PORTION SIZES FOR CULINARY PRODUCTS

Introduction

The food industry is committed to provide consumers with relevant information on nutrition values and portion sizes, so consumers can make informed choices about their diet. As most foods are not consumed in 100 g/ml quantities, some food and drink manufacturers choose to provide additional information to help consumers understand the nutritional value of a typical portion. FoodDrinkEurope has recently issued a Guidance on portion sizes.

Culinaria Europe wants to provide meaningful guidance on the portion sizes of the products in the food categories our members are active in. Portion guidance should be practical and easy for consumers to understand, and it should be relevant for an EU-wide population and related to the food format, actual serving size, presentation, packaging, and consumption habits. Against a background that many culinary products have versatile and diverse applications in creating dishes, and that such dishes may be eaten at different occasions throughout the day, it is impossible to provide a single value per product type or per application. In the table below we have indicated the main product types and main applications, for which we indicate a relevant range of the amount that is likely to be consumed when eaten as part of a balanced diet. Where applicable, we added a consumer friendly unit, e.g. cup or tablespoon.

We have based the amounts below on publicly available information from health authorities and consumer studies. The information below is a likely amount consumed, and not per se the same as the 'portion size' referred to in article 33 of the FIC regulation (EU) No 1169/2011. The amounts do not necessarily correspond to the contents of a package, nor does this document imply any obligation to have pack sizes correspond to a whole number of portions indicated below.

For the purposes of this compilation, 1 tablespoon is defined as 15 ml/g and 1 teaspoon as 5 ml/g. Small inconsistencies may arise due to differences in density.

Products	Approximate Portion Size*
Stocks and Soups: Ready-to-eat soups and concentrated products to be reconstituted before consumption	
- **as starter/snack**	**one cup (125 - 200 ml)**
- **as main course**	**one plate (220 - 300 ml)**
Stews: Savoury dishes that are prepared by heating various ingredients (e.g. meat, vegetables, pulses or cereals) in a single pot and have a chunky texture	**one bowl (250 - 400 g)**

Sauces:	
- **Mayonnaise** (as defined in the Code of Practice for Mayonnaise) **and other Condiment Sauces**	**two to four teaspoons (10 - 20 g or ml)**
- **Tomato Ketchup** (as defined in the Code of Practice for Tomato Ketchup	**two to four teaspoons (10 - 20 g or ml)**
- **Salad dressing** (Emulsified or non-emulsified liquid preparation of various flavouring components (e.g. vinegar, oil, salt, sugar, herbs, spices) for dressing cold and warm salads)	**two tablespoons (20-30 g or ml)**
Mustard (as defined in the Code of Practice for Mustard)	**one to two teaspoons (5 - 10 g or ml)**
Horseradish Product obtained from the horseradish root which is used as a pickled or grated product or processed into a cream for seasoning or as an accompaniment to various dishes	**one to two teaspoons (5 - 10 g or ml)**
Fruits and vegetables in vinegar, brine, oil (and similar products)	**two tablespoons (30 g)**
Tomato sauces/ragout Tomato-based sauces/ braised sauces made from finely chopped meat, fish, poultry or vegetables in an often creamy sauce	**30 - 125 g**
- used as seasoning/condiment	**two tablespoons (30 g/ml)**
- as component of a main dish, e.g. for pasta	**80 – 125 g /ml**
Pesto and similar sauces Aromatic, uncooked paste made from chopped herbs (e.g. basil), olive oil, hard cheese and nuts	**two to four tablespoons (30 - 60 g)**
- used as seasoning/condiment	**two tablespoons (30 g)**
- as component of a main dish, e.g. for pasta	**three to four tablespoons (40-60 g)**
Gravy Sauce that is served with meat or is obtained by cooking meat	**30 - 100 ml**
- used as seasoning/condiment	**two - four tablespoons (30 – 60 ml)**
- as component of a main dish	**60 – 100 ml**

Sauces for meat and vegetables (e.g. Hollandaise)	**30 - 125 ml**
- used as seasoning/condiment	**two tablespoons (30 ml)**
- as component of a main dish	**125 ml**
Peanut Sauce Thick sauce based on ground peanut	**two tablespoons (45 g)**
Delicatessen salad:	
- **side salad (e.g. potato, pasta, …) -** Prepared or dressed salad, e.g. vegetable-based salad	**140-175 g**
- **other salad (e.g. coleslaw, tuna, …)** Ready-to-eat products produced from ingredients of animal or vegetable origin in a complementary sauce. It can be produced on the basis of meat products, processed fish, crustacean or mollusc products, vegetables, fruits, mushrooms, cheese, eggs, pasta, rice	**80 g**
- **sandwich spread and spreadable salad** More or less solid spreadable products with a viscous to paste-like consistency based on edible fats/oils, dairy products, sugars, fruits, vegetables, seeds such as nuts, etc.	**one to two tablespoons (15 - 40 g)**

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