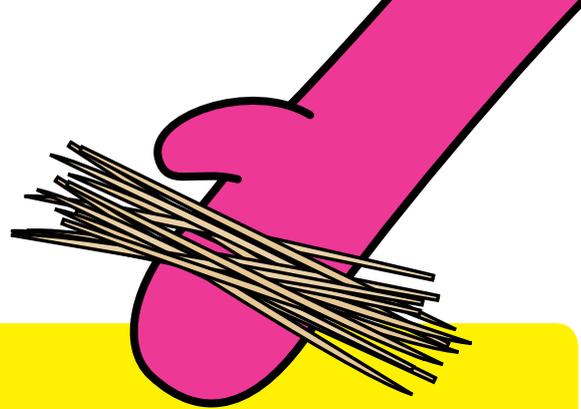


# portion sizes and food groups



## Starchy foods

This includes all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

Typical portion sizes (grams/mls/household measures) raw and cooked food

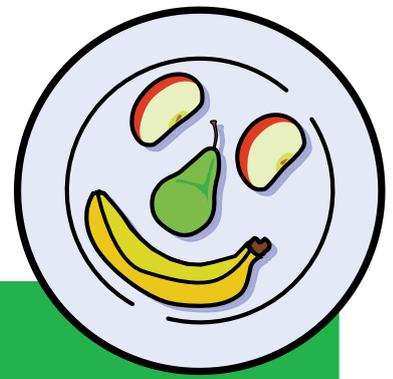
Food		Primary 4-10 year olds	Secondary 11-18 year olds
Bread: includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps.		(50-70g) 1-2 slices of medium bread 1 small roll 1 small or large bagel 1 small pitta 2 6" wraps 1 10" wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12" wrap
Potatoes or sweet potato: includes boiled mashed.	Raw	120-170g	200-250g
Jacket and baked potatoes.	Raw	200-280g	330-410g
Other starchy root vegetables: includes yam, plantain, cocoyam and cassava.	Raw	100-150g	150-200g
Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes.	Dried <sup>1</sup>	45-65g	65-80g
Rice: includes white and brown rice.	Dried <sup>1</sup>	35-55g	55-65g
Other grains: includes couscous, bulgur wheat, maize (polenta) and cornmeal.	Dried <sup>1</sup>	40-60g	60-70g
Starchy foods where fat or oil has been added before or during the cooking process: include roast or sauted potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil.			
Potatoes cooked in oil or fat: includes roast or sauted potatoes, chips, potato wedges, other processed potato products such as waffles.	Raw	70-100g	120-150g
Garlic bread (as an accompaniment).	Dried	20g 1 slice	40g 2 slices

Bread with no added fat or oil must be available every day. All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixtures of white and wholemeal, pitta, rolls, chapattis, naan, ciabatta, and herb bread.

Note: Wholegrain (i.e. made with, or containing whole grain): starchy wholegrains include wholemeal, granary flour, bread and bread products, wholewheat pasta, brown rice and oats. Higher-fibre white bread, 50/50 bread, half/half wholegrain and white mixes, such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

<sup>1</sup> Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles

<sup>2</sup> Based on average weight change of white and brown rice



## Fruit and Vegetables

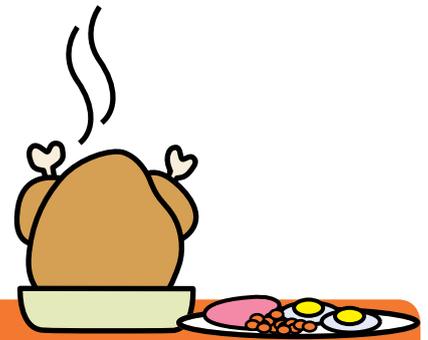
This includes vegetables in all forms, including fresh, frozen, canned, dried and juiced, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal, in addition to any vegetables used as ingredients in composite dishes such as casseroles and stews. Potatoes are classed as a starchy food and are not included in this food group.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Vegetables or mixed salad, salad bars.	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens.	Cooked	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses include lentils, kidney beans, chick peas.	Dried <sup>3</sup>	15-20g	30g
	Cooked	40-60g 1-2 tablespoons	80g 3 tablespoons
Baked beans in tomato sauce (as an accompaniment).	Cooked	50-70g 1-2 tablespoons	90-100g 3 tablespoons
Vegetable-based soup.	Cooked	200-250g	250-300g
Fruits in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within other dishes – for example, fruit-based desserts such as crumbles.			
Large-size fruit e.g. apples, pears, bananas, peaches.	Raw	75-100g 1 small sized fruit with skin	100-150g 1 medium sized fruit with skin
Medium-size fruit e.g. satsumas, tangerines, plums, apricots, kiwis.	Raw	50-100g 1 fruit with skin	80-100g 1-2 fruits with skin
Small fruits e.g. strawberries, raspberries, grapes.	Raw	40-60g 10-15 fruits	80g 15-20 fruits
Dried fruit e.g. raisins, sultanas, apricots.	Dried	15-30g 1/2-1 tablespoon	25-30g 1 tablespoon
All fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler, fruit jelly). Fruit used as decoration or jam added to a dessert does not count towards this standard.			
Fruit salad, fruit tinned in juice and stewed fruit.	Raw/cooked	65-100g (40 g min fruit) 2-3 tablespoons	130g 80g min fruit) 3-4 tablespoons

<sup>3</sup>Based on average weight change of chickpeas, kidney beans and green lentils

# portion sizes and food groups



## Meat, fish, eggs, beans and other non-dairy sources of protein

This includes fresh and frozen meat, poultry, fresh, frozen and canned fish, shellfish, eggs, meat alternatives (including products such as soya and Quorn), tofu, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy) and nuts.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Roast red meat includes beef, lamb, pork, veal, venison and goat. This is also the meat portion for baked potato and sandwich fillings.	Raw	50-80g	80-95g
Roast poultry includes chicken, turkey and duck, as well as dishes or products made from these meats.	Raw	60-85g	85-125g
All dishes containing red meat or poultry (e.g. stew, casserole, curry, sweet and sour, pie with potato topping) Note: weight may be reduced proportionately in composite dishes if adding another protein based food, such as beans, cheese and milk.	Raw	50-75g	75-90g
Meat-based soup.	Cooked	200-250g	250-300g
White fish such as pollock, hake, coley, cod, haddock and plaice – whether cooked alone, or in a dish such as a casserole or fish pie, or as a breaded or battered product.	Raw	60-90g	90-125g
Oily fish, such as fresh, tinned or frozen salmon, sardines, pilchards, mackerel, herring, and fresh or frozen tuna. Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process.	Raw	55-80g	80-110g
Fish or shellfish such as tuna, salmon, mackerel and prawns, served in a salad, baked potato or sandwich.	Cooked	50-70g	70-100g
Egg served in a salad, baked potato or sandwich.	Cooked	1 egg	1-2 eggs
Meat alternatives made from soya beans, such as soya mince, tofu and Quorn (e.g. vegetarian stew, curry, tikka, sweet and sour). Note: weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans, cheese and milk	Cooked	50-70g	70-100g
Pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy). This also includes nuts.	Raw	20-25g	40-45g
	Cooked	50-60g 1-2 heaped tablespoons	100-120g 2-3 heaped tablespoons
Vegetarian sausages, burgers, nut cutlets.	Raw/cooked	50-70g	70-100g
<b>Meat products</b>			
Sausages made from beef, lamb or pork.	Raw	50-75g 1 sausage	75-90g 1-2 sausages
Burgers.	Raw	55-80g	80-100g
Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, quiche, cold pork pie (e.g. Melton Mowbray).	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets, goujons, burgers	Cooked	50-70g	70-100g



## Milk and dairy

This includes all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yoghurt), or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk and milk-based sauces.

Food	Primary 4-10 year olds	Secondary 11-18 year olds
Low-fat drinking milk.	150-200 mls	200-250 mls
Milk puddings and whips made with milk.	100-120g	120-150g
Custard made with milk (e.g. served with fruit); portion size excludes fruit.	80-100g	100-120g
Yoghurts.	80-120g	120-150g
Cheese (added to salads, baked potatoes, sandwiches or crackers).	20-30g	30-40g

## Foods high in fat, sugar and salt

Deep fried foods: including those deep fried or flash fried in the kitchen or in the manufacturing process, such as chips (including oven chips), potato waffles, hash browns, samosas, plantain chips, spring rolls, doughnuts, pakora and bhajis.	Refer to relevant portion size table	
Batter-coated and breadcrumb-coated foods: including any bought-in or homemade products such as chicken nuggets, fish fingers, battered onion rings and tempura.	Refer to relevant portion size table	
Pastry: including shortcrust, flaky, filo, choux and puff, used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties, samosa.	Refer to relevant portion size table	
Desserts: include cereal and starch based desserts such as rice, semolina, tapioca pudding, fruit-based desserts such as jelly, fruit compote, crumbles, and sponge puddings, vegetable-based desserts such as soya-based mousse, egg-based desserts such as ready to eat products and products prepared from egg such as flans, egg custard, custard fillings in pies, meringues, dairy-based desserts such as puddings with dairy-based fillings, fruit or flavoured yoghurt or other fermented milk and/or milk products, ice cream, mousse and fat-based desserts, such as ice cream, made with vegetable fats.		
Fruit pies, sponge puddings or crumbles.	80-100g	100-120g
Fruit jelly (portion size excludes fruit).	80-100g	100-120g
Cakes and biscuits: include manufactured, bought-in products and prepared from scratch cakes and biscuits such as individual cakes, buns and pastries, scones, sweet and savoury biscuits.		
Cakes, tray bakes, muffins, scones, doughnuts.	40-50g	50-60g
Biscuits and flapjack.	25-30g	30-40g
Ice cream.	60-80g	100g
Pizza base.	50-70g	80-100g
Savoury crackers, bread sticks (served with fruit, vegetables or dairy foods); portion size excludes fruit.	10-15g 1-2 crackers	15-30g 2-3 crackers
Condiments: include ketchup, mayonnaise, salad cream, brown sauce, chutney.	no more than 10g, or one teaspoonful	
Gravy.	20-30g    1 tablespoon	40-50g    2 tablespoons
'Snacks' means pre-packaged items other than confectionery, sandwiches, cakes or biscuits, which are ready to eat without further preparation and which consist of or include as a basic ingredient potato, cereals, soya, nuts, seeds, fruit or vegetables.	Refer to relevant portion size table for fruit, vegetables and crackers	
Confectionery: includes cereal bars, processed fruit bars, non-chocolate confectionery (whether or not containing sugar), chocolate in any form (except hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance. Cocoa is permitted.	Not permitted - no portion sizes provided	



## Healthier Drinks

Fruit/vegetable juice (maximum portion size)	150 mls	150 mls
Drinking milk	150-200 mls	200-250 mls
Combination drinks (fruit juice/water, flavoured milk) (maximum portion size)	330 mls	330 mls

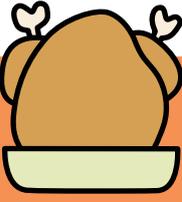


# top tips

## How to increase the iron, zinc and calcium content of your menu

Research shows that some children in Britain aren't getting enough iron, zinc and calcium in their diets to support their rapid growth. Here are some ways to boost their intake of these important minerals.

Sources of Iron, Zinc and Calcium in each food group:

 <b>Starchy foods</b>	 <b>Fruit and vegetables</b>	 <b>Milk and dairy foods</b>	 <b>Meat, fish, eggs, beans and other non-dairy sources of protein</b>
<p><b>IRON</b> Wholemeal bread Fortified breakfast cereals</p> <hr/> <p><b>ZINC</b> Wholegrain and wheat germ breads Plain popcorn</p> <hr/> <p><b>CALCIUM</b> Bread (except wholemeal) Bread-based products</p>	<p><b>IRON</b> Pulses e.g. chickpeas, lentils, beans (not green beans) Dried apricots Raisins</p> <hr/> <p><b>CALCIUM</b> Dried figs</p>	<p><b>ZINC</b> Cheese</p> <hr/> <p><b>CALCIUM</b> Milk Yoghurt Cheese Milk-based desserts e.g. custard Soya drinks enriched with calcium</p>	<p><b>IRON</b> Lean red meat e.g. beef, lamb Soya beans, Pulses e.g. chickpeas, lentils, beans (not green beans)</p> <hr/> <p><b>ZINC</b> Lean red meat e.g. beef, lamb, pork Dark poultry meat Oily fish e.g. canned sardines, pilchards, mackerel Quorn™ Peanuts/ground nuts/almonds Sesame seeds</p> <hr/> <p><b>CALCIUM</b> Canned sardines or pilchards, drained and mashed up with the bones Tofu (soya bean)</p>

## Managing food allergies and intolerances

Food allergies or intolerances must be taken seriously. Schools and caterers should work closely with parents to support children with medically-verified allergies or intolerances.

The 2014 EU Food Information for Consumers Regulation (1169/2011) requires food businesses to provide allergy information for un-packaged foods. There are also changes to existing legislation on labelling allergenic ingredients in pre-packed foods.

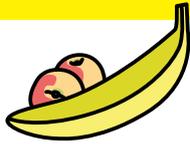
See [www.food.gov.uk/enforcement/regulation/fir/labelling](http://www.food.gov.uk/enforcement/regulation/fir/labelling) for more information.

While it can sometimes feel daunting to cater for children with allergies or intolerances, it is important that these children can enjoy eating school food with their friends. There are a number of organisations who can provide practical help with this issue.

Go to <http://whatworkswell.schoolfoodplan.com/articles/category/16/catering-for-special-diets> for a comprehensive list of helpful organisations.

# standards for school food other than lunch

Many of the food-based standards apply to food served throughout the school day, including breakfast, mid-morning break and after school clubs, as well as from vending machines and tuck shops. We have produced a checklist for schools to ensure the food and drink provision in each outlet operating in the school is compliant with the food-based standards for food other than lunch, available to download at [www.schoolfoodplan.com/standards/](http://www.schoolfoodplan.com/standards/)

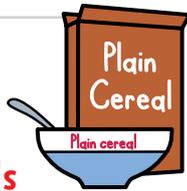


## Fruit and Vegetables

Fruit and/or vegetables available in all school food outlets.

### SUGGESTIONS FOR WHAT YOU CAN SERVE

Pots of sliced/chopped fresh fruit. Fruit kebabs. Vegetable sticks with dips. Salad shaker pots. Malt loaf or fruit bread.

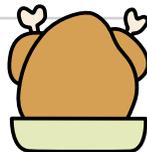


## Starchy foods

Starchy food cooked in fat or oil no more than two days each week (applies across the whole school day).

### SUGGESTIONS FOR WHAT YOU CAN SERVE

Potatoes, rice, pasta and bread (although these are restricted if cooked in fat or oil). Porridge is a great breakfast food. Use fruit to sweeten if necessary. Otherwise, choose fortified breakfast cereals with higher fibre and low or medium sugar content. Avoid cereals with lots of added sugar and salt.

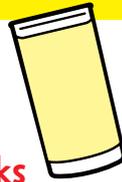


## Meat, fish, eggs, beans and other non-dairy sources of protein

A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools (applies across the whole school day).

### SUGGESTIONS FOR WHAT YOU CAN SERVE

Offer a variety of sandwich/wraps/muffin fillings or toast toppings, such as eggs, houmous, sliced meat, poultry, fish, canned fish, baked beans. Or serve tortillas, fajitas, burritos, quesadillas, enchiladas, omelette, Spanish omelette or frittata.



## Healthier drinks applies across the whole school day

Free, fresh drinking water at all times.

The only drinks permitted are:

- Plain water (still or carbonated).
- Lower fat milk or lactose reduced milk.
- Fruit or vegetable juice (max 150mls).
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks.
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated with no added sugars or honey).
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey.
- Tea, coffee, hot chocolate.

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice.



## Milk and dairy

Lower fat milk must be available for drinking at least once a day during school hours.

### SUGGESTIONS FOR WHAT YOU CAN SERVE

Choose lower fat natural (plain) yoghurt and plain lower fat fromage frais, and add fruit to sweeten.



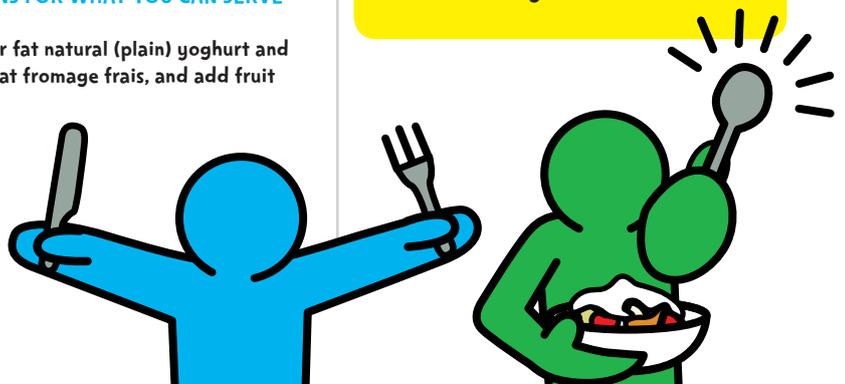
## Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week (applies across the whole school day).
- No more than two portions of food which include pastry each week (applies across the whole school day).
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day).
- No savoury crackers or breadsticks.
- No confectionery, chocolate and chocolate-coated products (applies across the whole school day).
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit).
- Salt must not be available to add to food after it has been cooked.
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.

### SUGGESTIONS FOR WHAT YOU CAN SERVE

Remember: foods high in fat, sugar and salt are restricted or not permitted at times other than lunch.

As with the previous standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.



# advice for preparing varied and tasty menus

## 1. How to create interesting, varied and healthy menus

The School Food Plan has collected many examples of menus which meet the food-based standards and the nutrient framework – along with useful recipes created by caterers and cooks. You can access them by going to [www.schoolfoodplan.com/standards/](http://www.schoolfoodplan.com/standards/)

## 2. Cooking healthier food

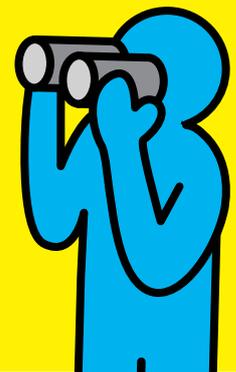
- Choose products that meet the Responsibility Deal salt targets: [responsibilitydeal.dh.gov.uk](http://responsibilitydeal.dh.gov.uk)
- Ask suppliers for nutritional information for their products, and read food labels to select those with lower amounts of fat, saturated fat, salt and sugars.
- Take action to limit the fat, sugar and salt content of recipes.
- Trim visible fat from meat, remove skin from poultry.
- Avoid frying or roasting. If you do, use spray oils.
- Skim fat from the surfaces of liquids.
- Roast or grill on a rack or trivet rather than cooking in a flat oven tray.
- Thicken soups and sauces with pureed vegetables or reductions, rather than adding extra flour and fat.
- Use lower fat vinaigrette or yoghurt dressings instead of mayonnaise.
- Don't add salt when boiling starchy foods or vegetables.
- Try halving the amount of sugar suggested in recipes. Or use fresh or dried fruit in dishes instead of sugar.

## 3. Homemade food

Consider making popular foods like burgers and sausages from scratch. Such homemade offerings are usually healthier than the pre-made products sold by suppliers. Once you're cooking from scratch, why not branch out? The same mince used for a burger could make a meatloaf, meatballs or a ragout, to name but a few.

## 4. Reading food labels to choose lower fat, saturated fat, sugar and salt products

When buying food, ask suppliers for nutritional information and choose those which are marked as low or medium in fat, saturated fat, sugar and salt (sodium). Portion sizes given on the product label may not be appropriate for children, so use the portion size checklist here.



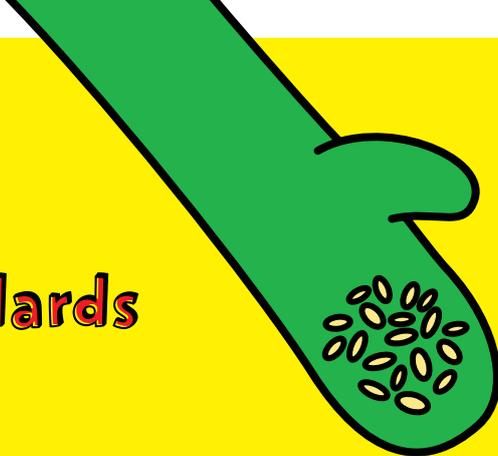
### Food labelling guidelines for fat, saturated fat, salt and sugar per 100g (whether or not it is sold by volume)

NUTRIENT	WHAT IS LOW per 100g?	WHAT IS MEDIUM per 100g?	WHAT IS HIGH per 100g?	WHAT IS HIGH per portion?
Fat	3.0g or less	3.0 - 17.5g	More than 17.5g	More than 21.0g
Saturated Fat	1.5g or less	1.5 - 5.0g	More than 5.0g	More than 6.0g
Sugar	5.0g or less	5.0 - 22.5g	More than 22.5g	More than 27.0g
Salt	0.3g or less	0.3 - 1.5g	More than 1.5g	More than 1.8g
Criteria for drinks (per 100ml)				
Total Fat	1.5g or less	1.5 - 8.75g	More than 8.75g	More than 10.5g
Saturated Fat	0.75g or less	0.75 - 2.5g	More than 2.5g	More than 3.0g
(Total) Sugars	2.5g or less	2.5 - 11.25g	More than 11.25g	More than 13.5g
Salt*	0.3g or less	0.3 - 0.75g	More than 0.75g	More than 0.9g

\* Sodium from all sources expressed as salt (1g sodium = 2.2g salt)

# good procurement and government buying standards

There are a number of resources available to caterers and cooks to help them source their food responsibly.



## Government buying standards

Government Buying Standards set clear technical specifications to assist with buying food and catering services. [www.gov.uk/government/policies/making-sustainable-development-a-part-of-all-government-policy-and-operations](http://www.gov.uk/government/policies/making-sustainable-development-a-part-of-all-government-policy-and-operations)

## Food for Life Catering Mark

The Food for Life Catering Mark provides independent endorsement that food providers are meeting the school food standards and serving food prepared from fresh, sustainable and locally sourced ingredients: [www.sacert.org/catering](http://www.sacert.org/catering)

## Fairtrade

Buy Fairtrade products. See the national Fairtrade purchasing guide for caterers at: [www.fairtrade.org.uk/en/for-business/ways-of-working-with-fairtrade/how-to-stock-fairtrade](http://www.fairtrade.org.uk/en/for-business/ways-of-working-with-fairtrade/how-to-stock-fairtrade)

## Marine Stewardship Council

Choose fish from verifiably sustainable sources and ideally Marine Stewardship Council (MSC) certified: [www.msc.org](http://www.msc.org)  
Also see: [www.fishonline.org](http://www.fishonline.org)

## Food Waste

Reducing food waste can save money and time and be a great way to get pupils involved. For top tips, see: [www.recyclenow.com/recycle/recycle-school/reducing-food-waste](http://www.recyclenow.com/recycle/recycle-school/reducing-food-waste)

