

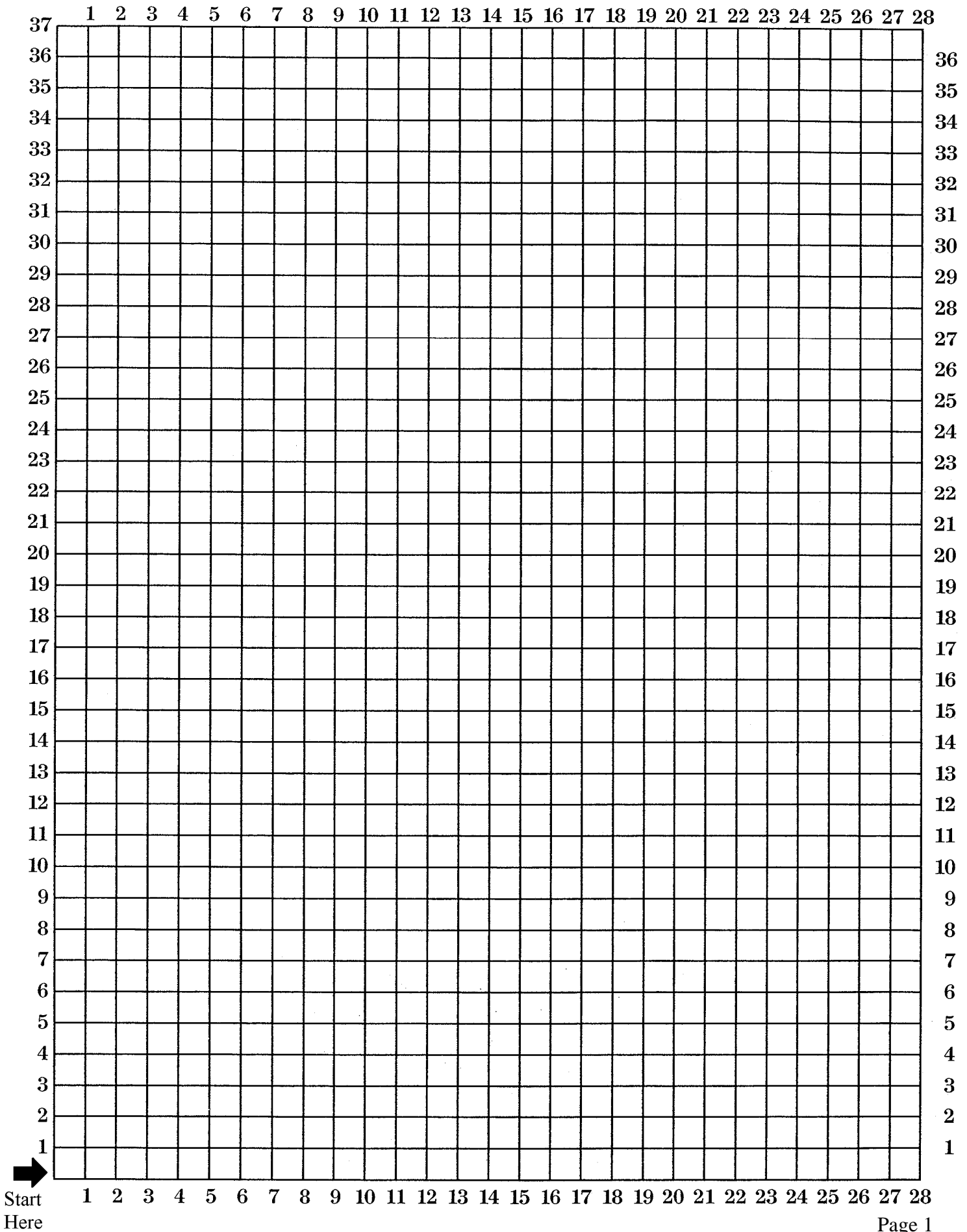
**Food**

**Amounts**

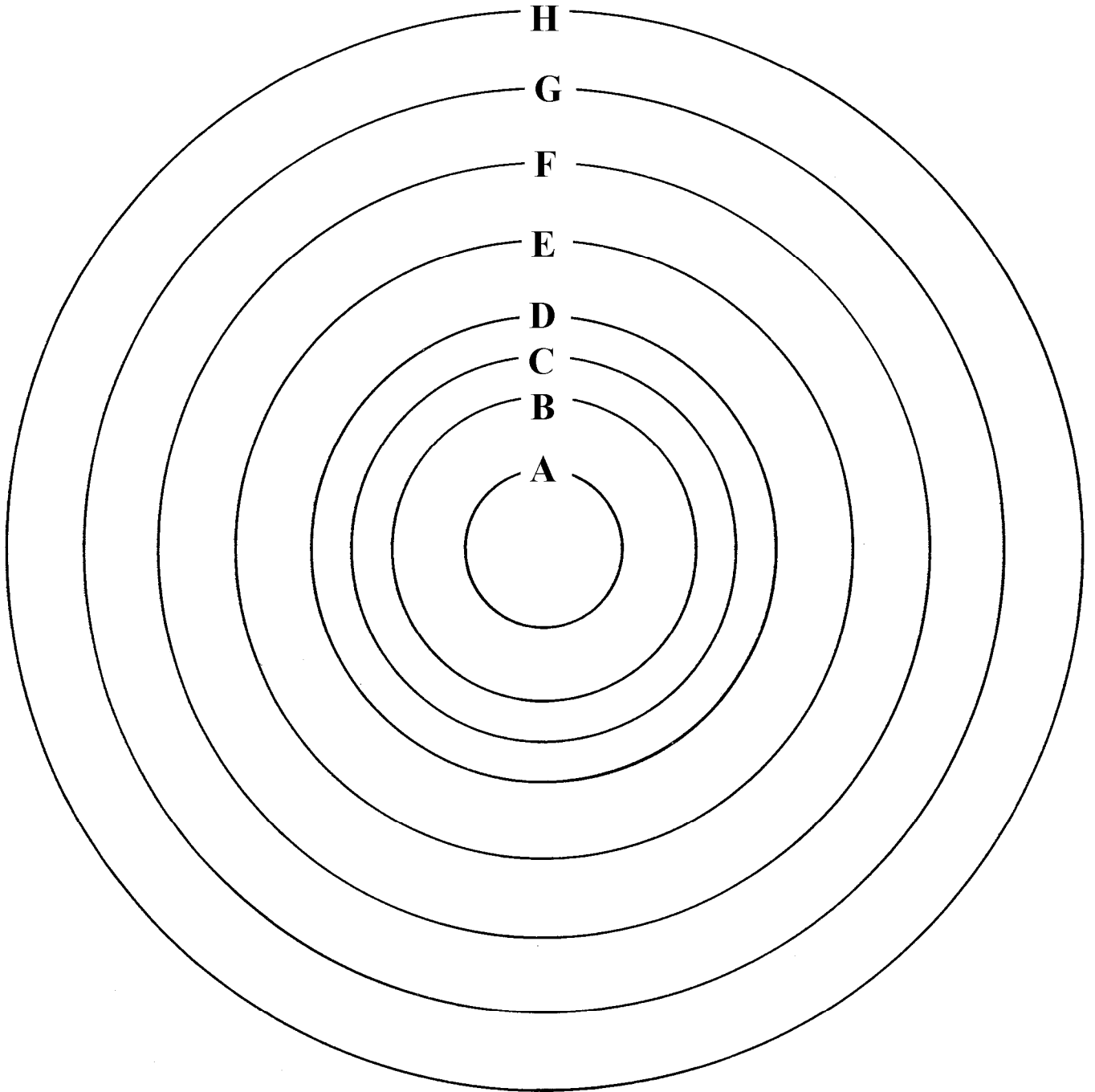
**Booklet**

**Please, keep this near your phone.**

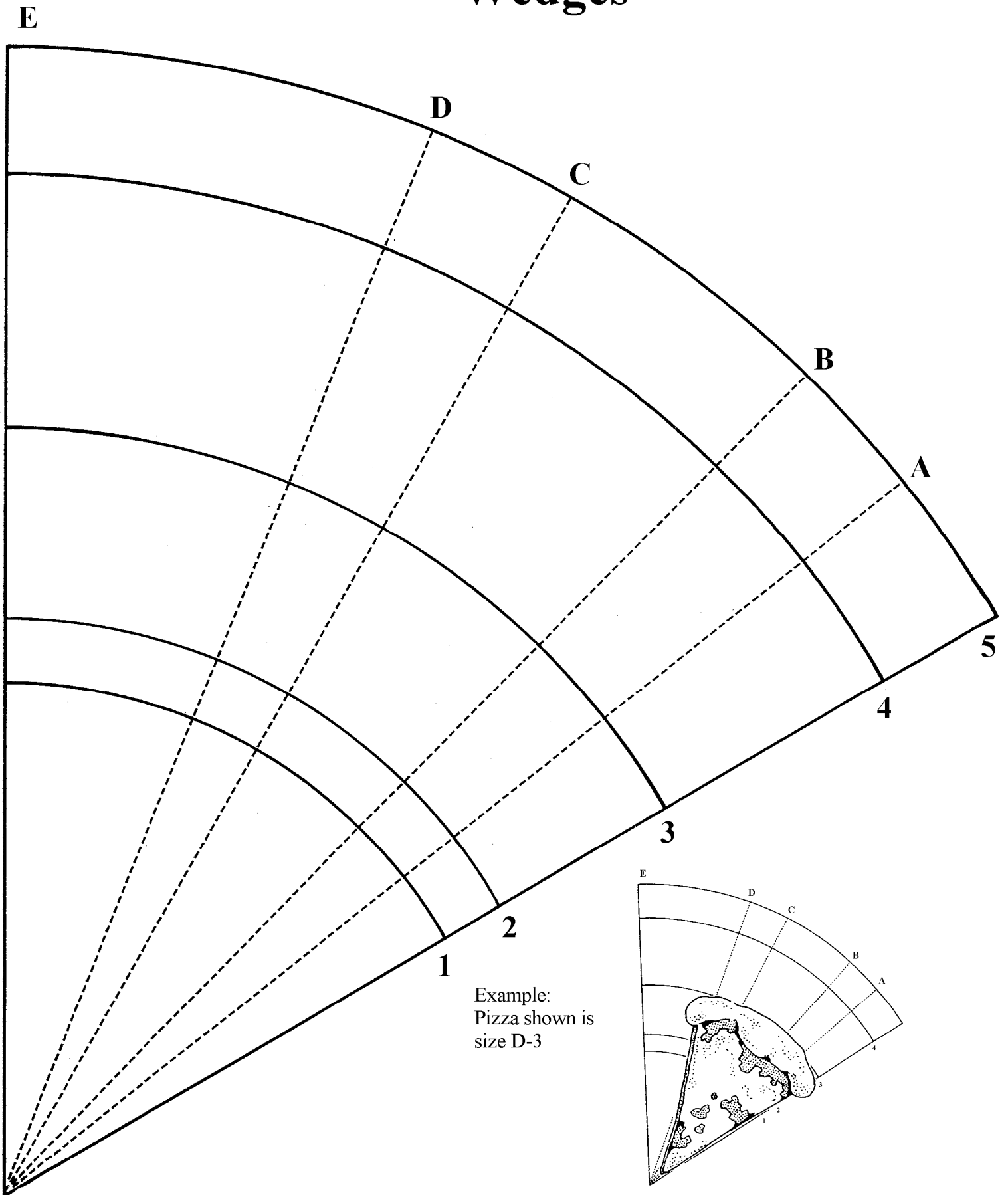
# Squares and Rectangles



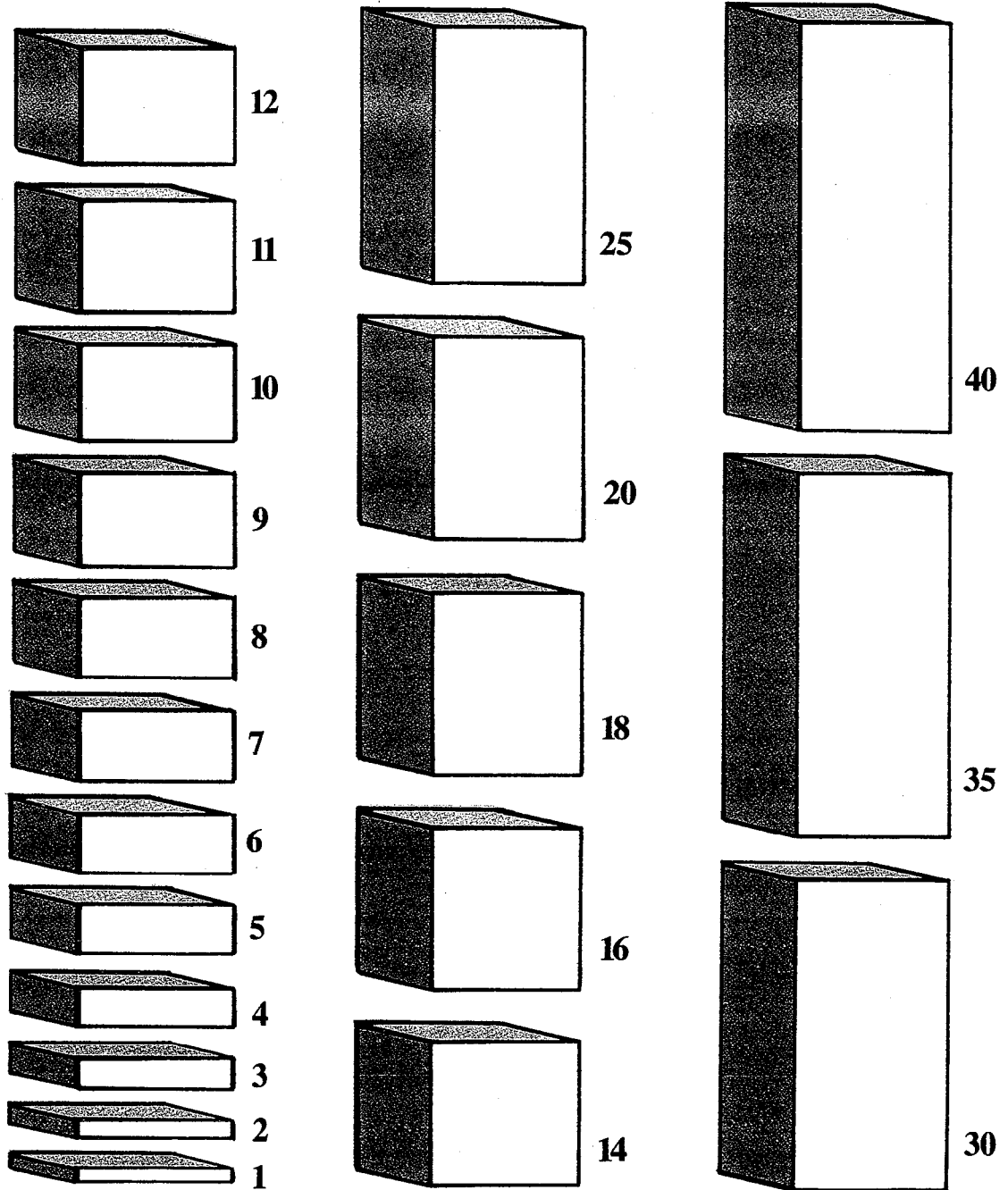
# Circles



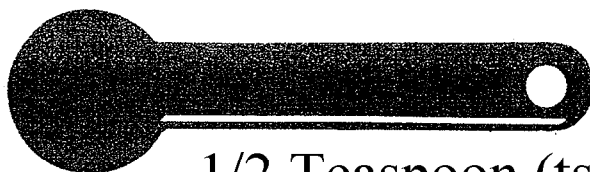
# Wedges



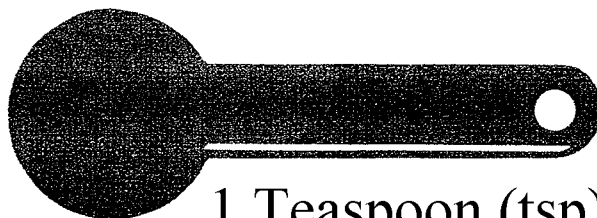
# Thickness



# Measuring Spoons



1/2 Teaspoon (tsp)



1 Teaspoon (tsp)



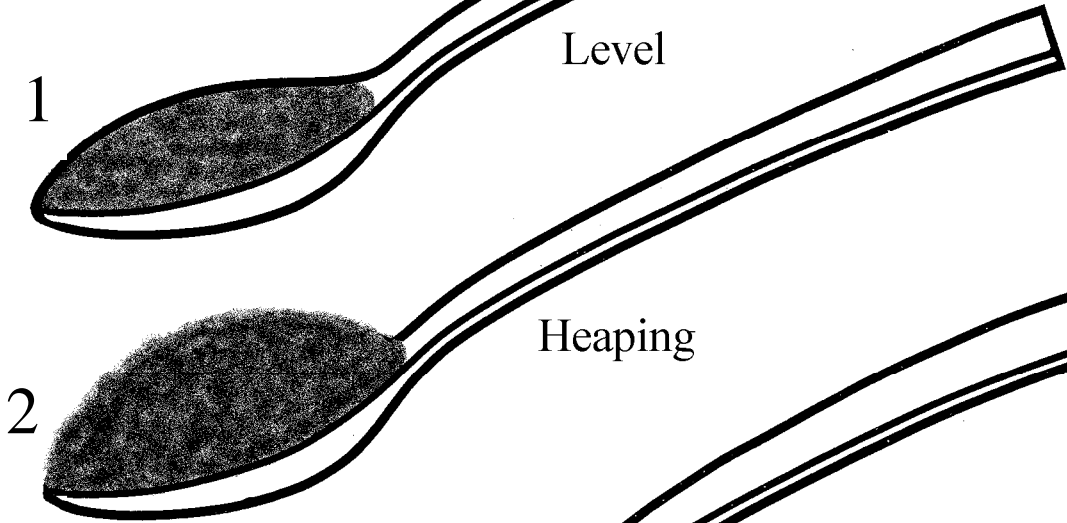
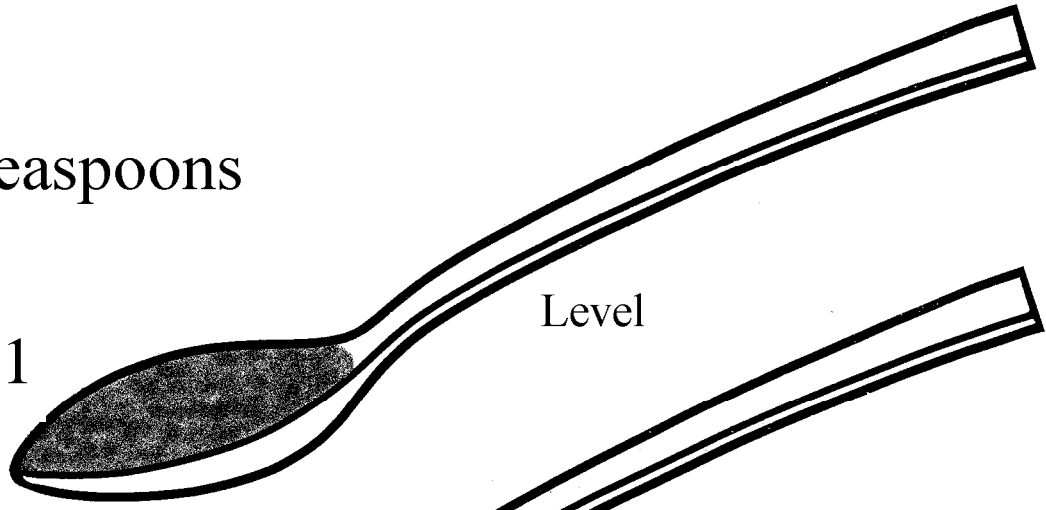
1/2 Tablespoon (Tbsp)



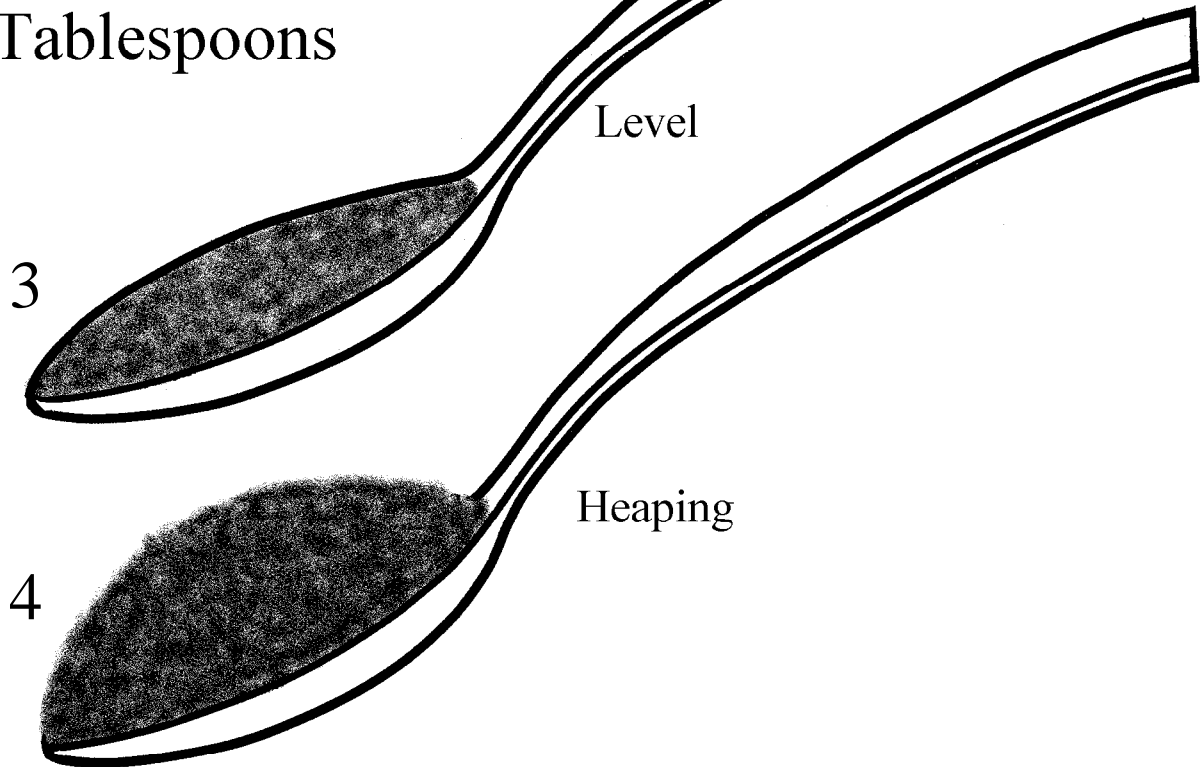
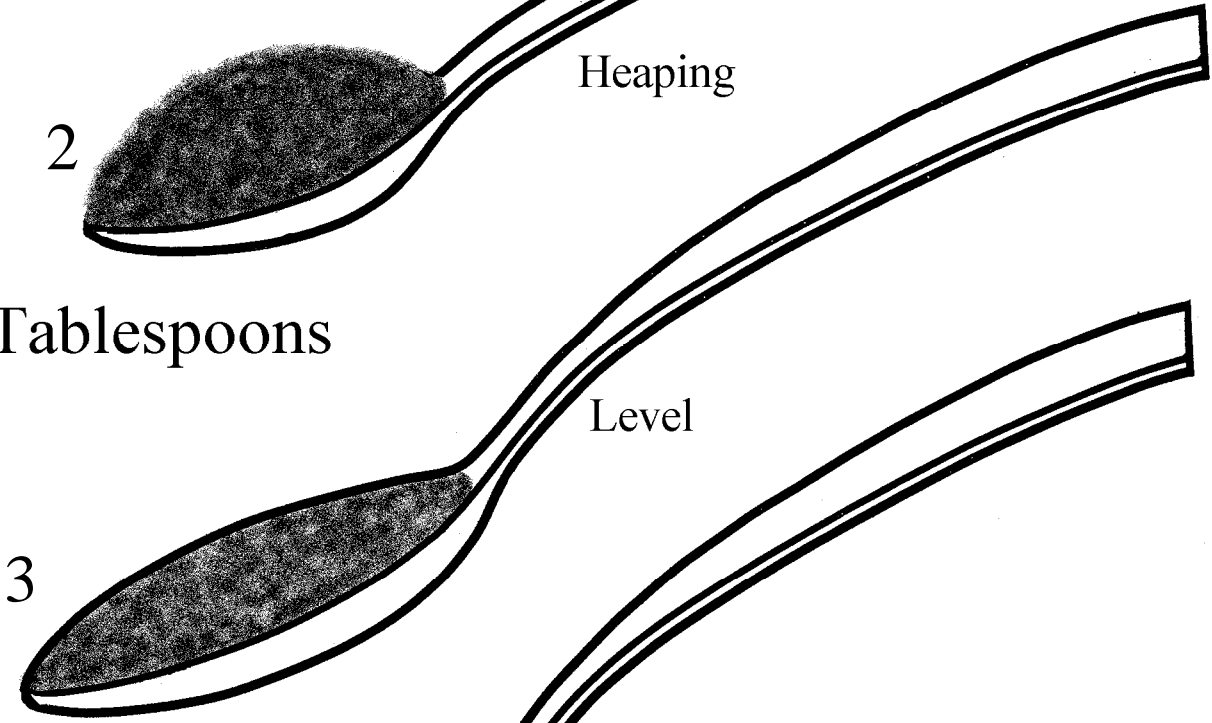
1 Tablespoon (Tbsp)

# Eating and Serving Spoons

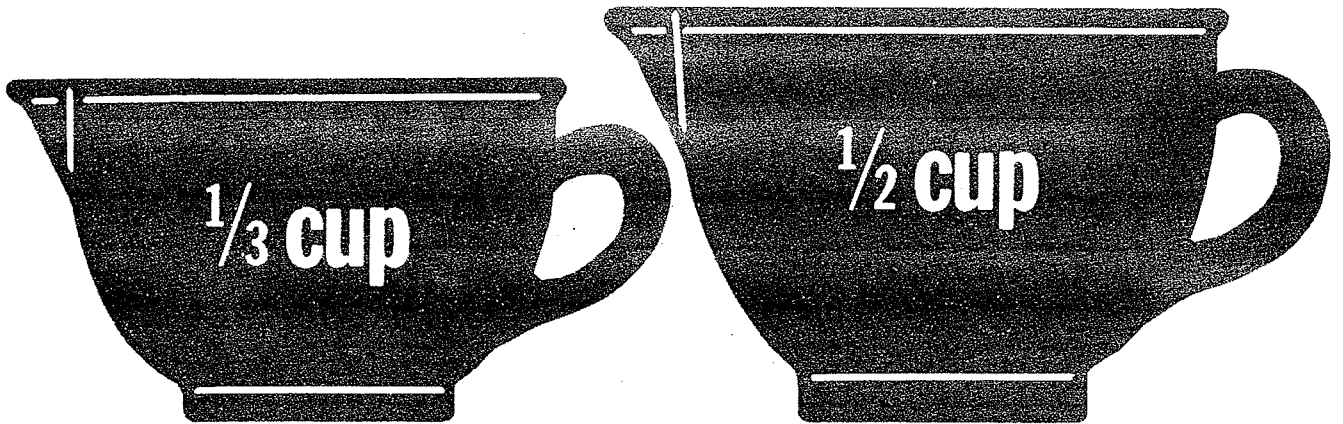
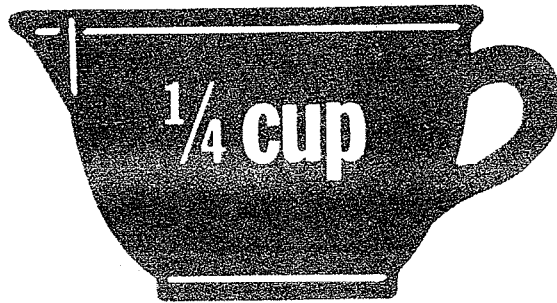
## Teaspoons



## Tablespoons

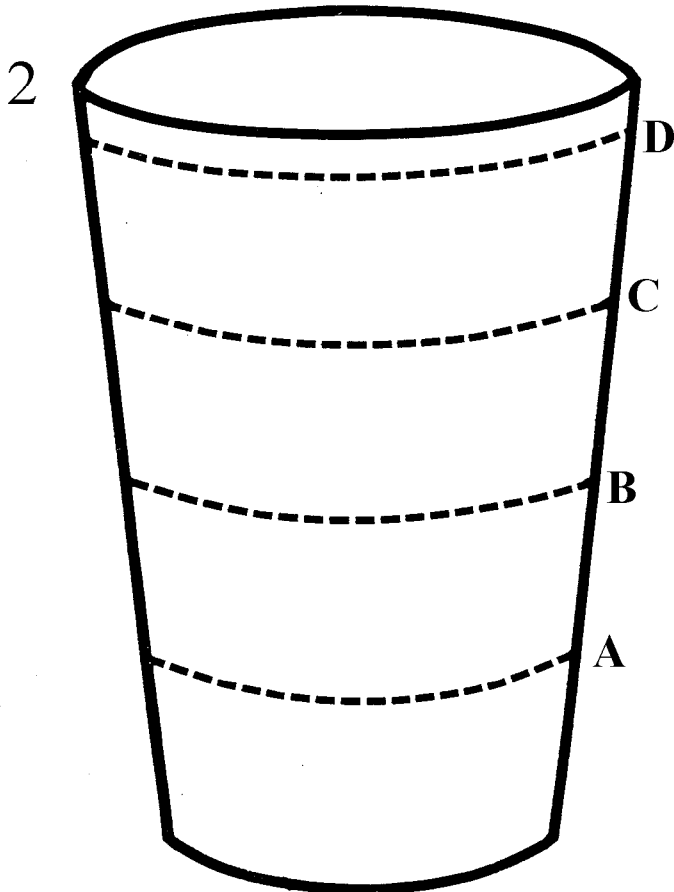
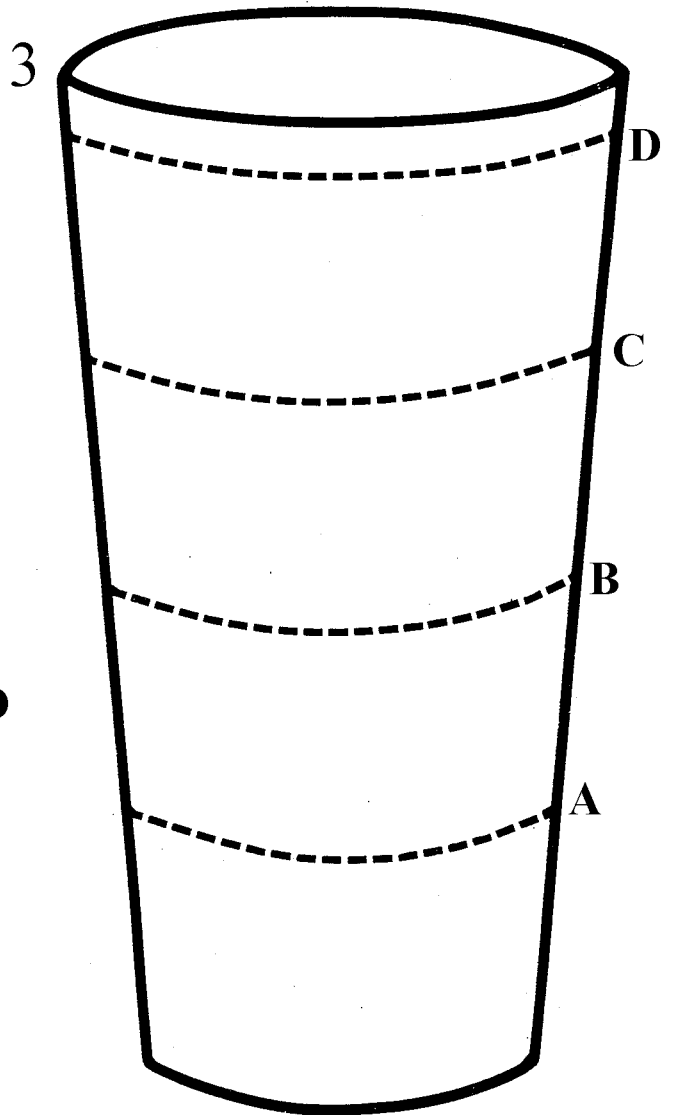
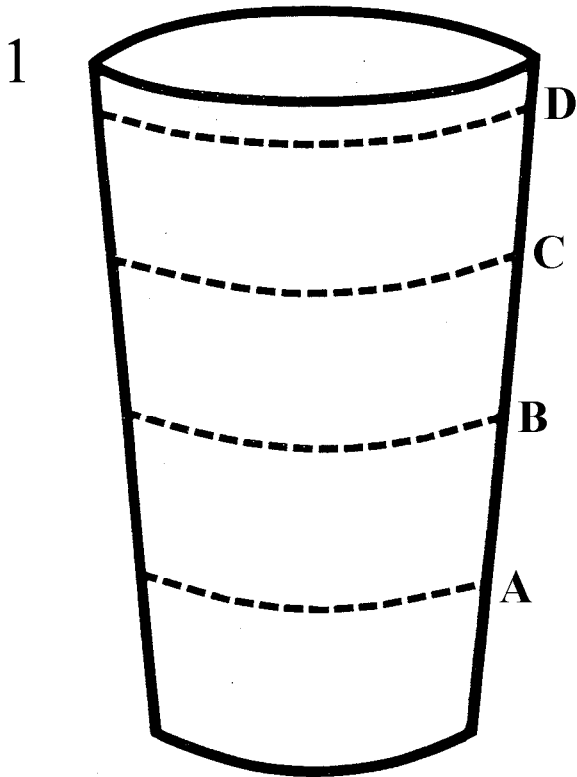


# Measuring Cups

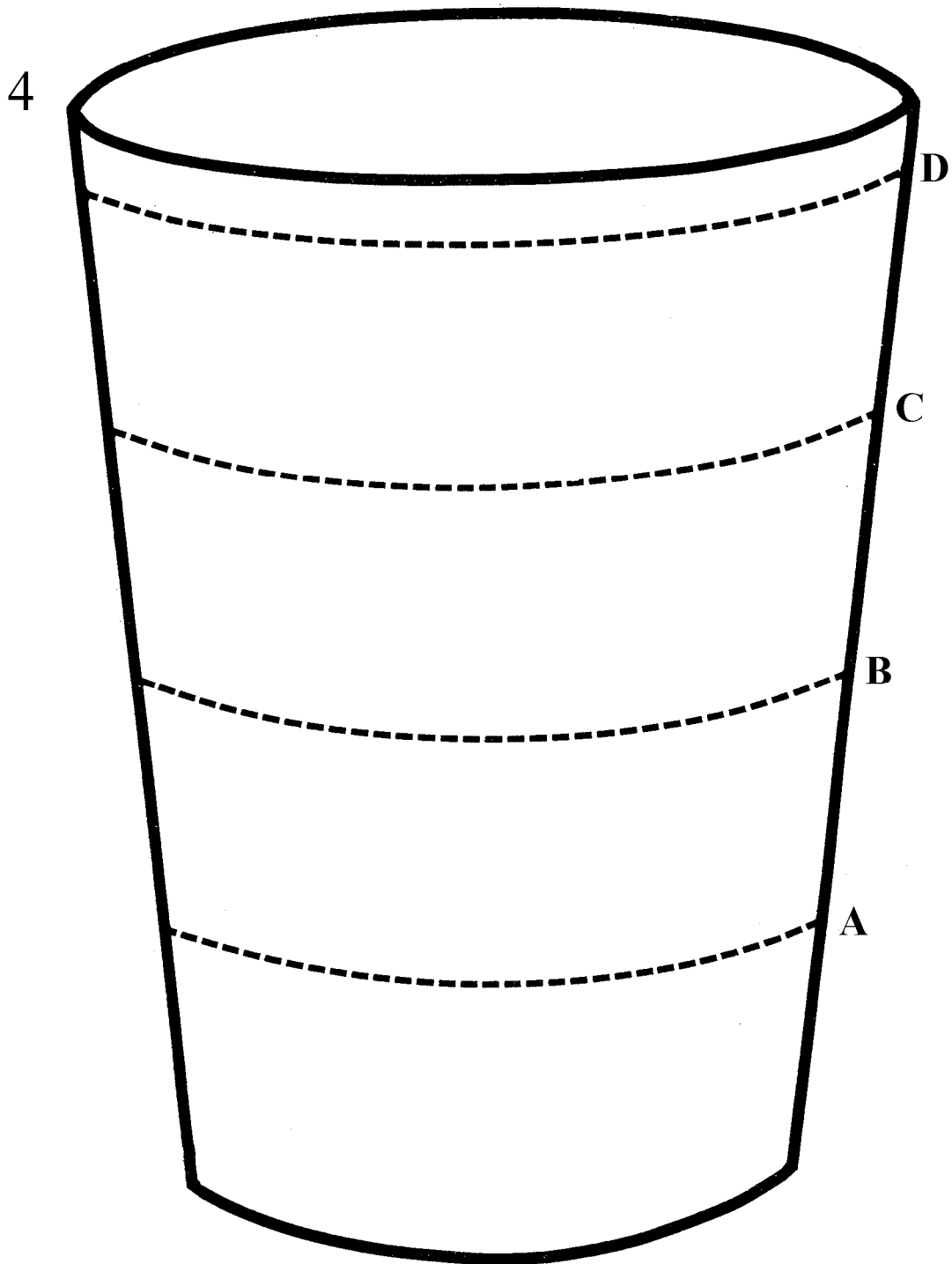




# Glasses

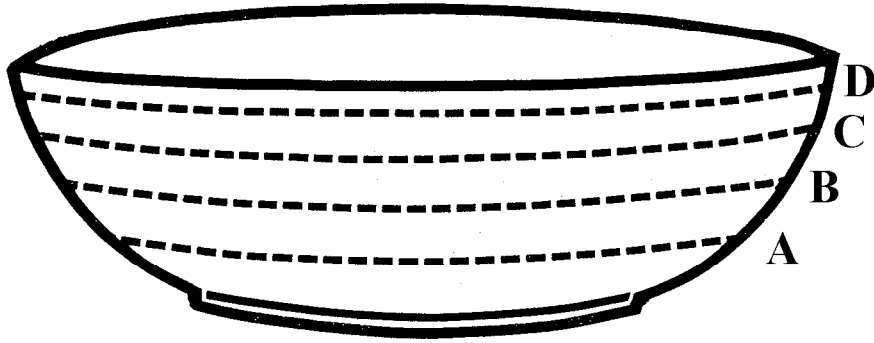


# Glasses

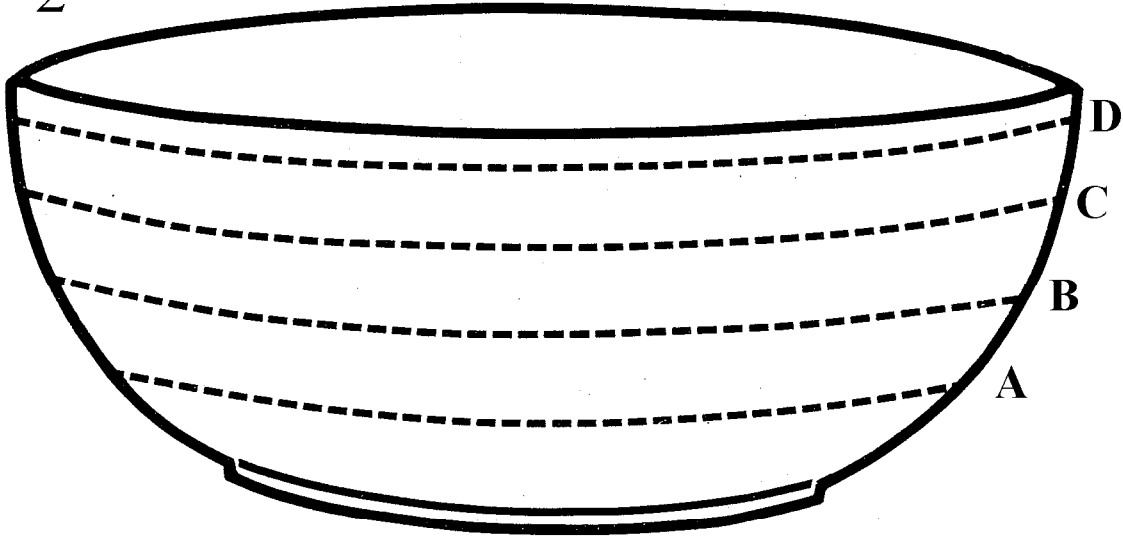


# Bowls

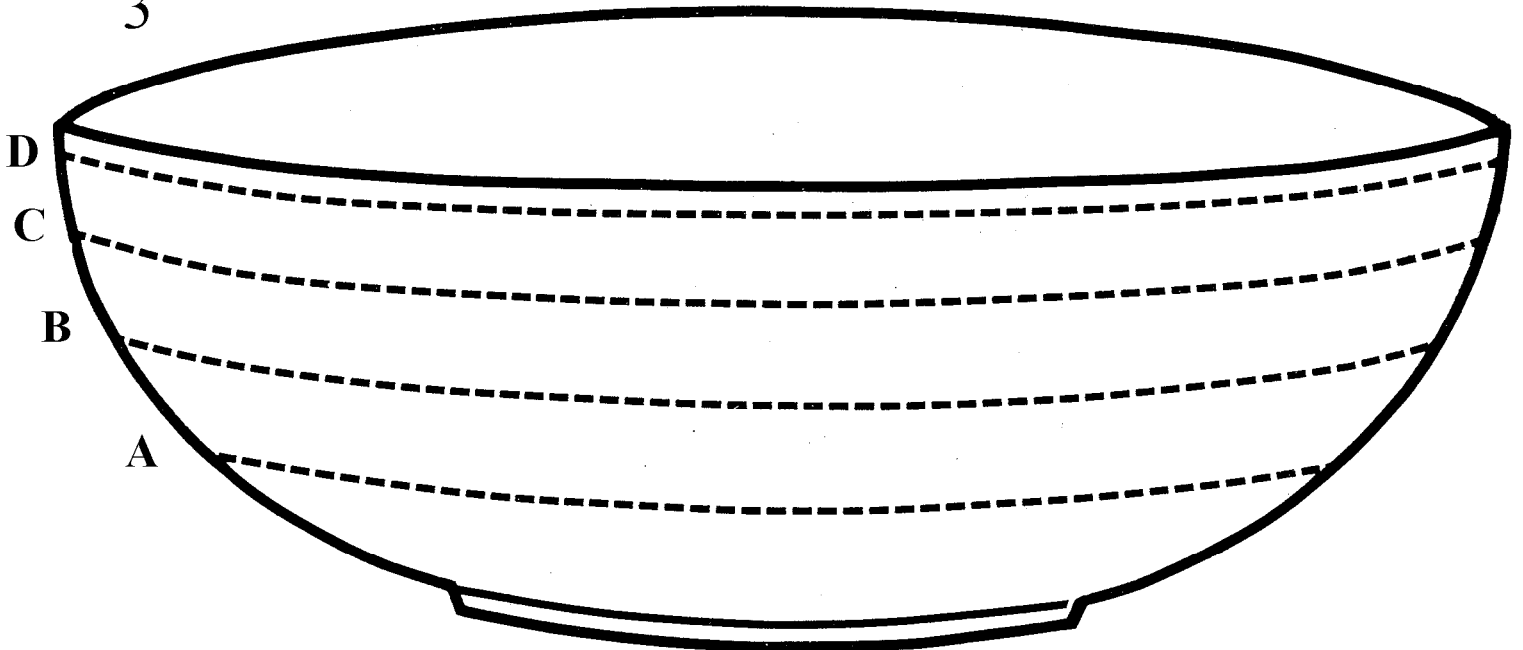
1

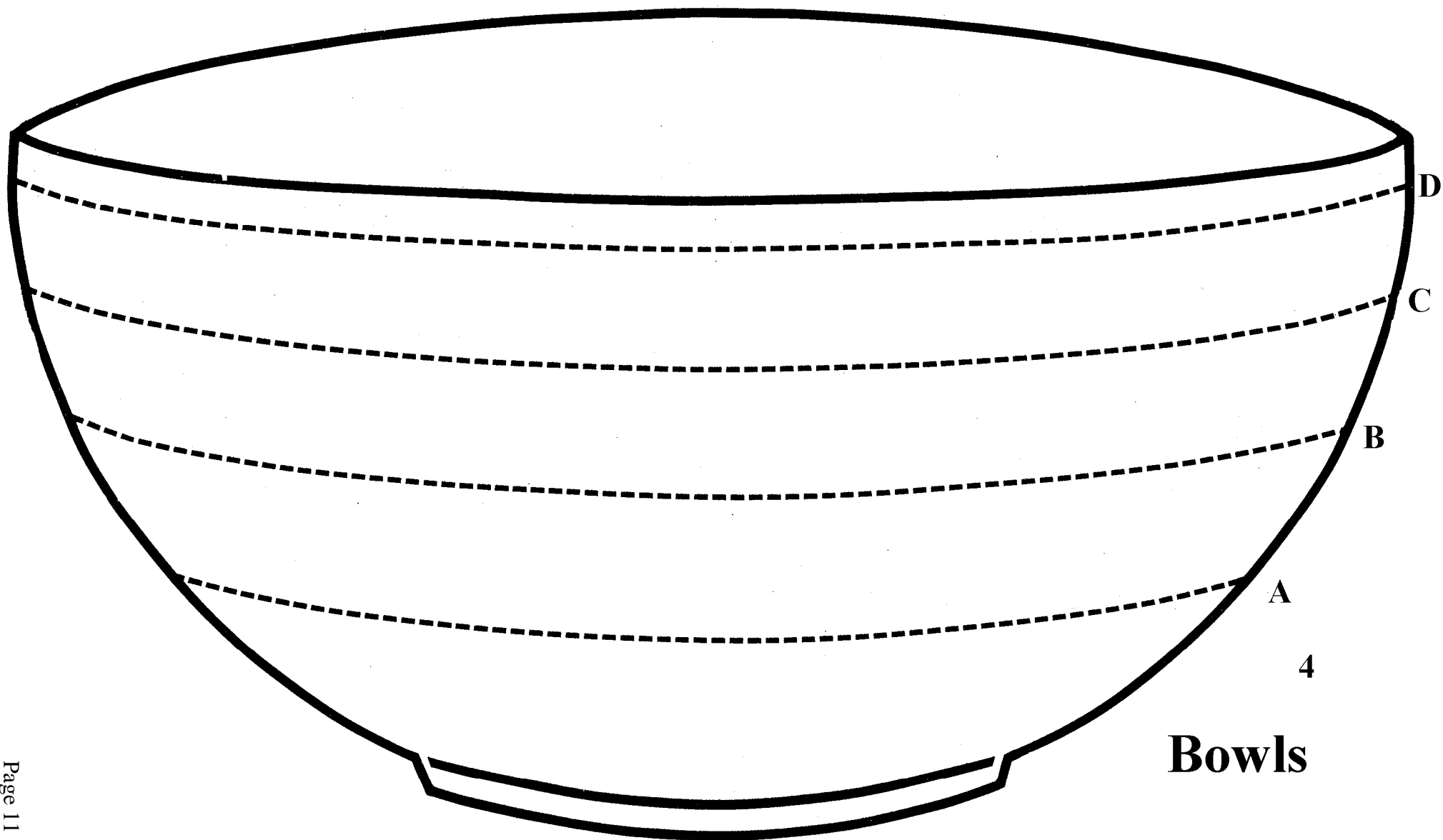


2



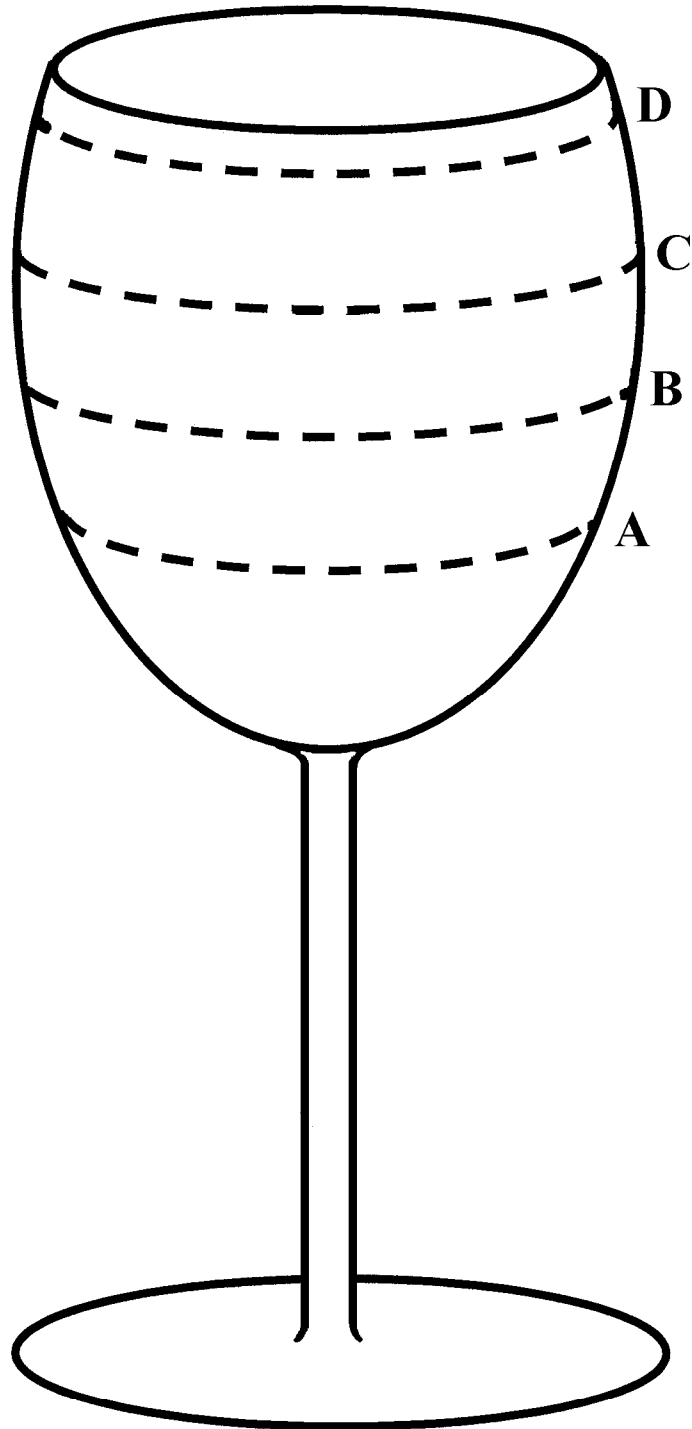
3



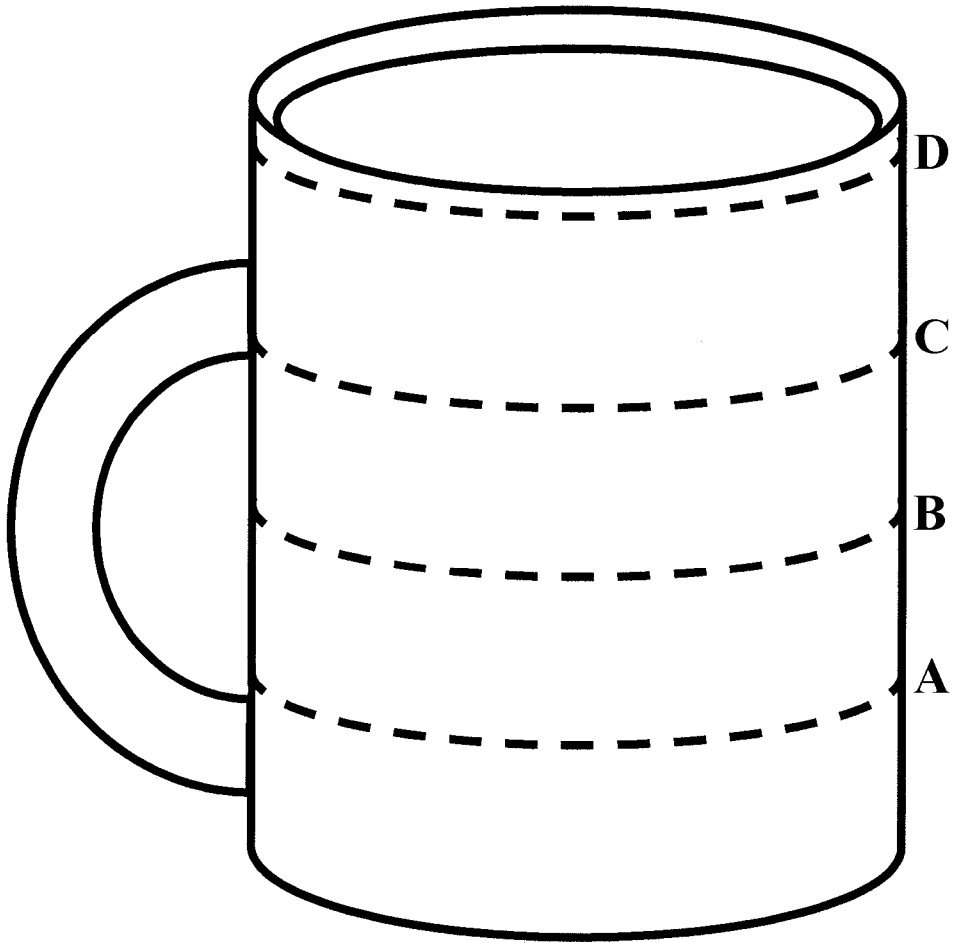


**Bowls**

# Wine Glass

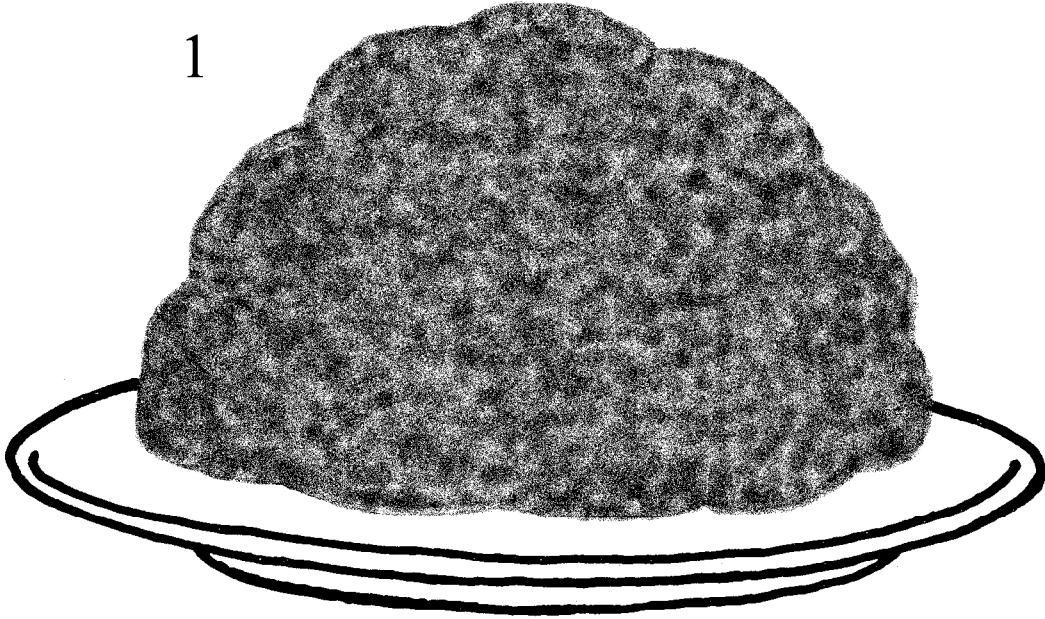


# Mug

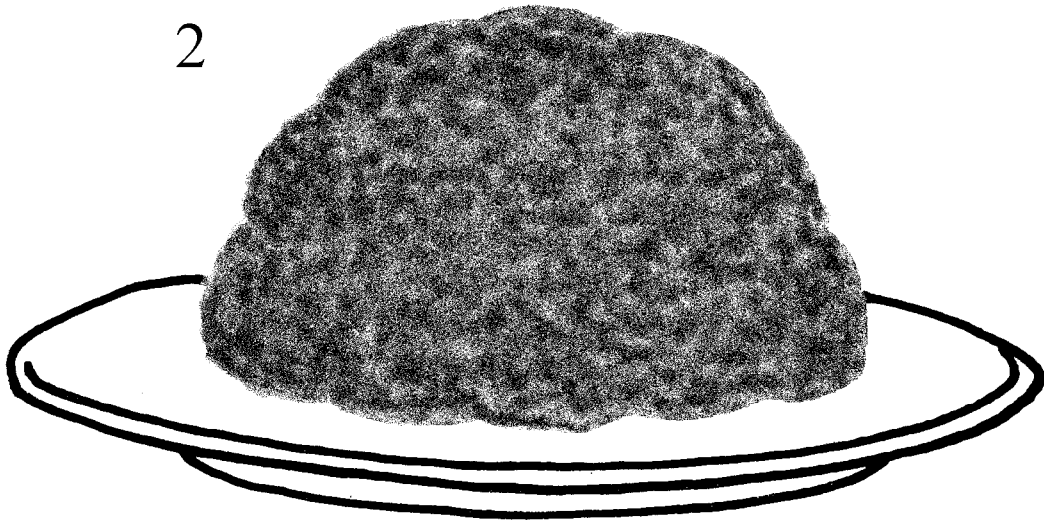


# Mounds

1

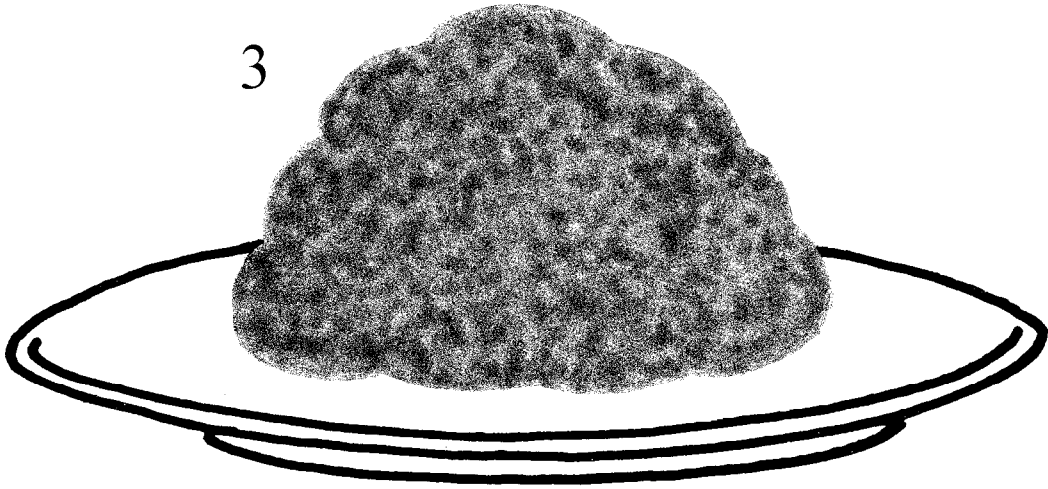


2

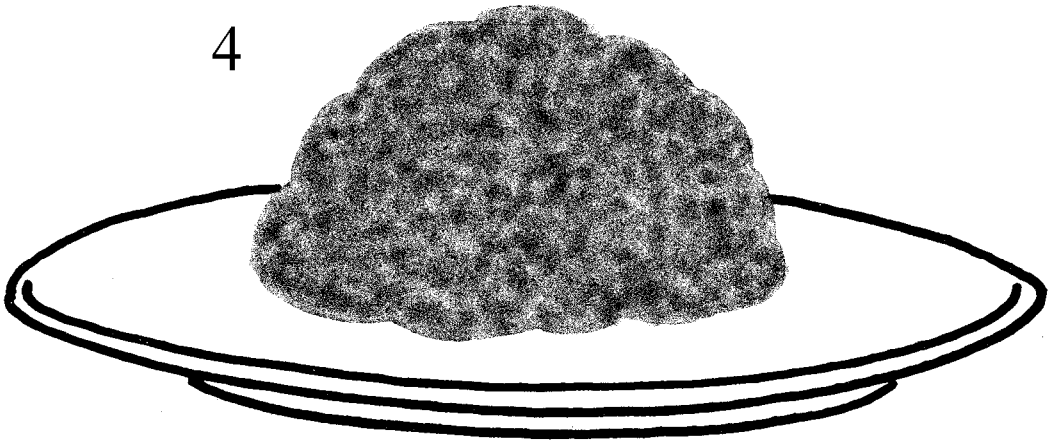


# Mounds

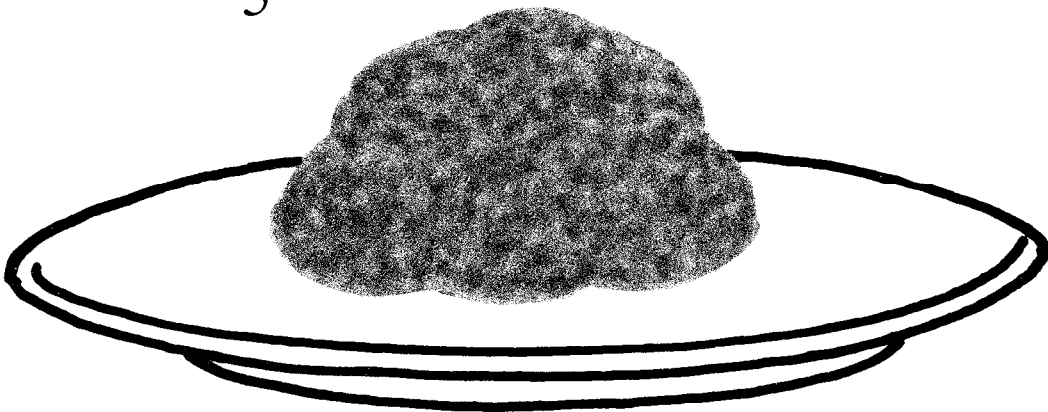
3



4



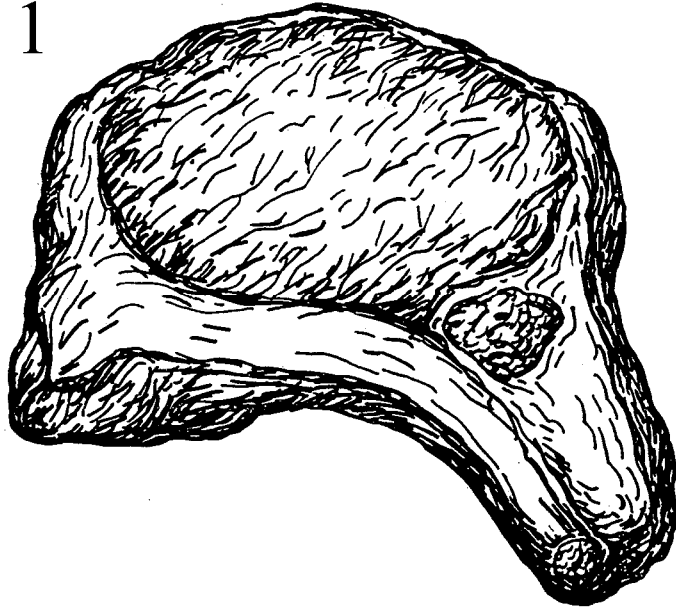
5



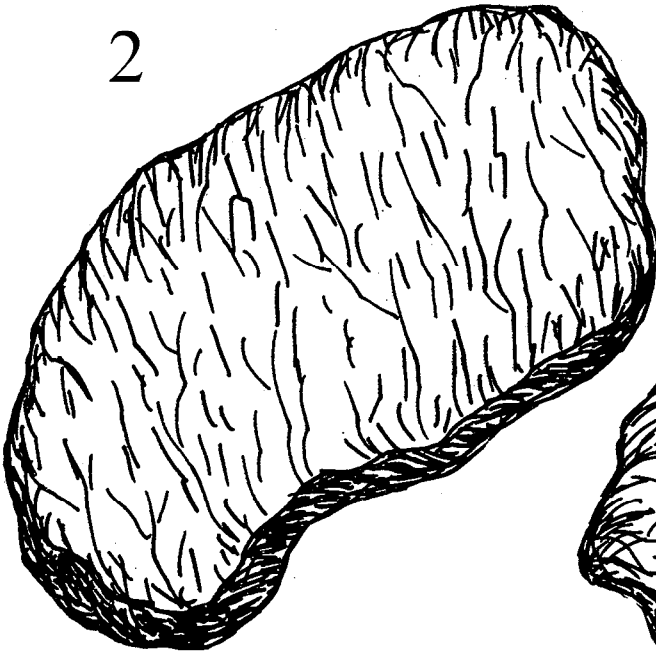


# Meats

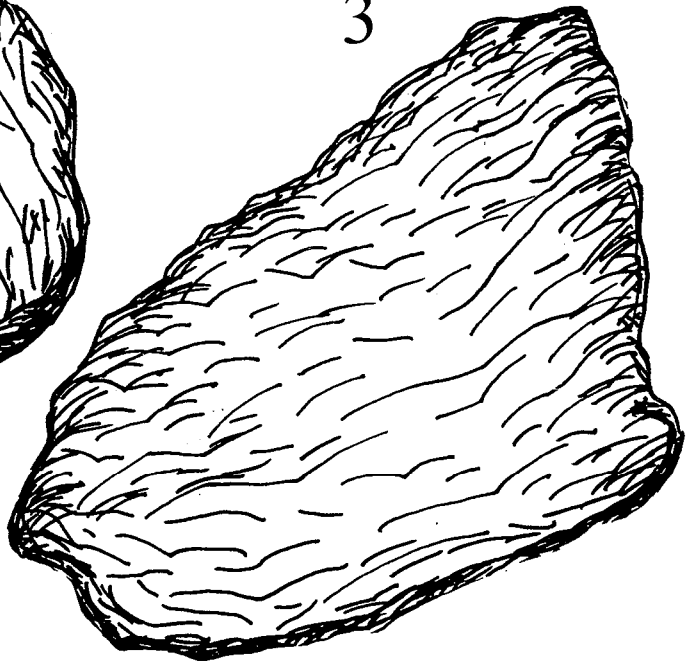
1



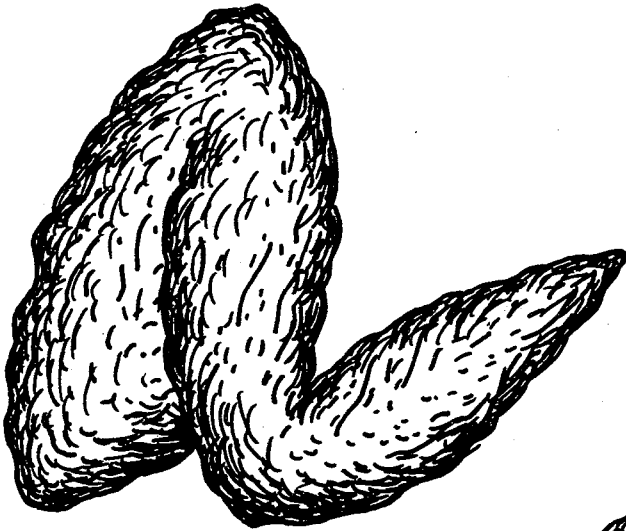
2



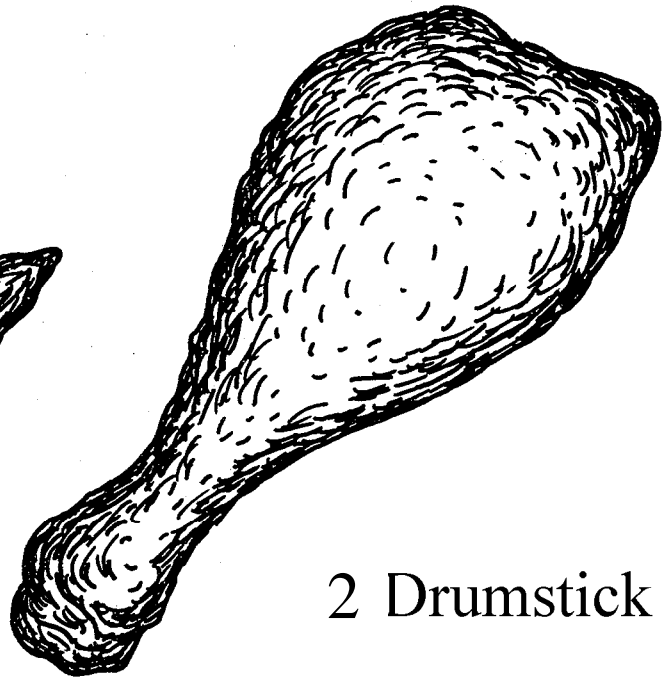
3



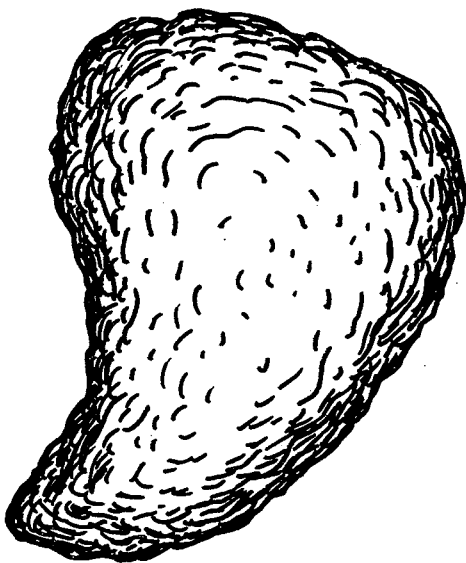
# Chicken



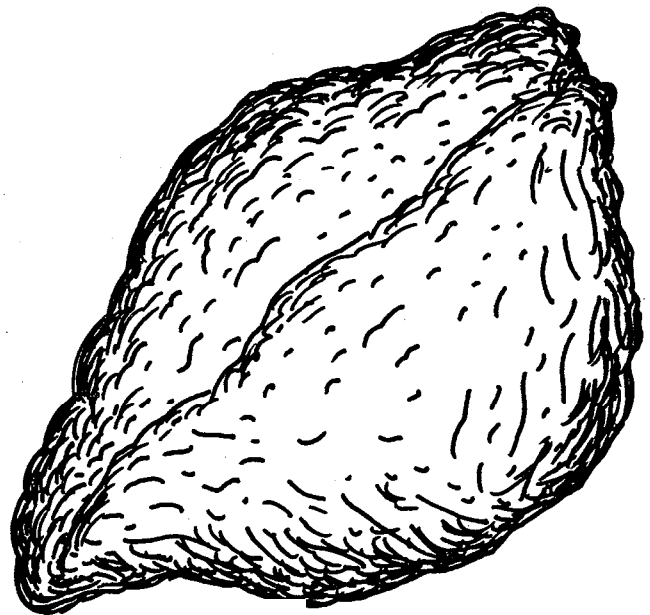
1 Wing



2 Drumstick



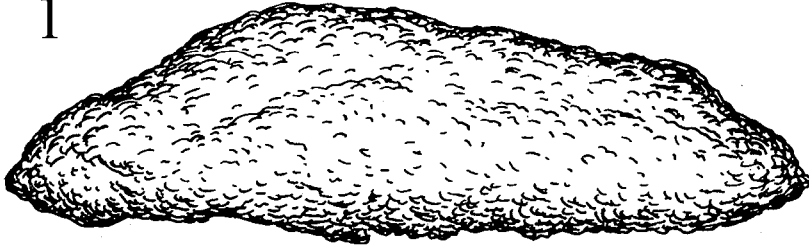
3 Thigh



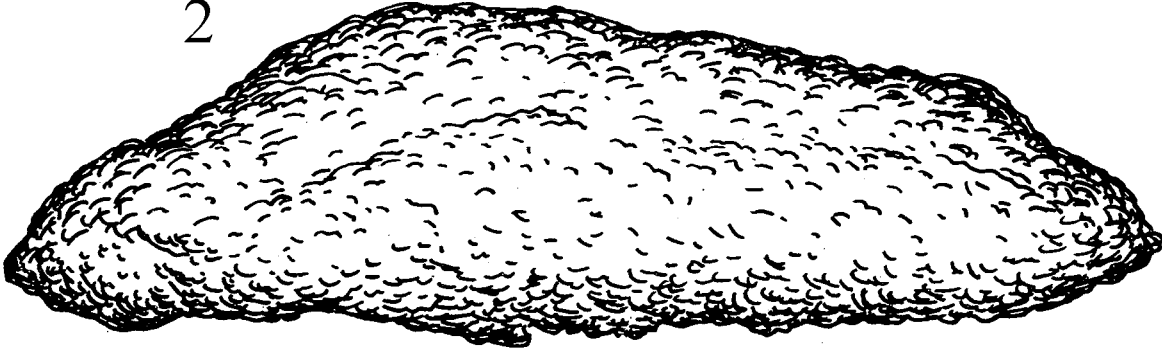
4 Breast

# Fish

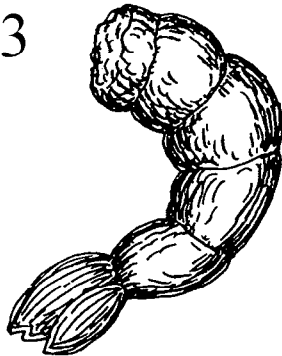
1



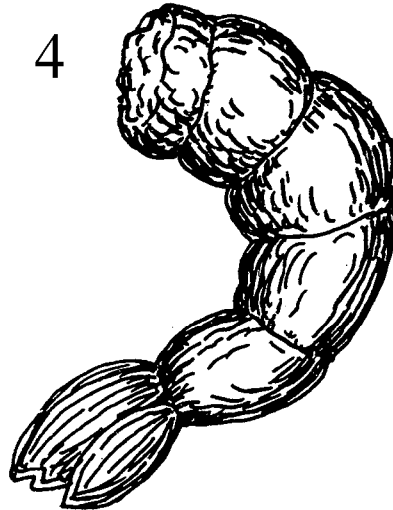
2



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.