

## 12. Appendices

### Appendix 1: Recommended Serving Size for Snacks

Despite healthier snacks, over-consumption can still upset students' appetite, leading to excessive intake of energy and weight gain. Therefore, it is recommended to provide or sell **snacks in no more than 125kcal<sup>§</sup> of energy and drinks to 250ml or less.**

The table below lists out the amount of snacks providing about 125kcal of energy. Tuck shops may refer to the serving sizes recommended below when selling snacks.

Type of Food	Recommended Serving Size
<b>Grains</b>	
Biscuits	3-4 rectangular biscuits, 4-6 round biscuits
Breakfast cereals (without milk)	1 bowl
Corn kernels	1½ bowl
Toast with cheese	1 slice of bread with 1 slice of reduced-fat cheese
Toast with peanut butter	1 slice of bread with 1½ teaspoons of peanut butter
Toast with jam	1 slice of bread with 1½ teaspoons of jam without added sugar
Ham sandwich (single filling)	Half portion, 1 slice of bread with ½ piece of ham
Egg sandwich (single filling)	Half portion, 1 slice of bread with ½ piece of egg
Tuna salad sandwich (single filling)	Half portion, 1 slice of bread with 2 teaspoons of tuna canned in water and 1 teaspoon of salad dressing
<b>Vegetables</b>	
Cherry tomatoes	1 bowl
Green salad	1 bowl (with 1 tablespoon of salad dressing if preferred)
Vegetables using as sandwich filling	No limit
Pure vegetable juice	¾ glass

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<sup>§</sup> 1kcal ≈ 4.2kJ

Type of Food	Recommended Serving Size
<b>Fruits</b>	
Cut-up fruit	1/2 bowl
Raisins	1 tablespoon
Dried apricots	4 pieces
Dehydrated fruit chips	1/2 bowl
Pure fruit juice	3/4 glass
<b>Meat, fish, egg and alternatives</b>	
Egg	1 piece
Chicken wing in soy sauce	1 piece
Steamed 'siu mai'	3-5 pieces
Steamed dumpling	2-3 pieces
Dry roasted plain nuts	2 tablespoons

1 teaspoon = 5ml, 1 tablespoon = 15ml, 1 glass = 240 ml, 1 bowl = 250 – 300ml

Sources: Centre for Food Safety, Food and Environmental Hygiene Department

U.S. Food and Drug Administration