

## Portion sizes

The following list is based on the portion sizes used in the Netherlands, plus the portion sizes as agreed at European level (marked with an "\*"). In parentheses, the relevant European organisations indicate where the EU portion size is developed. For example, UNAFPA is the Union of Organisations of Manufacturers of Pasta products in the EU

Product category	Product	Portion size
Potatoes, rice, pasta	Table potatoes (prepared product)	200 grams
	Mashed potatoes	200 grams
	Frites	135 grams of unprepared product, however, the energy value of the prepared product is shown/ displayed. The energy value for 1 portion is therefore all that remains after preparation of 135 g (there is no specific weight attached to it)
	Dried pasta (unprepared product)	80-100 g* (UNAFPA)
	Dried pasta (prepared product)	180-220 g* (UNAFPA)
	Rice	150 grams
Butter and margarine	Spreadable fats (1 or 2 slices of bread)	10 grams* (IMACE / NZO)
	Oil and liquid fats	10 grams* (FEDIOL)
Bread	Bread (uncut)	35 grams
	Currant/ Raisin bread with or without food (uncut)	35 grams
	Gingerbread (uncut)	30 grams
	Spiced gingerbread (uncut)	35 grams
	Light rye bread (uncut)	25 grams
	Dark rye bread (uncut)	50 grams
Spreads, savoury	Hard and semi-hard cheese (incl. grated)	20 grams (NZO)
	Fresh cheese products	10 grams (NZO)
	Cheese spread	15 grams (NZO)
	Smoked cheese	20 grams (NZO)
	Fish	40 grams
	Meat products	15 grams
	Salads for bread	30 grams
	Other spreads, peanut butter and similar	15 grams
Spreads, sweet	For spreading	15 grams
	Sprinkling	20 grams
Beverages	Non-alcoholic (incl. soft drinks, lemonade, water)	250 ml * (UNESDA)
	Chocolate Drink (powder)	200 ml * (CAOBISCO)
	Coffee (depending on method of preparation and country)	40-350 ml* (ECF)
	Tea (depending on method of preparation and country)	125-240 ml* (THIE)
	Fruit juice, fruit drink	200 ml* (AIJN)
Alcoholic beverages	Beer	200 ml
	Wine	125 ml
Fruit	Pure fruit	125 grams
	Canned Fruit (net weight, including syrup)	200 g ± 50 g * (OEITFL)
	Fruit, dried, soaked	125 grams
	Fruit compotes, purees (no jam)	100 g ± 20 g * (OEITFL)
Vegetables	Prepared vegetables	200 grams
	Leafy vegetables, without dressing, raw	35 grams
	Root vegetables, without dressing, raw	70 grams
Biscuits and cakes	Sliced Cake	25 gram (CAOBISCO)

	Cake and pastry <4g / piece	25 gram (CAOBISCO)
Milk and milk products (NZO)	Thin-liquid dairy products (including buttermilk and yogurt drinks)	200 ml
	Desserts, fluffy and firm (incl. custard and yogurt)	150 grams/ ml
	Fresh cheese and quark/ curd	100 grams
	Porridge	150 ml (bowl), 250 ml (plate)
	Cream products (incl. spray cans)	10 grams
	Sour cream products	20 grams
	Liquid coffee whiteners/ creamers	7 ml
	Powdered coffee whiteners / creamers	2.5 grams
Ice cream	Ice cream	100 ml / 50 grams* (EUROGLACES)
Breakfast cereals	Roasted and / or extruded flakes	30 grams* (CEEREAL)
	Roasted and / or extruded flakes with filling	30 or 40 grams* (CEEREAL)
	Extruded and swelled cereals	30 grams* (CEEREAL)
	Roasted and swelled cereals with filling	30 or 40 grams* (CEEREAL)
	Oatmeal and steamed / boiled cereal flakes	40 grams* (CEEREAL)
	Crushed / shredded breakfast cereal	40 grams* (CEEREAL)
	Muesli	45 grams* (CEEREAL)
	Granola	45 grams* (CEEREAL)
	Filled flattened cereals	45 grams
	Filled extruded pads (with cream)	35 grams
	Mini biscuits	40 grams
	Large biscuit-like cereals	2 pieces
Legumes/ Pulses	Legumes/ pulses	200 grams
Sauce	Jus / gravy	25 ml
	Sauce, savoury, cold/ hot (tablespoon)	15 g/ml* (FIC)
	Dressing (2 tablespoons)	30 g/ml* (FIC)
	Sauce, sweet dessert	15 g/ml
	Mustard (teaspoon)	10 g/ml * (FIC)
Snacks, pretzels, candy	Sausage	15 grams
	Cheese, paté and other toppings	5 grams (little toast), 10 grams (big toast)
	Savoury snacks (potato chips/ crisps etc.)	30 grams* (ESA)
	Peanuts and nuts	30 grams* (ESA)
	Savoury biscuits <4g / pc	25 grams* (CAOBISCO)
	Satay with sauce	150 grams
	Chocolate products (pralines, cocoa / chocolate sweets) <5 g / piece; chocolate bars	25 grams* (CAOBISCO)
	Chewable and soft sweets and confectionery varying weights per time in mix packs / assortments <sup>1</sup>	25 grams* (CAOBISCO)
Soup	Soup (plate, bowl)	250 ml * (CULINARIA EUROPE)
	Soup, broth (mug)	175 ml
Sugar	Sugar (white and soft brown)	2 grams
	Icing/ powdered sugar	1 gram
	Candy sugar	3 grams
	Syrup	15 grams
Fish	Fish	100 grams
Meat	Meat (excl. weight of any bone)	100 grams

<sup>1</sup> For sugar-free products with polyols or confectionery with glycyrrhizic acid / ammonium salt content with varying items weighing more than 4 g / kg, a portion size of 25 g is not always desirable because this portion size may already have effects on the consumer. A portion by piece/ item is preferable here.