A Photographic Atlas of Food Portion Sizes

Dr Michael Nelson
Mary Atkinson
James Meyer

on behalf of
Nutritional Epidemiology Group UK
This sheet replaces the existing page 2, which shows photographs 26 and 27 duplicated in error.
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Acknowledgements

The impetus for the development of the Atlas came from members of the Nutritional Epidemiology Group UK (nutritionists, dietitians, epidemiologists and others) who are engaged in the assessment of food consumption and nutrient intake either on an individual or a population basis. The authors are grateful to the members of the Steering Committee who have given their time and provided valuable feedback at all stages of the Atlas's development, and to the Ministry of Agriculture, Fisheries and Food for recognising the need for such a tool and providing the financial support for its development.

The development of the Atlas and associated research was conducted in the Department of Nutrition and Dietetics at King's College, London under the supervision of Dr Michael Nelson. The photographs were taken by James Meyer, a professional food photographer, in Summer 1994 and 1996.

All work was overseen by a Steering Committee with the following membership:

Mary Atkinson (King’s College, London)
Alison Black (Dunn Nutrition Centre, Cambridge)
Dr Joyce Hughes (Ministry of Agriculture, Fisheries and Food)
James Meyer (Food Photographer)
Alison Mills (Ministry of Agriculture, Fisheries and Food)
Dr Michael Nelson (King’s College, London)
Gillian Smithers (Ministry of Agriculture, Fisheries and Food)
Dr Margaret Thorogood (London School of Hygiene and Tropical Medicine)
Dr Richard Shepherd (BBSRC Institute of Food Research, Reading)

Corresponding members:
Professor Annie Anderson (University of Dundee)
Mary Cooper (St Mary’s Hospital, Leeds)
Dr Barbara Livingstone (University of Ulster, Coleraine)

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Dr Ashley Adamson (University of Newcastle)
Dr Michael Burr (University of Wales, Cardiff)
Rachel Jackson (King’s College, London)
Lynne Kennedy (University of Liverpool)
Janet Kyle (Rowett Research Institute, Aberdeen)
Dr Paula Robson (University of Ulster, Coleraine)
Pauline Watt (University of Wales, Cardiff)
Introduction

This Atlas is designed to help people describe amounts of food consumed. It contains photographs of foods commonly consumed in the diets of British adults in portions not readily quantified by household measures or without the use of visual aids. It is intended for use by dietitians in clinical settings, by research workers engaged in surveys of dietary status, by nutrition and health educators and teachers both in schools and in the community, and by medical practitioners and nurses engaged in nutrition education.

Portion sizes. The Atlas contains 78 sets of photographs of portion sizes for the foods listed on the following pages. (An alphabetical index is given at the back of the Atlas.) The portion size photographs are all arranged in the same format, each page illustrating eight portions ranging from very small to very large.

Each photograph is individually numbered on the page so that both the food and portion size can be identified uniquely, e.g. the smallest portion size of cheesecake (which appears on page 13) is numbered 131, the second portion size is numbered 132, and so on. For butter or margarine on bread (page 30) or crackers (page 31) there are four photographs rather than eight.

Guide photographs. There are 13 Guide photographs which illustrate a variety of foods in one group (e.g. bread rolls), and a further seven which illustrate tin sizes, crockery, glassware and utensils.

Life size poster of dinner plate, side plate, and bowl. The poster can be found in the wallet at the front of the Atlas. It shows life size images of the plates and bowl used in the photographs in the Atlas.

There are two other items in the pack of Food Portion Sizes: A Photographic Atlas

User's Guide. The User's Guide provides instructions on how to use the Atlas. It gives the weights of all of the foods illustrated in the photographs. A food frequency and amount questionnaire is provided for the assessment of usual food consumption and nutrient intake. Also, information is included on how the photographs were developed and researched.

Software. A floppy disk is provided in a wallet at the front of the User's Guide which contains an SPSS programme that generates weights (grams) of food portions described using the photographs in the Atlas. It is intended to assist in the calculation of amounts of food consumed and nutrient intakes. Additional files contain information on portion weights in an easily accessible form.
Guide photographs, listed in *italics*, are together in one section at the end of the Atlas.

Numbers refer to photographs and not pages.

### Cereals and cereal products

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<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rice</td>
</tr>
<tr>
<td>2</td>
<td>Pasta shells</td>
</tr>
<tr>
<td>3</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>4</td>
<td>Bread slices</td>
</tr>
<tr>
<td>5</td>
<td>Bread rolls</td>
</tr>
</tbody>
</table>

#### Breakfast cereals

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>All Bran</td>
</tr>
<tr>
<td>5</td>
<td>Cornflakes</td>
</tr>
<tr>
<td>6</td>
<td>Muesli</td>
</tr>
<tr>
<td>7</td>
<td>Porridge</td>
</tr>
</tbody>
</table>

#### Cakes

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Fruit cake</td>
</tr>
<tr>
<td>9</td>
<td>Gateau</td>
</tr>
<tr>
<td>10</td>
<td>Ginger cake</td>
</tr>
<tr>
<td>11</td>
<td>Sponge cake</td>
</tr>
</tbody>
</table>

#### Savouries

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>Yorkshire pudding</td>
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</table>

#### Puddings

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Cheesecake</td>
</tr>
<tr>
<td>14</td>
<td>Custard sauce – plain</td>
</tr>
<tr>
<td>15</td>
<td>Custard sauce (served on standard portion of sponge pudding)</td>
</tr>
<tr>
<td>16</td>
<td>Fruit crumble</td>
</tr>
<tr>
<td>17</td>
<td>Fruit pie</td>
</tr>
<tr>
<td>18</td>
<td>Ice cream</td>
</tr>
<tr>
<td>19</td>
<td>Jelly</td>
</tr>
<tr>
<td>20</td>
<td>Rice pudding</td>
</tr>
<tr>
<td>21</td>
<td>Sponge pudding – plain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>Sponge pudding – with fruit (pineapple upside down pudding)</td>
</tr>
<tr>
<td>23</td>
<td>Trifle</td>
</tr>
</tbody>
</table>

### Dairy products

#### Cheese and cheese dishes

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>Cheddar cheese</td>
</tr>
<tr>
<td>25</td>
<td>Brie cheese</td>
</tr>
<tr>
<td>26</td>
<td>Cream cheese</td>
</tr>
<tr>
<td>27</td>
<td>Cauliflower cheese</td>
</tr>
<tr>
<td>28</td>
<td>Macaroni cheese</td>
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</tbody>
</table>

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<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>Quiche</td>
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</table>

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<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>30</td>
<td>Butter – spread on bread</td>
</tr>
<tr>
<td>31</td>
<td>Butter – spread on crackers</td>
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</tbody>
</table>

### Meat, meat dishes and meat products

<table>
<thead>
<tr>
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<th>Item</th>
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</thead>
<tbody>
<tr>
<td>32</td>
<td>Roast beef</td>
</tr>
<tr>
<td>33</td>
<td>Steak</td>
</tr>
<tr>
<td>34</td>
<td>Minced meat</td>
</tr>
<tr>
<td>35</td>
<td>Bolognese sauce (served on standard portion of spaghetti)</td>
</tr>
<tr>
<td>36</td>
<td>Stew – meat and vegetable</td>
</tr>
<tr>
<td>37</td>
<td>Stew – meat only</td>
</tr>
<tr>
<td>38</td>
<td>Shepherds pie</td>
</tr>
<tr>
<td>39</td>
<td>Lasagne</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>44</td>
<td>Ham slices</td>
</tr>
<tr>
<td>45</td>
<td>Sausages, sausage rolls and frankfurters</td>
</tr>
<tr>
<td>46</td>
<td>Pork and lamb chops</td>
</tr>
<tr>
<td>47</td>
<td>Roast leg of lamb</td>
</tr>
<tr>
<td>48</td>
<td>Steak</td>
</tr>
<tr>
<td>49</td>
<td>Minced meat</td>
</tr>
<tr>
<td>50</td>
<td>Bolognese sauce (served on standard portion of spaghetti)</td>
</tr>
<tr>
<td>51</td>
<td>Stew – meat and vegetable</td>
</tr>
<tr>
<td>52</td>
<td>Stew – meat only</td>
</tr>
<tr>
<td>53</td>
<td>Shepherds pie</td>
</tr>
<tr>
<td>54</td>
<td>Lasagne</td>
</tr>
</tbody>
</table>
40 Meat pie – slices
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