**Portion Size Guidance**

**Cereals**

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| **Cereal** | **½ portion** | **1 portion** |
| Muesli |  | ½ mug |
| Branflakes |  | 1 mug full |
| Coco-pops | ½ mug | 1 mug full |
| Cornflakes | ½ mug | 1 mug full |
| Crunchy nut cornflakes | ½ mug | 1 mug full |
| Frosties | ½ mug | 1 mug full |
| Fruit ‘n’ fibre |  | 1 mug full |
| Ready Brek | 20g (4 heaped dstspn) | 40g (7 heaped dstspn) |
| Granola |  | 1/4 mug |
| Shredded Wheat |  | 2 pieces |
| Weetabix |  | 2 pieces |

**Protein**

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| --- | --- | --- |
|  | **½ portion** | **1 portion** |
| Curry, casseroles | 2 heaped tbsp | 4 heaped tbsp |
| Combined dishes e.g. lasagne, shepherd’s pie | 4 heaped tbsp | 8 heaped tbsp |
| Sandwich fillings e.g.  Tuna mayo | 1 heaped tbsp | 2 heaped tbsp |
| Sausages (including veggie) | 1 sausage | 2 sausage |
| Omelette | 1 omelette ( 1 egg) | 1 omelette (2 eggs) |
| Fish cakes/fish portion | 1 fish cake  ½ portion fish  3 fish fingers | 2 fish cakes  1 portion fish  6 fish fingers |
| Chicken drumsticks | 1 | 2 |
| Chicken nuggets | 3 | 6 |
| Roast meats | ½ thick slice or 1 thinly sliced | 1 thick slice |
| Cheese in sandwich/baked potato filling/with baked beans | 1 heaped tbsp | 2 heaped tbsp |
| Baked beans | ¼ large can | ½ large can |

**Starchy Food**

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|  | **½ portion** | **1 portion** |
| Potatoes - boiled | 2egg sized potatoes | 4 egg sized potatoes |
| Potatoes – mashed | 1 scoop | 2 scoops |
| Potatoes – roast | 2 potatoes | 4 potatoes |
| Potatoes – chipped/ sauté | ½ mug | 1 mug |
| Croquette potatoes | 2 croquettes | 4 croquette |
| Jacket potato | ½ medium | 1 medium |
| Rice – boiled  Couscous, bulgar wheat etc | ½ mug | 1 mug |
| Pasta - boiled | ½ mug | 1 mug |

**Vegetables**

|  |  |  |
| --- | --- | --- |
|  | **½ portion** | **1 portion** |
| Vegetables | ¼ mug | ½ mug |
| Baked beans | 1 heaped tbsp | 2 heaped tbsp |
| Salad | 2 heaped tbsp | 4 heaped tbsp |