

National Food and Drink Policy

Bakery portion control guide

January 2025

This document provides examples of:

- scones, scrolls, pancakes
- cakes, desserts, puddings
- muffins, loaves
- slices
- cupcakes, iced muffins
- pastry items, fried and high-fat breads
- biscuits, bliss balls, biscotti
- pies, quiches, sausage rolls

Health New Zealand
Te Whatu Ora

Scones, scrolls, pancakes $\leq 120g$

Green

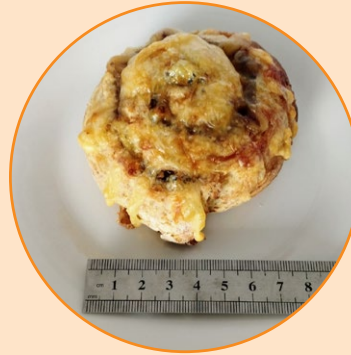


Wheatmeal spinach and feta scone 120g
8cm W, 4cm H



Apple and raisin scroll 120g
7cm W, 4cm H

Amber



Ham and cheese scroll 120g
7cm W, 4cm H



Pikelets 2 x 60g
8cm W

Red



Spinach feta scone 160g
10cm W, 5cm H



Scone with jam/cream 160g
8cm W, 7cm H

Cakes, desserts, puddings ≤120g

Amber



Carrot cake 120g
10cm L, 4cm W, 5cm H



Short cake 120g
5cm L, 6cm W, 3cm H



Burnt Basque cheesecake 120g
10cm L, 4cm W, 4cm H



Upside down apple sponge cake 120g
7cm L, 7cm W, 5cm H

Red



Apple shortcake 160g
7cm L, 7cm W, 3cm H



Banana cake 160g
6cm L, 6cm W, 6cm H

Muffins, loaves ≤100g

Green



Banana walnut loaf 100g
10cm L, 6cm W, 2cm H



Savoury vegetable muffin 80g
7cm W, 4cm H

Amber



Blueberry muffin 92g
8cm W, 4cm H



Chocolate berry muffin 100g
7cm W, 5cm H

Red



Banana loaf 120g
10cm L, 6cm W, 4cm H



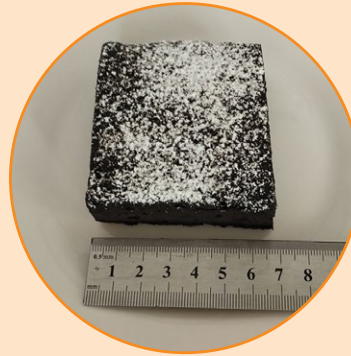
Chocolate chip muffin 120g
8cm W, 6cm H

Slices ≤100g

Amber



Raspberry slice 80g
9cm L, 4cm W, 2cm H



Brownie 90g
7cm L, 7cm W, 2cm H



Fig and walnut slice 100g
6cm L, 5cm W, 4cm H



Custard slice 100g
7cm L, 4cm W, 3cm H

Red



Brownie 120g
8cm L, 8cm W, 3cm H



Custard slice 200g
7cm L, 7cm W, 3cm H

Cupcakes, iced muffins ≤80g

Amber



Cupcake 80g
7cm L, 7cm H



Cupcake 80g
7cm L, 6cm H



Cupcake 80g
7cm L, 6cm H

Red



Chocolate cupcake 100g
8cm L, 5cm H



Chocolate cupcake 100g
8cm L, 5cm H



Iced carrot muffin 150g
9cm L, 8cm H

Pastry items, fried and high-fat breads ≤80g

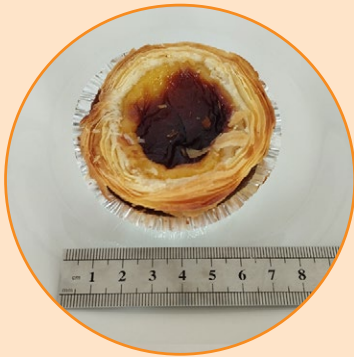
Amber



Plain croissant 50g
12cm L, 6cm W, 4cm H



Cinnamon donut 70g
7cm L, 4cm H



Portuguese tart 70g
7cm L, 3cm H



Cream donut 80g
9cm L, 6cm W, 4cm H

Red



Brioche 100g
8cm L, 8cm W, 4cm H



Cream donut 100g
15cm L, 5cm W, 4cm H

Pastry items, fried and high-fat breads ≤80g

Amber



Apple and raisin danish 65g
8cm L, 5cm W, 3cm H



Pain au chocolat 80g
13cm L, 5cm W, 3cm H



Chocolate twist 80g
19cm L, 3cm W, 2cm H



Apple danish 80g
9cm L, 2cm H

Red



Pain au chocolat 115g
14cm L, 7cm W, 4cm H



Apple danish 100g
10cm L, 2cm H

Biscuits, bliss balls, biscotti $\leq 60g$

Green	Amber	Red
 <p>A small, round, dark-colored bliss ball with a white coating, shown on a white plate with a ruler for scale.</p>	 <p>A round, dark brown cookie with a slightly irregular shape, shown on a white plate with a ruler for scale.</p>	 <p>A round, light-colored cookie with dark chocolate chips, shown on a white plate with a ruler for scale.</p>
<p>Bliss ball 60g 4cm</p>	<p>Afghan cookie 40g 7cm L, 1cm H</p>	<p>Choc chip cookie 88g 10cm L, 2cm H</p>
 <p>A round, dark brown cookie with a textured surface, shown on a white plate with a ruler for scale.</p>	 <p>A round, dark brown cookie with visible almond pieces, shown on a white plate with a ruler for scale.</p>	 <p>A round, dark brown cookie with a chocolate swirl on top, shown on a white plate with a ruler for scale.</p>
<p>Cocoa, peanut butter and oat cookie 55g 7cm L, 2cm H</p>	<p>Peanut brownie cookie 60g 7cm L, 2cm H</p>	<p>Afghan cookie 100g 11cm L, 2cm H</p>

Pies, quiches $\leq 210\text{g}$; sausage rolls $\leq 120\text{g}$

Green



Frittata
No portion limit



Egg cup
No portion limit

Amber



Steak pie 170g
11cm L, 9cm W, 4cm H



Salmon quiche 180g
8cm L, 8cm W, 5cm H









Vegan pie 210g
12cm L, 9cm W, 5cm H



Ham and tomato quiche 180g
12cm L, 6cm H

Pies, quiches $\leq 210\text{g}$; sausage rolls $\leq 120\text{g}$

Green	Amber	Red
 <p>A rectangular filo pastry sausage roll, golden brown and flaky, shown next to a ruler for scale.</p>	 <p>A round mince and cheese pie with a dark filling, shown next to a ruler for scale.</p>	 <p>A rectangular sausage roll, golden brown and flaky, shown next to a ruler for scale.</p>
<p>Filo pastry No portion limit</p>	<p>Mince and cheese pie 200g 10cm L, 10cm W, 4cm H</p>	<p>Sausage roll 150g 12cm L, 6cm W, 4cm H</p>
 <p>A round potato top pie with a spiral pattern on top, shown next to a ruler for scale.</p>	 <p>A rectangular sausage roll, golden brown and flaky, shown next to a ruler for scale.</p>	 <p>A round steak pie with a flaky top and sesame seeds, shown next to a ruler for scale.</p>
<p>Potato top pie 210g 10cm L, 10cm W, 5cm H</p>	<p>Sausage roll 120g 12cm L, 5cm W, 3cm H</p>	<p>Steak pie 240g 12cm L, 10cm W, 5cm H</p>