	Danone bio yoghurts	Pot		125			Danone Activia bio yoghurts	Pot	125	Danone Activia fruit yoghurts	Serving	125	
							Weight Watchers fruit yoghurts	Pot	120	Weight Watchers fruit yoghurts	Pot	120	
										Muller Vitality low fat pre and probiotic yoghurt	Pot	150	
Thick & creamy/premium yoghurt							Mullerlight fruit yoghurts	Pot	200	Mullerlight fruit yoghurts	Pot	200	
							Muller Amore yoghurts	Pot	150	Muller Amore yoghurts	Pot	150	
							Tesco thick and creamy fruit yoghurts*	Pot	150	Tesco Finest yoghurts	Pot	150	
										Marks & Spencer extremely fruity low fat probiotic yoghurts	Pot	150	
Split yoghurt	Muller crunch corner yoghurts	Pot		150/175			Muller crunch corner yoghurts	Pot	150	Muller crunch corner yoghurts	Pot	150	
	Muller fruit corner, split yoghurt	Pot	175	175			Muller fruit corner yoghurts**	Pot	175	Muller fruit corner yoghurts	Pot	175	
							Own brand fruit corner yoghurts**	Pot	175				
										Muller corner snack size, various flavours	Pot	95	

MAFF Nutrient analysis projects: yoghurts, fromage frais and chilled desserts (Sampling Dec 1996-Jan 1997)*; foods commonly consumed by schoolchildren (sampling Oct 1995)**													
Food portion sizes			(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008					
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Fromage frais, childrens													
Small pots	Munch Bunch hot shots	Pot		42			Munch Bunch fromage frais	Pot	42	Munch Bunch Calci+ fromage frais	Pot	42	
							Wildlife fromage frais	Pot	50	Wildlife fromage frais	Pot	50	
	Petit filous fromage frais	Pot		60	Petit filous fromage frais*	Pot	60	Petit filous fromage frais	Pot	60	Petit filous fromage frais	Pot	60
					Petit filous fromage frais*	Daily serving	120				Petit filous fromage frais	Daily serving	120
				Nestle hippo smooth fromage frais*	Pot	45				Wildlife fromage frais	Serving/2 pots	100	
Tubes													
							Frubes fromage frais tubes	Tube	40	Frubes fromage frais tubes	Tube	40	
							Wildlife Choobs fromage frais tubes	Tube	40	Wildlife Choobs fromage frais tubes	Tube	40	
Large pots	Petit filous fromage frais, large	Pot		100			Petit filous fromage frais, big pots	Pot	100	Petit filous fromage frais, big pots	Pot	100	
					Munch Bunch big shots*	Pot	80	Munch Bunch mega double up fromage frais	Pot	100	Munch Bunch Calci+ mega double up fromage frais	Pot	100
					Onken frufoo*	Pot	100						
Chocolate desserts													
							Cadburys flake dessert	Pot	100	Cadburys flake twinpot dessert	Pot	100	
										Delice chocolate dessert	Pot	100	
	Milky Bar (white chocolate) dessert	Pot		90	Nestle Milky Bar dessert**	Pot	80	Nestle Milky Bar dessert	Pot	80	Nestle Milky Bar dessert	Pot	80
	Nestle Rolo dessert	Pot		70	Nestle Rolo dessert**	Pot	70	Nestle Rolo dessert	Pot	77	Nestle Rolo dessert	Pot	77
							Cadburys chocolate buttons dessert	Pot	100	Cadburys milk buttons dessert	Pot	100	
										Provamel/Alpro soya chocolate dessert	Pot	125	

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Food portion sizes		(1990)	(1993)				Wrieden (2006)			Manufacturers/retail data 2008				
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Size (g)	
Trifle, individual				Tesco fresh cream strawberry or raspberry trifle*	Pot	113	Tesco individual trifles (strawberry, raspberry or fruit cocktail)	Pot	150	Tesco strawberry trifle (individual)	Serving	150		
				Sainsburys strawberry or raspberry trifle*	Pot	113				Tesco value trifle (individual)	Serving	113		
				Asda fresh cream trifle*	Pot	113	Asda trifle	Each	125					
			113				Shape trifle	Pot	115	Danone goodies low fat	Pot	115		
	St Ivel trifle	Pot												
	Cadburys dairy milk chocolate trifle	Pot		105			Cadburys trifle	Pot	100	Cadburys trifle	Pot	100		
							Cadburys light trifle	Pot	90	Cadburys light trifle	Pot	90		
											Tesco strawberry trifle (605g)	Serving (1/4 trifle)	151	
Mousse, individual	Cadburys dairy milk mousse	Pot	-	62	Cadburys light chocolate mousse*	Pot	64	Cadburys light chocolate mousse	Pot	55	Cadburys light chocolate mousse	Pot	55	
	Aero chocolate mousse	Pot	-	62				Aero chocolate mousse	Pot	59	Aero chocolate mousse	Pot	59	
											Tesco chocolate mousse	Serving	62.5	
											Sainsburys chocolate mousse	Pot	62.5	
											Onken lite mousse	Pot	150	
										150	Onken mousse	Pot	150	

MAFF Nutrient analysis projects:
foods for preschool children
(sampling Jan 1992)*; ice cream
and desserts (sampling Aug-Sept
1998)

Food portion sizes		(1990)	(1993)	Wrieden (2006)		Manufacturers/retail data 2008					
Food description	Size (g)	Size (g)	Food description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Ice cream								Walls Carte d'or, various flavours	Serving (100ml)	50	
								Mackies luxury dairy traditional ice cream	Serving	100	
								Tesco soft scoop vanilla	Serving (100ml)	44	
Cornetto-type ice creams, chocolate and nut								Walls cornetto classico (6-pack, 540ml, 360g)	Each	60	
	Walls Cornetto choc and nut (120ml)	74	73	Walls Cornetto choc and nut	110ml	Walls cornetto	Each	90ml			
				Tesco chocolate and nuts cones	110ml	Tesco chocolate and nuts cones (100ml)	Each	77	Tesco chocolate and nut cones (6-pack; 600ml)	Each	63
									Cadbury cones (e.g. chocolate and fudge twist)	Each	115ml
									Walls cornetto miniature (12 pack, 335ml, 228g)	Each	19
Ice cream bars								Walls Magnum (classic; 3-pack; 360 ml; 258g)	Each	86	
	Walls Magnum (121ml)	94	94	Walls Magnum*	110ml	Walls Magnum	Each	120ml			
	Snickers ice cream bar (60ml)	60	57	Snickers ice cream bar*	60ml	Snickers ice cream bar	Each	48ml	Snickers ice cream (53ml)	Each	48
									Walls Magnum snack size (6-pack, 360ml, 300g)	Each	50
									Maltesers ice cream (45ml)	Each	31
						Maltesers ice cream	Each	50ml	Galaxy vanilla multipack (51ml)	Each	44.5
									Mars ice cream bars multipack (51ml)	Each	41.8
	Mars ice cream bars (60ml)	60	57	Mars ice cream bars*	60ml	Mars ice cream bars	Each	47.5ml	Mars ice cream single bar	Each	71ml
									Celebrations mini snickers ice cream bar	Each	22.5
									Celebrations mini maltesers ice cream bar	Each	18
									Celebrations mini mars ice cream bar	Each	17

MAFF Nutrient analysis projects:
 foods for preschool children
 (sampling Jan 1992)*; ice cream
 and desserts (sampling Aug-Sept
 1998)

Food portion sizes		(1990)	(1993)	Wrieden (2006)		Manufacturers/retail data 2008					
Food description	Size (g)	Size (g)	Food description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Choc ices			Tesco dark choc ices	66ml	Tesco dark choc ices	Each	39	Tesco 10 light/dark chocolate ices (700ml)	Each	43.4	
	Choc ice (Walls chunky, 81ml)	50	50	Walls chunky choc bar	75ml						
	Choc ice (Lyons Maid Classico)	44	44								
Fab ice lolly	Lyons Maid Fab	61	61			Nestle Fab lollies	Each	60	Nestle Fab lollies	Each	<i>58ml</i>
Strawberry split/mivvi lolly	Ice lolly, strawberry split (Walls, 82ml)	67	77			Tesco real fruit splits	Each	66	Own brand fruit splits (e.g. Tesco), 73ml	Each	62.9
Cheesecake, retail								Tesco light choices mandarin cheesecake (550g)	Serving (1/6 slice)	91.9	
								Tesco strawberry cheesecake 510g	Serving (1/6 slice)	85	
						Heinz Weight Watchers strawberry cheesecake	Each	100	Weight Watchers from Heinz 2 creamy strawberry cheesecakes	Per dessert	105
								Asda American style toffee cheesecake (450g)	Serving (1/6 slice)	75	
Cheesecake, foodservice						Pizza Hut New York style cheesecake	Portion	113			
								Caffe Nero lemon and marscapone cheesecake	Slice	136	
								J D Wetherspoon Eli's original baked Chicago cheesecake	Portion	132	
								Starbucks blueberry swirl cheesecake	Slice	155	
								Burger King strawberry cheesecake	Portion	100	
								BK Fusions strawberry cheesecake	Portion	190	
Lemon meringue pie								Tesco lemon meringue pie (chilled 430g)	Serving (1/6 pie)	71.6	
								Asda lemon meringue pie (frozen; 475g)	1/6 meringue	79	

Portion sizes in italics are estimates derived from on-pack energy values

MAFF Nutrient analysis projects:
 foods for preschool children
 (sampling Jan 1992)*; ice cream
 and desserts (sampling Aug-Sept
 1998)

Food portion sizes		(1990)	(1993)			Wrieden (2006)	Manufacturers/retail data 2008			
Food description	Size (g)	Size (g)	Food description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Chocolate gateau/fudge cake								Chicago Town chocolate fudge cake (295g)	1/5 portion	59
								Tesco black forest gateau (frozen)	Serving (1/8 gateau)	75
								Tesco double chocolate gateau (frozen; 600g)	Serving (1/8 gateau)	75
								Iceland family size chocolate gateau (frozen, 600g, serves 8-10)	1/8 gateau	75
								Pizza Hut chocolate fudge cake	Portion	154
								BK Fusions double chocolate fudge cake	Portion	175

		MAFF Nutrient analysis projects:cheese (Sampling Sept 1998-March 1999); foods commonly consumed by schoolchildren (sampling Oct 1995)*										
Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008					
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Cheese, Cheddar												
Slices												
							Tesco 8 cheddar slices	Slice	30	Tesco mature 8 cheddar slices (240g)	Slice	30
										Cathedral City matured sliced (160g/8 slices)	Slice	20
										Tesco value mild cheddar slices (240g/10 slices)	Slice	24
Portion packs												
										Cheese chuckles (in pick 'n' mix)	Individual pack	20
										Verger Kaas Edam portion (in pick 'n' mix)	Individual pack	20
										Ilchester Leicester (in pick 'n' mix)	Individual pack	20
										President Emmental Francais	Individual pack	20
										3663 Bladen white Cheddar portions	Portion pack	20
										3663 Bladen mixed cheese portions	Portion pack	20
										3663 Bladen mixed cheese portions	Portion pack	40
Processed cheese slices												
							Kraft cheese singles	Slice	20	Dairylea singles cheese slices	Slice	20
							Dairylea 8 thick slices (200g)	Slice	25	Dairylea thick cheese slices	Slice	25
							Tesco healthy eating processed cheese slices*	Slice	20	Tesco healthy eating low fat singles	Slice	20
										Tesco value singles	Slice	17
										Tesco 10 light choices cheese singles (200g)	Slice	20
										Tesco value singles	Slice	17
										Asda smartprice cheese slices (10, 170g)	Slice	17
							Safeway savers 10 cheese food slices (170g)	Slice	17			

		MAFF Nutrient analysis projects:cheese (Sampling Sept 1998-March 1999); foods commonly consumed by schoolchildren (sampling Oct 1995)*										
Food portion sizes		(1990)	(1993)				Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Cheese triangles and snacks												
										Dairy Lea cheese spread (tub)	Serving	25
Cheese triangle, small, Dairy Lea	Triangle	-	14				Dairy Lea original/light triangles	Triangle	14	Dairy Lea original triangles (6-pack, 85g)	Triangle	14
										Dairy Lea original triangles (6-pack, 85g)	Serving (2 triangles)	28.3
Cheese triangle, large, Dairy Lea chunky	Triangle	-	25				Dairy Lea original/light chunky triangles	Triangle	23	Dairy Lea 8 triangles (160g)	Serving/triangle	20
Cheese triangle, small, Laughing cow	Triangle	-	17	Laughing cow cheese spread portions (280g)	Triangle	17.5	Laughing cow light cheese triangles	Triangle	17.5	Laughing cow original/light 8 cheese spread portions (140g)	Triangle	17.5
										Dairy Lea strip cheese, original (8-pack, 168g)	Strip	21
							Cheestrings	Each	21	Cheestrings (8 pack, 168g)	Each	21
Mini Babybel	Each	-	18				Mini Babybel	Each	20	Mini Babybel (6 pack, 120g)	Each	20
Camembert style												
										Tesco French Camembert (250g)	Serving	30
										President Brie (from pick 'n' mix)	Individual pack	30
										President Camembert (from pick 'n' mix)	Individual pack	30
Other pick n mix cheeses												
										President St Paulin	Individual pack	20
										Rondele soft cheese	Individual pack	16.6
										Societe crème	Individual pack	20

FSA pizzas mini-survey (sampling Jan-Feb 2004)			Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Pizza, cheese and tomato									
Thin and crispy, retail	Dr Oetker Crisp Fine Base Mozzarella and Tomato Pizza	Pizza (as sold)	335	Dr Oetker Ristorante pizza mozzarella frozen	one sixth slice	54	Dr Oetker Ristorante pizza mozzarella (335g)	Per half pizza	167.5
				Goodfellas Delicia margherita pizza	Pizza	290	Goodfellas Delicia traditional pizza - margherita (290g)	Per half pizza (as sold)	145
	Sainsbury's Pizzeria Margherita Pizza (359g)	1/2 pizza (as sold)	180				Sainsburys Italian 12" margherita (432g)	Per third pizza (as sold)	144
	Tesco Thin Crust Margherita Pizza (400g)	Serving	200				Tesco thin crust cheese feast pizza (350g)	Serving (1/2 pizza)	175
	Marks and Spencer Stonebaked Cheese and Tomato Pizza (340g)	1/2 pizza (as sold)	170				Marks & Spencer cheese & tomato pizza (365g)	Per half pizza (as sold)	183
Thin and crispy, foodservice				Pizza Hut Italian margherita	Small pizza, slice	76	Pizza Hut Italian margherita	Individual pizza, slice	76
				Pizza Hut Italian margherita	Medium pizza, slice	100	Pizza Hut Italian margherita	Medium pizza, slice	100
				Pizza Hut Italian margherita	Large pizza, slice	98	Pizza Hut Italian margherita	Large pizza, slice	98
				Dominos cheese and tomato pizza	Small pizza, slice	46.8	Dominos cheese and tomato pizza	Small pizza, slice	46.8
				Dominos cheese and tomato pizza	Medium pizza, slice	53.6	Dominos cheese and tomato pizza	Medium pizza, slice	53.6
				Dominos cheese and tomato pizza	Large pizza, slice	63	Dominos cheese and tomato pizza	Large pizza, slice	63
				Dominos Chicago thin crust pizza	Medium pizza, slice	92	Dominos Chicago thin crust pizza	Medium pizza, slice	92

N.B. Where the total pizza weight is given, no serving size was stated.
Portion sizes in italics are estimates derived from on-pack energy values

	FSA pizzas mini-survey (sampling Jan-Feb 2004)			Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Deep pan, retail	Chicago Town Deep Dish Triple Cheese Pizza (2-pack, 340g)	Pizza (as sold)	170	Chicago Town deep dish pizzas - all varieties	Pizza	170	Asda deep pan 10" pizza - cheese feast (460g)	Per half pizza (as sold)	230
	Goodfellas Deep Pan Loaded Cheese Pizza (410g)	Per 1/4 pizza (as sold)	102	Goodfellas deep pan cheese supreme pizza	Pizza	410	Chicago Town deep dish pizza - triple cheese 2 pack (340g)	Per pizza (as sold)	170
	Tesco Deep Pan Cheese Feast Pizza (456g)	Serving	228				Goodfellas deeply delicious loaded cheese pizza (410g)	Serving (1/2 pizza, as sold)	205
	Iceland Deep Pan Cheese Melt Pizza (390g)	1/6 pizza (as sold)	65	Iceland 9" cheese melt deep pan pizza	Pizza	390	Tesco deep crust cheese feast pizza (535g)	Serving (1/2 pizza, as sold)	267.5
Deep pan, foodservice				Pizza Hut deep pan margherita	Small pizza, slice	76	Pizza Hut pan margherita	Individual pizza, slice	76
				Pizza Hut deep pan margherita	Medium pizza, slice	105	Pizza Hut pan margherita	Medium pizza, slice	105
				Pizza Hut deep pan margherita	Large pizza, slice	122	Pizza Hut pan margherita	Large pizza, slice	122
Children's pizzas	Tesco Kids Cheese and Tomato Pizza	Pizza (as sold)	95	Tesco cheese & tomato pizza - kids	Pizza	129	Tesco Disney cheese and tomato pizza	Serving/pizza	90
							Tesco mini cheese and tomato pizza (95g)	Serving/pizza	95
							Pizza Hut kids margherita	Portion	190

N.B. Where the total pizza weight is given, no serving size was stated.
Portion sizes in italics are estimates derived from on-pack energy values

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*			FSA sausages mini survey (sampling Jan 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Individual chicken pie						Birds Eye chicken pie	Each	138	Birds Eye 4 chicken pies (620g)	Pie (as sold)	155
						Birds Eye chicken cheese & broccoli lattice	Each	134	Birds Eye 2 chicken cheese & broccoli lattices (310g)	Lattice (as sold)	155
						Birds Eye chicken cheese & bacon lattice	Each	133	Birds Eye 2 chicken cheese & bacon lattices (310g)	Lattice (as sold)	155
									Ginsters deep fill chicken & mushroom pie (250g)	Pie (as sold)	250
									Mcdougalls 4 chicken & vegetable pies (568g)	Per serving/portion	142
	Asda chicken and vegetable pies (4-pack, 564g)*	Pie (as sold)	141								
	Sainsburys chicken pies (4-pack, 567g)*	Pie (as sold)	142								
						Mcdougalls upper crust chicken & asparagus pie (710g)	1/4 slice	170	Mcdougalls upper crust chicken & asparagus pie (710g)	Per serving	177
Individual beef pie						Birds Eye steak & kidney pie	Each	137	Birds Eye 4 steak & kidney pies (frozen, 620g)	Pie (as sold)	155
						Birds Eye minced beef & onion pie	Each	138	Birds Eye 4 minced beef & onion pies (frozen, 620g)	Pie (as sold)	155
									Ginsters deep steak pie (250g)	Pie (as sold)	250
	Iceland steak pies x 4 (567g)*	Pie (as sold)	142			Iceland steak pies x 4	Each	142	Iceland steak pies (frozen, 4-pack, 624g)	Pie (as sold)	156
	Sainsburys steak pie*	Pie (as sold)	155								
						McDougalls steak & mushroom pie	1/4 slice	170	Asda puff pastry steak pie (600g)	Quarter pie (as sold)	150

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*			FSA sausages mini survey (sampling Jan 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Chicken kiev/breaded chicken						Tesco chicken kiefs - garlic	Each	142	Tesco garlic chicken kiefs (2-pack; 285g)	Kiev (as sold)	142
						Birds Eye crispy chicken	Each	100	Sainsburys chicken kiev (2-pack; 284g)	Kiev (as sold)	142
						Bernard Matthews value turkey escalopes	Each	142	Birds Eye 2 crispy chicken (190g)	Per portion (as sold)	95
									Bernard Matthews turkey escalopes (3-pack; 405g)	Escalope (as sold)	135
									Birds Eye chicken dippers (15-pack; 275g)	5 dippers, baked	92
						Bernard Matthews dinosaurs	Each	50	Bernard Matthews dinosaurs	100g, baked	100
						Bernard Matthews golden drummers	Each	57	Bernard Matthews 6 golden drummers (340g)	100g, baked	100
									Tesco Value chicken nuggets (653g)	Serving (5 nuggets)	82
									Tesco breaded chicken pops (200g)	Serving (10 pops)	50
									Bernard Matthews turkey nuggets (frozen, 20-pack, 400g)	Nugget (baked)	18
								Bernard Matthews turkey nuggets (frozen, 20-pack, 400g)	100g, baked	100	

	MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*			FSA sausages mini survey (sampling Jan 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Sausages							Asda thin pork sausages	Each	25	Asda thin pork sausages (12-pack; 340g)	Sausage (as sold)	28
				Tesco Value 12 Pork Chipolatas (340g)	Sausage (as sold)	28	Tesco thin pork sausages x 40	Each	25	Tesco 40 thin pork sausages (1kg)	Sausage (as sold)	25
										Tesco 40 thin pork sausages (1kg) (cooked)	4 sausages	80
				Richmond Irish Recipe 12 Fresh Pork Sausages (340g)	Sausage (as sold)	28				Richmond Irish recipe 12 thin pork sausages (340g)	Sausage (as sold)	28
							Tesco value sausages x 30	Each	50	Tesco value 24 sausages (1.2kg)	Sausage (as sold)	50
										Serving (2 grilled sausages)		80
				Walls 8 Thick Pork Sausages (454g)	Sausage (as sold)	57				Walls 8 thick pork sausages (454g)	Sausage (as sold)	57
				Sainsbury's Butchers 8 Choice Cumberland Pork sausages (454g)	Sausage (as sold)	57				Sainsburys butchers choice 8 pork Lincolnshire sausages (454g)	Sausage (as sold)	57
				Tesco Finest 6 Traditionally Made Pork Sausages (454g)	Sausage (as sold)	76	Tesco pork & apple sausages	Each	75	Tesco finest sausages (e.g. pork & apple), (6-pack, 454g)	Sausage (as sold)	76
										Tesco finest sausages (various), (6-pack, 454g)	Serving (2 grilled sausages)	139
			Sainsbury's Taste The Difference 6 Ultimate Pork Sausages (400g)**	Sausage (as sold)	67				Sainsburys TTD sausages (various) (6-pack; 400g)	Sausage (as sold)	67	

	MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*			FSA sausages mini survey (sampling Jan 2003)			Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Sausage rolls							Asda chicken roll	Slice	13.5	Tesco value chicken roll (400g)	Serving	13
							Asda sausage rolls x 6	Each	67	Asda good for you sausage rolls (6-pack; 400g)	Roll	67
							Asda snack sausage rolls	Each	33.5	Asda smart price mini sausage rolls (24-pack; 700g)	Roll	29
										Asda smart price 8 sausage rolls (504g)	Roll	63
							Asda mini sausage rolls x20	Each	15	Asda smart price sausage rolls (50 pack; 700g)	Roll	14
										Sainsburys basics sausage rolls (50 pack; 700g)	Roll	14
Pasties										Ginsters large sausage roll	Roll	150
										Asda Cornish pasties (4-pack; 600g)	Pasty	150
										Ginsters Cornish pasties (4-pack; 520g)	Pasty	130
										Ginsters Cornish large pasty	Pasty	227
Pork pie										Lidl (Castle Grove) Cornish pasties (3-pack, 597g)	Pasty (as sold)	199
										Asda Melton Mowbray mini pork pies (8-pack; 400g)	Pie	50
							Tesco buffet pork pies x 4	Each	80	Tesco 6 buffet Melton Mowbray pork pies (450g)	Pie	75
									Bowyers buffet pork pies (4-pack; 310g)	Pie	80	

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006) Serving description			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Lasagne, retail, average portion						Asda Italian beef lasagne (800g, chilled)	Half pack (as sold)	400	
						Tesco lasagne (950g)	Serving	475	
						Sainsburys lasagne (900g)	Half pack (as sold)	450	
Lasagne, foodservice			Pizza Hut lasagne	Portion	440	Pizza Hut lasagne	Portion	516	
						3663 2-layer lasagne	Individual ready meal	350	
	Brake Bros lasagne verdi (11oz)*	Pack (as sold)	312						
Lasagne, retail, meal for one	Asda lasagne verdi*	Pack (as sold)	300	Asda beef lasagne, frozen	Per pack	400	Asda beef lasagne, frozen	Per pack (as sold)	400
	St Michael lasagne*	Pack (as sold)	283				Marks & Spencer beef lasagne	Pack (serves 1)	400
	Findus lasagne*	Pack (as sold)	330	Findus beef lasagne	Per pack	400	Findus beef lasagne, frozen	Per pack (as sold)	400
							Iceland lasagne, frozen	Per pack (as sold)	500
	Tesco lasagne (frozen)*	Pack (as sold)	300				Tesco beef lasagne, frozen	Per pack (as sold)	450
	Birds Eye menu master lasagne*	Pack (as sold)	330						
	Sainsburys lasagne for 1*	Per pack (as sold)	300				Sainsburys lasagne	Per pack (as sold)	400
	Sainsburys lasagne, frozen*	Per pack (as sold)	300				Sainsburys lasagne, frozen	Per pack (as sold)	400
Waitrose lasagne*	Per pack (as sold)	300				Waitrose lasagne	Per pack (as sold)	400	
						Asda Smart Price lasagne	Per pack (as sold)	320	
Lasagne, children's						Annabel Karmel beef lasagne	Per pack (as sold)	220	
						Asda great stuff kids minced beef lasagne	Per pack (as sold)	300	
						3663 Fridgeway children's lasagne	Individual ready meal	250	

MAFF Nutrient analysis projects:meat and poultry products
(Sampling Nov 1994); foods commonly consumed by
elderly people (sampling Jun-Aug 1994)*; ethnic takeaway
foods (sampling Jan 1997)**; meat and meat products
(sampling Aug 1990)***

			Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Beef stew	Tesco beef stew and dumplings	Pack (as sold)				Tesco beef casserole and dumplings	Per pack (as sold)	500	
						Asda minced beef hotpot, frozen	Per pack (as sold)	400	
				Asda beef stew & dumplings, frozen	Per pack (as sold)	Asda beef stew & dumplings, frozen	Per pack (as sold)	400	
	Iceland beef stew & dumplings, frozen	Pack (as sold)	284	Iceland beef stew & dumplings, frozen	Pack	400/500	Iceland beef stew & dumplings, frozen	Per pack (as sold)	500
	Birds Eye menu master beef stew & dumplings	Pack (as sold)	284	Birds Eye beef stew & dumplings	Pack	330			
						3663 The Authentic Food Company beef stew & dumplings	Individual ready meal	340	

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006)			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Shepherds/cottage pie, retail, meal for one	St Michael shepherds pie*	Pack (as sold)	190			Marks & Spencer shepherds pie	Pack (serves 1)	190	
						Marks & Spencer cottage pie	Pack (serves 1)	190	
						Tesco cottage pie	Per pack (as sold)	500	
						Tesco shepherds pie	Per pack (as sold)	500	
	Sainsburys cottage pie*	Pack (as sold)	300			Sainsburys cottage pie	Per pack (as sold)	450	
						Sainsburys basic cottage pie	Per pack (as sold)	300	
Birds Eye menu master shepherds pie*	Pack (as sold)	227	Birds Eye shepherds pie	Each	240	Sainsburys basic cottage pie	Per pack (as sold)	500	
Waitrose shepherds pie*	Per pack (as sold)	285				Waitrose shepherds pie	Per pack (as sold)	400	
Shepherds/cottage pie, children's						Asda great stuff kids shepherds pie	Per pack (as sold)	300	
						Disney kids ready meal - cottage pie	Per pack (as sold)	280	
						Annabel Karmel eat fussy beef cottage pie	Per pack (as sold)	220	
						Little dish cottage pie	Per pack (as sold)	200	
				Blue Parrot Café shepherds pie	Each	250			
				Tesco kidz shepherds pie	Each	235			
				Marks & Spencer children's shepherds pie	Each	210			
						Brakes children's cottage pie	Individual prepared meal	275	
						3663 Fridgeway children's cottage pie	Individual ready meal	250	
Shepherds/cottage pie, foodservice	Brake Bros cottage pie (11.75oz)*	Pack (as sold)	333			Brakes cottage pie	Individual prepared meal	400	
						Brakes Welsh lamb shepherds pie	Individual prepared meal	400	
						3663 Emile tissot cottage pie	Individual ready meal	350	

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006) Serving description			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Pasta ready meal, meal for one	Tesco fresh pasta ham and mushroom tagliatelle	Pack (as sold)	300			Marks & Spencer macaroni cheese	Pack (serves 1)	400
						Tesco ham & mushroom tagliatelle	Per pack (as sold)	430
						Tesco light choices chicken and pasta bake	Per pack (as sold)	400
						Birds Eye steamfresh tomato and basil chicken (with penne), frozen	Per pack (as sold)	400
						Birds Eye steamfresh salmon penne and dill, frozen	Per pack (as sold)	400
Dolmio tagliatelle carbonara	Pack (as sold)	350						
Pasta meals, children's						Sainsburys tagliatelle with bacon and mushroom	Per pack (as sold)	400
						Sainsbury's kids macaroni cheese with broccoli	Per pack (as sold)	300
						Asda great stuff organic kids macaroni cheese	Per pack (as sold)	300
						Marks & Spencer childrens chicken and pasta bake	Each	225
						Brakes children's macaroni cheese	Individual prepared meal	250
						3663 Danbys childrens macaroni cheese	Individual ready meal	250
Pasta meals, foodservice						Pizza Hut kids macaroni cheese	Portion	250
						Pizza Hut tagliatelle carbonara	Portion	475
						Pizza Hut ham tortelloni	Portion	455

Portion sizes in italics are estimates derived from on-pack energy values

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006) Serving			Manufacturers/retail data 2008			
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	
Spaghetti bolognese, meal for one	Asda spaghetti bolognese*	Pack (as sold)	400	Asda spaghetti bolognese, frozen	Per pack	400	Asda spaghetti bolognese, frozen	Per pack (as sold)	400
	St Michael spaghetti bolognese*	Pack (as sold)	283				Marks & Spencer spaghetti bolognese	Pack (serves 1)	400
	Tesco spaghetti bolognese*	Pack (as sold)	400				Tesco spaghetti bolognese	Per pack (as sold)	400
	Weight Watchers spaghetti bolognese*	Pack (as sold)	300	Weight Watchers spaghetti bolognese	Per pack	320	Weight Watchers spaghetti bolognese, frozen	Per pack (as sold)	320
				Iceland spaghetti bolognese	Pack	300	Iceland spaghetti bolognese, frozen	Per pack (as sold)	500
	Birds Eye menu master spaghetti bolognese*	Pack (as sold)	340						
	Sainsburys spaghetti bolognese*	Per pack (as sold)	300				Sainsburys spaghetti bolognese	Per pack (as sold)	400
Spaghetti bolognese, children's ready meals							Sainsburys kids spaghetti bolognese	Per pack (as sold)	300
							Sainsburys kids pasta bolognese meal	Per pack (as sold)	300
							Disney kids ready meal - pasta bolognese	Per pack (as sold)	280
							Tesco Disney pasta bolognese	Per pack (as sold)	280
							Brakes children's spaghetti bolognese	Individual prepared meal	250
							3663 Fridgeway childrens spaghetti bolognese	Individual ready meal	250
							Pizza Hut kids spaghetti bolognese	Portion	250
Spaghetti bolognese, foodservice				Pizza Hut spaghetti bolognese	Portion	475			
	Brake Bros spaghetti bolognese (11oz)*	Pack (as sold)	312				3663 spaghetti bolognese	Individual ready meal	400

Portion sizes in italics are estimates derived from on-pack energy values

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Chicken curry, meal for one			Birds Eye chicken curry with rice	Each	420	Birds Eye chicken curry with rice, frozen	Per meal (as sold)	400
						Tesco chicken curry with rice	Pack (as sold)	450
			Weight Watchers chicken curry with rice	Pack	320	Weight Watchers chicken curry (with rice), frozen	Pack (as sold)	320
			Asda chicken curry & rice, frozen	Pack	400	Asda chicken curry & rice, frozen	Pack (as sold)	400
			Iceland chicken curry & rice	Pack	400/500	Iceland chicken curry and rice, frozen	Pack (as sold)	500
	St Michael chicken tikka masala with rice***	Pack (as sold)	340			Marks & Spencer chicken tikka with pilau rice	Pack (as sold)	400
	Tesco chicken tikka masala and cumin rice*	Pack (as sold)	408			Tesco chicken tikka masala and pilau rice	Pack (as sold)	550
	Tesco chicken korma and rice***	Pack (as sold)	340			Tesco chicken korma and pilau rice	Pack (as sold)	550
	Waitrose chicken masala (no rice)*	Pack (as sold)	340			Waitrose chicken tikka masala (no rice)	Pack (as sold)	400
	Asda chicken tikka masala (no rice)*	Pack (as sold)	340			Asda chicken tikka masala (no rice)	Pack (as sold)	350
Sainsburys chicken tikka masala (no rice)*	Pack (as sold)	350			Sainsburys chicken tikka masala (no rice)	Pack (as sold)	400	
Asda chicken korma (no rice)***	Pack (as sold)	227			Sainsburys chicken tikka masala (no rice)	Half pack (as sold)	200	
St Michael chicken korma (no rice)***	Pack (as sold)	250			Asda chicken korma (no rice)	Pack (as sold)	350	
					Marks & Spencer chicken korma (no rice)	Pack (as sold)	350	
					Marks & Spencer chicken korma (no rice)	Half pack (as sold)	175	
St Michael tikka masala (no rice)*	Pack (as sold)	283			Marks & Spencer chicken tikka masala (no rice)	Pack (as sold)	350	
					Marks & Spencer chicken tikka masala (no rice)	Half pack (as sold)	175	

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006) Serving description			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Chicken curry, foodservice						Brakes children's chicken curry	Individual prepared meal	200
						3663 The Authentic Food Company childrens chicken korma/tikka (no rice)	Individual ready meal	200
Brake Bros chicken tikka masala (no rice) (9oz)*	Pack (as sold)	255				Brakes curries, various (no rice)	Individual prepared meal	350
						3663 The Authentic Food Company chicken korma/tikka masala (no rice)	Individual ready meal	350
						3663 The Authentic Food Company chicken curry (no rice)	Individual ready meal	255
Chicken korma/tikka masala (no rice), takeaway (20 samples, range 251- 534g)**	Average portion	368						
Sweet and sour dishes, meal for one						Tesco sweet and sour chicken and rice	Pack (as sold)	450
						Tesco light choices sweet and sour chicken and rice	Pack (as sold)	450
			Asda sweet and sour chicken with rice, frozen	Pack	400	Asda sweet and sour chicken with rice, frozen	Pack (as sold)	400
						Brakes sweet and sour chicken (no rice)	Individual prepared meal	350
						3663 The Authentic Food Company childrens sweet and sour chicken (no rice)	Individual ready meal	200
Chicken/beef chow mein						Sainsburys chicken chow mein	Pack (as sold)	450
						Tesco chicken chow mein	Pack (as sold)	450
			Asda chicken chow mein	Pack	400	Asda chicken chow mein	Pack (as sold)	400
Chicken chow mein, takeaway (10 samples, range 395-557g)**	Average portion	446						

Portion sizes in italics are estimates derived from on-pack energy values

MAFF Nutrient analysis projects:meat and poultry products
 (Sampling Nov 1994); foods commonly consumed by
 elderly people (sampling Jun-Aug 1994)*; ethnic takeaway
 foods (sampling Jan 1997)**; meat and meat products
 (sampling Aug 1990)***

Wrieden (2006)

Manufacturers/retail data 2008

MAFF Nutrient analysis projects:meat and poultry products (Sampling Nov 1994); foods commonly consumed by elderly people (sampling Jun-Aug 1994)*; ethnic takeaway foods (sampling Jan 1997)**; meat and meat products (sampling Aug 1990)***			Wrieden (2006)			Manufacturers/retail data 2008		
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)

		Wrieden (2006)		Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Cheese-based, retail				Marks & Spencer cheddar cheese ploughmans sandwich	Pack (serves 1)	226
	Tesco cheese & onion brown bread sandwich	Each	182	Tesco cheese & onion brown bread sandwich	Serving	181
	Tesco healthy eating ploughman's sandwich	Each	190	Tesco ploughmans sandwich	Serving	220
Cheese-based, foodservice				Starbucks cheese and pickle sandwich	Unit	192
Chicken-based, retail				Marks & Spencer British chicken & bacon sandwich	Pack (serves 1)	188
	Tesco healthy eating chicken salad sandwich	Each	193	Tesco light choices chicken salad sandwich	Serving	207
	Tesco chicken and sweetcorn sandwich	Each	179	Tesco roast chicken sandwich	Serving	168
Chicken-based, foodservice				Starbucks chicken club sandwich	Unit	206
Meat-based, retail				Marks & Spencer BLT sandwich	Pack (serves 1)	197
	Tesco smoked ham and cheddar brown bread sandwich	Each	178	Tesco smoked ham and cheddar sandwich	Serving	178
	Tesco healthy eating bacon, lettuce and tomato sandwich	Each	192	Tesco BLT malted brown bread sandwich	Serving	224
Meat-based, foodservice				Caffe Nero BLT sandwich	Pack	167
				Starbucks BLT sandwich	Unit	178

Food description	Food portion sizes (1990)		Food portion sizes (1993)		Food Magazine (2004)		Wrieden (2006)		Manufacturers/retail data 2008	
	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)
McDonalds hamburger		103		100				105	Portion	<i>104</i>
McDonalds quarter pounder with cheese		186		195				206	Portion	<i>194</i>
McDonalds big mac		207		204				215	Portion	<i>216</i>
McDonalds McChicken sandwich				159				167	Portion	<i>170</i>
McDonalds chicken nuggets	6 pieces	109	6 pieces	105			6 pieces	106	6 pieces	<i>104</i>
Burger King kids hamburger								107		100
Burger King hamburger				106				116		110
Burger King double cheeseburger				166				184		173
Burger King whopper				258				274		274
Burger King double whopper				334				355		355
Burger King double whopper with cheese				359				380		380
Burger King chicken royale				224				210		210
Burger King Flamer				167						
Burger King LA flame grilled chicken sandwich								172		
Burger King chicken pick em ups			6 pieces	111						
Burger King chicken bites								78		
Burger King breaded chicken fillet strips							5 strips	175	Number not specified	132
Burger King fries			Small	75			Small	74	Small	74
Burger King fries			Regular	116			Regular	116	Regular	111
Burger King fries			Large	142			Large	142	Large	137
Burger King fries				-			Super	174	Super	174
Kentucky Fried Chicken French fries	Regular	112	Regular	130			Regular	105		
Kentucky Fried Chicken French fries	Large	168	Large	165						
McDonalds fries	Regular	93	Regular	77	Regular	78	Small	78	Small	<i>80</i>
McDonalds fries			Medium	110	Medium	110	Medium	111	Medium	<i>114</i>
McDonalds fries	Large	124	Large	155	Large	155	Large	155	Large	<i>160</i>
					Super size	183				

Portion sizes in italics are estimates derived from on-pack energy values

	Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)
Chips, foodservice								JD Wetherspoon bowl of chips	Bowl	410
Oven chips								Tesco crinkle cut oven chips	Serving	125
								Tesco steakhouse oven chips	Serving	125
								McCain oven chips	Serving	135
								McCain homefries	Serving	135
Roast potatoes, foodservice								JD Wetherspoon roast potatoes	Portion	200
Crisps, standard					McCoys potato chips	Pack	35	McCoys ridge cut crisps	Bag from multipack	32
	Real McCoys		40	40	McCoys potato chips	Pack	50	McCoys ridge cut crisps	Handy pack	50
					Walkers crisps	Bag	34.5	Walkers crisps	Multipack bag	25
					Walkers max	Bag	55	Walkers crisps	Single serve/standard bag	34.5
								Walkers crisps	Big eat pack	50
								Walkers crisps	Sharing pack	175
									Bag from multipack	22
	Square crisps		28	25	Walkers square crisps	Bag	25	Walkers squares	Single bag	25
								Walkers squares	Big eat pack	40
Crisps, premium					Walkers sensations crisps	Bag	35	Walkers Sensations	Standard pack	40
								Walkers Sensations (new size; everyday sharing)	Pack	105
								Walkers Sensations (new bigger pack, for larger sharing occasions)	Pack	175
	Kettle chips		-	50	Kettle crisps	Pack	50	Kettle chips	Standard pack	40
	Kettle chips		-	100				Kettle chips	More to share pack	150
								Kettle chips		300
								Kettle chips (150g/300g packs)	Serving	50
								McCoys specials	Pack	150
								McCoys specials	Serving	50

	Food portion sizes		(1990)	(1993)	Wrieden (2006)			Manufacturers/retail data 2008					
	Food description	Serving description	Size (g)	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)			
Hula hoops	Hula Hoops	1 pack	30	30	KP Hula hoops	Pack	25	KP hula hoops (original, 7-pack)	Bag from multipack	25			
					KP Hula hoops	Pack	34	KP hula hoops	Standard bag	34			
Pringles	Pringles	1 tube	200	200	Pringles	Tube	200	Pringles party size	Tube	230			
					Pringles	Tube	170						
					Pringles	Portion	25						
					Pringles pop and go	Tube	43						
Tortilla chips								Pringles (mini)	Bag from multipack	23			
								Tesco cool tortilla chips	Bag	200			
								Tesco cool tortilla chips	Bag	400			
								Tesco cool tortilla chips	Serving (1/8 pack)	25			
								Walkers Doritos	Bag	40	Walkers Doritos	Bag from multipack	30
											Walkers Doritos	Standard pack	40
											Walkers Doritos (new size; everyday sharing)	Pack	140
											Walkers Doritos (new bigger pack, for larger sharing occasions)	Pack	245
Walkers Doritos	Serving	35											

	Food portion sizes (1990)		Food portion sizes (1993)		Food Magazine (2004)		Wrieden (2006)		Manufacturers/retail data 2008	
	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)
Cadburys milk chocolate buttons			Treat size	14			Treat size	14	Treat size	15
Cadbury milk chocolate buttons	Standard packet	33	Standard packet	33			Bag	32	Bag	32.4
Cadbury milk chocolate buttons	Large packet	51	Large packet	51					Tube	100
Cadbury milk chocolate buttons							Bag	145		
Cadbury milk chocolate buttons									Bag	175
Cadburys giant buttons							Pack	30	Pack	30
Nestle milky bar buttons			Bag	30						
Aero chocolate			Mini	11			Mini	11	Mini	11
Aero chocolate			Snack size	28			Snack size	20.5	Snack size	21.5
Aero chunky	Chunky bar	36	Chunky bar	37			Each	38.5	Each	38.5
Aero chocolate	Flat bar	45	Bar	48			Medium	46	Medium	47.5
Aero chocolate							Giant	128	Giant	128
Aero chocolate									Giant, 1/4 bar	32
Mars bar	Mini	20	Fun size	19					Fun size	19.8
Mars bar			Snack	42					Snack size	36.5
Mars bar									From multipack	54
Mars bar	Regular	68	Standard	65	Regular	62.5	Standard	62.5	Single	62.5
Mars bar	King size	100	King size	100	Big one	85			Duo, king size	85
Kit Kat - 2 finger	2 fingers	20	2 fingers	22	2 fingers	21	2 fingers	21	2 fingers	21
Kit Kat - 4 finger	4 fingers	43	4 fingers	49	4 fingers	48	4 fingers	48	4 fingers	45.5
Kit kat chunky							Mini	17	Mini	17
Kit kat chunky									Snack size	27
Kit kat chunky					Chunky	55	Standard	55	Standard	50
Kit kat chunky					Chunky king size	77	King size	77		
Twix, funsize			Mini	21					Fun size	21
Twix biscuit (10 pack, 250g)							Biscuit	25	Biscuit	25
Twix snack size									Snack size	42
Twix 2 finger (5 pack, 290g)	Bar	50	Standard	56	Regular	58	Pack	58	2 finger	58
Twix XTRA					King size	85			XTRA	85

Food portion sizes (1990)		Food portion sizes (1993)		Food Magazine (2004)		Wrieden (2006)		Manufacturers/retail data 2008	
Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)	Serving description	Size (g)
Cadburys dairy milk		Treat size	15					Treat size	15
Cadburys dairy milk								99 calorie bar	17.5
Cadburys dairy milk		Snack size	30					Kids (6-pack, 124g)	21
Cadburys dairy milk								Multipack (9-pack, 353g)	39
Cadburys dairy milk	Bar	50	Standard	54		Each	49	Bar	49
Cadburys dairy milk								Bar	85
Cadburys dairy milk						Each	200	Bar	250
Cadburys dairy milk						Each	400	Bar	400
Galaxy milk chocolate								Snack size (10 pack, 245g)	24.5
Galaxy milk chocolate	Bar	50	Bar	47		Block	46	Bar	46
Galaxy milk chocolate								Bar	75
Galaxy milk chocolate								Bar	150
Galaxy milk chocolate								Big value bar	390
Maltesers		Fun size	21					Treat size	21.5
Maltesers	Packet	40	Standard bag	37	Regular	37	Pack	37	Bag from multipack
Maltesers					King size bag	58.5			King size bag
Maltesers			Family bag	80					
Maltesers								Handy bag	100
Maltesers								Box	146
Maltesers								Pouch	175
Maltesers								Pot	210
Maltesers								Box	400
Maltesers								Bucket	800
Smarties		Mini box	15				Mini carton	15	Mini carton
Smarties							Mini pyramid	20	
Smarties	Tube	36	Tube	37			Tube	42.5	Hexa tube
Smarties	Box	125							
Smarties, giant							Bag	51.5	
Toffee crisp		Mini	18				Mini	18	Mini
Toffee crisp		Snack size	33				Snack size	30	Snack size
Toffee crisp	Bar	40	Standard	48			Standard	48	Standard

Portion sizes in italics are estimates derived from on-pack energy values

Food portion sizes (1993)			Food Magazine (2004)			Wrieden (2006)			Manufacturers/retail data 2008	
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description
Milkshake, fast food						McDonalds milkshake	Small	336	McDonalds milkshake (chocolate)	Small
	McDonalds milkshake	300							McDonalds milkshake (chocolate)	Medium
						McDonalds milkshake	Large	430	McDonalds milkshake (chocolate)	Large
						Burger King ice cream shake (chocolate, strawberry, banana)	Kids	98	Burger King ice cream shake (chocolate, strawberry, banana)	Small
						Burger King ice cream shake (chocolate, strawberry, banana)	Regular	145	Burger King ice cream shake (chocolate, strawberry, banana)	Regular
						Burger King ice cream shake (chocolate, strawberry, banana)	Large	198	Burger King ice cream shake (chocolate, strawberry, banana)	Large
Flavoured milk	Aero chocolate drink	192								
	Crazy milk	214								
	Mars bar milk	227								
	Nesquik (semi-skimmed)	190								
						Munch Bunch drink	Bottle	90	Munch Bunch Calci+ Drinky+	Bottle
						Danone Actimel yoghurt drink	Bottle	100	Danone Actimel probiotic drinking yoghurt	Bottle/ Serving
						Muller Vitality probiotic drink	Bottle	100	Muller Vitality probiotic drink	Bottle/ Serving
									Yakult fermented milk drink	Serving
						Frijj milkshake	Bottle	500	Frijj fresh classic shake	Serving

	Food portion sizes (1993)			Food Magazine (2004)			Wrieden (2006)			Manufacturers/retail data 2008		
	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	
Soft drinks, retail	Carbonated soft drinks	Small plastic bottle	250ml							Carbonated soft drinks	Small plastic bottle	
	Carbonated soft drinks	Large plastic bottle	500ml							Carbonated soft drinks	Large plastic bottle	
	Carbonated soft drinks	Fun size can	150ml							Carbonated soft drinks	Bottle	
	Carbonated soft drinks	Slim can	250ml							Carbonated soft drinks	Bottle	
	Carbonated soft drinks	Standard can	330ml							Carbonated soft drinks	Fun size can	
	Ready to drink still fruit drinks (e.g. Five Alive, Libby's C and Um)	200ml carton	206-208							Carbonated soft drinks	Standard can	
	Ready to drink still fruit drinks (e.g. Own brand, Quosh, Robinsons)	250ml carton	253-263							Ready to drink still fruit drinks (e.g. Own brand)	200ml carton/pouch/bottle	
	Ribena	Individual carton	263							Ribena	250ml carton Individual carton, from multipack	
										Individual carton	Individual carton	
										Ribena	Bottle (ready to drink)	
									Ribena	Bottle (ready to drink)		
									Ribena	Bottle (ready to drink)		
									Ribena	Bottle (ready to drink)		
	Ribena	King size carton	394									
Soft drinks, fast food outlets	Burger King carbonated drinks	Small (12oz)	341ml				Burger King carbonated drinks	Kids	300	Burger King carbonated drinks	Small	
	Burger King carbonated drinks	Medium (16oz)	455ml				Burger King carbonated drinks	Regular	400	Burger King carbonated drinks	Regular	
	Burger King carbonated drinks	Large (24oz)	682ml				Burger King carbonated drinks	Large	600	Burger King carbonated drinks	Large	
							Burger King carbonated drinks	Super	900	Burger King carbonated drinks	Super	
							McDonalds carbonated drinks	Small	251	McDonalds carbonated drinks	Small (250ml)	
							McDonalds carbonated drinks	Medium	400	McDonalds carbonated drinks	Medium (400ml)	
							McDonalds carbonated drinks	Large	526	McDonalds carbonated drinks	Large (525ml)	
							McDonalds carbonated drinks	Super Size	750ml			

Portion sizes in italics are estimates derived from on-pack energy values

Food portion sizes (1993)			Food Magazine (2004)			Wrieden (2006)			Manufacturers/retail data 2008	
Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description	Size (g)	Food description	Serving description
Hot beverages, foodservice									Caffe Nero Latte, regular, drink in	Drink
									Caffe Nero Cappuccino, regular, drink in	Drink
									Caffe Nero Mocha (cappuccino with chocolate), regular, drink in	Drink
									Starbucks brewed coffee/tea	Short
									Starbucks brewed coffee/tea	Tall
									Starbucks brewed coffee/tea	Grande
									Starbucks brewed coffee/tea	Venti

Size (g)

177

336

431

98

145

198

90

100

100

65ml

500ml

Size (g)

250ml

500ml

1.25l

2 l

150ml

330ml

200ml

250ml

250ml

288ml

330ml

500ml

300

400

600

900

250

400

525

Size (g)

150

80

180

236ml

254ml

473ml

591ml
