

Portion Sizes

**University of London Infant Feeding Peer Support Trial (IFPST)
Dietary Coding Manual
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Description	Amount	Default CompEat entry
Baby Foods		
Baby biscuit/rusk - unknown	N/A	Rusk, plain
baby cereal	N/A	Baby cereal, various, cereal-based
Baby food (jars)	1 dsp = 19g 0.33g/ml	
Baby rice (powder)	1 tsp = 1.67g 1 tbsp = 5.0g	
Baby rice made up	1:3 proportions of rice to milk or water	
Breadstick - mini jumbo	7.0g each	Breadstick
Cow & Gate biscuit	1= 5g	
Cerelac		Baby cereal, various, cereal-based
Fruity wheel	1= 1.875g	
Infant RTD* drinks		Fruit juice drink, ready to drink
Organix cheesy puffs	1 = 1.5g	
Organix Goodies biscuits	1 = 5g	
Rice cake	1 cake = 3g	
Scoop of formula milk	1 = 4g	
Turkish baby biscuits	1 = 11.2 (1/3 off 17g normal weight)	Rusk, plain

*RTD - Ready to Drink

Description	Amount	Default CompEat entry
Biscuits		
Amaretto/biscotti (Italian)	small 7.0g	Semi-sweet
Bite (of any type)	1/7.	
Cookie	1 = 8g	N/A
Custard Cream	N/A	Sandwich-filled
Gingerbread man	mini = 8.33g	Gingernut biscuit
Hob Nob (plain)	1 = 14g	Oat-based biscuit
Rich Tea	N/A	Semi-sweet
Sponge finger	1 = 5	Sponge cake

Description	Amount	Default CompEat entry
Bread & Cakes		
Apple crumble	1 tbsp = 48g; fimbles bowl** = 109g	
Bit of bread	1/8 from	Average slice of bread
Bite of bread or cake	1/16 of 'average' slice = tsp	
Bloomer		Large white bread crusty
Bread	N/A	White - check eating habits questionnaire
Cake (sponge)	average portion = 41g (2/3 p211)	
Chocolate mini-roll	1 regular = 25g; mini = 16.5	Swiss roll, chocolate, individual
Ciabatta	1 slice = 40g (2 inches thick)	Ciabatta
Croissant	1 end = 1.5inch = 15g	
Croutons	1g	Breadstick
Crumpet	1 finger = 20g	
Fruit pie (pastry top & bottom)	1 tbsp = 27.1g; fimbles bowl** = 63g	
Garlic bread	1 piece = 20g	
Hovis Best of Both	N/A	White bread, added fibre
1 inch sq of roll/bun/slice cake	1/6 of 'average size'	N/A
Melba toast	1/4 of medium slice. 27/4 = 6.75g	White bread, toasted
Pretzel (large)	1 = 52.5g	Bagel
Rice cake	Average adult size = 7.48g; Average baby size = 3g	
Roll - no other info	N/A	White, soft
Seeded breads		Granary
Sourdough bread	1 slice = same as thick normal white bread	code as 'white, west indian'
Sweet Muffins	1 = 85g; 1 tbsp = 28.3g	Muffins, American style, Chocolate chip
Toast (if not option for particular type in compeat)	Take off 16.3% of weight for water loss	N/A
Wheat-free bread		Potato scones
White mini-roll	30g	White roll, soft
Without crusts	minus 1/8 from	Average slice of bread

** Fimbles bowl = Standard sized bowl for 1-2 yr olds

Description	Amount	Default CompEat entry
Cereals & Bars		
Cheerios	1 bowl = 17.5g, 1 = 1g	
Cornflakes	1 bowl = 17g	
Country Grain raisin & nut chewy muesli bar	1 bar = 25.0g	N/A
Flake cereals	1 flake = 1g	
Jordans Breakfast bars	1 bar = 36.0g	N/A
Kellogs Nutri-grain	1 bar = 45.0g	N/A
Nature's Choice multigrain	1 bar = 37.0g	N/A

Oats so simple	1 tsp syrup = 12.5g	Code as oatmeal raw and add 1/2 tsp golden syrup per tblsp oats
Porridge	1 fimbles bowl** = 146.25; 1 fimbles spoon^ = 10.33; 1 tbsp = 31g	
Rice Krispies	1 bowl = 20g	
Seeds of Change, organic	1 bar = 29.0g	N/A
Shreddies	1 tbsp = 11.25g; 1 shredie = 1.5g; full bowl = 30g	
Sugar puffs	1 bowl = 20g	
Weetabix (only)	1 tsp = 2g	
Weetabix minis (crunch)	1 = 2.25g	Fruit & fibre

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^ Fimbles spoon = Standard spoon for 1-2 yr olds

Description	Amount	Default CompEat entry
Confectionary		
Chocolate coin	large = 22g; 50p size = 11g; 10p = 8.25g	
Chocolate square	1cm = 1/12 bar; 1" = 1/6	
Chupa chup lollie	1 = 14g	Boiled sweet
Iced lolly	average = 45g	Fruit juice drink, concentrated, made up
Jelly	1 tbsp = 39g; 1/2 Fimbles bowl** = 64g	
Jelly tots	1 = 1g	Fruit pastils
Kinder Surprise	1 = 20g	Chocolate, milk
Kit Kat	1 finger = 11.63g	
M&M (chocolate)	each = 1.5g	
Maltesers	each = 2g	Chocolate, fancy & filled
Milkyway stars	1 = 2g	Milkyway
Nestle milky bar	1 small = 12.4g	Chocolate, white
Smarties	1 = 1g	Smartie type sweets

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Description	Amount	Default CompEat entry
Condiments		
Ketchup/sauces	1 tsp = 6g	
Maple syrup	1 tsp = 8g.	
Pasta sauce	1 tbsp = 34g	
Peanut butter	1 tsp = 8g; 1 spread = 16g	
Salt/sugar	1 pinch	1.0g
Spreads	Thin	1/3 of average portion
Spreads	Thick	1/3 on top of average portion
Sugar	Tsp	5.0g
White sauce/cheese	1 tbsp = 30g (small portion)	

Description	Amount	Default CompEat entry
Drinks		
Breast milk	See Food and nutrient intakes of British infants aged 6-12 months Report (1992)	Human milk, mature
Capri sun	carton = 200ml	Fruit juice drink, ready-to-drink
Cows milk - not specified by fat content	N/A	Full fat
Drinks	Sip; Swig; Gulp	2.5g/ml; 5.0g/ml; 10.0g/ml
Fennel tea/Hedysarum/Camomile	N/A	Tea, herbal, infusion
Flavoured water		code as 'water'
Fruit juice - concentrate	N/A	Concentrated/UHT
Fruit juice - no info on flavour	N/A	use 'orange juice, concentrate, unsweetened'
Fruit juice - no info on fresh or concentrate	N/A	Orange juice, unsweetened
Fruit Shoot	1 = 200ml	Fruit juice drink, ready to drink
Full Fat milk	N/A	Whole milk, pasteurised, average
Low sugar options	N/A	Low calorie/low sugar
Ribena	N/A	Blackcurrant juice drink, concentrate made up with water
Ribena Toothkind	N/A	Fruit juice drink, low calorie, ready-to-drink
Squash	Few drops	3.0g
Squash	N/A	use 'fruit drink/squash, concentrated, made-up'
Water	N/A	use 'water' whether it is tap or mineral

Description	Amount	Default CompEat entry
Fruit & Veg		
Apple	1 slice = 1/16th of medium apple = 6.3g	
Apple - all sizes	Bite	5.0g
Apple - dried ring	1 ring/slice = 4g	
Apple - flesh only	use size amounts in CompEat as indicated in Food photographic atlas	Apple, eating, peeling
Apple puree	N/A	Cooking, stewed without sugar
Apple stewed	1 tbsp= 47g; Fimbles bowl** = 115g; 1 apple stewed = 85g	
Asparagus	1 tbsp = 2 asparagus	
Aubergine	1 slice = 26g	
Avocado	1 tbsp = 50g	
Baby corn	1 corn = 8.3g (15 per pack of 125g)	
Baked beans	Fimbles bowl** = 103g	
Baked potato	skin = 19% of weight	default is to assume no skin eaten
Banana	1 inch = 14.6g; small banana = 5 inches (12.5cms)	
Banana - large	Bite	1/20 of weight
Banana - medium	Bite	1/15 of weight

Banana - small	Bite	1/10 of weight
Blueberry	1 = 2g, dsp = 20g	
Blueberry	1 handful = 1tbsp	
Broccoli	1 tbsp = 32g; Fimbles bowl** = 84g	
Cabbage	1 tbsp = 29g; Fimbles bowl = 96g	
Carrots	Fimbles bowl = 72g; carrot stick = 10g; baby = 20g	
Cauliflower (plain)	1 tbsp = 58g; bowl = 115g	
Cauliflower cheese	1 tbsp = 43g; Fimbles bowl = 130g	
Celery	1 tsp = 10g (1/3 small portion)	
Chickpeas	1 = 3g	
Chips	Fimbles bowl** = 65g; 1 chip = 10g; 1 McDonalds chip = 5g	
Courgette	1 tbsp = 32g; Fimbles bowl** = 77g; 1 slice/stick = 6.5g	
Cucumber	1 stick = 1g; slice = 6g; 1 inch = 60g	
Fennel	average portion = 50g (1 bulb)	
Fennel	1 tbsp = 25g	
Gnocchi	1 = 13.33g	Mashed potato, with butter
Grapes	1 grape seedless: small = 1.33g; medium = 2g; large = 2.66g	Assume seedless. Therefore code as 'grapes, average'
	Skin = 0.5g. Seeded medium = 5g	
Green dwarf/French beans	1 = 5g; 1 tbsp = 31.33g	
Kidney beans	1 bean = 2g (skin = 0.5g)	
Leek	1 slice = 8g (1/20 of medium leek)	
Lentils	1 tbsp = 44g; Fimbles bowl** = 113g	Lentils, red, split, boiled in unsalted water'
Lettuce	1 tbsp = 6g; Fimbles bowl = 21g	
Mandarin	N/A	Tangerine
Mange tout	1 pod = 6.7g	
Mango (dried)	1 strip = 20g	Mango, ripe, raw
Melon	Small piece = 1/6; slice = 9.33g = 1 tsp; average slice = 56g	
Mixed veg (frozen, boiled)	1 tbsp = 36g; Fimbles bowl*** = 115g	
Mushrooms	1 tbsp = 27g; Fimbles bowl*** = 68g	
Olives	N/A	Olives in brine'
Onion (fried)	1 tsp = 13.33g	
onion rings	1 ring = 20g	Onions, fried in blended oil
Oranges - tangarines/mandarines/clemantines	1 segment	1/10 of weight
Papaya	1 tbsp = 40g (same as for mango); 1/4 whole (medium) = 112.5g; slice = 140g	
Parsnip (roasted)	1 (average chip size) = 10g	
Peach puree	N/A	Peaches, dried, stewed without sugar
Pear (peeled)	1 slice = 1/6th of a canned pear half, ie:10g	
Peas	1 pea = 1g; Fimbles bowl = 89g	
Peppers	1 tsp = 5g	
Plum skin	Skin = 10.9g from av plum (1/8 of weight)	
Potato slices	1 = 11.6g; 1 inch sq = 14.5g	Potato with/without skin, baked
Potato waffle	Mini size (kids) = 1/3 average adults	N/A
Potato wedges	1 = 17g	New potatoes, frozen, roast'
Potatoes mashed, no butter	Fimbles bowl** = 140g	n/a

Quorn nuggets	1 = 16.66g	Tofu burger, baked
Raisin	1 piece = 1.5g	
Raisins	1 box = 14g	N/A
Runner beans	1 tbsp = 27g; Fimbles bowl** = 68g	
Smiley Faces (potato)	1 = 15g	Potato waffles
Stewed fruit	1 tsp = 6.5g	
Stir fry veg	1 tbsp = 45g	
Strawberries	1 Fimbles bowl** = 100g	
Sweet potato	Large = 86g; medium = 65g	
Tinned fruit/Fruit salad	1 tsp = 9.5g; Fimbles bowl = 114g	
Tinned tomatoes	1 tbsp = 40g; 1 plum tomato = 65g	
tofu	1 tbsp = 41.5g	N/A
Tomato	1 wedge = 10.6g; skin= 1/16 weight	
Turnip/swede	1 inch sq = 10g; 1 tbsp= 45g	
Veg/fruit - unknown old/new	N/A	Old (fruit/veg), boiled, in unsalted water
Vegetable curry/bake	1 tbsp = 46g	
Vegetarian sausage	1 sausage	36.0g

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Description	Amount	Default CompEat entry
Meat & Fish		
Batter	1/4 of fish weight	
Chicken escalope	N/A	Chicken breast in breadcrumbs, chilled & grilled
Chicken fingers	1 = 28g	
Chicken nuggets, birds eye	15.5g	Chicken goujons, baked.
Chicken stew/casserole		Code as veg casserole + chicken piece/weight
Dark meat	N/A	Leg option
Fish fingers - breadcrumbs	Breadcrumbs = 1/5th of fish finger; 1 tblsp = 1 finger	
Fish in batter	1 tbsp = 42g	
Fish pie (with potatoes)	1 tbsp = 45g; average portion = 250g	Fish pie
Fish, plain	1 adult forkfull (dsp) = 16g	
Ham	1 tsp = 1.4g	
Lamb (no fat)	N/A	Lamb, average, trimmed fat, cooked
Lamb chop	1 piece of meat	6.0g
Light meat eg. Chicken	N/A	Breast option
Meat (all types) - no info on whether skin eaten	N/A	Assume no skin eaten as default
Meat (all types) no sauce	1 tbsp = 48g;	
Meat (all types) with sauce	1 tbsp = 40g; 1 tsp = 13.33g	
Meat Pie (pastry top & bottom)	1 tbsp = 47.5g; Fimbles bowl = 105g	
Minced meat	1 tbsp = 48g	
Roast beef	N/A	Beef, topside, roasted, lean

Sausage	1 dsp = 1/3 av sausage	
Sausage skin	minus 1/8 from weight	Normal sausage
Shepherds pie	1 tbsp = 60g; Fimbles bowl** = 163g	
Smoked salmon	1 portion (56g) = 4 slices	
Stew (meat + veg)	1 tbsp = 61.4g; Fimbles bowl** = 158g	
Strip of meat stirfried	20g	
Tinned oily fish	1 tbsp = 60g	
Tuna	1 tbsp = 66.67g - use 30g; in medium bowl of pasta = 1dsp (44.3g)	N/A
Turkey burger		Turkey steak, in crumbs
Wafer thin sliced meat	17g per slice	N/A
White fish	N/A	code as cod. If no cooking information default is 'cod, steamed'

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Description	Amount	Default CompEat entry
Milk, Cheese & Egg		
Actimel	100g	Drinking yogurt
Baby bell	1 = 18g	Processed cheese
Butter	1 tsp = 4g (same for one 'knob')	N/A
Butter, unsalted, spreadable	N/A	Butter, unsalted
Cheddar cheese	1cm chunk/cube = 6g	
Cheddar cheese	1 tbsp = 10g (grated); 1 slice = 13g	
Cheese (hard)	N/A	Cheddar cheese, average
Choc ice	1 = 51g	
Clover		Blended spread (70-80% fat)
Cream cheese	1 tsp = 10g	Philadelphia
Custard	1 tbsp = 30g; Fimbles bowl** = 98g; average with cake = 48g	
	Cheese strip = 21g; regular triangle = 1dsp (14g); dunkers tub (50g) = cheese	
Dairylea	36g; 6 mini breadsticks = 14g	Processed cheese
Feta cheese	1 cube = 10g	
Flora		Regular - fat spread, 70%, polyunsaturated; light 60%; Extra light 35-40%; diet 20-25%; buttery - ordinary flora
Fruit corner yogurts		Yogurt, twin pot, thick and creamy, with fruit
Grated cheese	1 tsp = 3.33g	
Ice cream	1 tsp = 10g; 1/2 Fimbles bowl** = 47g	
Laughing Cow	1 triangle = 17.5g	
Milk	N/A	Whole, pasteurised, average
Muller fromage frais	Standard size	50g
Muller Jelly	Standard size	65g
Muller rice pudding		Milk pudding, made with semi-skimmed milk
Muller yogurt	1 = 175g	
Petit filous	Standard size	60g
Petit filous	Large size	100g
Quiche	1 tbsp = 40g; Fimbles bowl** = 84g	

Scrambled egg - no milk or fat	1 egg = 1 tbsp = 60g (changed to 1 tbsp = 30g)	Egg fried, no fat'
Sorbet	1 tsp = 5g	
Spread		Margarine
Utterly Butterly		Fat spread, 60%, polyunsaturated
Yakult	1 = 65g	Low fat yogurt, flavoured
Yogurt	N/A	Yogurt, whole milk'
Yogurt	1 tsp = 13.33g	
Yogurt pot (default at 18mo)	1 'pot' = 125g	
Yogurt pot (default at 12mo)	1 small pot = 60g	

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Description	Amount	Default CompEat entry
Pasta & Grains		
Basmati Rice, cooked	N/A	no code: enter as white rice, easy cook, boiled
Lasagne (meat)	1 tbsp = 89.1g - change to 45g ; Fimbles bowl = 187g	
Macaroni cheese	1 tbsp = 43g; Fimbles bowl** = 130g	
Noodles (all varieties)	1 tbsp = 27.5g; Fimbles bowl** = 82.5g	
Pasta shapes	1 Fimbles bowl** = 82.5g	
Pasta, boiled	1 piece/shape = 3.43g; 1 tbsp = 27.5g	Spaghetti, white, boiled
Pasta, fresh, cooked in salt	N/A	Pasta, fresh, plain, cooked
Pasta, raw	1 handfull = 1 tbsp (makes 3 times as much when cooked)	
Pizza	1tsp = 5g; 1 inch sq = 9.5g	N/A
Rice	1 Fimbles bowl** = 85g	
Rice pudding	1 tbsp = 44g; Fimbles bowl** = 128g	
Rice- savoury	1 tspn= 48.5g; Fimbles bowl** = 97g	
Tinned spaghetti	1tbsp = 37g	
Tinned spaghetti with sausages	1 can = 200g	Contains: 160g of tinned spaghetti and 40g of sausages
Tortellini (filled pasta)	1 = 12g	

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Description	Amount	Default CompEat entry
Snacks		
Adult rice cake	1 = 8g	
Cracker		Water biscuit
Doritos	1 = 2g	Tortilla chips
Hula Hoops	1 pkt = 34g	Potato rings
Hula Hoops	1 = 1g	Potato rings

Papadoms/Pupodoms	1 = 2g
Popcorn (sweet)	1 tbsp = 11.6g
Pot noodle/super noodle	Batchelor's super noodles = 100g
Prawn cracker	1 = 2g
Pretzel (small)	1 = 1.5g
Quavers	1 = 1g; 1 pkt = 20g
Rice cracker	1 = 8g
Ritz	
Skips	1 = 0.5g; 1 pkt = 17g
Snack-a-jack	1 = 3g
Twiglet (long)	1 = 3.5g
Wotsits	1 = 1g (multipack = 19g)

Papadoms

Enter as 'pot savouries, made up' (don't worry about flavour)

Puffed potato products

Glutinous rice flour cake, Chinese

Cheddar

Corn and starch snacks

Rice cake

Corn snacks

Description	Amount	Default CompEat entry
Volumes		
Baby plate	1/4 plate	use weight 1st picture of food in atlas
Cup	239.59ml	
Dash	6ml	
Dessert spoon	1 dsp	10g/ml
Few	3x	
Fimbles bowl	1	use weight of 4th picture in atlas
Fimbles bowl	0.5	use picture 2
Fimbles bowl	equivalent to 4 tbsp	
Handfull	1 = tbsp	
Milk with cereal	to cover 1 weetabix/half way = 85g; 2 cover 2 weetabix = 113g	
Pinch	1	2.5g/ml
Plastic spoon	1	5.0ml/g
Pooh bowl	full bowl	150g/ml
Scoop (formula)	4g	
Sip	1	2.5mls/g
Small beaker	1 = 140ml	
Soups	1 tbsp = 33g; Frimbles bowl = 145g	
Table spoon	1 tbsp	15g/ml
Tea spoon	1 tsp	5g/ml
Tumbler (if no indication of which one)	1	192.5ml
Weaning spoon	1	2.5ml/g