**Portion sizes for different food groups**

Each country has the same portion of meat, fruit and vegetable, and staples. These are based on amounts used in recipes and from the BNF (1)

Portion sizes (g) for different food types

|  |  |
| --- | --- |
| **Food group** | **Portion (g)** |
| Meat | 100 |
| Dairy (milk on cereal or yoghurt) | 125 |
| Egg | 60 |
| Fish | 120 |
| Other meat and animal fat (mostly offal) | 100 |
| Fruit and vegetables | 80 |
| Oils and oilcrops (1 tablespoon of vegetable oil) | 15 |
| Luxuries – chocolate (4 squares/5 teaspoons of sugar)) | 20 |
| Staples (dry weight) | 75 |
| Pulses (lentils) | 50 |
| Nuts and seeds | 20 |
| Soyabean (tofu) | 80 |

Reference:

1. British Nutrition Foundation. *Your Balanced Diet*. 2021 [cited 2021 15.11.21]; Available from: <https://www.nutrition.org.uk/media/ohunys2u/your-balanced-diet_16pp_final_web.pdf>.