






World Food Programme

SAVING
LIVES
CHANGING
LIVES

Small quantities

Examples of cut-offs for condiments

FOOD GROUP	WHAT DOES NOT COUNT <i>daily consumption</i> Register as CONDIMENTS	WHAT COUNTS <i>daily consumption</i> Register under MAIN FOOD GROUP
CEREALS, GRAINS, ROOTS AND TUBERS 	<ul style="list-style-type: none">• BREADCRUMBS sprinkled over a dish	<ul style="list-style-type: none">• One small bowl of RICE per person• One small plate of PASTA per person• One full PITA/NAAN/WRAP/TORTILLA per person• One slice of a loaf of BREAD per person• Half an INJERA per person• Half of a large POTATO or one small potato per person
PULSES, LEGUMES, NUTS 	<ul style="list-style-type: none">• A sprinkle of NUTS/SEEDS over a shared dish• One tablespoon of PEANUT BUTTER used to flavour a dish	<ul style="list-style-type: none">• One small bowl of NUTS per person• One tablespoon of PEANUT BUTTER per person• One tablespoon of HUMMUS per person• One tablespoon of small SEEDS per person
DAIRY 	<ul style="list-style-type: none">• A splash/spoon of fresh or powdered MILK added to tea or coffee• GRATED CHEESE sprinkled over a meal• A spoonful of YOGURT, used to flavour a dish	<ul style="list-style-type: none">• Half a cup of MILK per person (fresh or powdered)• A small piece of CHEESE (matchbox-sized) per person.• One tablespoon of SOFT CHEESE per person• One small cup of YOGURT per person/one heaped tablespoon or dollop of yogurt per person

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FOOD GROUP	WHAT DOES NOT COUNT <i>daily consumption</i> Register as CONDIMENTS	WHAT COUNTS <i>daily consumption</i> Register under MAIN FOOD GROUP
MEAT, FISH AND EGGS 	<ul style="list-style-type: none"> • Less than half EGG per person (e.g., one egg on top of a shared dish) • EGGS used in baking • One small piece of MEAT (matchbox-sized) for more than one person • FISH POWDER spread over meals • FISH SAUCE/PASTE used in a dish • A piece of MEAT/FISH to add flavour to a soup or dish • BONE BROTH • DRIED FISH 	<ul style="list-style-type: none"> • Half EGG (duck or chicken) per person • Two QUAIL EGGS per person • Half or whole-sized FISH per person • Handful of SMALL FISH (e.g., sardines, shrimp) • One small piece of ORGAN MEAT (size of matchbox) per person • One small piece of MEAT (size of matchbox) per person • Half a CAN OF TUNA per person • A handful of INSECTS (e.g., termites, crickets, or caterpillars) per person • When protein types are mixed, consumption only counts when the quantity is 15 g or more per person. This is about one tablespoon
VEGETABLES AND LEAVES 	<ul style="list-style-type: none"> • GARLIC CLOVES used to flavour a dish • One or two TOMATOES, used to flavour a dish • Two ONIONS or less, used to flavour a dish • TOMATO PASTE, TOMATO SAUCE or KETCHUP used to flavour a dish • Any amount of CUCUMBER, CAULIFLOWER and/or CARROT consumed only as pickle • A few LEAVES for all 	<ul style="list-style-type: none"> • Half of a VEGETABLE per person (e.g., cucumber, bell pepper) • A dish made primarily from TOMATOES as a base (or any other vegetable) • One medium ONION per person • A handful of LEAVES per person • When vegetables are mixed, consumption only counts when the quantity is 15 g or more per person. This is about one tablespoon
FRUITS 	<ul style="list-style-type: none"> • FRUITS used to flavour refreshments (e.g., a lemon slice added to a drink) • One small piece of FRUIT shared among two or more people - with the exception of larger fruits, where half would suffice • GRATED FRUIT (e.g., coconut, apple) over a dish • SLICED PINEAPPLE used to flavour a dish • Less than three FRESH DATES per person • COCONUT WATER 	<ul style="list-style-type: none"> • One full piece of SMALLER FRUIT per person (e.g., mandarin, sugar banana, passionfruit) • Half a piece of BIGGER FRUITS (e.g., apple, pear, orange, banana) per person • One slice of PINEAPPLE per person • Three FRESH DATES per person • A handful of BERRIES per person (fresh or frozen) • Half a cup of DRIED FRUIT per person • One quarter of an AVOCADO per person
OIL, FAT, AND BUTTER 		<ul style="list-style-type: none"> • Any amount of OIL should be counted (including a splash of oil added to a shared dish) • Any amount of BUTTER/GHEE per person • A handful of POTATO CHIPS per person
SUGAR OR SWEETS 		<ul style="list-style-type: none"> • Any amount of CANDY, BISCUITS/COOKIES/CHOCOLATE (even one small piece) • Any amount of DRIED DATES • A cup/box of FRUIT JUICE per person • SUGARY TEA (one tablespoon or more) per person