

These portion cards are a tool to help visualise the difference in energy intakes by choosing a larger portion, and the amount of activity these additional calories are the equivalent to.

The items were selected from the National Diet & Nutrition Survey, and represent food and drink commonly consumed in the UK. For these, we have provided information for a standard and larger (+) portion.

The choice cards provide information to aid choice between groups of food/drinks.

The body needs energy for everyday activities and in the UK the Scientific Advisory Committee on Nutrition (SACN) have calculated that the estimated average energy requirement for a man is 2605kcal/d (10.9MJ) and for a woman is 2079kcal/d (8.7MJ)\*. Therefore the % Energy value on the cards for the standard portion show the

contribution to daily energy needs.

The activities are calculated for the average person walking at a moderate pace or running up flights of stairs#.

These are activities that can be part of daily life and can help with the visualisation of the activity required to expend the additional energy consumed when increasing portion size.

\*SACN (2012) Dietary Reference Values for Energy. TSO, London

#Ainsworth et al. (2000) Compendium of physical activities: an update of activity codes and MET intensities. MSSE; 32(9):S498-S516



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## Red Wine

Portion	weight	Standard	+
		175ml	250ml
Energy Content	description	regular glass	large glass
Energy Content	kcal	119	170
	kJ	495	708
%Energy*	Men	4.6%	6.4%
	Women	5.7%	8.2%
Additional Activity Equivalent	Walking	12mins	17mins
	Running up stairs	4 flights	6 flights

\* Average Energy Requirement



## Cider

Portion	weight	Standard	+
		300ml	568ml
Energy Content	description	bottle	pint
Energy Content	kcal	108	205
	kJ	456	863
%Energy*	Men	4.1%	7.8%
	Women	5.2%	9.9%
Additional Activity Equivalent	Walking	23mins	43mins
	Running up stairs	8 flights	15 flights

\* Average Energy Requirement



## Apples

Portion	weight	Standard	+
		112g	170g
Energy Content	description	medium	large
Energy Content	kcal	47	71
	kJ	200	304
%Energy*	Men	1.8%	2.7%
	Women	2.3%	3.5%
Additional Activity Equivalent	Walking	6mins	10mins
	Running up stairs	2 flights	3 flights

\* Average Energy Requirement



## Oranges

Portion	weight	Standard	+
		160g	210g
Energy Content	description	medium	large
Energy Content	kcal	59	78
	kJ	253	332
%Energy*	Men	2.3%	3.1%
	Women	2.8%	3.8%
Additional Activity Equivalent	Walking	4mins	5mins
	Running up stairs	1 flights	1 flights

\* Average Energy Requirement



## Boiled Carrots

Portion	weight	Standard	+
		80g	120g
Energy Content	description	3 tbsp	5 tbsp
Energy Content	kcal	18	26
	kJ	74	112
%Energy*	Men	0.7%	1.0%
	Women	0.8%	1.2%
Additional Activity Equivalent	Walking	2mins	3mins
	Running up stairs	1 flights	1 flights

\* Average Energy Requirement



## Baked Beans

Portion	weight	Standard	+
		135g	190g
Energy Content	description	3 tbsp	4½ tbsp
Energy Content	kcal	143	201
	kJ	601	846
%Energy*	Men	5.5%	7.8%
	Women	6.9%	9.9%
Additional Activity Equivalent	Walking	14mins	20mins
	Running up stairs	5 flights	7 flights

\* Average Energy Requirement



## Cheddar Cheese

Portion	weight	Standard	+
		30g	50g
Energy Content	description	matchbox	snack pack
Energy Content	kcal	125	208
	kJ	518	863
%Energy*	Men	4.8%	
	Women	6.0%	
Additional Activity Equivalent	Walking		20mins
	Running up stairs		7 flights

\* Average Energy Requirement



## Cottage Cheese

Portion	weight	Standard	+
		80g	112g
Energy Content	description	2 tbsp	small pot
Energy Content	kcal	81	113
	kJ	338	474
%Energy*	Men	3.1%	
	Women	3.9%	
Additional Activity Equivalent	Walking		8mins
	Running up stairs		3 flights

\* Average Energy Requirement



## Yoghurt

Portion	weight	Standard	+
		150g	175g
Energy Content	description	standard pot	large pot
Energy Content	kcal	146	170
	kJ	615	718
%Energy*	Men	5.6%	
	Women	7.0%	
Additional Activity Equivalent	Walking		6mins
	Running up stairs		2 flights

\* Average Energy Requirement



## Oven Chips

Portion	weight	Standard	+
		180g	240g
Energy Content	description	18 chips	24 chips
Energy Content	kcal	283	377
	kJ	1195	1594
%Energy*	Men	10.8%	
	Women	13.6%	
Additional Activity Equivalent	Walking		23mins
	Running up stairs		8 flights

\* Average Energy Requirement



## New Potatoes - Boiled

Portion	weight	Standard	+
		180g	220g
Energy Content	description	4 medium	5 medium
Energy Content	kcal	135	165
	kJ	578	706
%Energy*	Men	5.2%	
	Women	6.5%	
Additional Activity Equivalent	Walking		7mins
	Running up stairs		2 flights

\* Average Energy Requirement



## Roast Potatoes

Portion	weight	Standard	+
		200g	310g
Energy Content	description	2-3 medium	2-3 large
Energy Content	kcal	298	462
	kJ	1260	1953
%Energy*	Men	11.4%	
	Women	14.3%	
Additional Activity Equivalent	Walking		40mins
	Running up stairs		13 flights

\* Average Energy Requirement



## Cheeseburger

Portion	weight	Standard	+
		115g	180g
Energy Content	description	regular	quarterpounder
Energy Content	kcal	298	466
	kJ	1249	1955
%Energy*	Men	11.4%	
	Women	14.3%	
Additional Activity Equivalent	Walking		41mins
	Running up stairs		13 flights

\* Average Energy Requirement







## 9-10" Meat Topped pizza

Portion	weight	Standard	+
		300g	400g
Energy Content	description	2 thin slices	2 deep slices
Energy Content	kcal	765	1020
	kJ	3225	4300
%Energy*	Men	29.4%	
	Women	36.8%	
Additional Activity Equivalent	Walking		1hr 2mins
	Running up stairs		20 flights

\* Average Energy Requirement







### French Fries

Portion		Standard	+
	weight	93g	124g
Energy Content	description	regular	large
	kcal	260	347
%Energy*	kJ	1092	1456
	Men	10.0%	
	Women	12.5%	
Additional Activity Equivalent	Walking		21mins
	Running up stairs		7 flights

\* Average Energy Requirement







### Chicken Nuggets

Portion		Standard	+
	weight	100g	164g
Energy Content	description	6 nuggets	9 nuggets
	kcal	265	435
%Energy*	kJ	1111	1822
	Men	10.2%	
	Women	12.7%	
Additional Activity Equivalent	Walking		41mins
	Running up stairs		14 flights

\* Average Energy Requirement







### Battered Cod

Portion		Standard	+
	weight	180g	225g
Energy Content	description	medium	large
	kcal	445	556
%Energy*	kJ	1856	2320
	Men	17.1%	
	Women	21.4%	
Additional Activity Equivalent	Walking		27mins
	Running up stairs		9 flights

\* Average Energy Requirement







### Ham

Portion		Standard	+
	weight	46g	69g
Energy Content	description	2 slices	3 slices
	kcal	49	74
%Energy*	kJ	207	311
	Men	1.9%	
	Women	2.4%	
Additional Activity Equivalent	Walking		6mins
	Running up stairs		2 flights

\* Average Energy Requirement







### Canned Salmon

Portion		Standard	+
	weight	50g	100g
Energy Content	description	½ tin	1 tin
	kcal	77	153
%Energy*	kJ	322	644
	Men	2.9%	
	Women	3.7%	
Additional Activity Equivalent	Walking		19mins
	Running up stairs		6 flights

\* Average Energy Requirement







### Sausage Roll

Portion		Standard	+
	weight	60g	140g
Energy Content	description	standard	large
	kcal	230	536
%Energy*	kJ	958	2234
	Men	8.8%	
	Women	11.1%	
Additional Activity Equivalent	Walking		1hr 14mins
	Running up stairs		25 flights

\* Average Energy Requirement







### Shepherd's Pie

Portion		Standard	+
	weight	300g	450g
Energy Content	description	size of fist	1½ size of fist
	kcal	333	500
%Energy*	kJ	1395	2093
	Men	12.8%	
	Women	16.0%	
Additional Activity Equivalent	Walking		40mins
	Running up stairs		13 flights

\* Average Energy Requirement







### Spare Ribs in BBQ Sauce

Portion		Standard	+
	weight	120g	190g
Energy Content	description	1 rack - 6 ribs	Large - 10 ribs
	kcal	362	574
%Energy*	kJ	1510	2390
	Men	13.9%	
	Women	17.4%	
Additional Activity Equivalent	Walking		51mins
	Running up stairs		17 flights

\* Average Energy Requirement







## Boiled Egg

Portion	weight	Standard	+
		55g	65g
	description	medium egg	large egg
Energy Content	kcal	81	96
	kJ	337	398
%Energy*	Men	3.1%	
	Women	3.9%	
Additional Activity Equivalent	Walking		4mins
	Running up stairs		1 flights

\* Average Energy Requirement







## Grilled Sausage

Portion	weight	Standard	+
		70g	120g
	description	2 thin sausages	2 thick sausages
Energy Content	kcal	206	353
	kJ	855	1465
%Energy*	Men	7.9%	
	Women	9.9%	
Additional Activity Equivalent	Walking		36mins
	Running up stairs		12 flights

\* Average Energy Requirement







## White Bread

Portion	weight	Standard	+
		30g	38g
	description	1 medium slice	1 thick slice
Energy Content	kcal	66	83
	kJ	279	354
%Energy*	Men	2.5%	
	Women	3.2%	
Additional Activity Equivalent	Walking		4mins
	Running up stairs		1 flights

\* Average Energy Requirement







## Wholemeal Bread

Portion	weight	Standard	+
		35g	45g
	description	1 medium slice	1 thick slice
Energy Content	kcal	76	98
	kJ	323	415
%Energy*	Men	2.9%	
	Women	3.7%	
Additional Activity Equivalent	Walking		5mins
	Running up stairs		2 flights

\* Average Energy Requirement







## Ice Cream

Portion	weight	Standard	+
		60g	120g
	description	1 scoop	2 scoops
Energy Content	kcal	106	212
	kJ	445	889
%Energy*	Men	4.1%	
	Women	5.1%	
Additional Activity Equivalent	Walking		26mins
	Running up stairs		8 flights

\* Average Energy Requirement







## Crisps

Portion	weight	Standard	+
		32.5g	50g
	description	regular bag	grab bag
Energy Content	kcal	172	265
	kJ	720	1108
%Energy*	Men	6.6%	
	Women	8.3%	
Additional Activity Equivalent	Walking		22mins
	Running up stairs		7 flights

\* Average Energy Requirement







## Milk Chocolate

Portion	weight	Standard	+
		45g	75g
	description	regular bar	large bar
Energy Content	kcal	234	390
	kJ	980	1633
%Energy*	Men	9.0%	
	Women	11.3%	
Additional Activity Equivalent	Walking		38mins
	Running up stairs		12 flights

\* Average Energy Requirement







## Roast Chicken Breast

Portion	weight	Standard	+
		140g	180g
	description	medium	large
Energy Content	kcal	248	319
	kJ	1039	1336
%Energy*	Men	9.5%	
	Women	11.9%	
Additional Activity Equivalent	Walking		17mins
	Running up stairs		6 flights

\* Average Energy Requirement







## Beef Mince

Portion		Standard	+
		200g	350g
	description	size of fist	1½ size of fist
Energy Content	kcal	278	487
	kJ	1158	2027
%Energy*	Men	10.7%	
	Women	13.4%	
Additional Activity Equivalent	Walking		50mins
	Running up stairs		17 flights

\* Average Energy Requirement







## Spaghetti

Portion		Standard	+
		230g	350g
	description	4 tbsp	6 tbsp
Energy Content	kcal	239	364
	kJ	1017	1547
%Energy*	Men	9.2%	
	Women	11.5%	
Additional Activity Equivalent	Walking		30mins
	Running up stairs		10 flights

\* Average Energy Requirement







## Boiled Rice

Portion		Standard	+
		150g	200g
	description	3 tbsp	4 tbsp
Energy Content	kcal	185	246
	kJ	783	1044
%Energy*	Men	7.1%	
	Women	8.9%	
Additional Activity Equivalent	Walking		15mins
	Running up stairs		5 flights

\* Average Energy Requirement






## Back Bacon

Portion		Standard	+
		50g	75g
	description	2 rashers	3 rashers
Energy Content	kcal	144	215
	kJ	597	896
%Energy*	Men	5.5%	
	Women	6.9%	
Additional Activity Equivalent	Walking		17mins
	Running up stairs		6 flights

\* Average Energy Requirement







## Tuna Mayonnaise

Portion		Standard	+
		80g	135g
	description	2 tbsp	3-4 tbsp
Energy Content	kcal	178	301
	kJ	742	1251
%Energy*	Men	6.8%	
	Women	8.6%	
Additional Activity Equivalent	Walking		30mins
	Running up stairs		10 flights

\* Average Energy Requirement







## Digestives

Portion		Standard	+
		26g	39g
	description	2 biscuits	3 biscuits
Energy Content	kcal	121	181
	kJ	509	763
%Energy*	Men	4.6%	
	Women	5.8%	
Additional Activity Equivalent	Walking		15mins
	Running up stairs		5 flights

\* Average Energy Requirement







## Rice Puffs

Portion		Standard	+
		30g	45g
	description	medium bowl	large bowl
Energy Content	kcal	115	172
	kJ	488	733
%Energy*	Men	4.4%	
	Women	5.5%	
Additional Activity Equivalent	Walking		14mins
	Running up stairs		5 flights

\* Average Energy Requirement



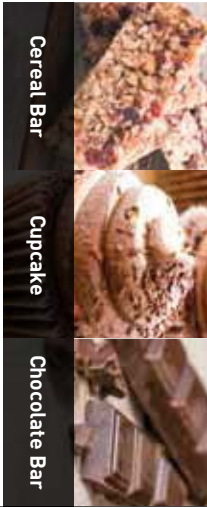
## Wheat Breakfast Biscuits

Portion		Standard	+
		40g	60g
	description	2 biscuits	3 biscuits
Energy Content	kcal	141	211
	kJ	599	899
%Energy*	Men	5.4%	
	Women	6.8%	
Additional Activity Equivalent	Walking		17mins
	Running up stairs		6 flights

\* Average Energy Requirement

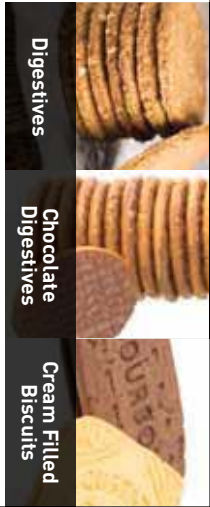


Choice Card



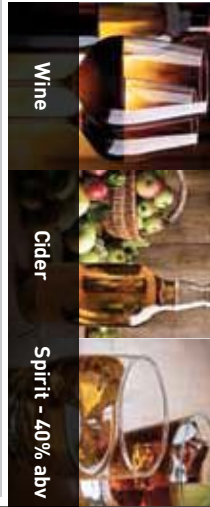
• Average Energy Requirement			
weight	25g	60g	45ml
description	snack bar	regular	regular bar
Energy Content	117 kcal	284 kcal	234 kcal
	492 kJ	1186 kJ	980 kJ
%Energy*	Men 4% Women 6%	11% 14%	9% 11%
Activity Equivalent	Walking 28mins Running 9 flights	1hr 9mins 23 flights	57mins 19 flights

Choice Card



• Average Energy Requirement			
weight	26g	34g	24ml
description	2 biscuits	2 biscuits	2 biscuits
Energy Content	121 kcal	168 kcal	116 kcal
	509 kJ	704 kJ	486 kJ
%Energy*	Men 5% Women 6%	6% 8%	4% 6%
Activity Equivalent	Walking 29mins Running 10 flights	41mins 13 flights	28mins 9 flights

Choice Card



• Average Energy Requirement			
weight	175ml	300ml	23ml
description	regular glass	bottle	25ml measure
Energy Content	130 kcal	108 kcal	51 kcal
	539 kJ	456 kJ	211 kJ
%Energy*	Men 5% Women 6%	4% 5%	2% 2%
Activity Equivalent	Walking 31mins Running 10 flights	26mins 9 flights	12mins 4 flights

Choice Card



• Average Energy Requirement			
weight	40g	35g	43g
description	1 tube	5 sweets	4 stick bar
Energy Content	130 kcal	114 kcal	221 kcal
	553 kJ	488 kJ	923 kJ
%Energy*	Men 5% Women 6%	4% 6%	8% 11%
Activity Equivalent	Walking 31mins Running 10 flights	28mins 9 flights	53mins 18 flights