



Standardised Portion Size Guidance

Food Groups	Standardised Portions Use standardised utensil sizes (e.g. ladle sizes)
<p>*Vegetables, salad and fruit</p> <p>Provide 5 portions per day</p>	<p>1 portion is equal to 80g</p> <ul style="list-style-type: none">> 1 medium sized fruit – apple, orange, pear or banana> 2 small fruits – plums, kiwi or mandarin oranges> Small fruits – 6 strawberries, 10 grapes or 16 raspberries> ½ cup of cooked vegetables – fresh or frozen> 1 bowl of salad – lettuce, tomato, cucumber> 1 bowl of homemade vegetable soup> 150mls unsweetened fruit juice
<p>*Cereals and breads, potatoes, pasta and rice</p> <p>Provide 5 portions per day</p>	<p>1 portion is equal to:</p> <ul style="list-style-type: none">> 2 thin slices of white or wholemeal bread> 1 torilla wrap> 1 ½ slices wholemeal soda bread or 1 pitta pocket> 40g dry porridge oats> 45g flaked type breakfast cereal> 125g cooked rice,> 100g pasta, noodles, or cous cous> 2 medium potatoes (200g) or 4 small potatoes
<p>*Milk, yogurt and cheese</p> <p>Provide 3 portions per day</p>	<p>1 portion is equal to:</p> <ul style="list-style-type: none">> 200mls milk> 25g cheese> 125g yogurt

Food Groups	Standardised Portions Use standardised utensil sizes (e.g. ladle sizes)
<p>Meat, poultry, fish, eggs and beans</p> <p>To meet the nutrition standard for protein (90g per day), 35-42g protein must be provided per day from meat, fish, chicken, eggs and beans</p> <p>Protein containing foods should be provided at 2-3 meals each day</p>	<p>Each of these foods provides 7g protein:</p> <ul style="list-style-type: none"> > 1 egg > 25g roast chicken > 22g roast beef > 25g cooked roast pork > 30g cooked minced beef > 30g baked salmon > 30g baked cod > 100g cooked beans <p>These foods must be weighed after cooking to ensure that specified weight is given at each meal for example to provide 28g protein from roast chicken, cooked portion should weigh 100g</p>
<p>Foods and drinks high in fat, salt and sugar</p>	<p>Portions and types of foods used will be determined by the nutrition standards for the individual therapeutic and texture modified diets, see Section 4.0 and 5.0</p>

*DOH, HEG, 2016.

Please refer to the HSE Nutrition Standards for food and beverage provision for staff and visitors in healthcare settings (pending publication) section: Guidance for Caterers. This provides advice for buying ingredients, for preparation, cooking and serving guidance to maximise nutritional content.