

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 $\leq 120\text{g}$

### Green

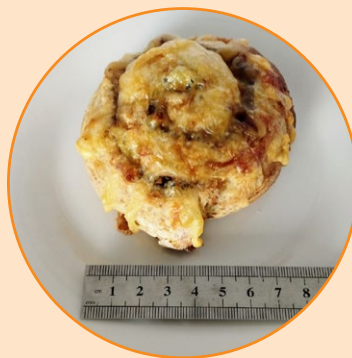


Wheatmeal spinach and feta scone 120g  
8cm W, 4cm H



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 $\leq 120\text{g}$

### 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

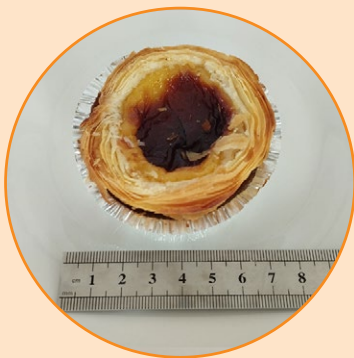
### Amber



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



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



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



Apple danish 80g  
9cm L, 2cm H

### Red



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

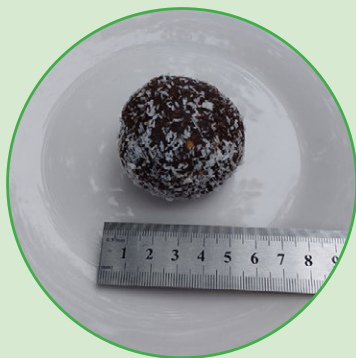


Apple danish 100g  
10cm L, 2cm H



## Biscuits, bliss balls, biscotti $\leq 60\text{g}$

### Green



Bliss ball 60g  
4cm



Cocoa, peanut butter and oat cookie 55g  
7cm L, 2cm H

### Amber



Afghan cookie 40g  
7cm L, 1cm H



Peanut brownie cookie 60g  
7cm L, 2cm H

### Red



Choc chip cookie 88g  
10cm L, 2cm H



Afghan cookie 100g  
11cm L, 2cm H

## Pies, quiches ≤210g; sausage rolls ≤120g

### Green



Frittata  
No portion limit



Egg cup  
No portion limit

### Amber



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



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



Salmon quiche 180g  
8cm L, 8cm 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



Filo pastry  
No portion limit



Potato top pie 210g  
10cm L, 10cm W, 5cm H

### Amber



Mince and cheese pie 200g  
10cm L, 10cm W, 4cm H



Sausage roll 120g  
12cm L, 5cm W, 3cm H

### Red



Sausage roll 150g  
12cm L, 6cm W, 4cm H



Steak pie 240g  
12cm L, 10cm W, 5cm H