

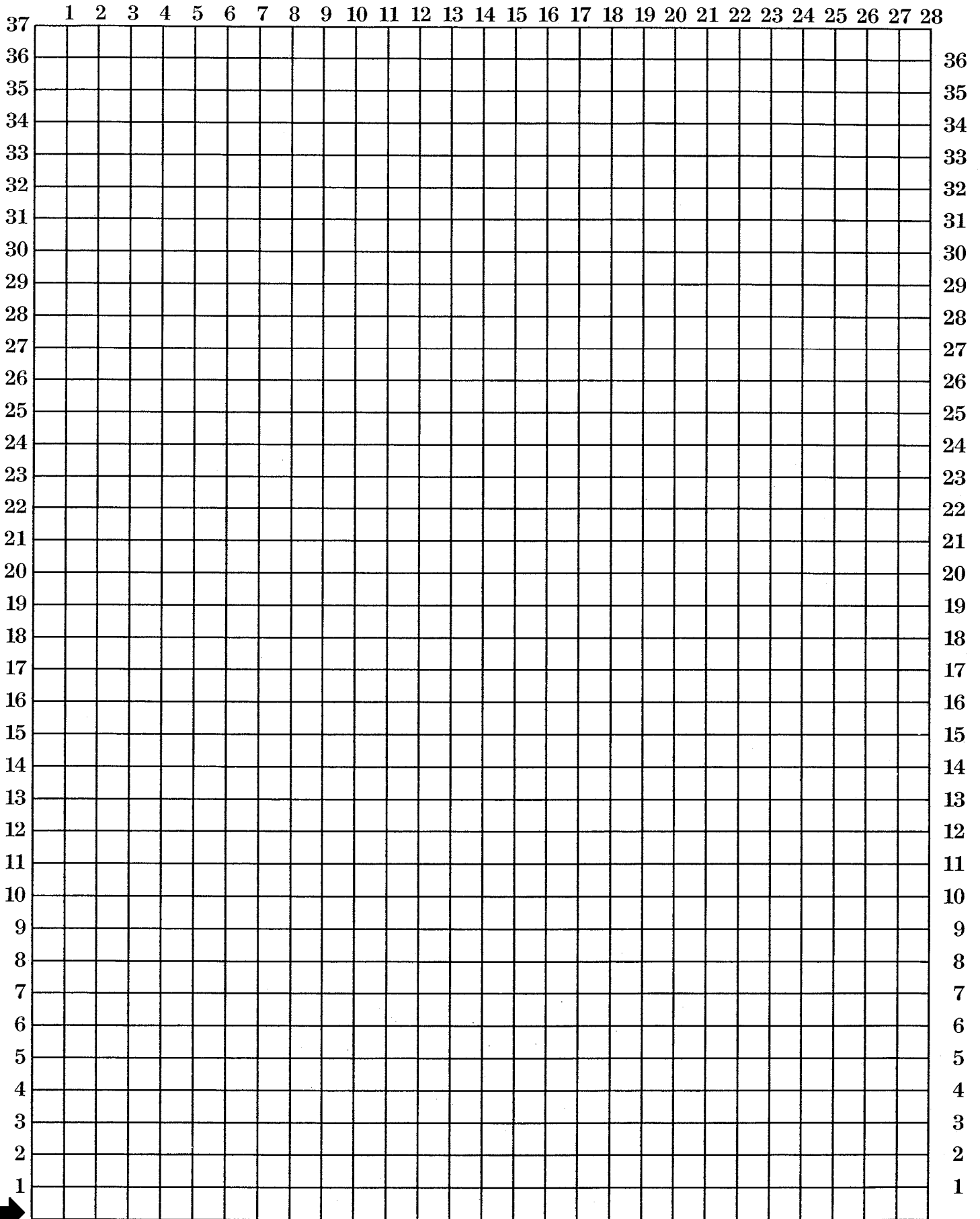
Food

Amounts

Booklet

Please, keep this near your phone.

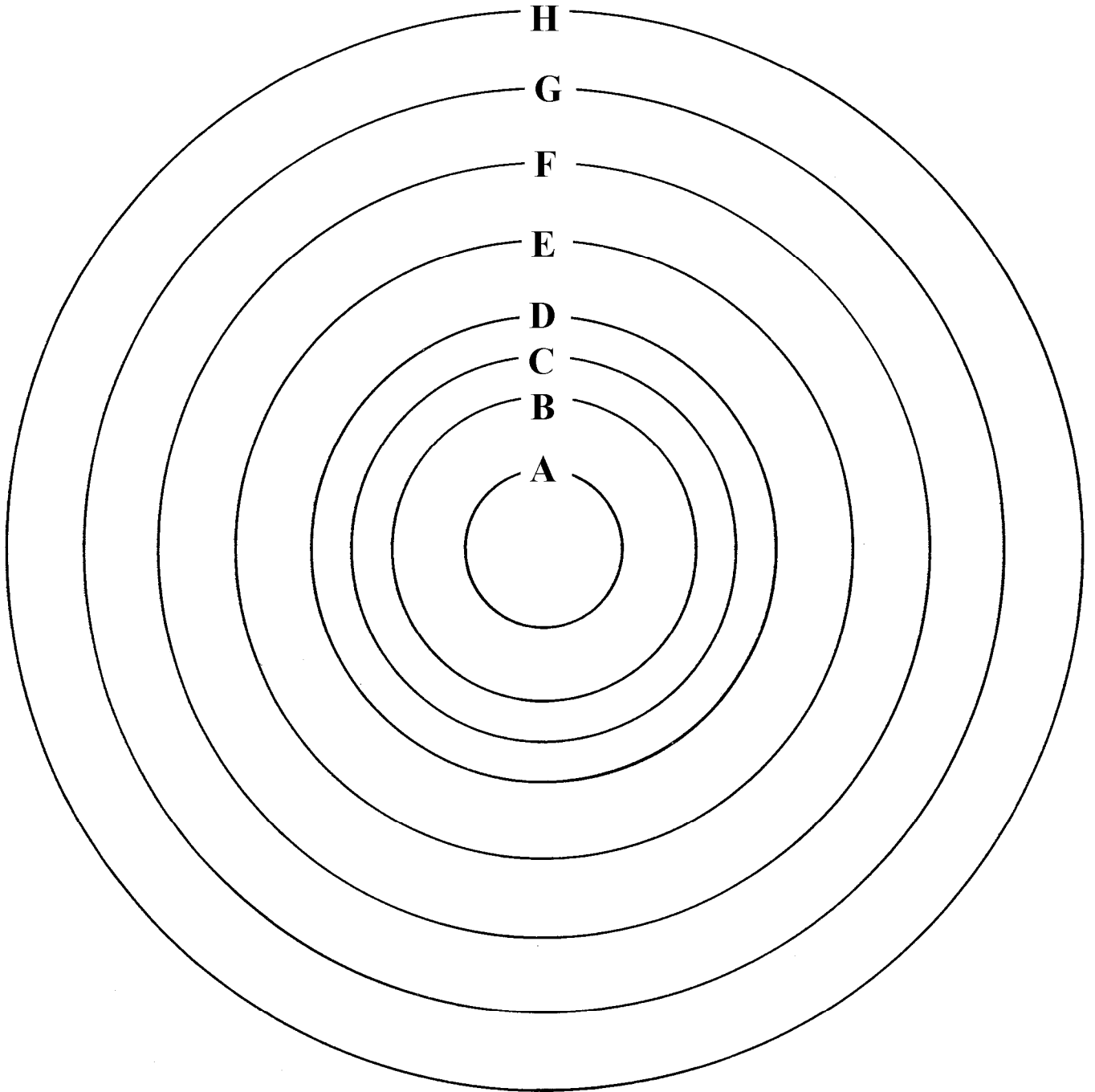
Squares and Rectangles



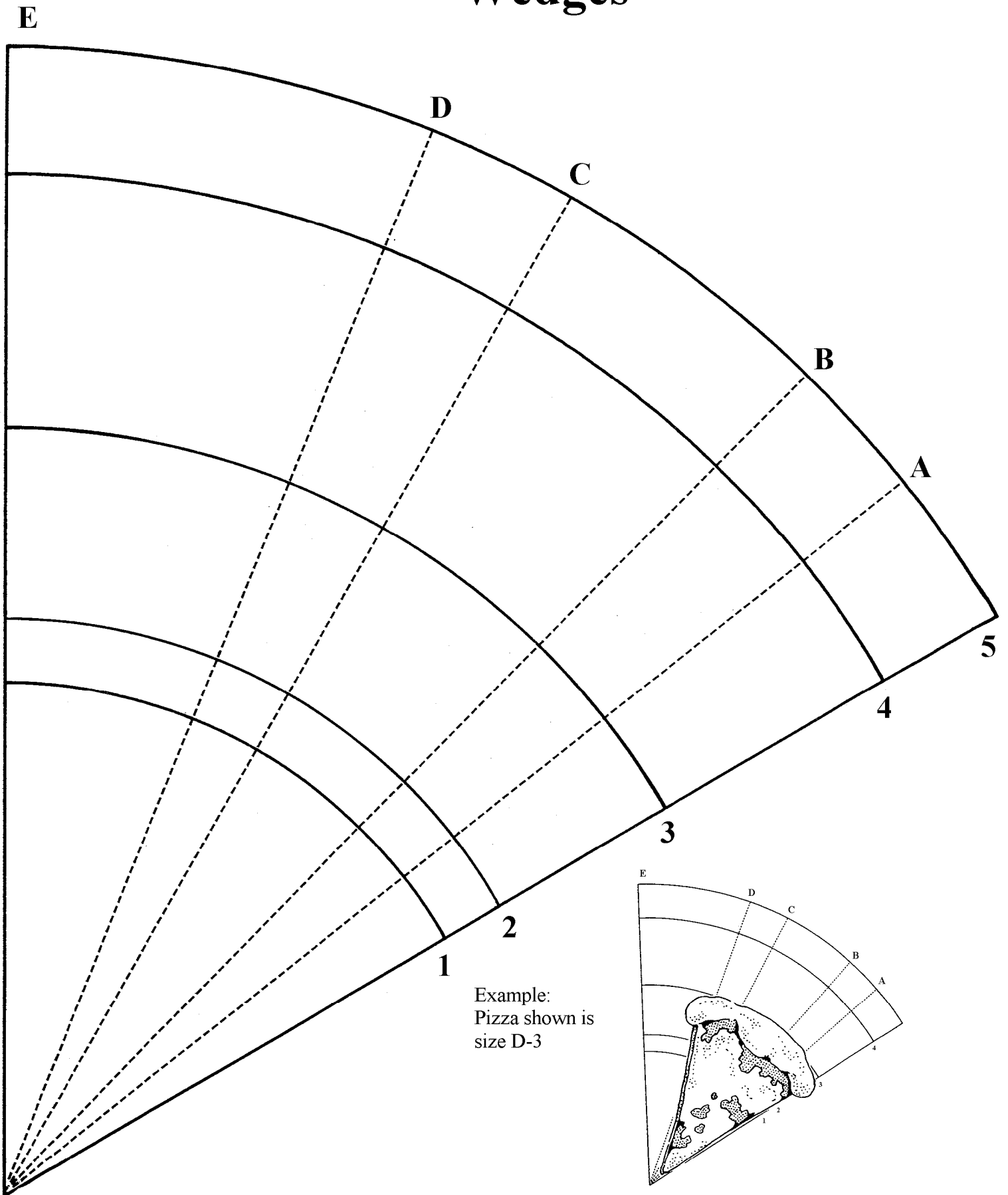
Start Here

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

Circles

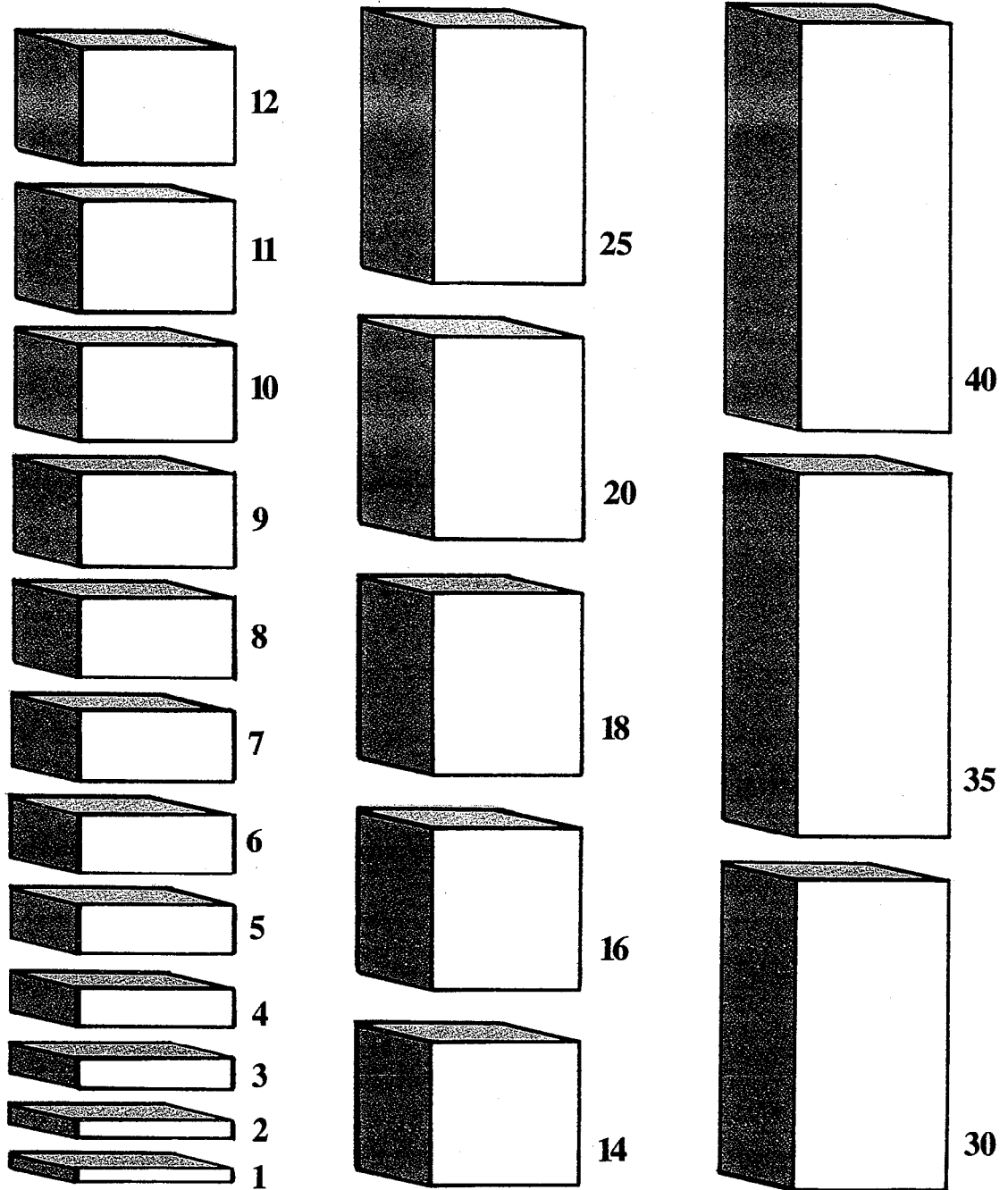


Wedges

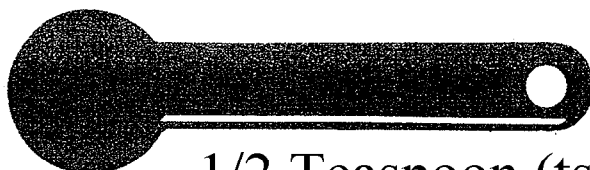


Example:
Pizza shown is
size D-3

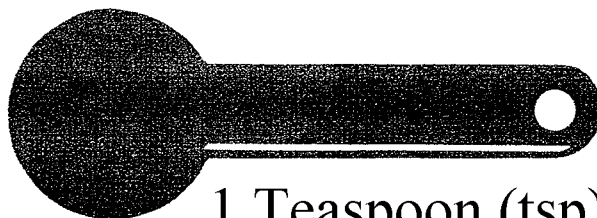
Thickness



Measuring Spoons



1/2 Teaspoon (tsp)



1 Teaspoon (tsp)



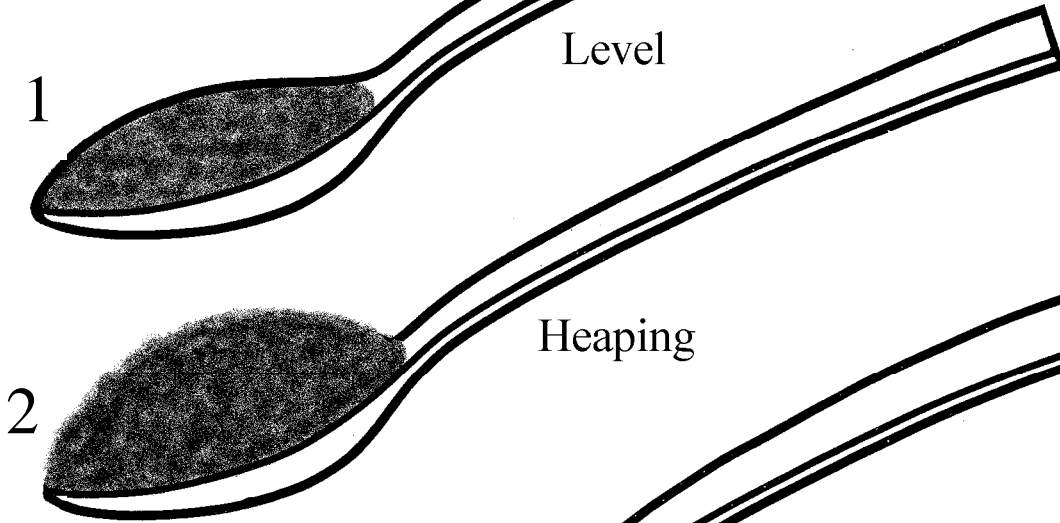
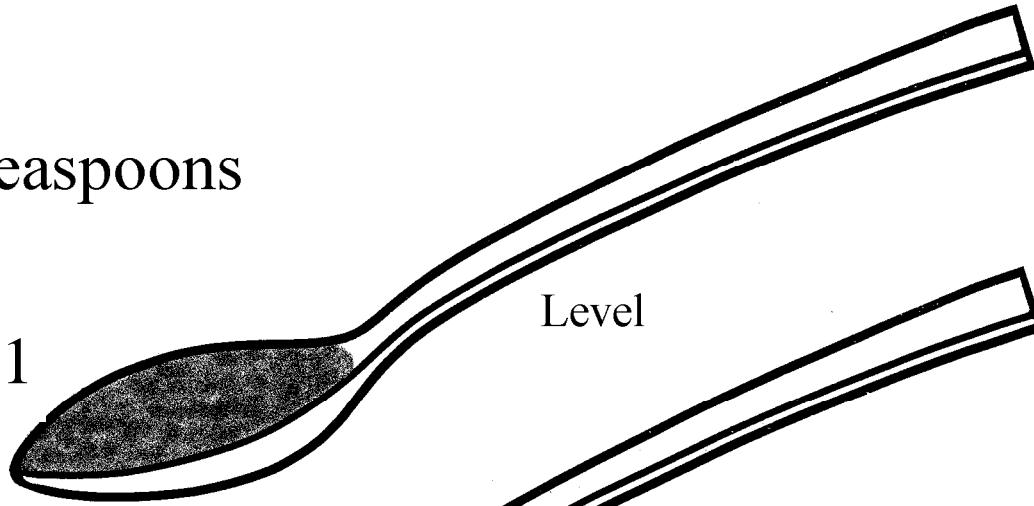
1/2 Tablespoon (Tbsp)



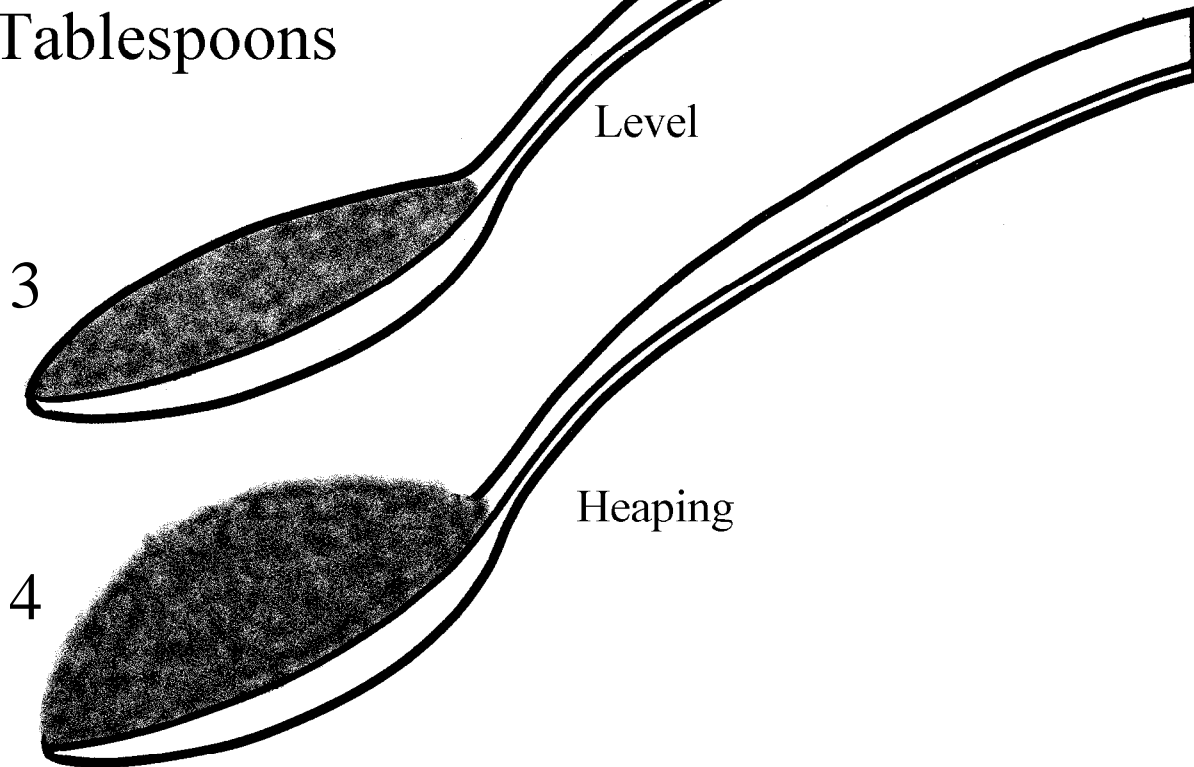
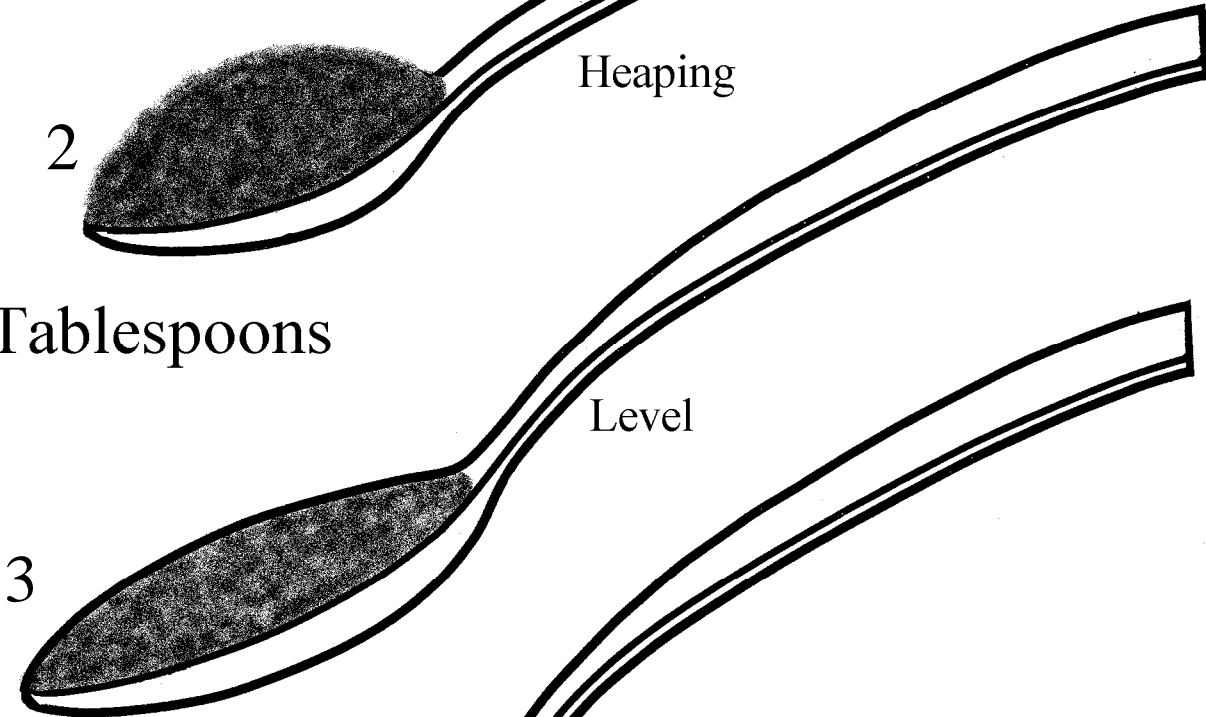
1 Tablespoon (Tbsp)

Eating and Serving Spoons

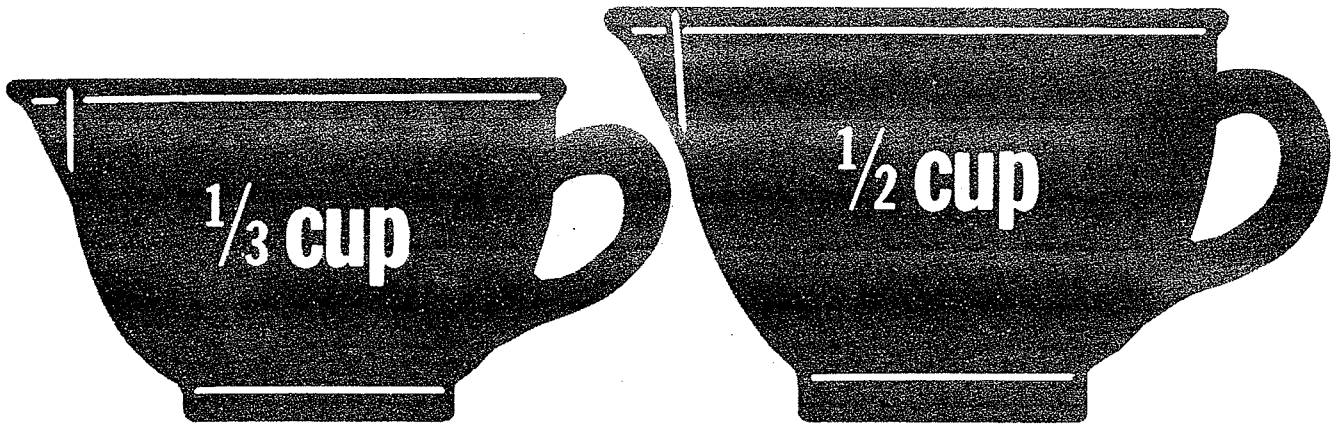
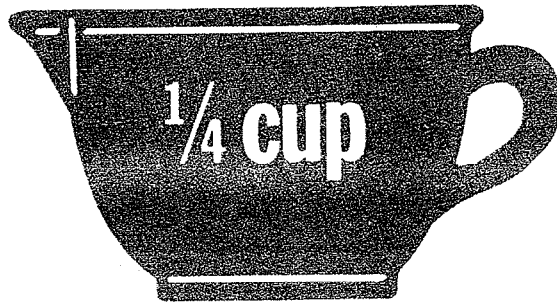
Teaspoons



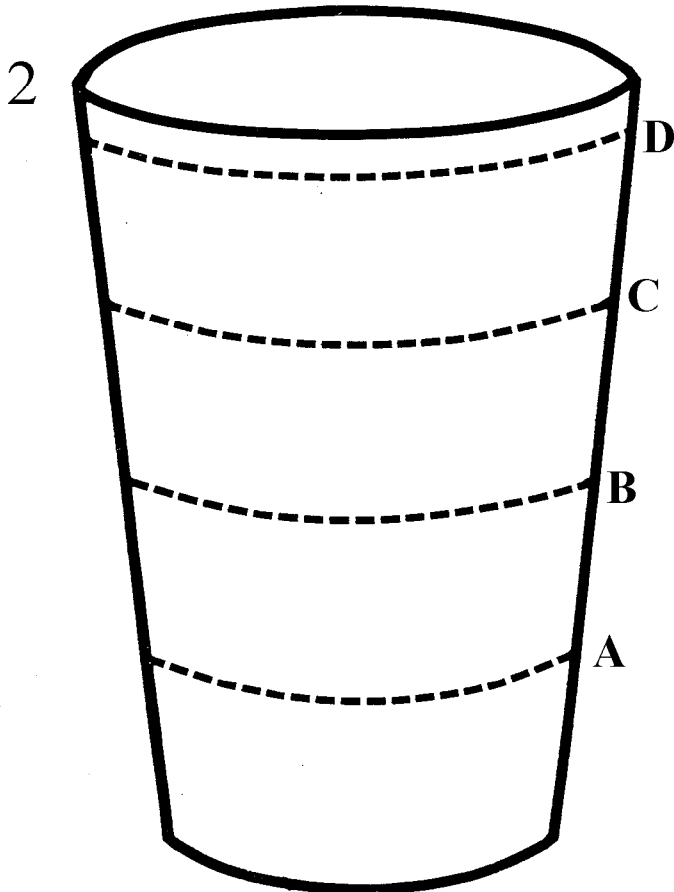
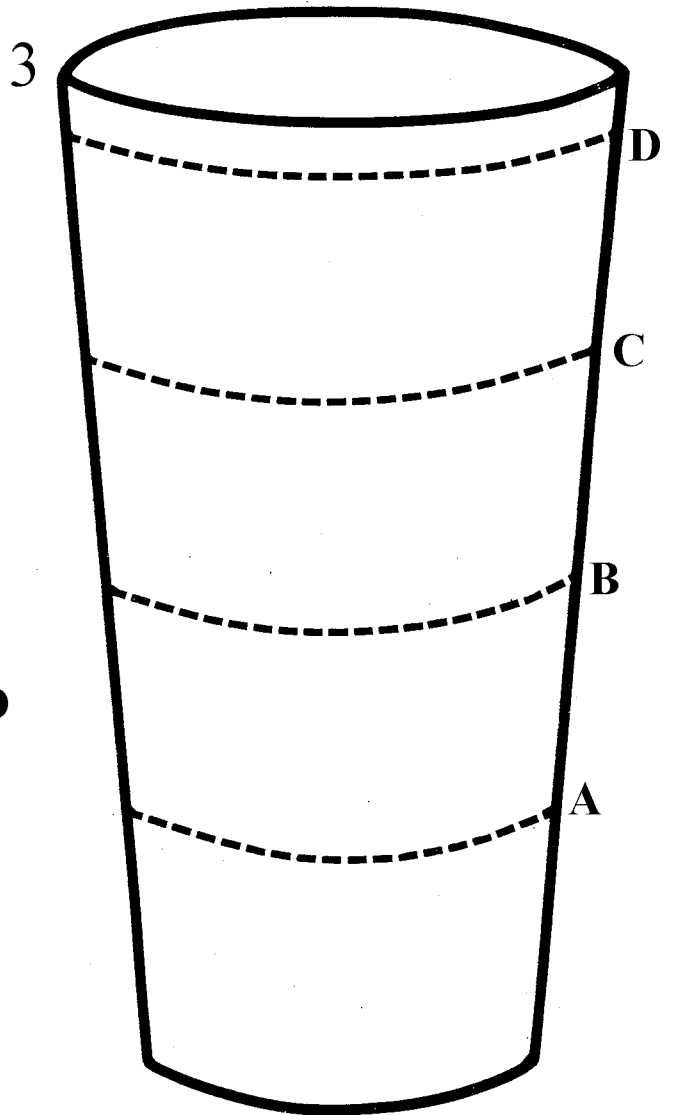
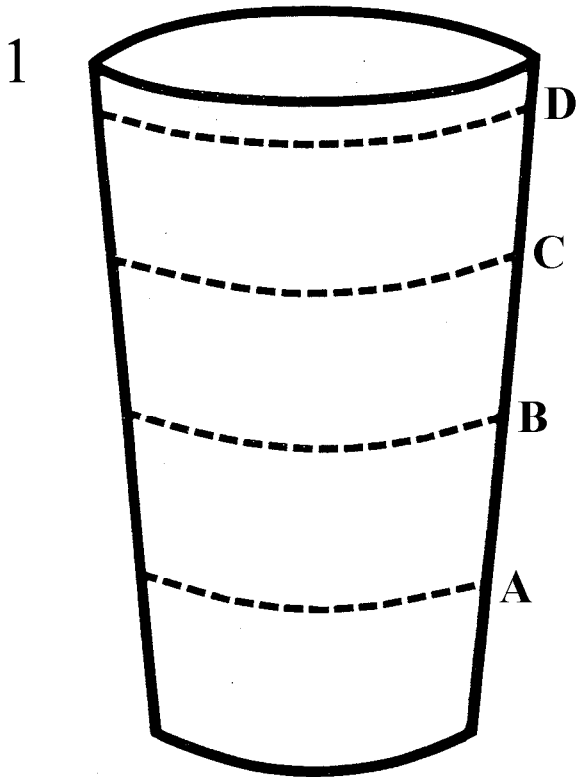
Tablespoons



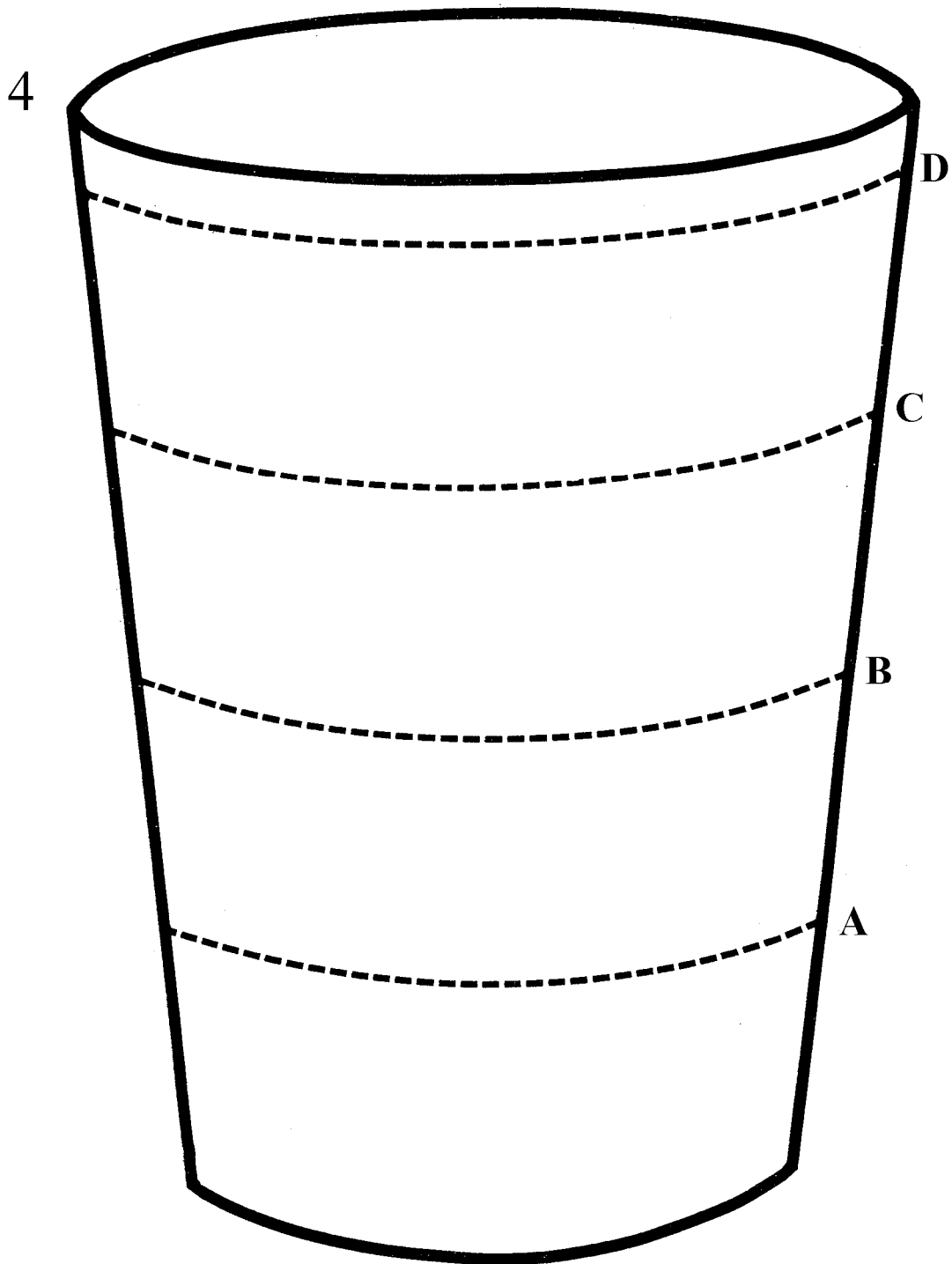
Measuring Cups



Glasses

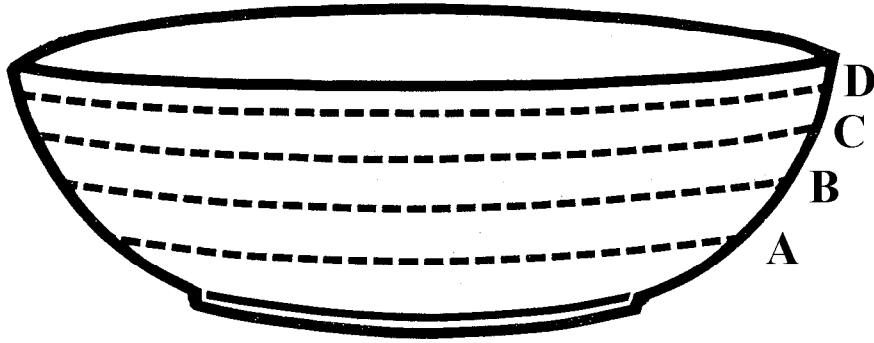


Glasses

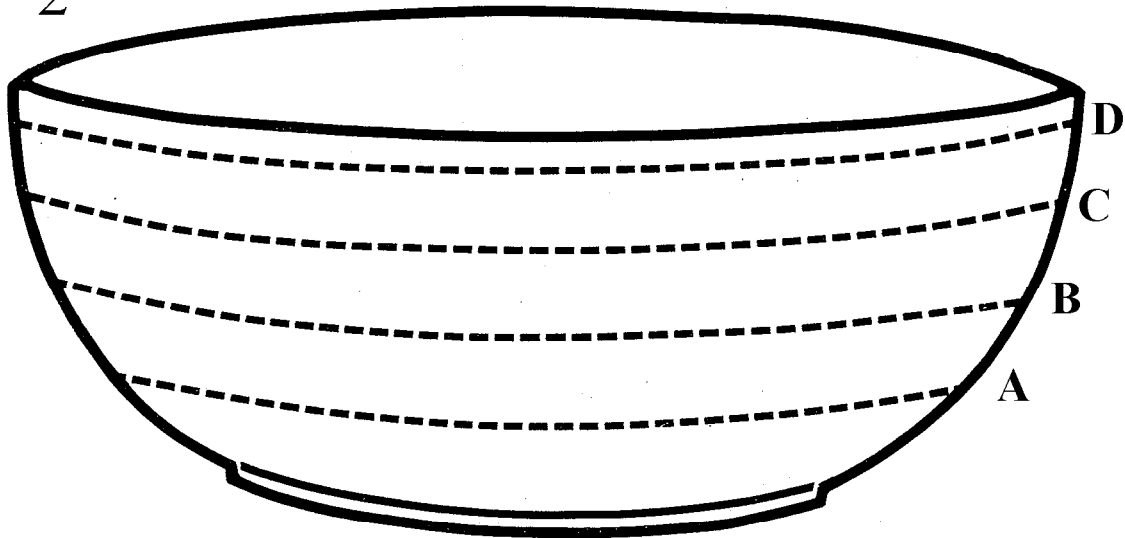


Bowls

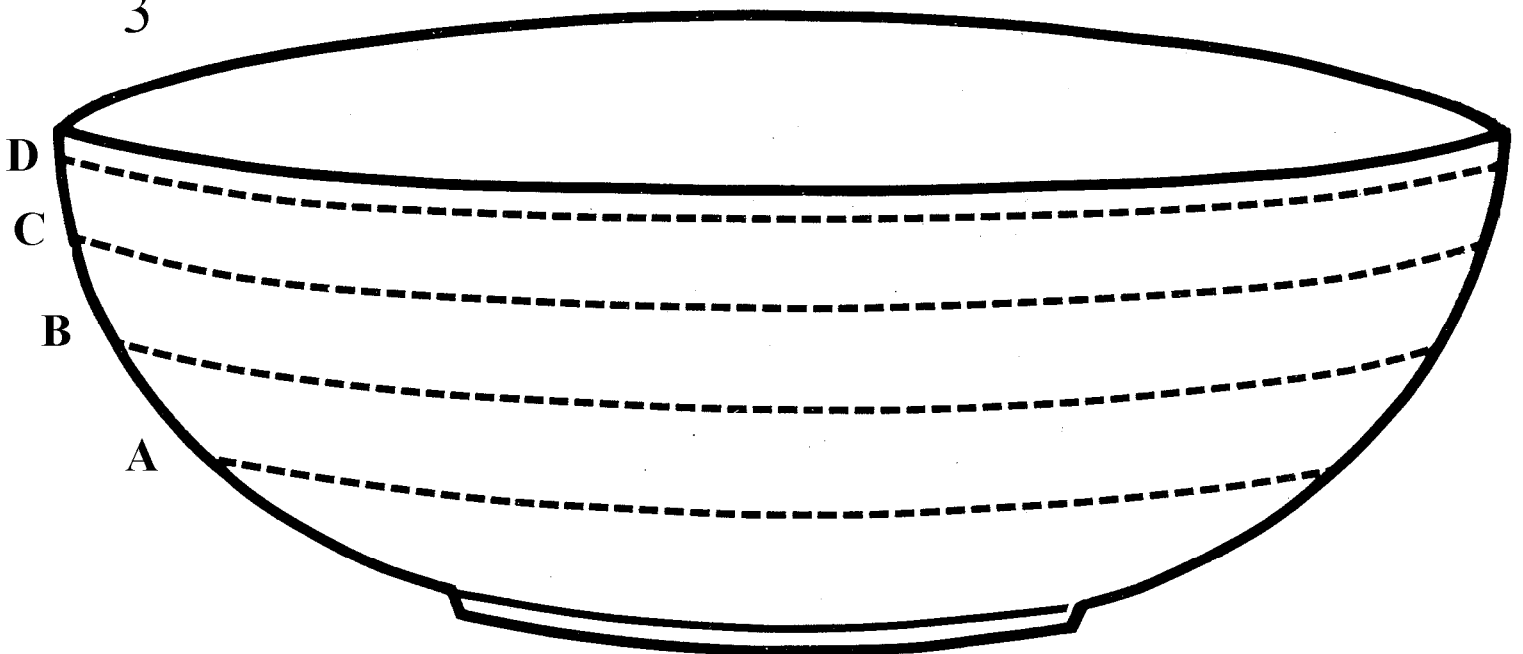
1

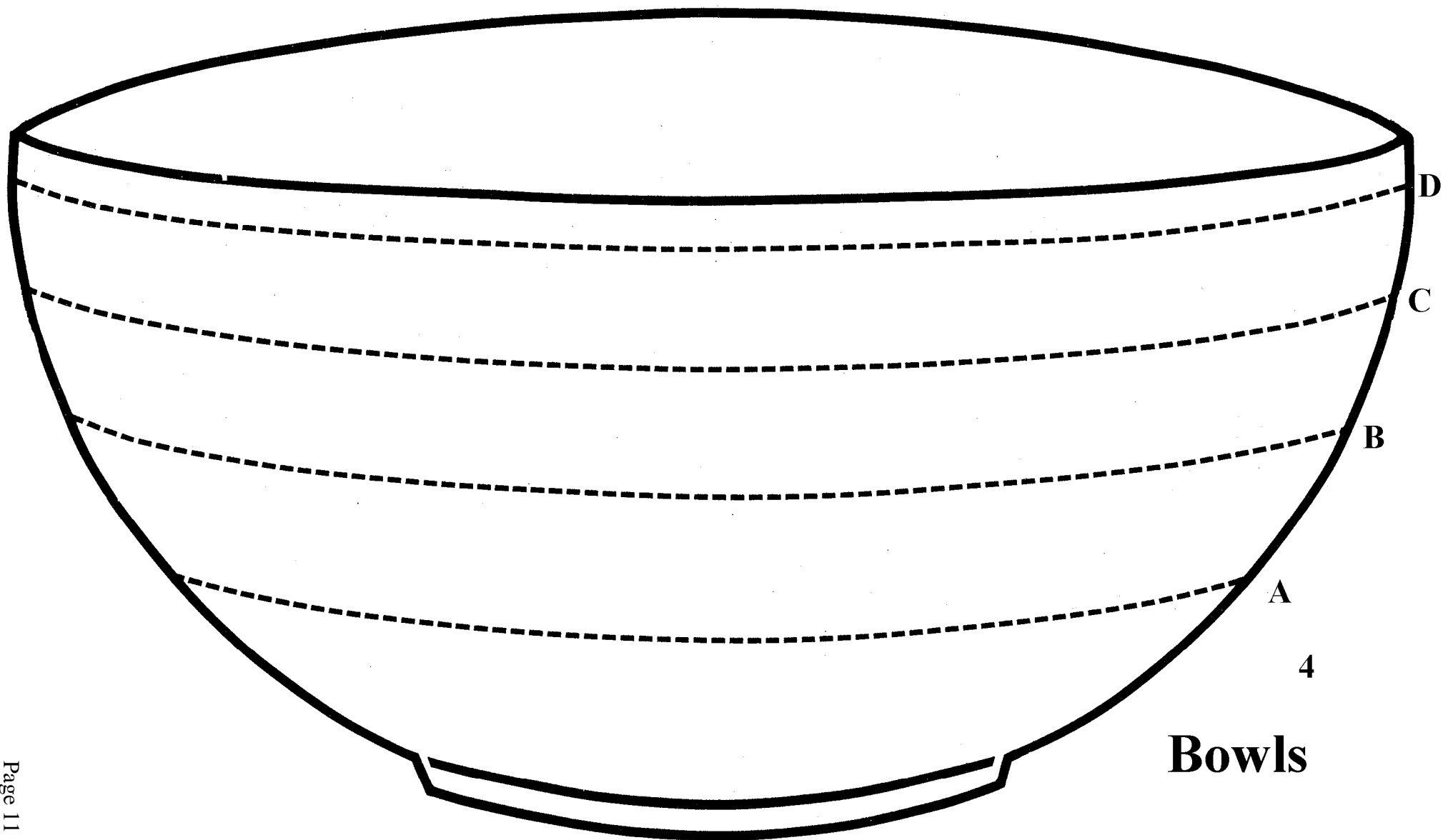


2



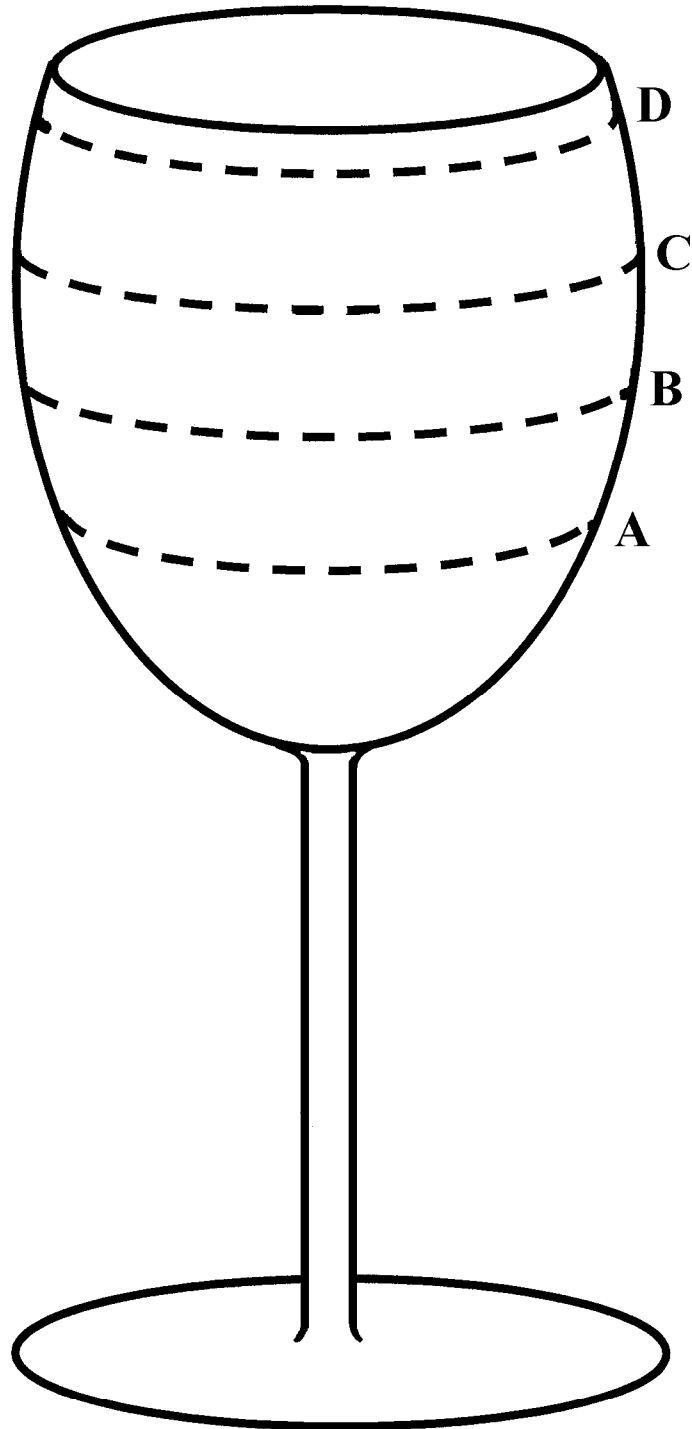
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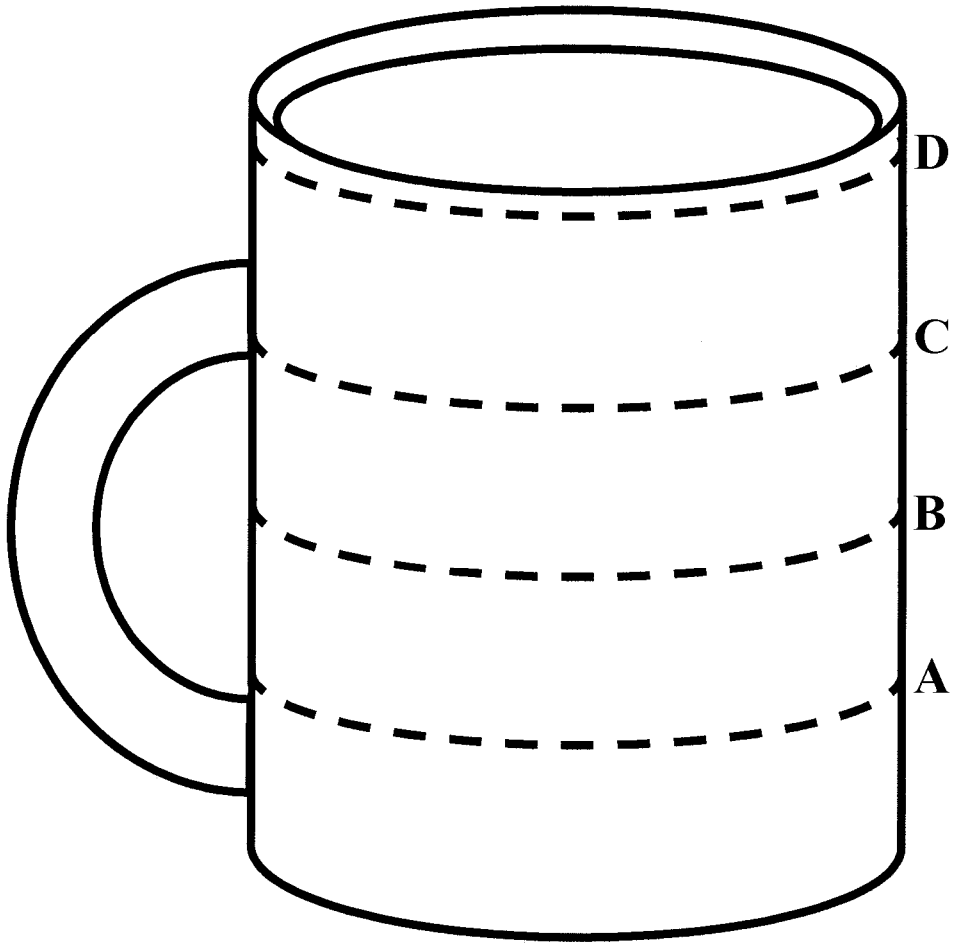


Bowls

Wine Glass

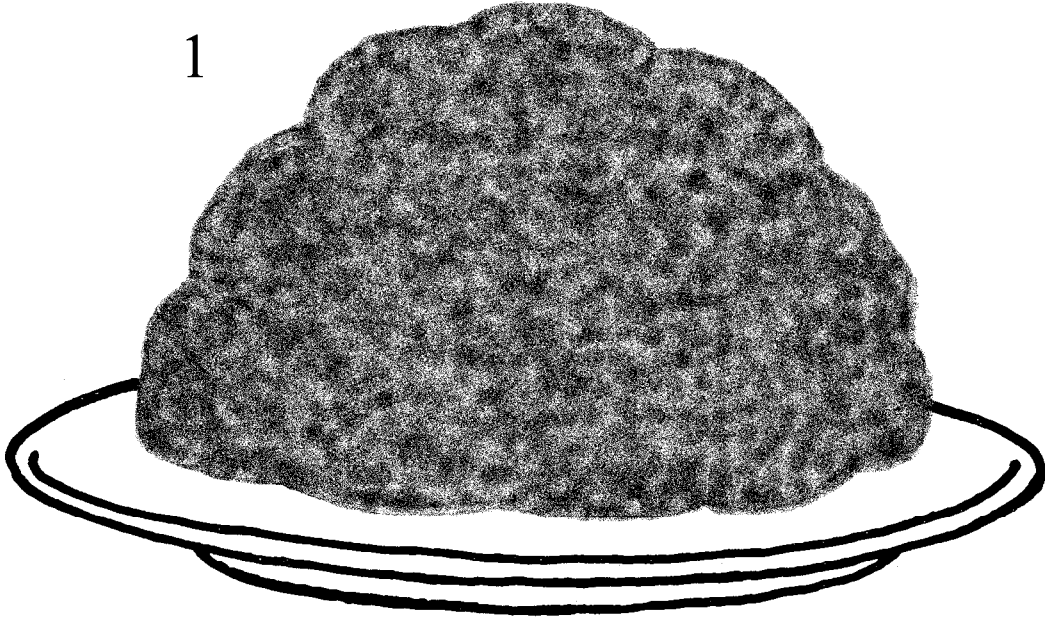


Mug

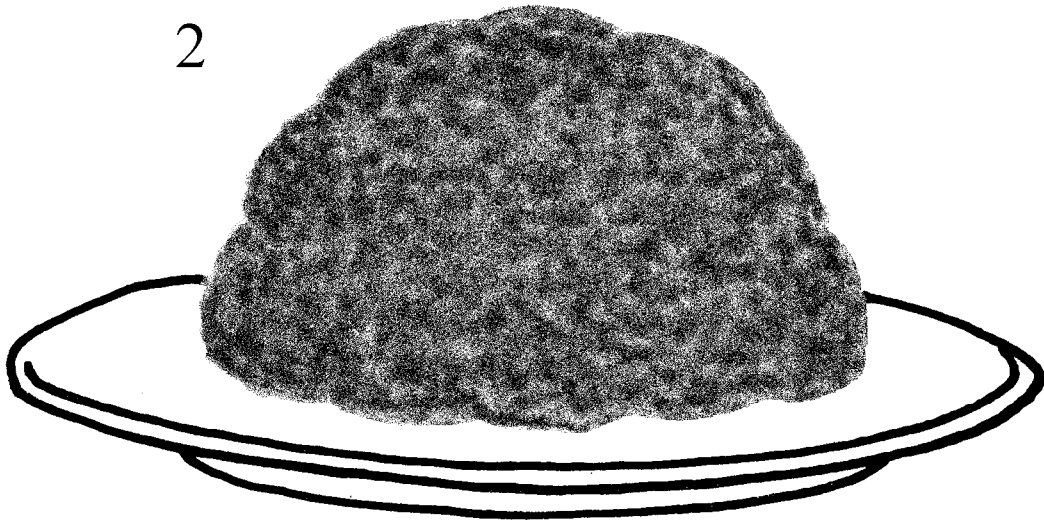


Mounds

1

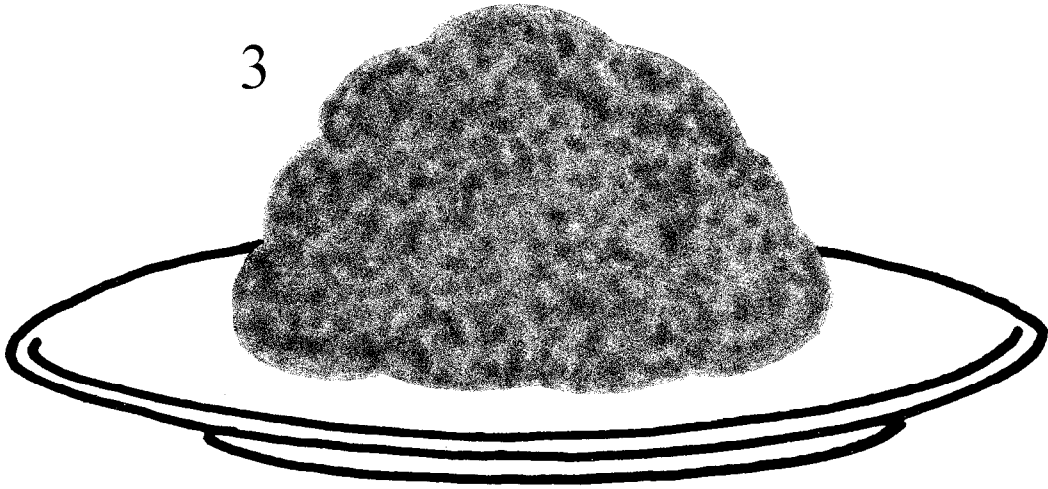


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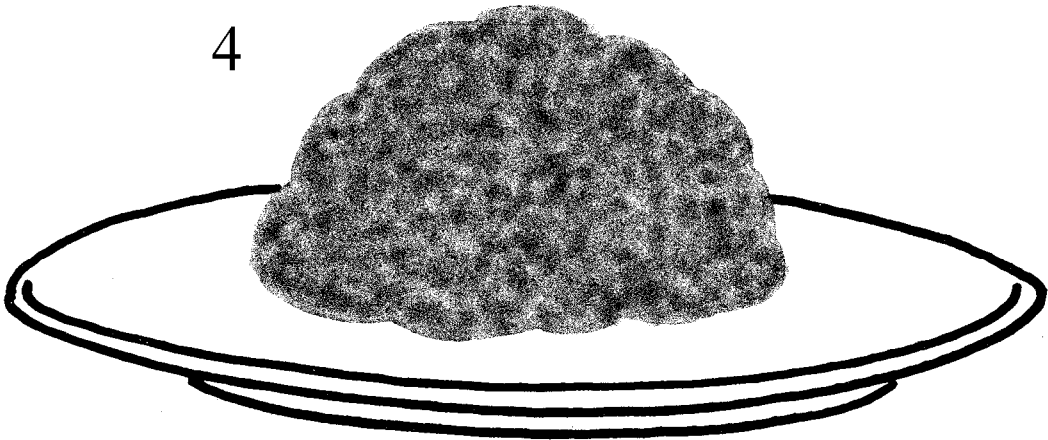


Mounds

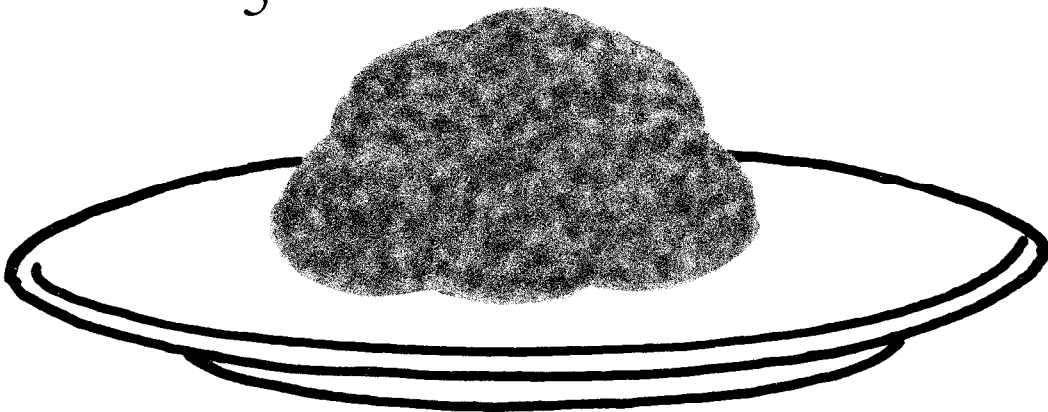
3



4

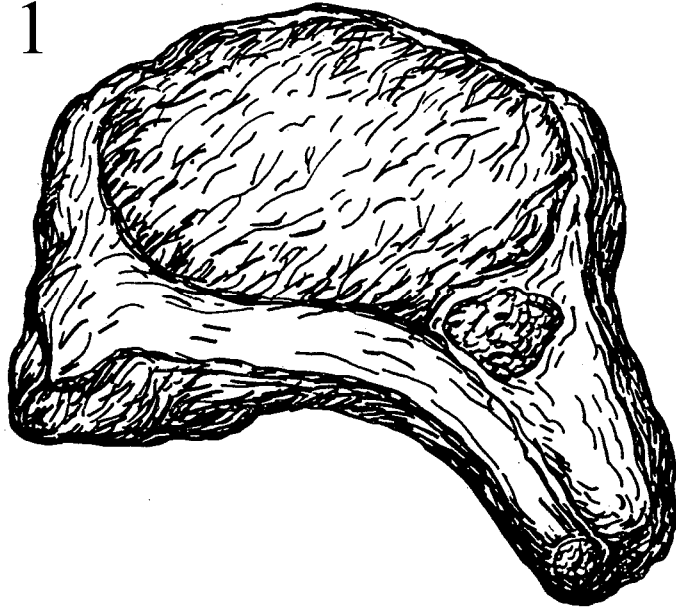


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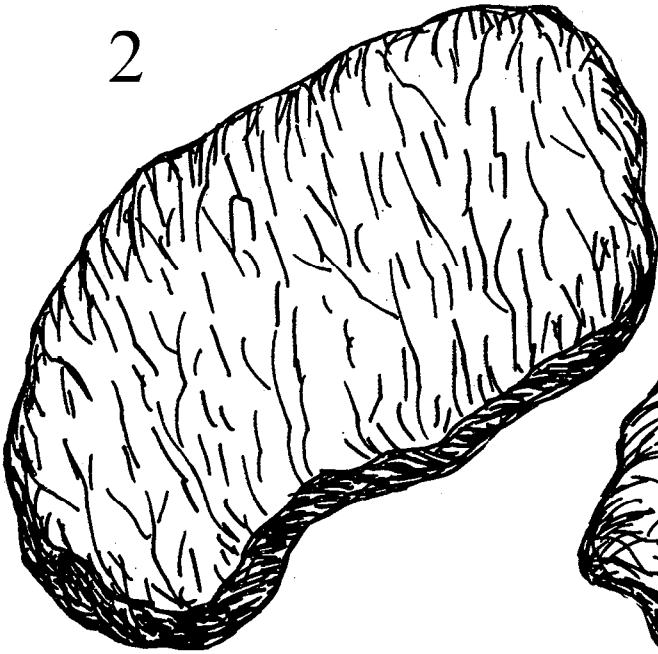


Meats

1



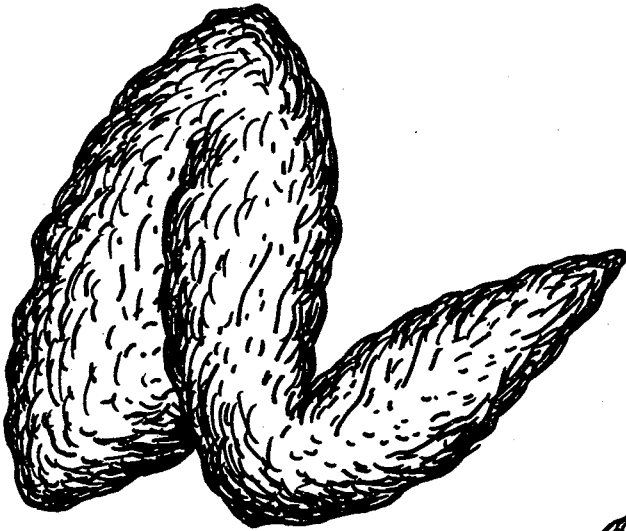
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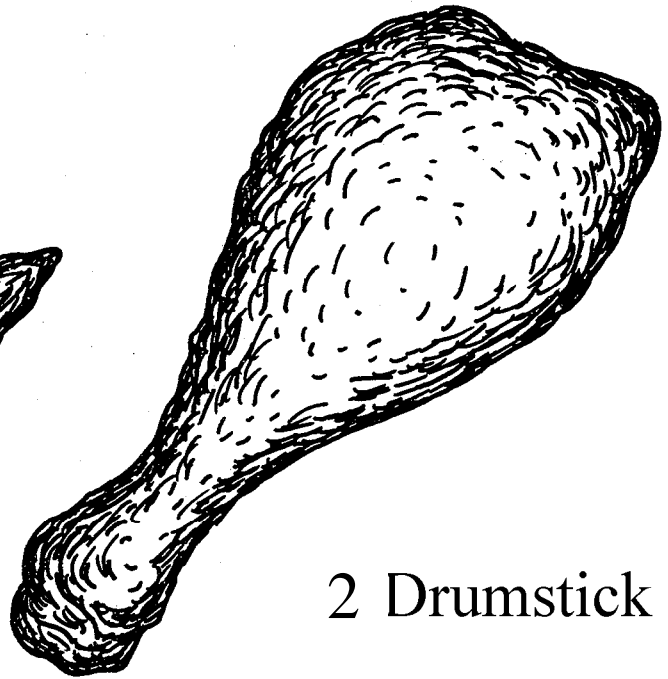
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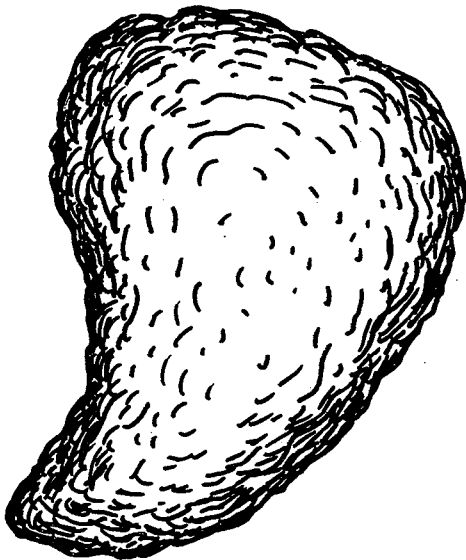
Chicken



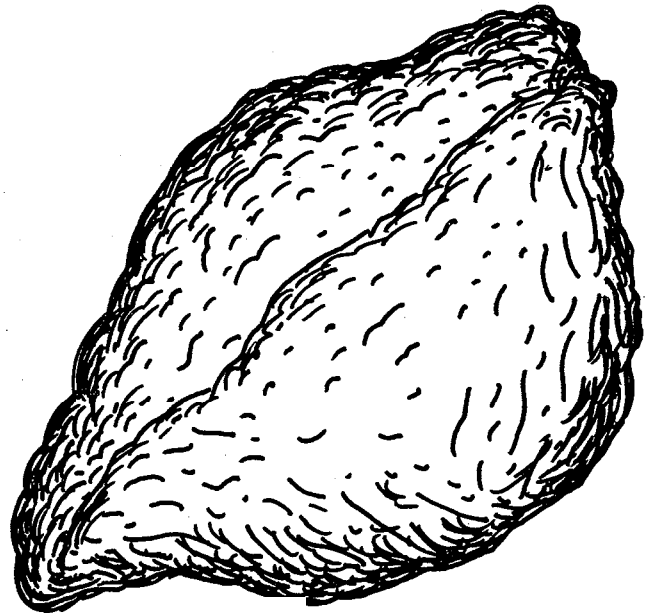
1 Wing



2 Drumstick



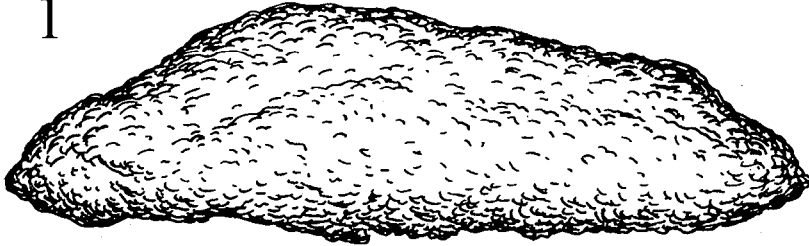
3 Thigh



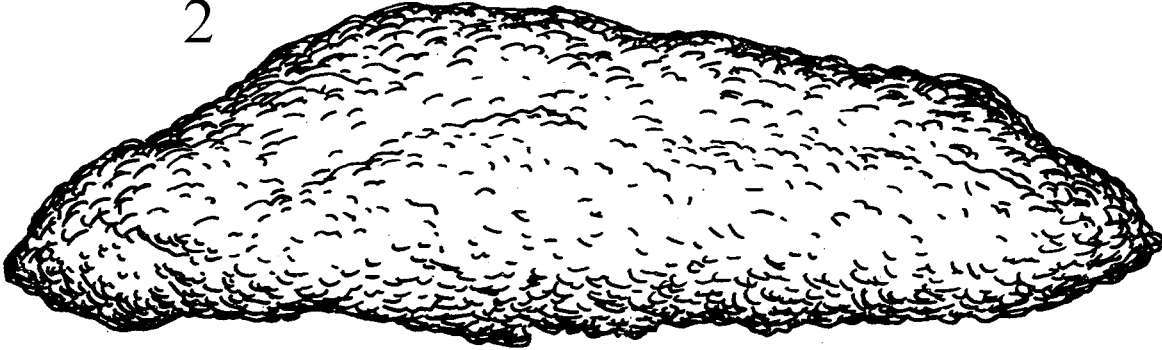
4 Breast

Fish

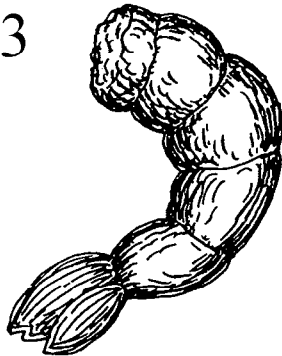
1



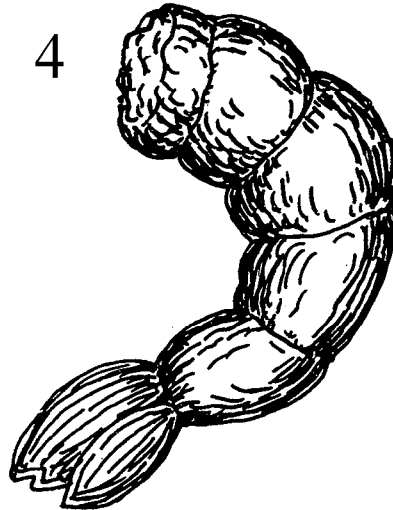
2



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.