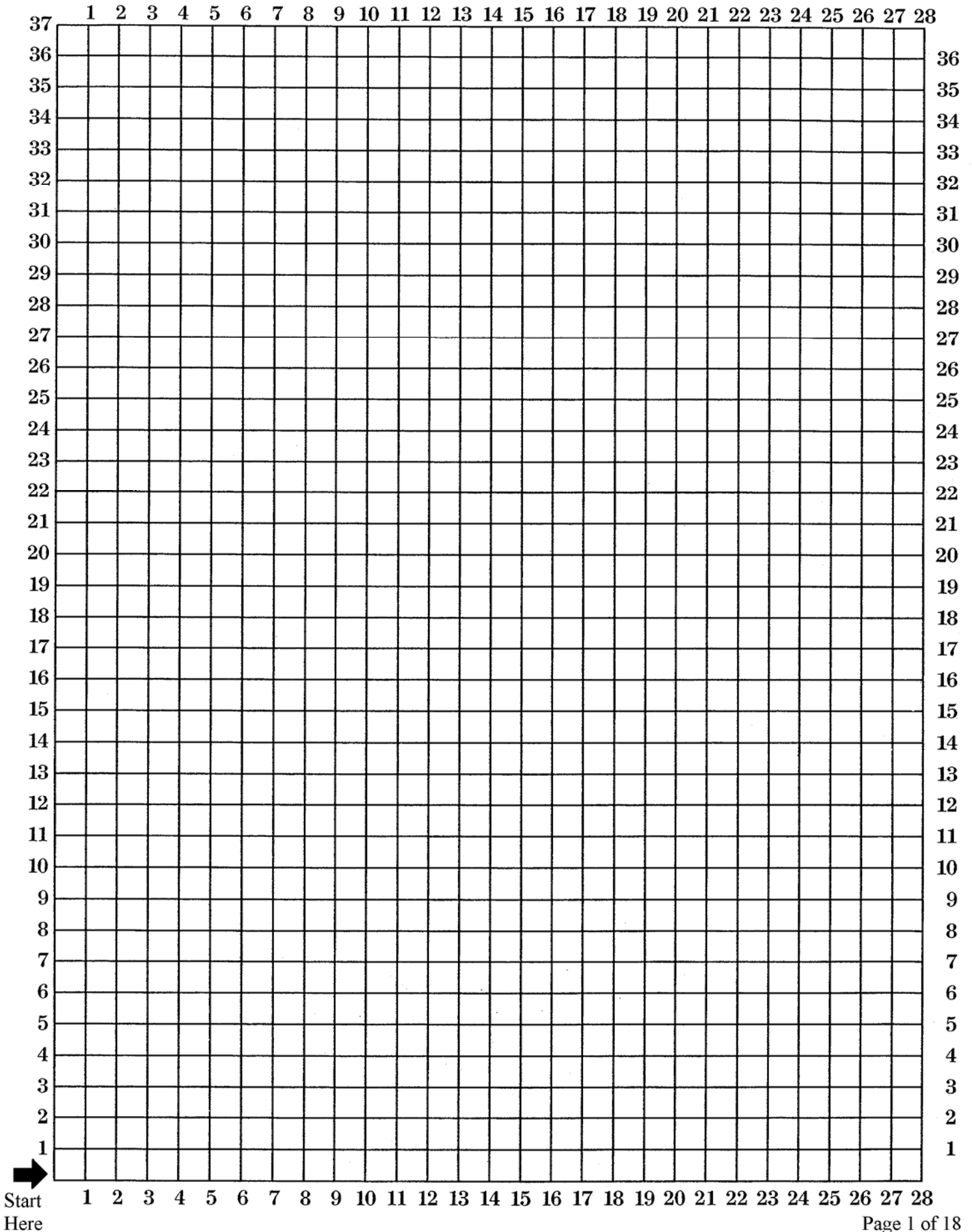


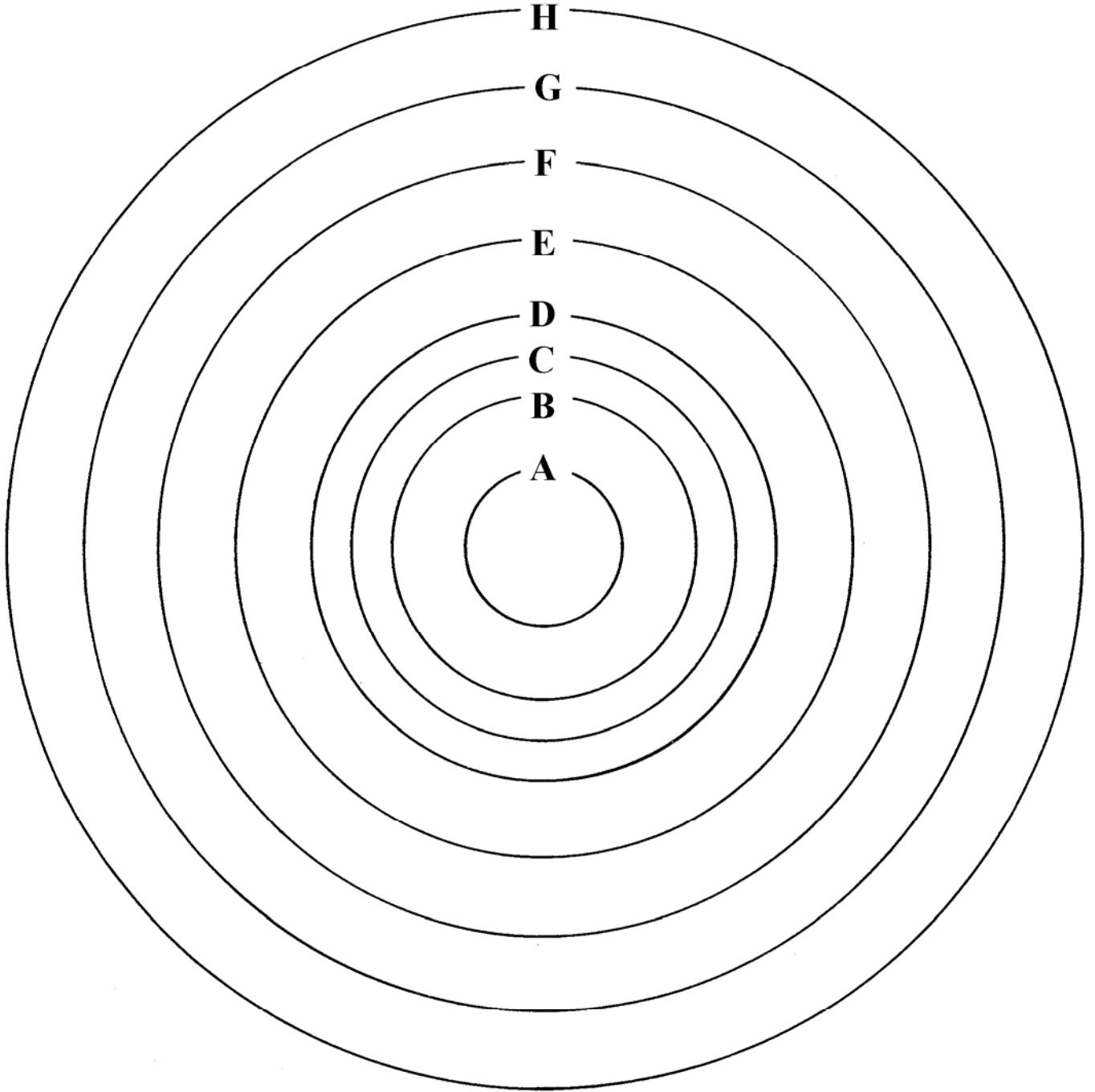
Food
Amounts
Booklet

Please, keep this near your phone

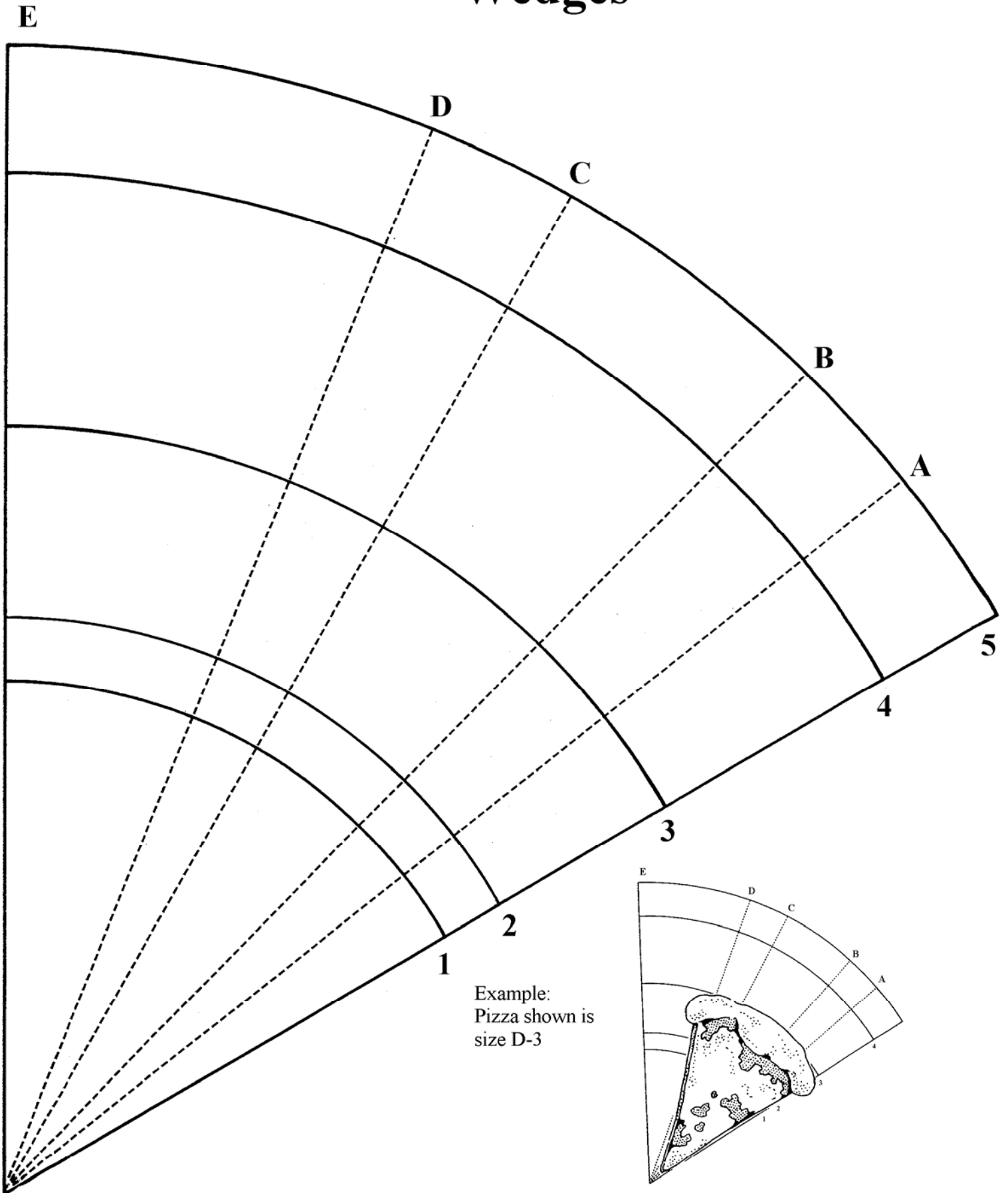
Squares and Rectangles



Circles

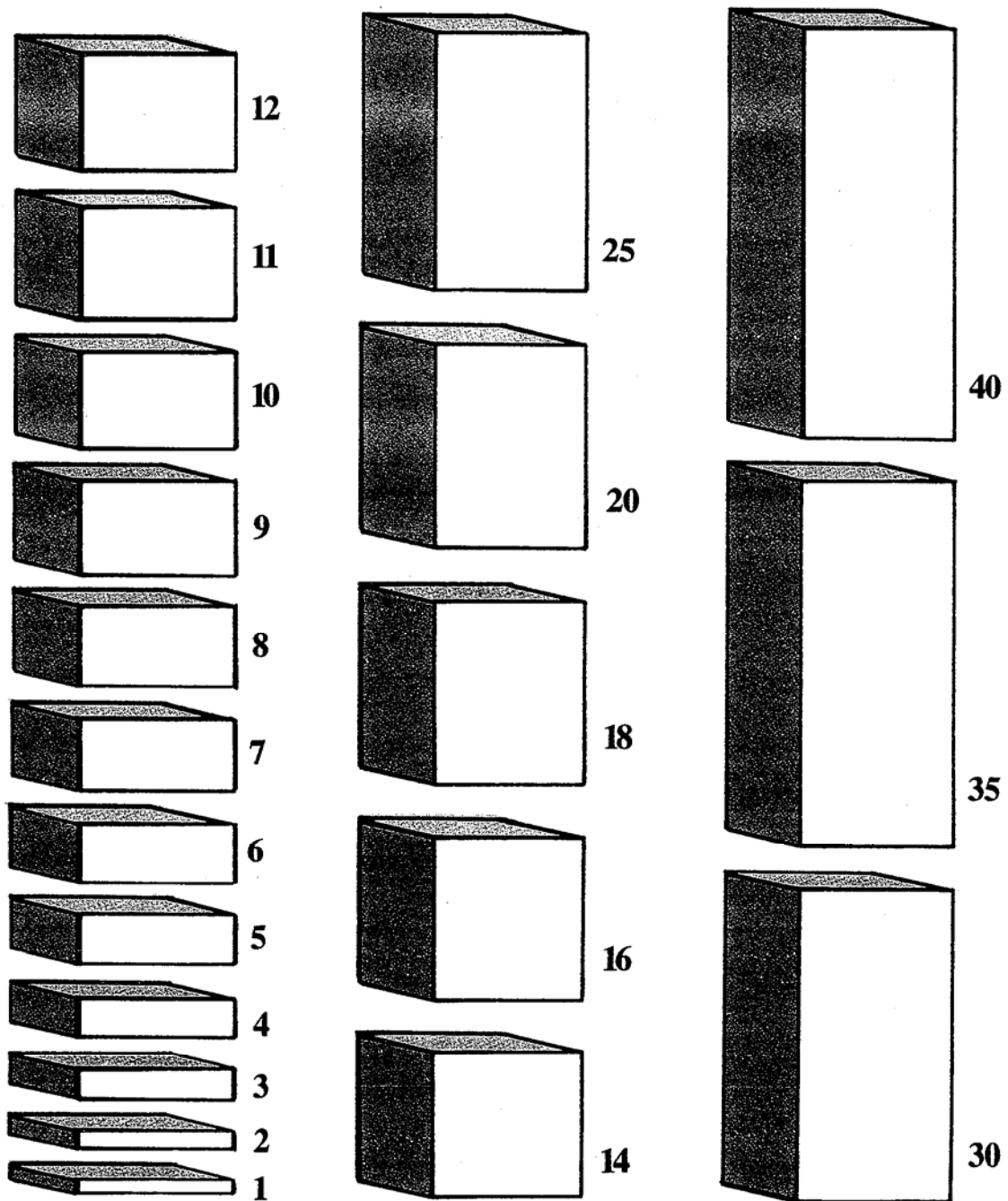


Wedges

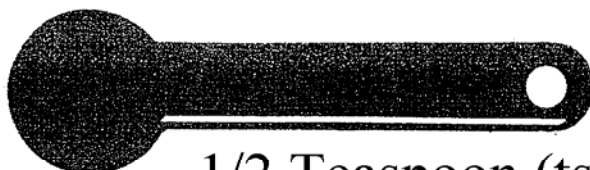


Example:
Pizza shown is
size D-3

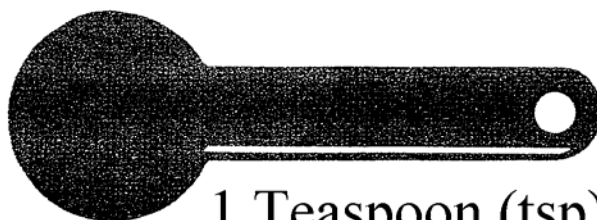
Thickness



Measuring Spoons



1/2 Teaspoon (tsp)



1 Teaspoon (tsp)



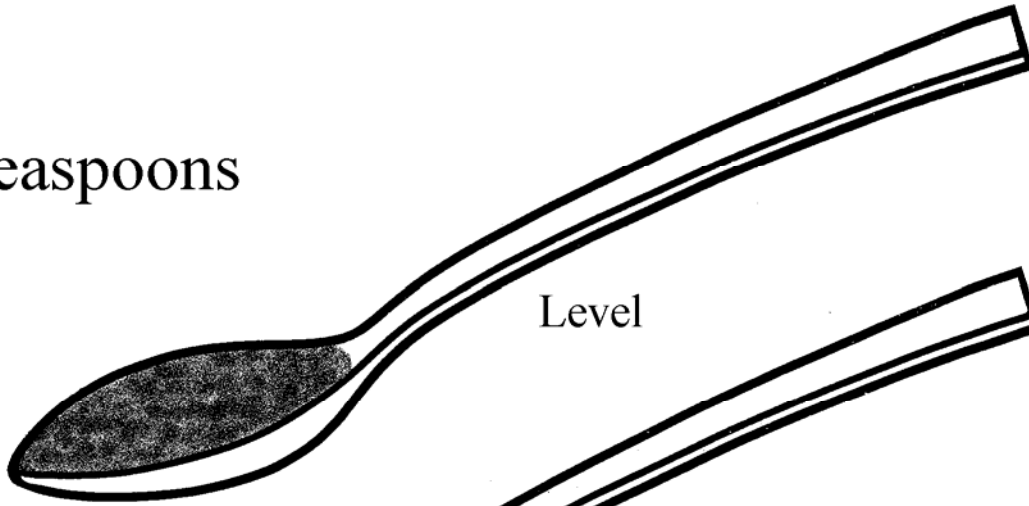
1/2 Tablespoon (Tbsp)



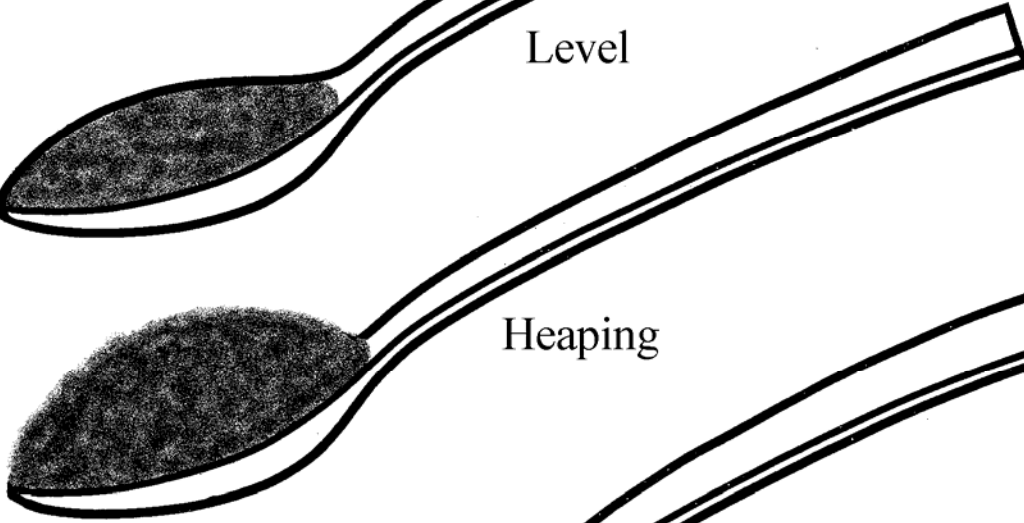
1 Tablespoon (Tbsp)

Eating and Serving Spoons

Teaspoons

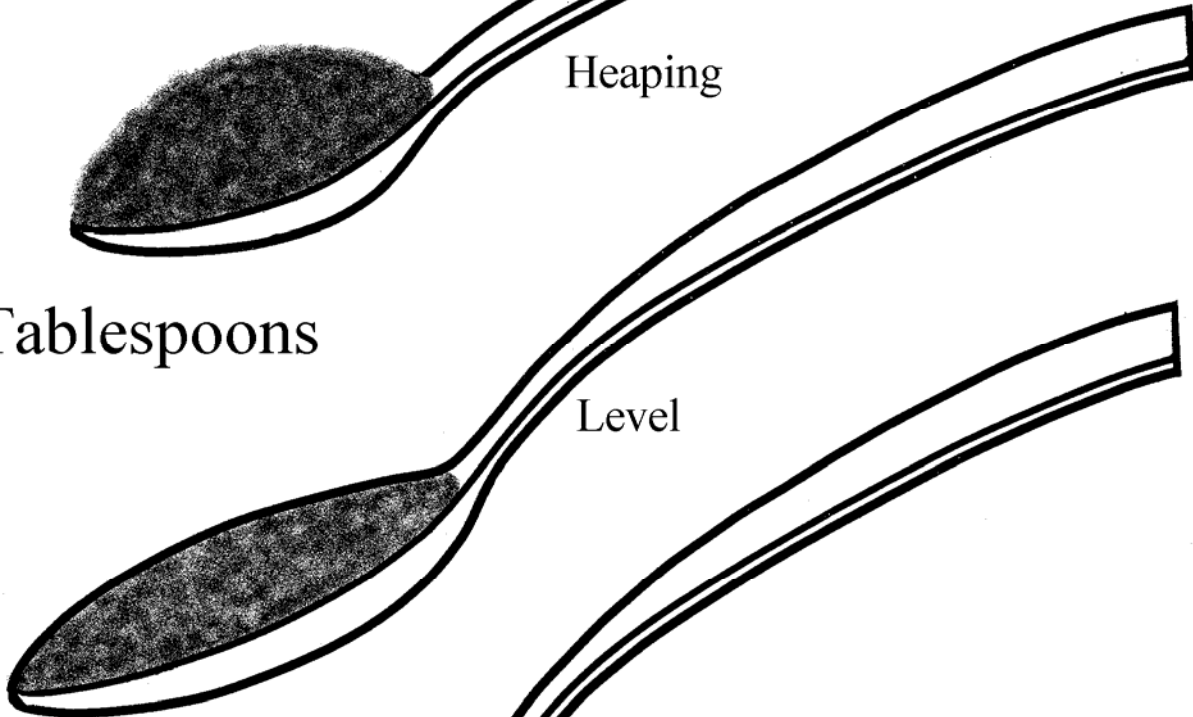


Level

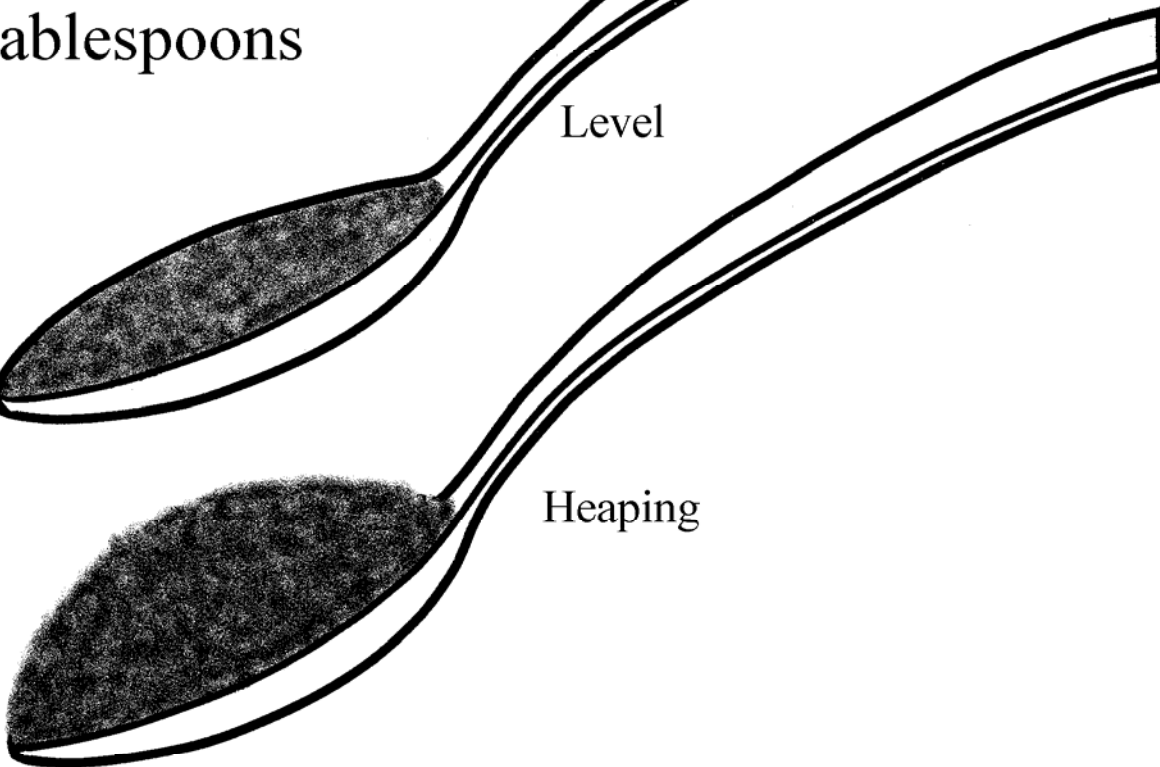


Heaping

Tablespoons

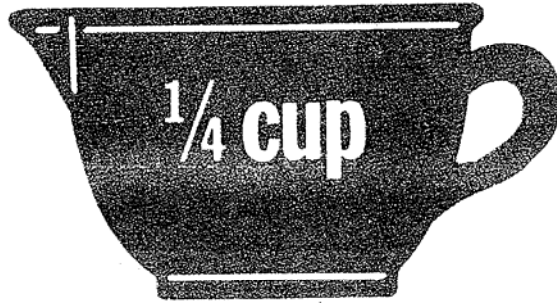


Level



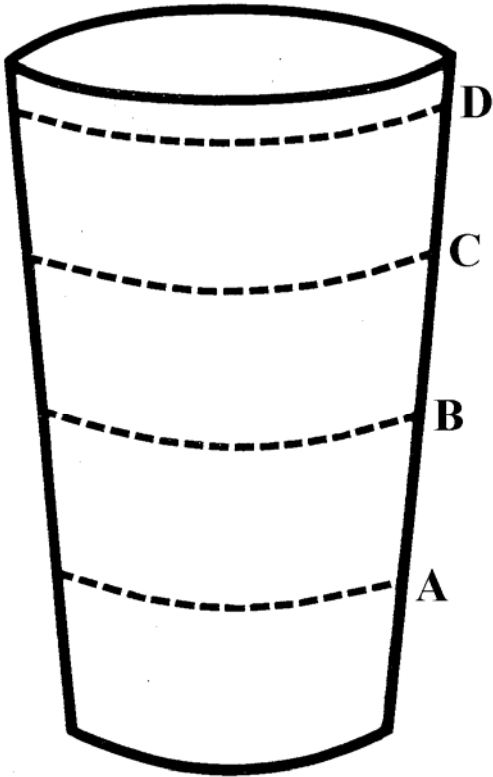
Heaping

Measuring Cups

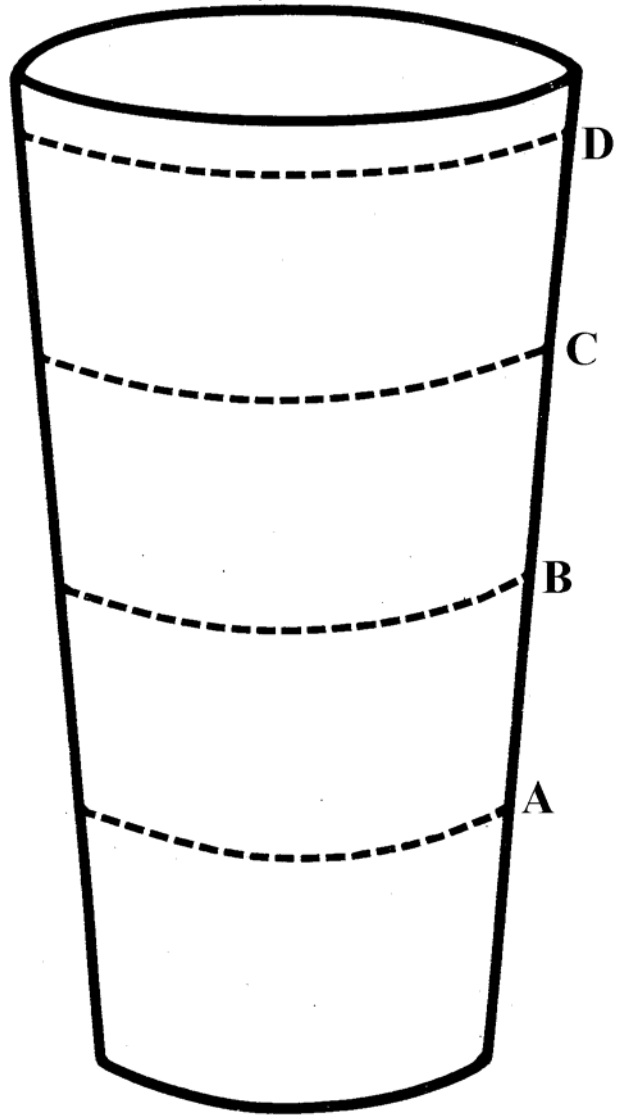


Glasses

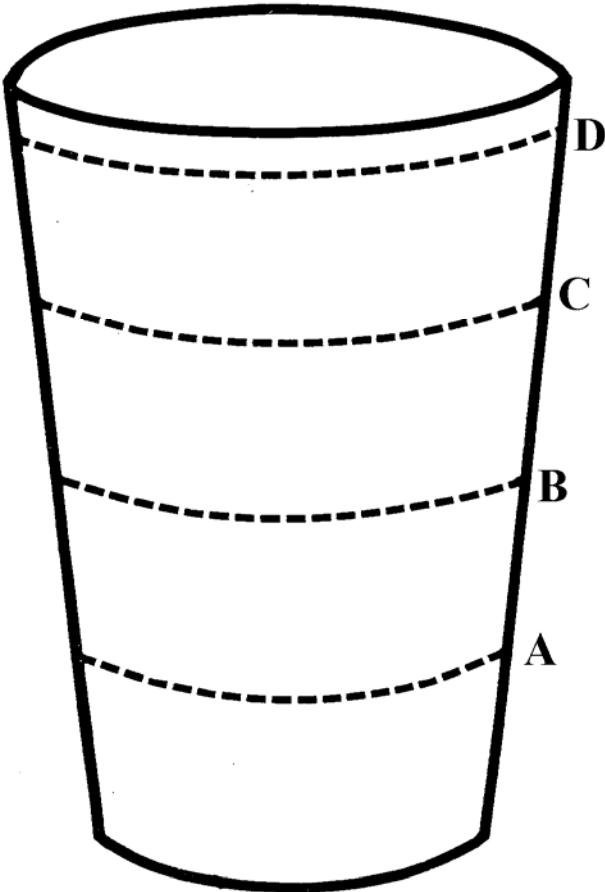
1



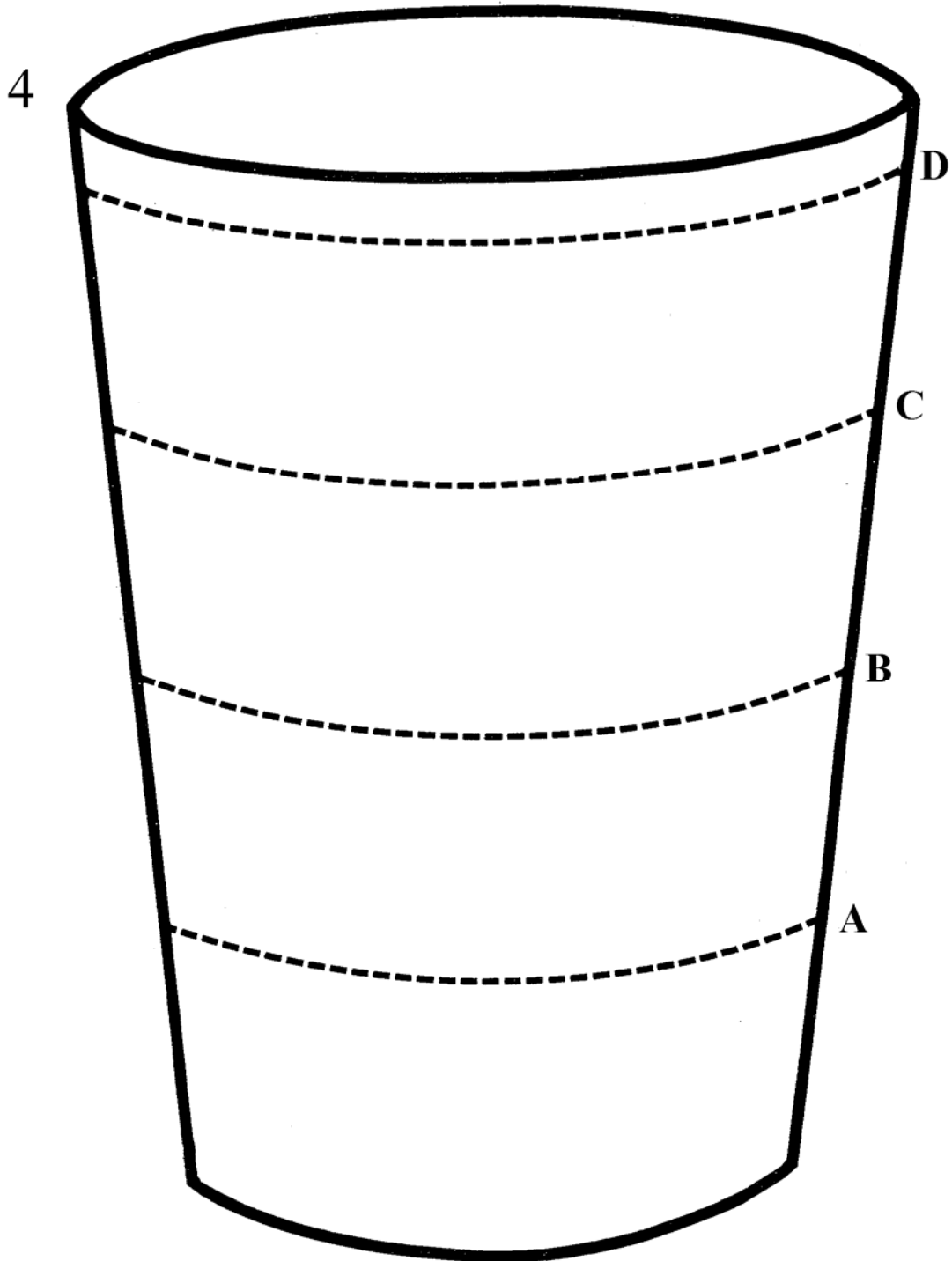
3



2

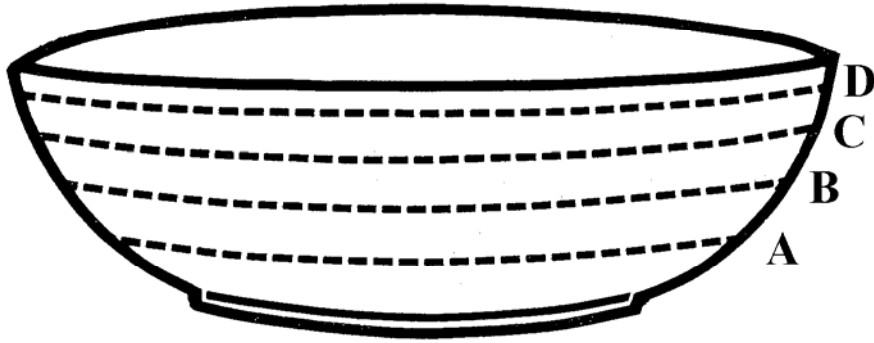


Glasses

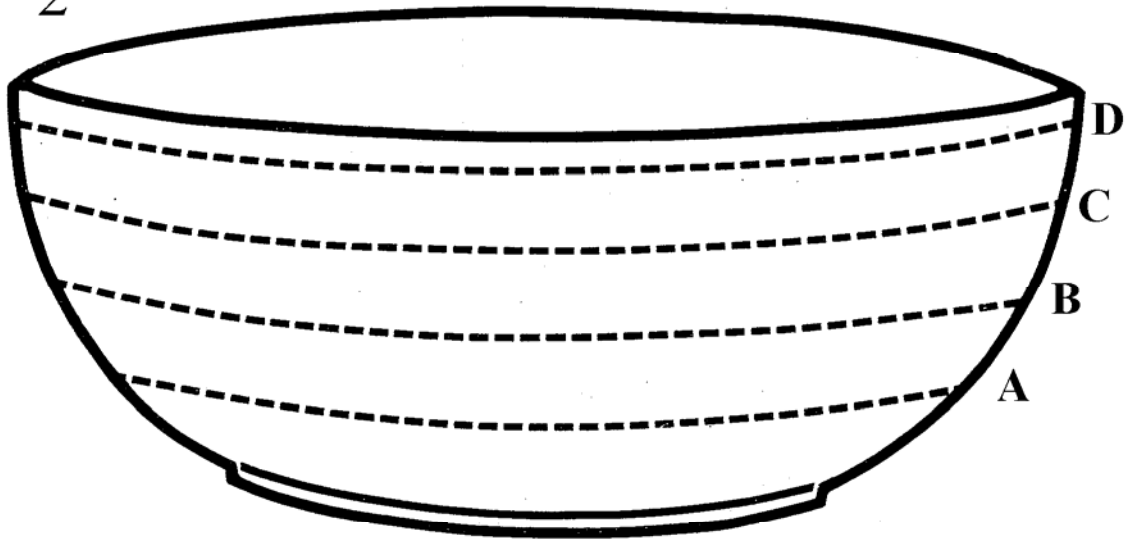


Bowls

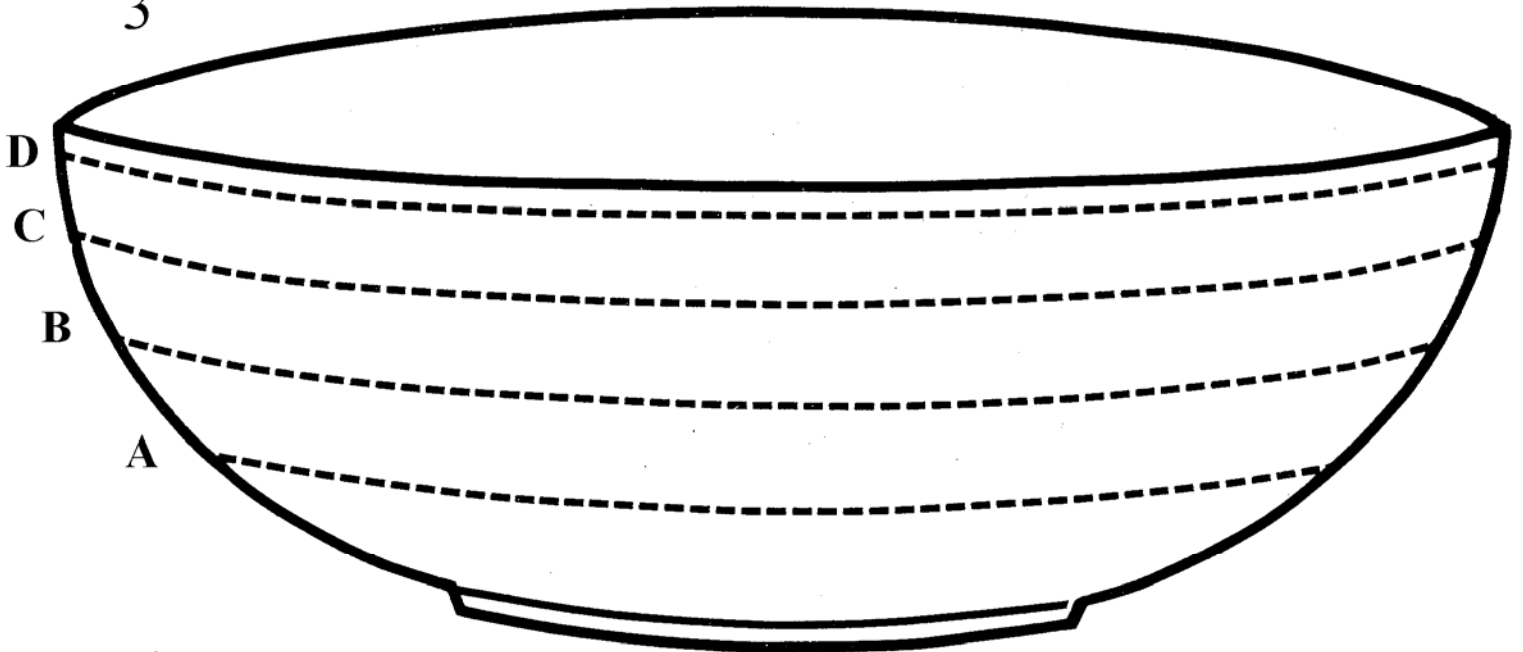
1

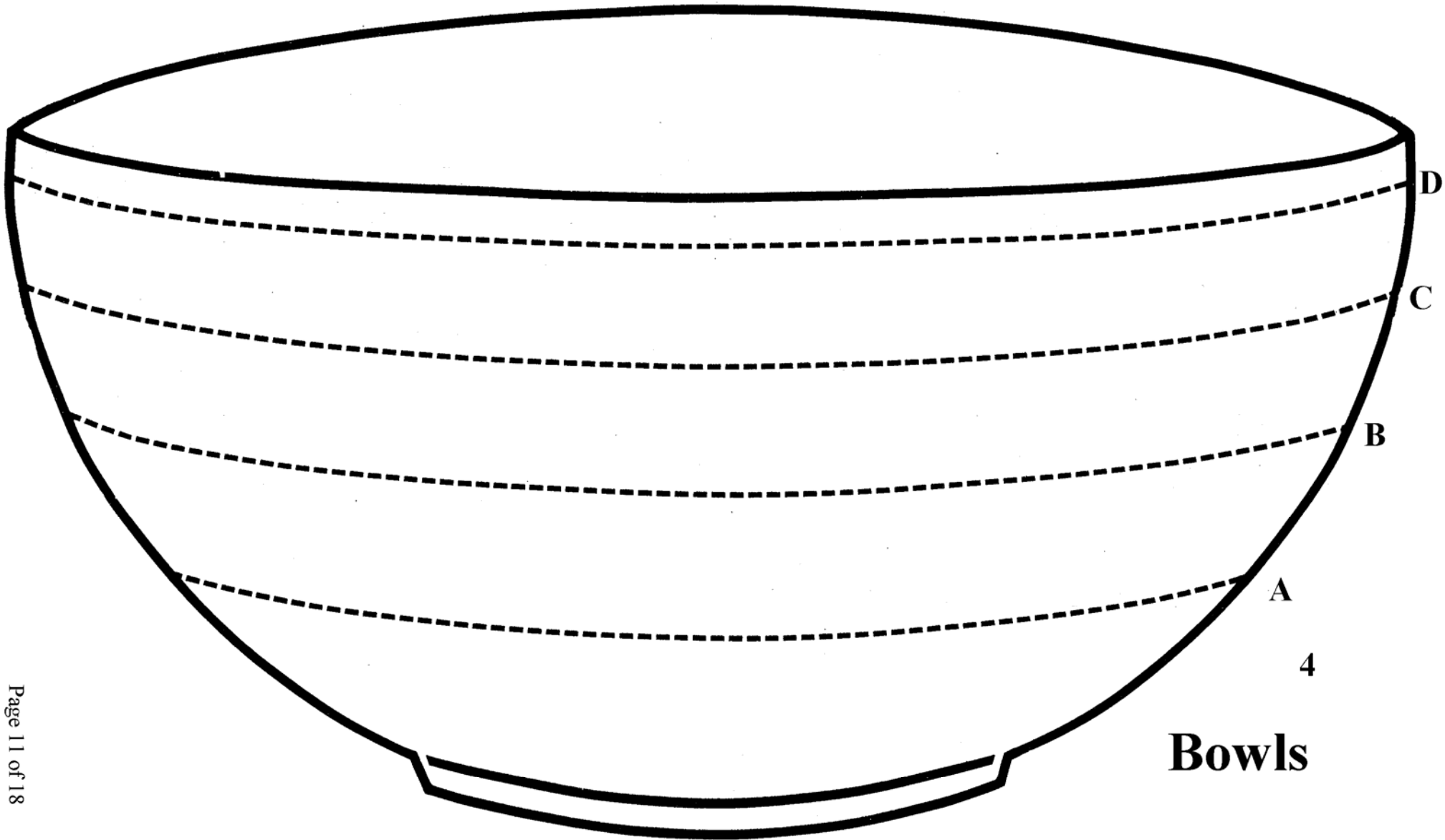


2



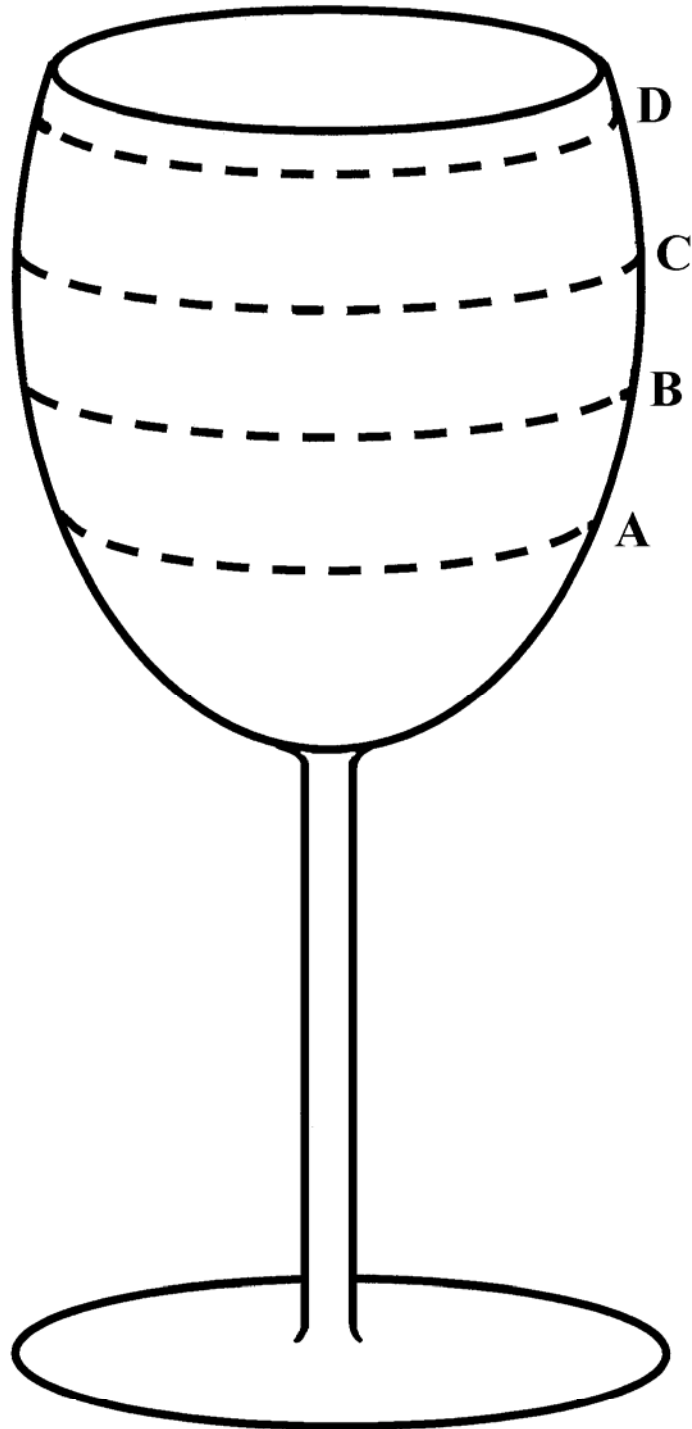
3



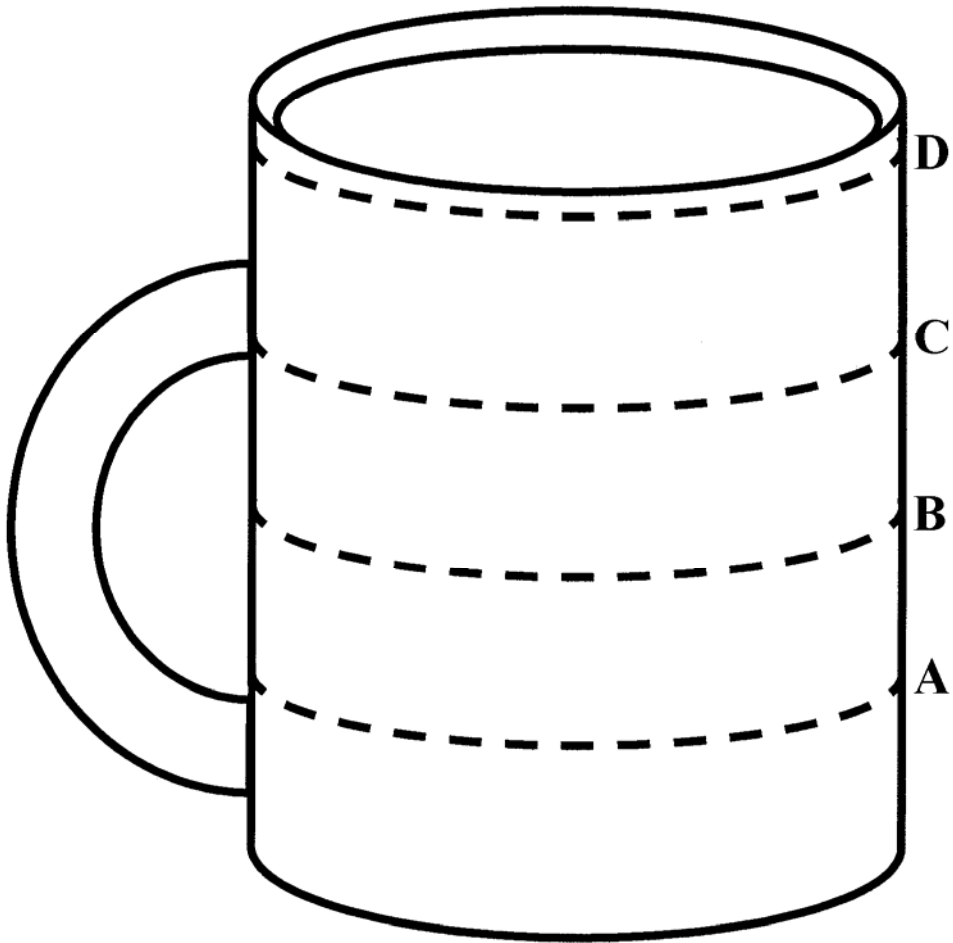


Bowls

Wine Glass

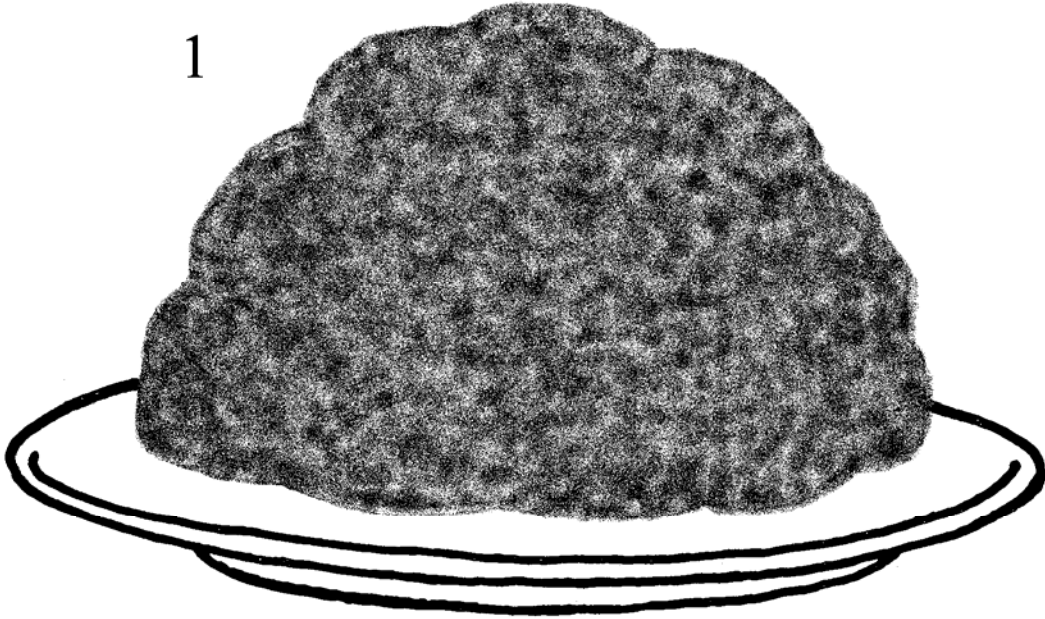


Mug

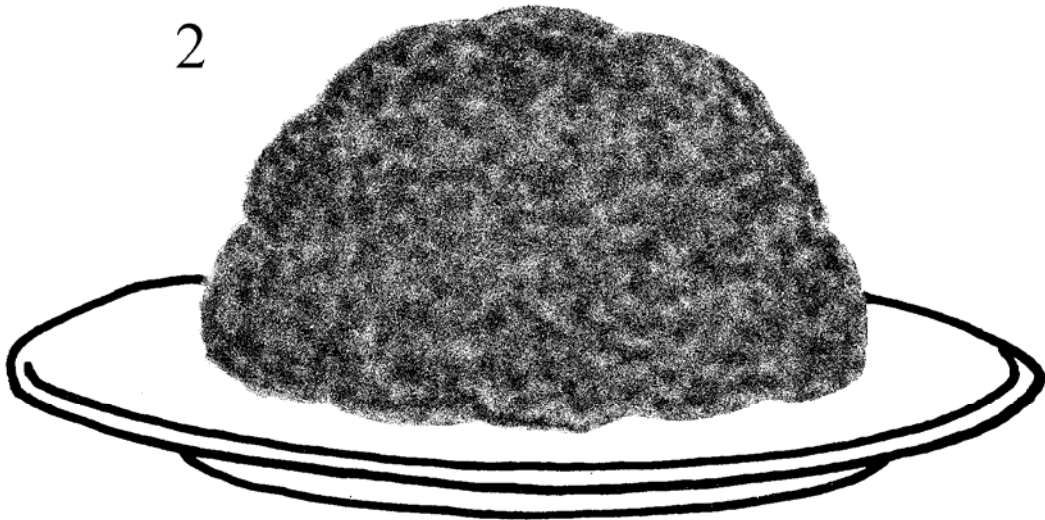


Mounds

1

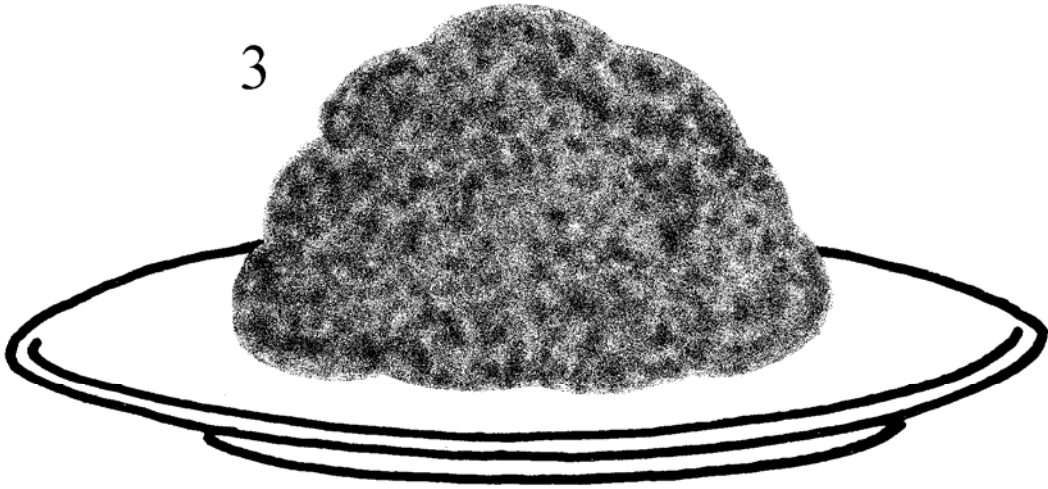


2

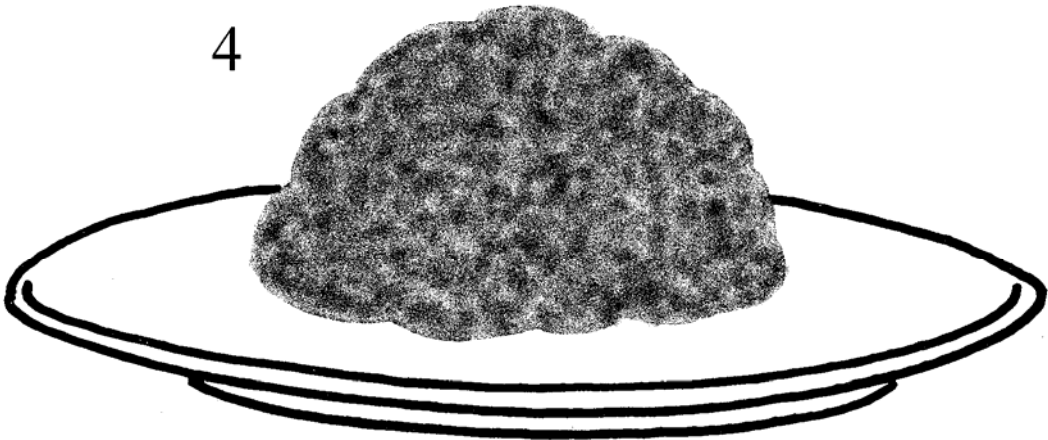


Mounds

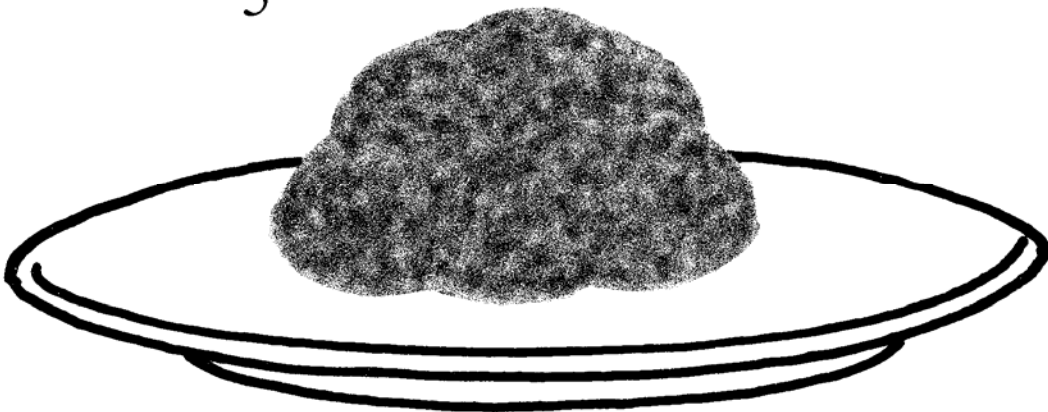
3



4

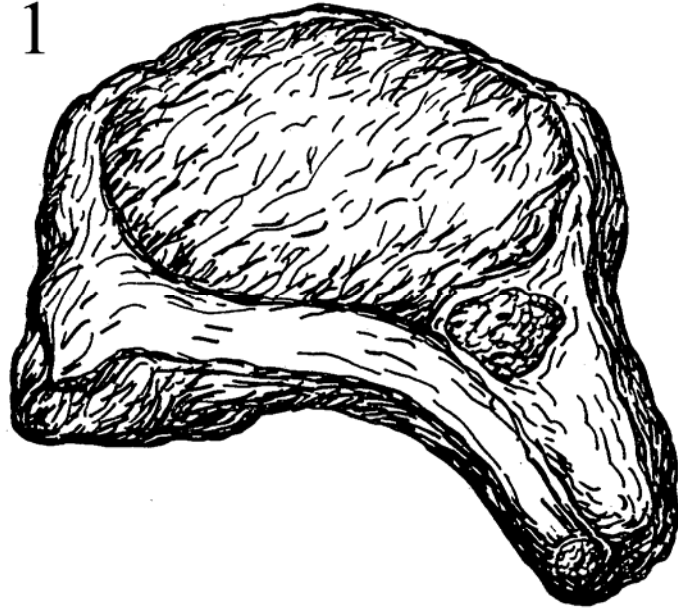


5

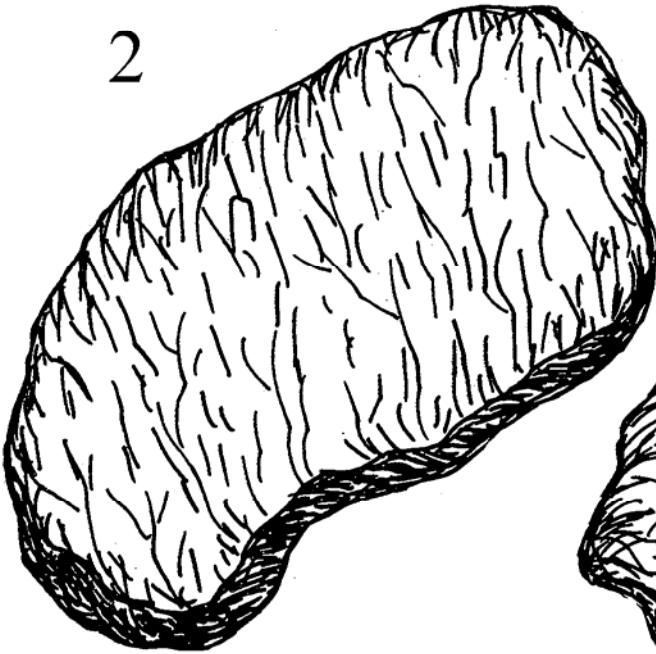


Meats

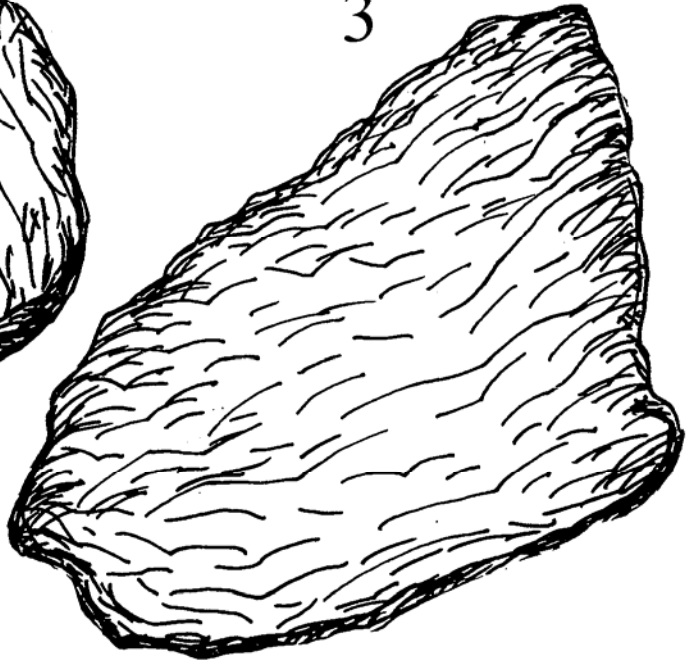
1



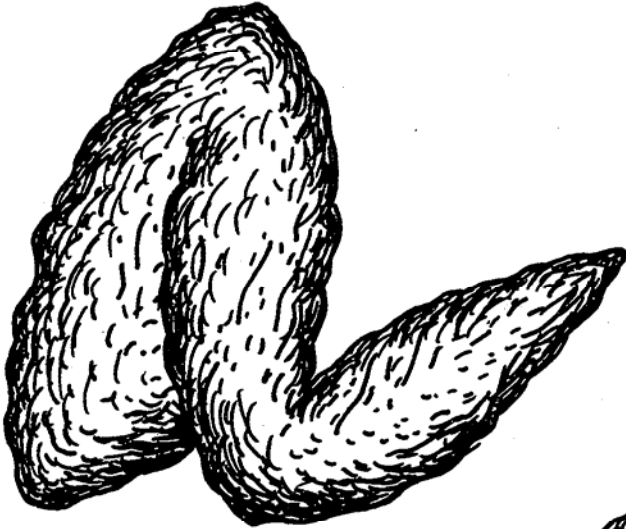
2



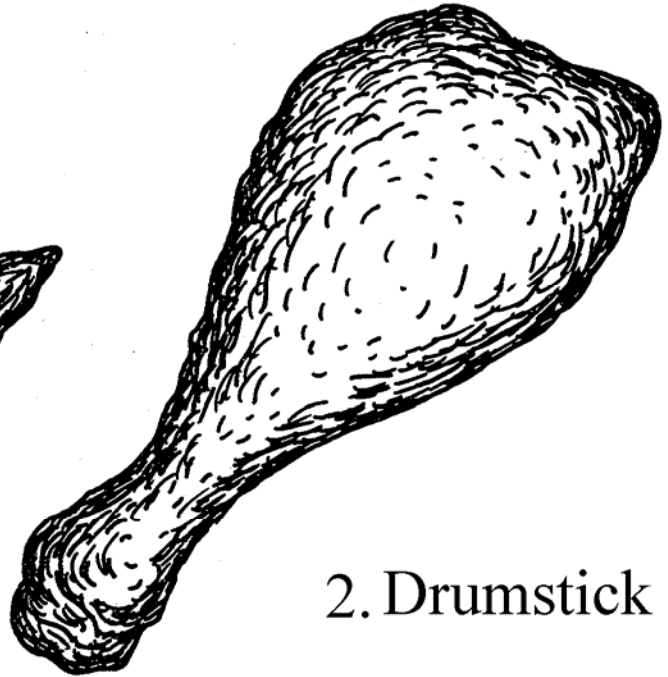
3



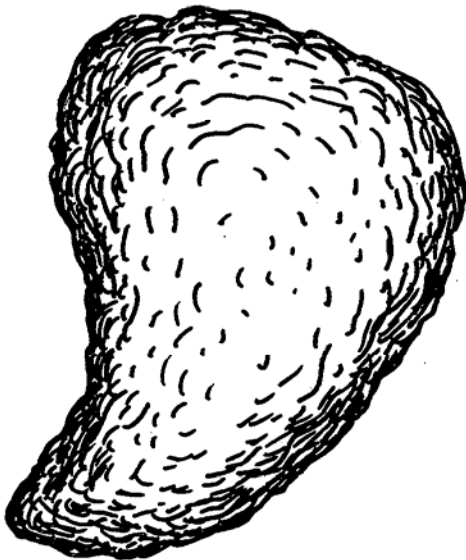
Chicken



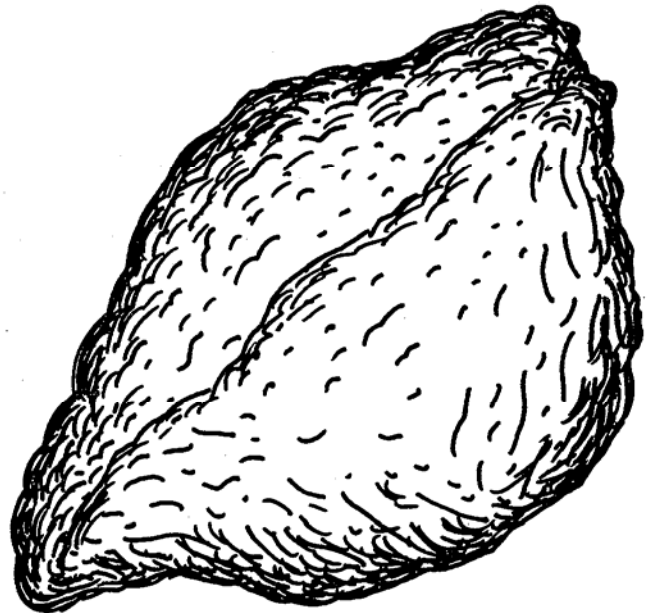
1. Wing



2. Drumstick



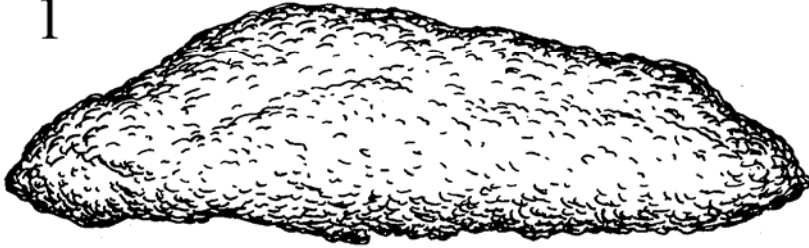
3. Thigh



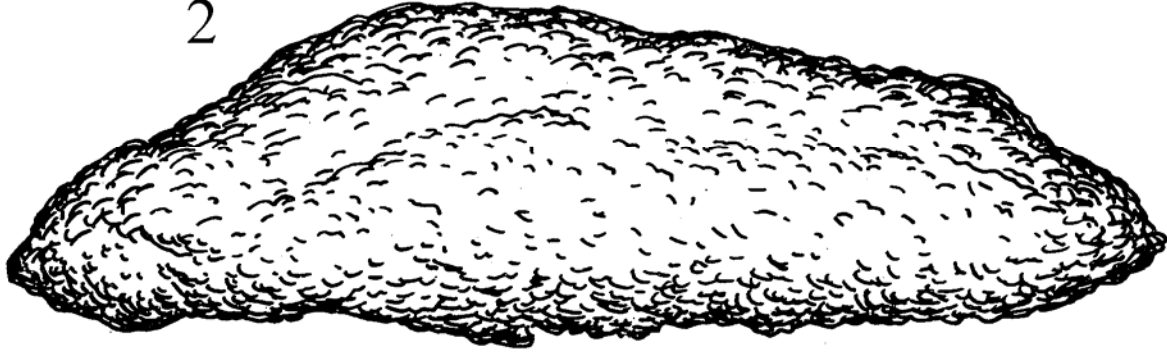
4. Breast

Fish

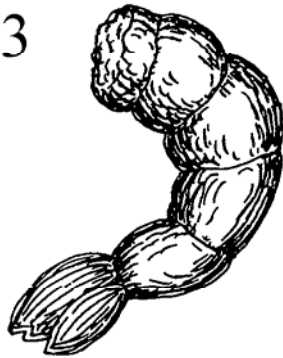
1



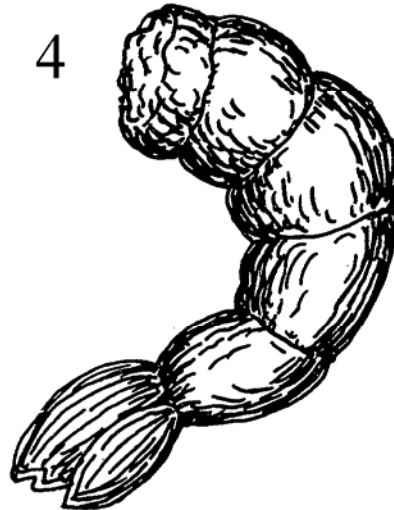
2



3



4



Adapted from: Van Horn LV, Stumbo P, Moag-Stahlberg A, Obarzanek E, Hartmuller VW, Farris RP, Kimm SY, Frederick M, Snetselaar L, Liu K. The Dietary Intervention Study in Children (DISC): dietary assessment methods for 8- to 10-year-olds. *J Am Diet Assoc.* 1993 Dec;93(12):1396-403.
Modified by Alejandra Valencia, Mary Stevens, Nutrition Coordinating Center, University of Minnesota for the Hispanic Community Health Study, Study of Latinos, 2007.