

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.

PICTURED IN GUIDE

| PAGE | FOOD | MAXIMUM 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; $\frac{3}{4}$ 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 ball |
| 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 PICTURED 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) |

CATEGORY: Occasional crumbed meat

FOOD: SCHNITZEL

MAXIMUM PORTION SIZE LIMIT: 140g



DESCRIPTION OF PICTURED:
130g schnitzel, approx. 15cm x 7cm

CATEGORY: Occasional crumbed meat

FOOD: CRUMBED CHICKEN BURGER PATTY

MAXIMUM PORTION SIZE LIMIT: 140g



DESCRIPTION OF PICTURED:
130g patty, approx. 10cm diameter

CATEGORY: Occasional savoury pastry

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

MAXIMUM PORTION SIZE LIMIT: 180g



DESCRIPTION OF PICTURED:

Medium pie, approx. 10cm diameter and 3cm high

CATEGORY: Occasional savoury pastry

FOOD: POTATO-TOP PIE

MAXIMUM PORTION SIZE LIMIT: 250g



DESCRIPTION OF PICTURED:

Medium pie, approx. 10cm diameter and 5cm high

CATEGORY: Occasional savoury pastry/sausage roll

FOOD: SAUSAGE ROLL/SAVOURY ROLL

MAXIMUM PORTION SIZE LIMIT: 120g



DESCRIPTION OF PICTURED:

One roll, 15cm long, 4cm wide

CATEGORY: Occasional savoury pastry

FOOD: TRIANGLE PASTIES/ PASTIZZIS

MAXIMUM PORTION SIZE LIMIT: 120g



DESCRIPTION OF PICTURED:
2 pastries; 10.5cm x 6cm each

CATEGORY: Occasional savoury pastry

FOOD: TURNOVER/ PASTIE/ CALZONE

MAXIMUM PORTION SIZE LIMIT: 120g



DESCRIPTION OF PICTURED:

1 turnover, approx. 10cm x 8cm

CATEGORY: Occasional hot potato product

FOOD: HOT CHIPS

MAXIMUM PORTION SIZE LIMIT: 100g



DESCRIPTION OF PICTURED:

8-10 medium-cut chips, approx. 6cm long; or $\frac{3}{4}$ fill 8oz chip cup

CATEGORY: Occasional hot potato product

FOOD: WEDGES

MAXIMUM PORTION SIZE LIMIT: 100g



DESCRIPTION OF PICTURED:
5 large (20g) wedges, 6-8cm each

CATEGORY: Occasional hot potato product

FOOD: HASH BROWN

MAXIMUM PORTION SIZE LIMIT: 100g



DESCRIPTION OF PICTURED:

1 hash brown; approx. 10.5cm long, ~8cm wide

CATEGORY: Occasional cakes and sweet pastries

FOOD: MUFFIN

MAXIMUM PORTION SIZE LIMIT: 80g



COMPARISON GUIDE: VISUAL SIZE GUIDE



Cricket ball:
approx. 120g,
too large



Tennis ball
approx. 80g,
maximum portion



Golf ball
approx. 40g,
mini portion

DESCRIPTION OF PICTURED:

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

CATEGORY: Occasional cakes and sweet pastries

FOOD: BANANA BREAD

MAXIMUM PORTION SIZE LIMIT: 80g



DESCRIPTION OF PICTURED:

1 thin slice; 8cm x 7cm, less than 2cm thick

CATEGORY: Occasional cakes and sweet pastries

FOOD: CROISSANT

MAXIMUM PORTION SIZE LIMIT: 80g



DESCRIPTION OF PICTURED:

Small croissant, 70g, 14cm x 9cm

CATEGORY: Occasional cakes and sweet pastries

FOOD: DANISH

MAXIMUM PORTION SIZE LIMIT: 80g



DESCRIPTION OF PICTURED:

2 mini Danishes 40g each, approx. 8cm x 5cm

CATEGORY: Occasional confectionery

FOOD: CHOCOLATE CONFECTIONERY (UNPACKAGED)

MAXIMUM PORTION SIZE LIMIT: 50g



VISUAL SIZE GUIDE



125ml cup:
~90g,
too large



100ml cup
~50g,
maximum portion



80ml cup
~25g,
mini portion

DESCRIPTION OF PICTURED:

100ml cup filled

CATEGORY: Occasional frozen ice snack

FOOD: ICE-CREAM

MAXIMUM PORTION SIZE LIMIT: 85ml



DESCRIPTION OF PICTURED:
5cm diameter (approx. 2 inch, #24 scoop)