# TOOL 4: VISUAL GUIDE TO PORTION SIZES



Portion sizes have grown over the last 30 years. Large portions and the kilojoules they contain can send our weight creeping up over time. Selling smaller, more appropriate portions is one way to support people to make a healthier choice.

This tool is a life-size, visual portion guide for commonly used menu items to help you visualise portion sizes for some foods in the **Food and Drink Benchmark**. Maximum portion size limits apply to some **Everyday** and all **Occasional** foods and drinks.

Set the view scale or printer to 100% before viewing or printing.

		MAXIMUM	
PAGE	FOOD	PORTION SIZE	DESCRIPTION
2	Schnitzel	140g	1 schnitzel; 15cm long, 7cm wide
3	Crumbed Chicken Burger Patty	140g	1 patty; 10cm diameter
4	Meat/Chicken/Veg Pie (pastry top)	180g	1 pie; 10cm diameter, 3cm high
5	Potato-top Pie	250g	1 pie; 10cm diameter, 5cm high
6	Sausage Roll/Savoury Roll	120g	1 roll; 15cm long, 4cm wide
7	Triangle Pasties/Pastizzis	120g	2 pastries; 10.5cm x 6cm each pastry
8	Turn-over/Pastie/Calzone	120g	1 pastry; approx. 10cm x 8cm
9	Hot Chips	100g	8-10 medium-cut chips (straight or crinkle), approx. 6cm long; ¾ fill 8oz chip cup
10	Wedges	100g	5-6 wedges; approx. 6cm long
11	Hash Brown	100g	1 hash brown; approx. 10.5cm long, 8cm wide
12	Muffin	80g	1 medium muffin; 6cm diameter cake pan; or size of tennis bal
13	Banana Bread	80g	1 thin slice; 8cm x 7cm, less than 2cm thick
14	Croissant	80g	1 small croissant; approx. 14cm x 9cm
15	Sweet Danish	80g	2 mini Danishes 40g each, approx. 8cm x 5cm
16	Chocolate Confectionery	50g	approx. 15 small round chocolate balls; approx. 8 lollies; fill 100ml plastic cup
17	Ice-Cream	85ml	5cm diameter (approx. 2 inch, #24 scoop)
NOT P	ICTURED IN GUIDE		
	Bacon Rasher	60g	2 short cut rashers; 10cm long, 5.5cm wide 1 long rasher; approx. 20cm long
	Salami	60g	approx. 2 slices
	Sausage	60g	1 thin sausage; 12cm long 1 thick sausage; 8cm long
	Milkshakes and Smoothies	500ml	16oz cup (480ml)
	Thickshakes with ice-cream/gelato/ sorbet	500ml	Use 16oz cup (480ml) with no more than 85ml of ice-cream/ gelato/sorbet per cup
	Coffee	500ml	16oz cup (480ml)

## FOOD: SCHNITZEL

#### MAXIMUM PORTION SIZE LIMIT: 140g



### **FOOD:** CRUMBED CHICKEN BURGER PATTY

### MAXIMUM PORTION SIZE LIMIT: 140g



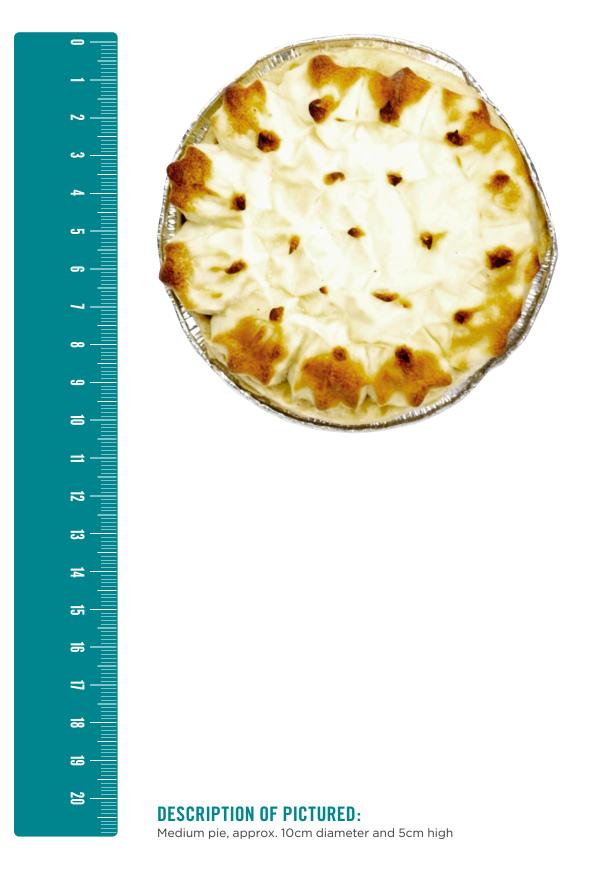
### **FOOD:** MEAT/CHICKEN/VEG PIE (PASTRY TOP)

#### MAXIMUM PORTION SIZE LIMIT: 180g



### **FOOD:** POTATO-TOP PIE

#### MAXIMUM PORTION SIZE LIMIT: 250g



## FOOD: SAUSAGE ROLL/SAVOURY ROLL

#### MAXIMUM PORTION SIZE LIMIT: 120g



One roll, 15cm long, 4cm wide

### FOOD: TRIANGLE PASTIES/ PASTIZZIS

#### MAXIMUM PORTION SIZE LIMIT: 120g



### **FOOD:** TURNOVER/ PASTIE/ CALZONE

#### MAXIMUM PORTION SIZE LIMIT: 120g





**DESCRIPTION OF PICTURED:** 1 turnover, approx. 10cm x 8cm

### FOOD: HOT CHIPS

#### MAXIMUM PORTION SIZE LIMIT: 100g



# FOOD: WEDGES

### MAXIMUM PORTION SIZE LIMIT: 100g



### FOOD: HASH BROWN

#### MAXIMUM PORTION SIZE LIMIT: 100g

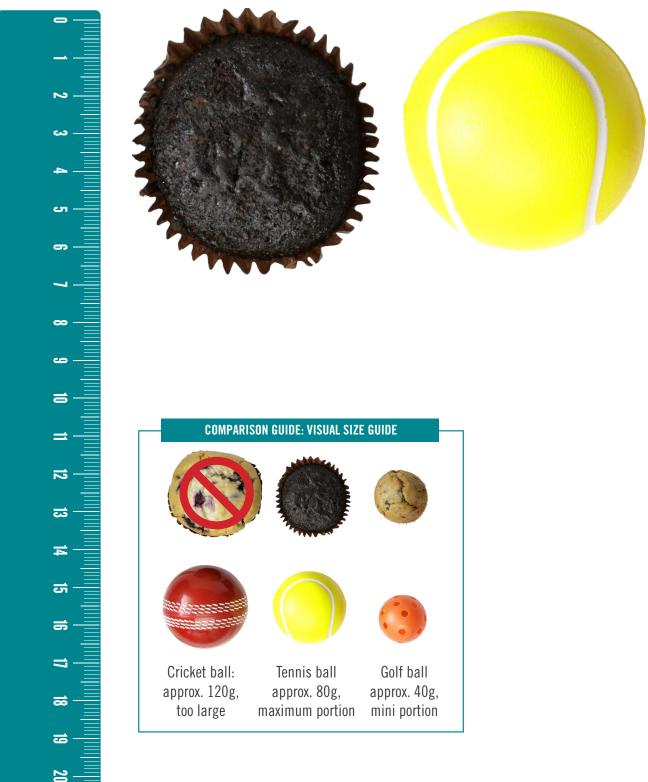




**DESCRIPTION OF PICTURED:** 1 hash brown; approx. 10.5cm long, ~8cm wide

## FOOD: MUFFIN

#### MAXIMUM PORTION SIZE LIMIT: 80g



#### **DESCRIPTION OF PICTURED:**

1 small-medium muffin; 6cm diameter cake pan; or size of tennis ball

### FOOD: BANANA BREAD

#### MAXIMUM PORTION SIZE LIMIT: 80g





### FOOD: CROISSANT

#### MAXIMUM PORTION SIZE LIMIT: 80g



### FOOD: DANISH

#### MAXIMUM PORTION SIZE LIMIT: 80g







#### **DESCRIPTION OF PICTURED:** 2 mini Danishes 40g each, approx. 8cm x 5cm

## FOOD: CHOCOLATE CONFECTIONERY (UNPACKAGED)

#### **MAXIMUM PORTION SIZE LIMIT:** 50g



### **DESCRIPTION OF PICTURED:**

100ml cup filled

### FOOD: ICE-CREAM

#### MAXIMUM PORTION SIZE LIMIT: 85ml

