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):S498-516

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Red Wine

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

* Average Energy Requirement

Cider

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

* Average Energy Requirement

Apples

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

* Average Energy Requirement

Oranges

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

* Average Energy Requirement

Boiled Carrots

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

* Average Energy Requirement

Baked Beans

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

* Average Energy Requirement

Cheddar Cheese

		Standard	+
Portion	weight	30g	50g
	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

		Standard	+
Portion	weight	80g	112g
	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

		Standard	+
Portion	weight	150g	175g
	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

		Standard	+
Portion	weight	180g	240g
	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

		Standard	+
Portion	weight	180g	220g
	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

		Standard	+
Portion	weight	200g	310g
	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

		Standard	+
Portion	weight	115g	180g
	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

		Standard	+
Portion	weight	300g	400g
	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

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

* Average Energy Requirement

Chicken Nuggets

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

* Average Energy Requirement

Battered Cod

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

* Average Energy Requirement

Ham

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

* Average Energy Requirement

Canned Salmon

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

* Average Energy Requirement

Sausage Roll

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

* Average Energy Requirement

Shepherd's Pie

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

* Average Energy Requirement

Spare Ribs in BBQ Sauce

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

* Average Energy Requirement

Boiled Egg

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Standard	+
Portion	weight	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

		Marmalade	Honey	Jam
	weight	18g	17g	18g
	description	1 tbsp	1 tbsp	1 tbsp
Energy Content	kcal	47	44	52
	kJ	201	189	221
%Energy*	Men	2%	2%	2%
	Women	2%	2%	2%
Activity Equivalent	Walking	11mins	11mins	13mins
	Running up stairs	4 flights	4 flights	4 flights

* Average Energy Requirement

Choice Card

		Crisps - Sunflower Oil	Potato Rings	Crisps - Baked
	weight	32.5g	34g	37.5g
	description	regular bag	regular bag	regular bag
Energy Content	kcal	172	178	150
	kJ	720	743	639
%Energy*	Men	7%	7%	6%
	Women	8%	9%	7%
Activity Equivalent	Walking	42mins	43mins	36mins
	Running up stairs	14 flights	14 flights	12 flights

* Average Energy Requirement

Mixed Nuts & Raisins

Portion		Standard	+
	weight	40g	80g
	description	handful	2 handfuls
Energy Content	kcal	192	385
	kJ	802	1604
%Energy*	Men	7.4%	
	Women	9.3%	
Additional Activity Equivalent	Walking	47mins	
	Running up stairs	15 flights	

* Average Energy Requirement

Choice Card

		Hot Chocolate	Latte	Cappuccino
	weight	350ml	350ml	350ml
	description	regular	regular	regular
Energy Content	kcal	245	151	102
	kJ	1033	627	420
%Energy*	Men	9%	6%	4%
	Women	12%	7%	5%
Activity Equivalent	Walking	59mins	36mins	25mins
	Running up stairs	20 flights	12 flights	8 flights

* Average Energy Requirement

Muesli

Portion		Standard	+
	weight	70g	90g
	description	medium bowl	large bowl
Energy Content	kcal	254	327
	kJ	1078	1386
%Energy*	Men	9.8%	
	Women	12.2%	
Additional Activity Equivalent	Walking	18mins	
	Running up stairs	6 flights	

* Average Energy Requirement

Choice Card

		Mayonnaise	Salad Dressing	Butter
	weight	33g	30g	10g
	description	1 tbsp	1 tbsp	2 tsp
Energy Content	kcal	228	88	74
	kJ	938	363	306
%Energy*	Men	9%	3%	3%
	Women	11%	4%	4%
Activity Equivalent	Walking	55mins	21mins	18mins
	Running up stairs	18 flights	7 flights	6 flights

* Average Energy Requirement

Corn Flakes

Portion		Standard	+
	weight	40g	55g
	description	medium bowl	large bowl
Energy Content	kcal	150	207
	kJ	640	881
%Energy*	Men	5.8%	
	Women	7.2%	
Additional Activity Equivalent	Walking	14mins	
	Running up stairs	5 flights	

* Average Energy Requirement

Choice Card

		Carbonated Drink	Fruit Juice	Smoothie
	weight	330ml	330ml	330ml
	description	can	bottle	bottle
Energy Content	kcal	135	119	158
	kJ	564	505	677
%Energy*	Men	5%	5%	6%
	Women	7%	6%	8%
Activity Equivalent	Walking	33mins	29mins	38mins
	Running up stairs	11 flights	10 flights	13 flights

* Average Energy Requirement

Choice Card

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

* Average Energy Requirement

Choice Card

		Digestives	Chocolate Digestives	Cream Filled Biscuits
	weight	26g	34g	24ml
	description	2 biscuits	2 biscuits	2 biscuits
Energy Content	kcal	121	168	116
	kJ	509	704	486
%Energy*	Men	5%	6%	4%
	Women	6%	8%	6%
Activity Equivalent	Walking	29mins	41mins	28mins
	Running up stairs	10 flights	13 flights	9 flights

* Average Energy Requirement

Choice Card

		Wine	Cider	Spirit - 40% abv
	weight	175ml	300ml	23ml
	description	regular glass	bottle	25ml measure
Energy Content	kcal	130	108	51
	kJ	539	456	211
%Energy*	Men	5%	4%	2%
	Women	6%	5%	2%
Activity Equivalent	Walking	31mins	26mins	12mins
	Running up stairs	10 flights	9 flights	4 flights

* Average Energy Requirement

Choice Card

		Fruit Gums	Boiled Sweets	Chocolate Wafer
	weight	40g	35g	43g
	description	1 tube	5 sweets	4 stick bar
Energy Content	kcal	130	114	221
	kJ	553	488	923
%Energy*	Men	5%	4%	8%
	Women	6%	6%	11%
Activity Equivalent	Walking	31mins	28mins	53mins
	Running up stairs	10 flights	9 flights	18 flights

* Average Energy Requirement