

# **Food Amounts Booklet**

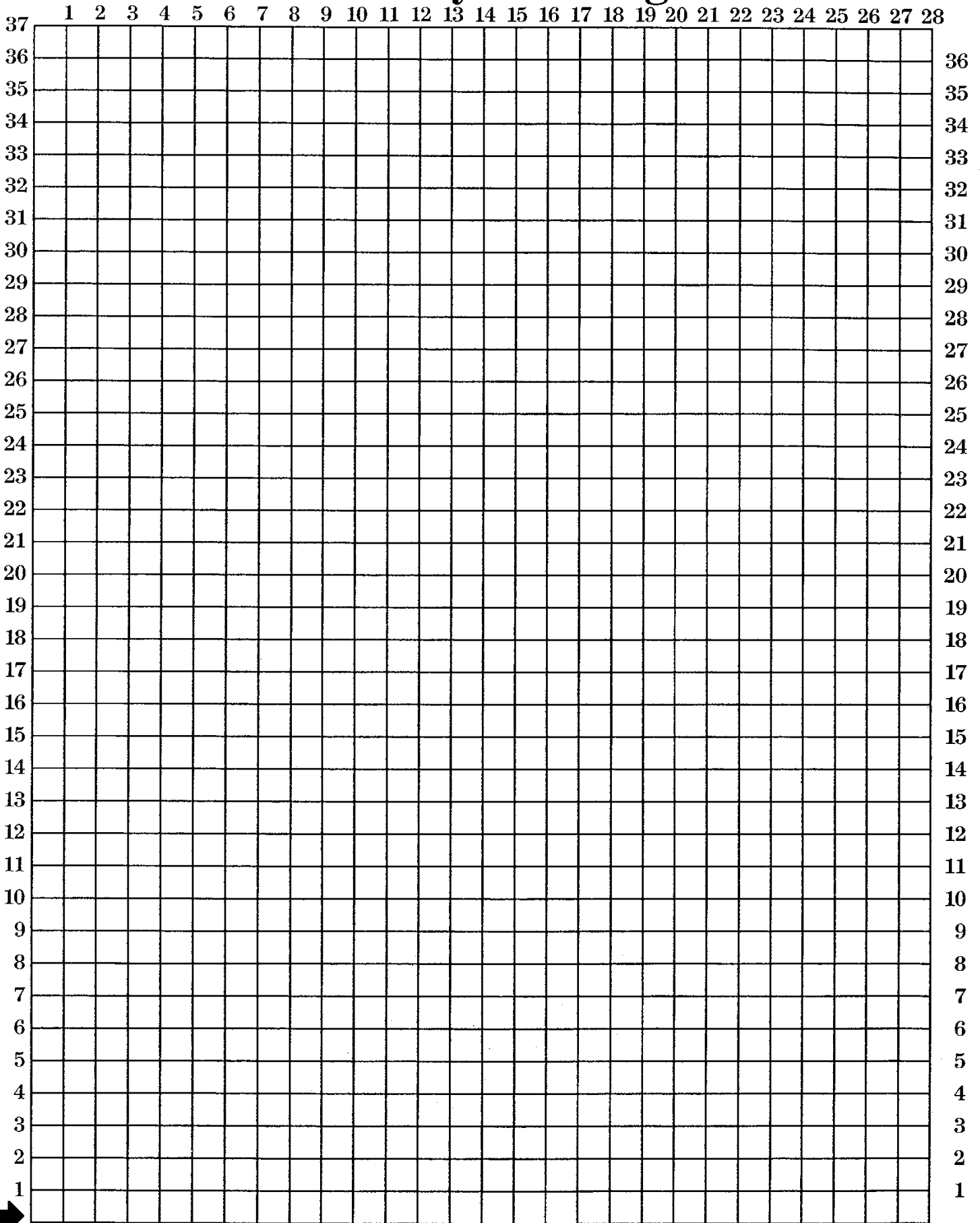
# **Folleto de las Cantidades de Alimentos**

**You will use this booklet during your phone  
interview.**

**Usará este folleto durante la entrevista telefónica.**

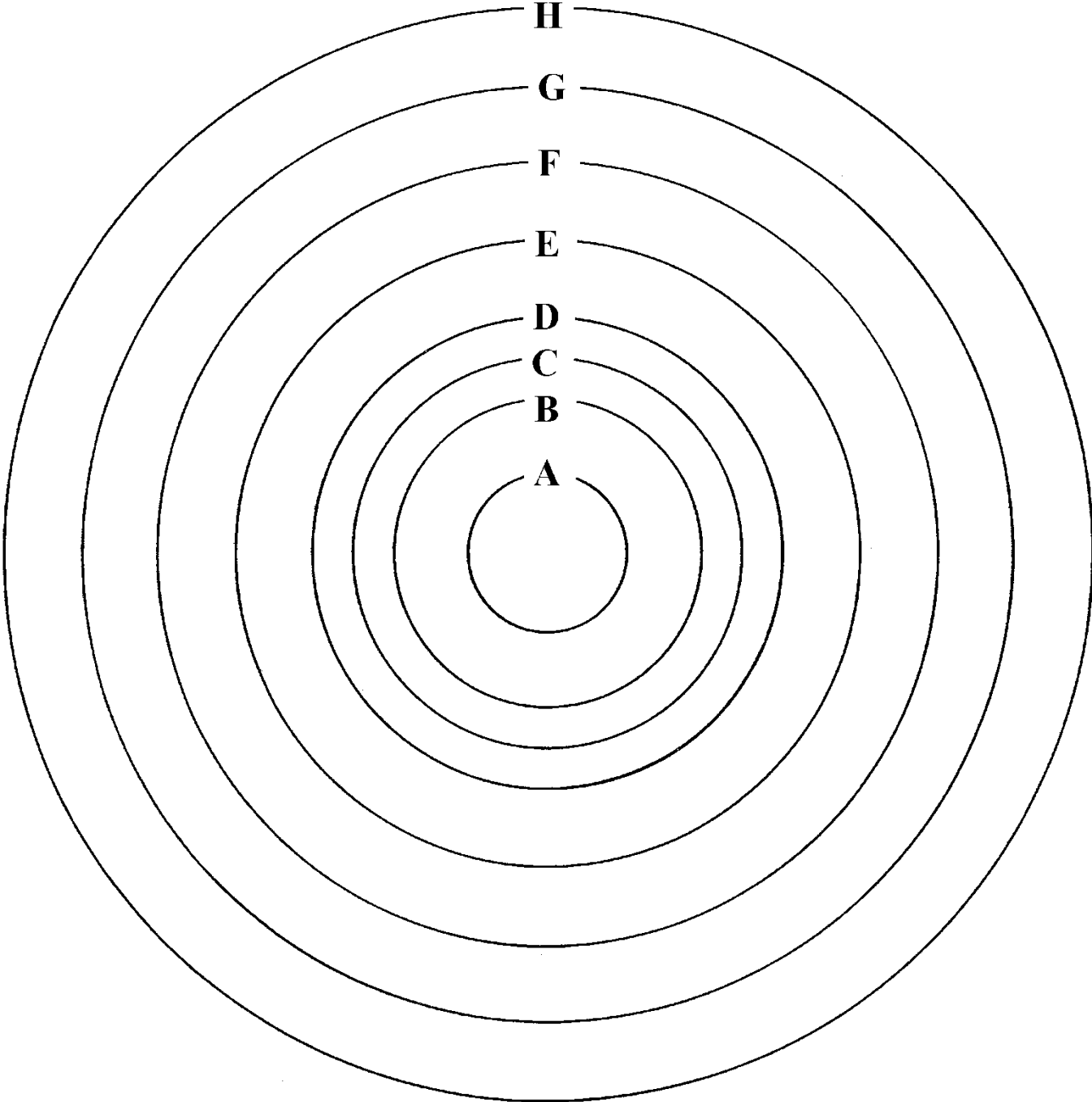
# Squares and Rectangles

## Cuadrados y Rectángulos

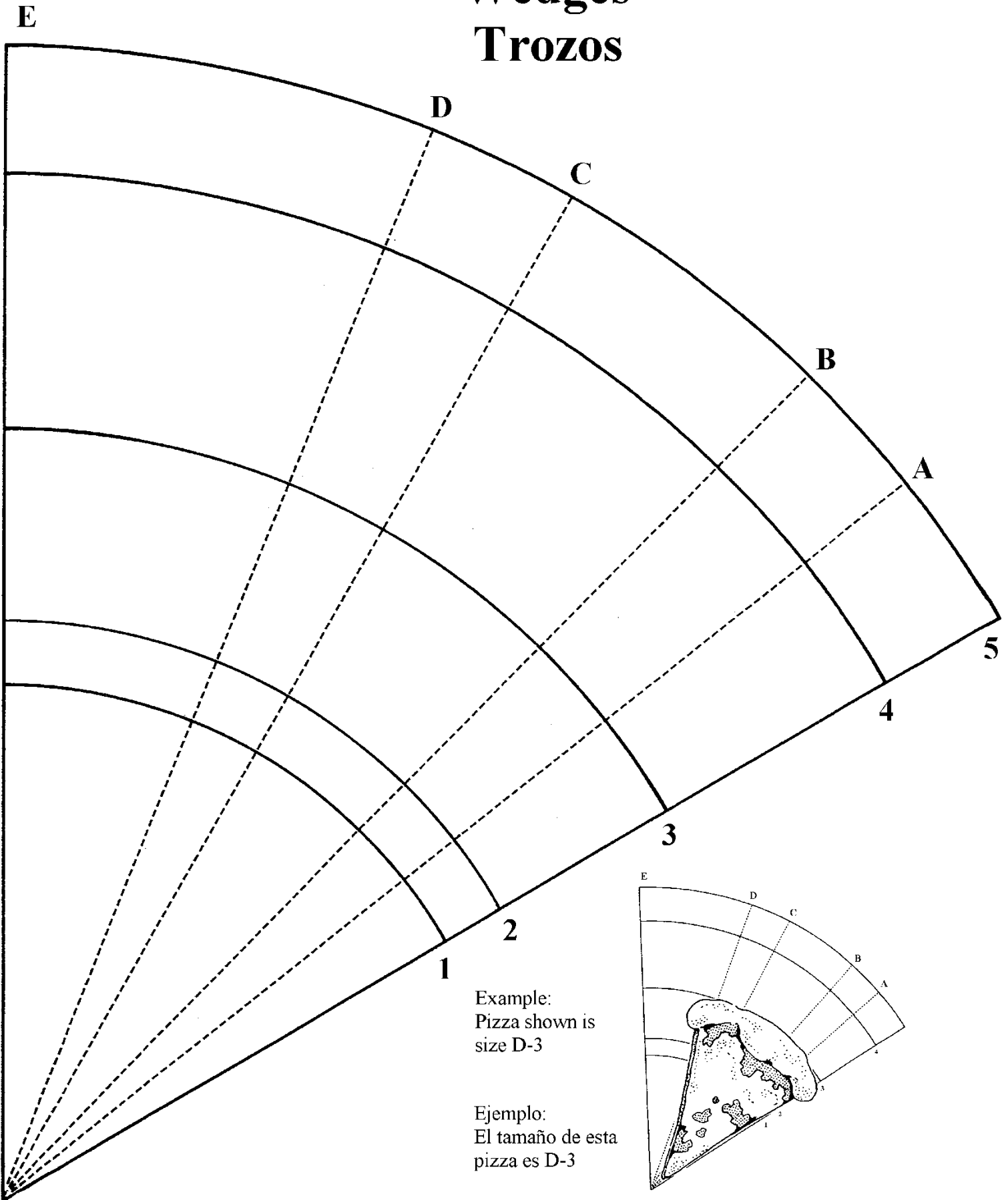


# Circles

# Círculos

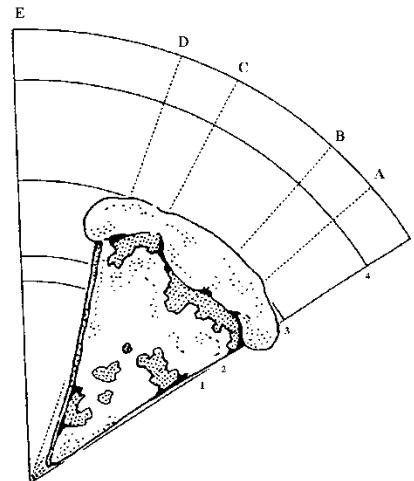


# Wedges Trozos

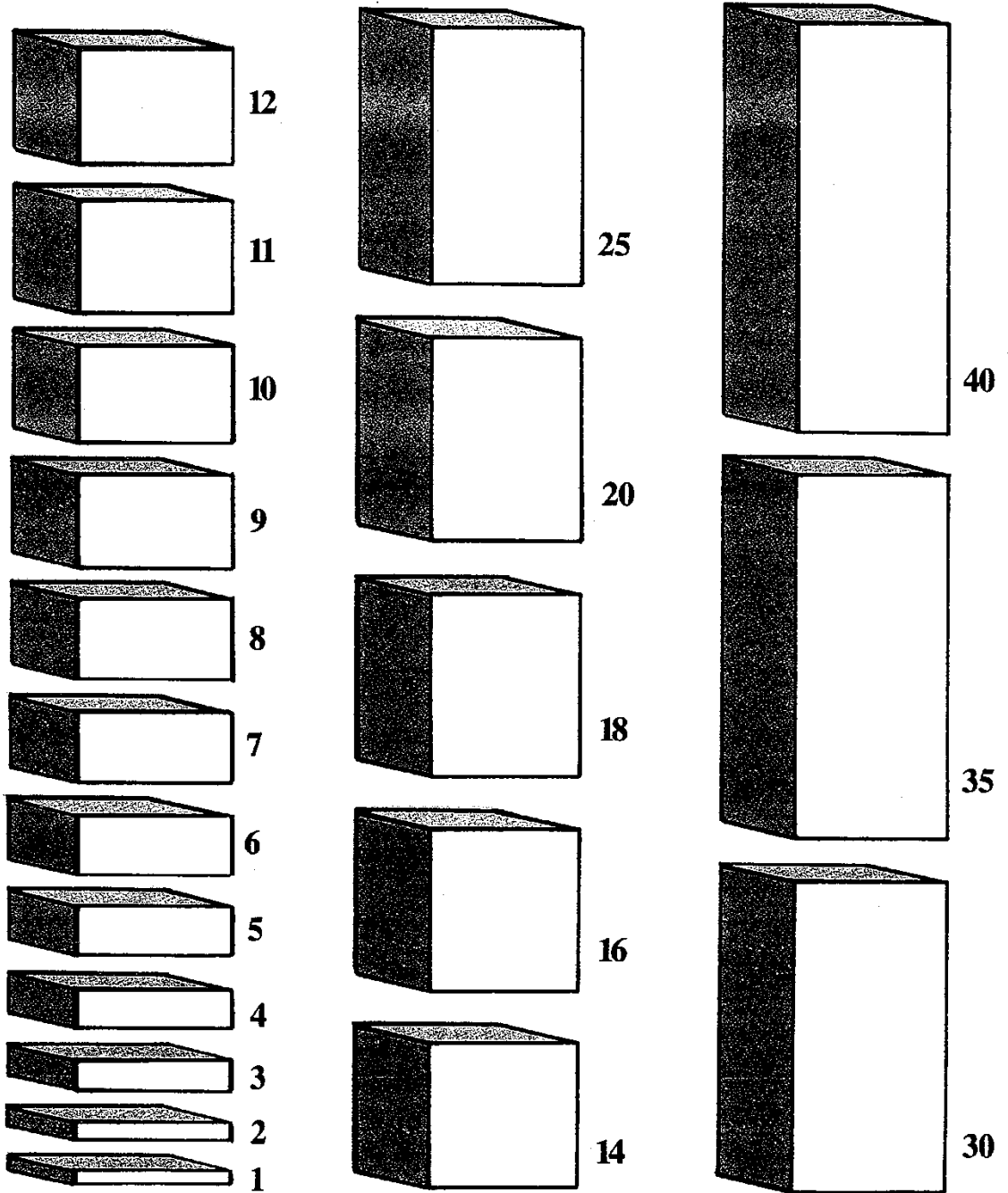


Example:  
Pizza shown is  
size D-3

Ejemplo:  
El tamaño de esta  
pizza es D-3

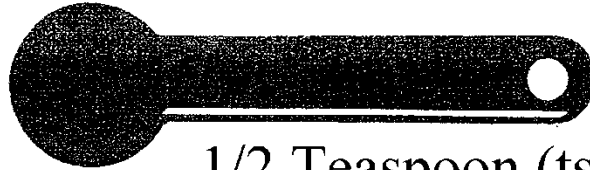


# Thickness Grosor



# Measuring Spoons

## Cucharas para Medir



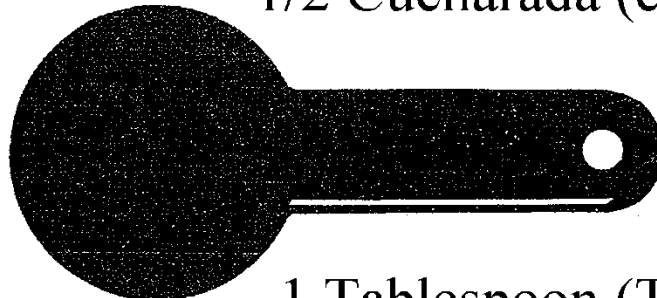
1/2 Teaspoon (tsp)  
1/2 Cucharadita (cdta)



1 Teaspoon (tsp)  
1 Cucharadita (cdta)



1/2 Tablespoon (Tbsp)  
1/2 Cucharada (cda)

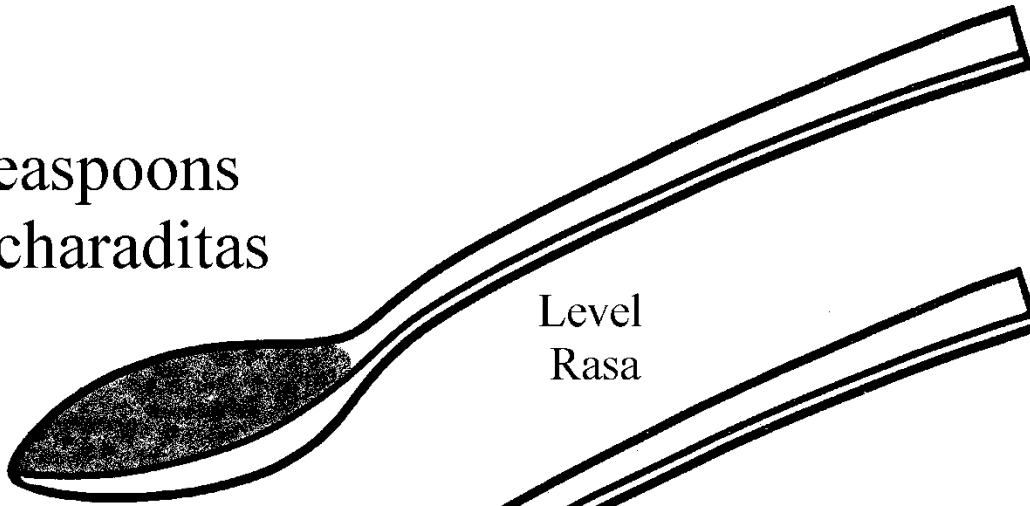


1 Tablespoon (Tbsp)  
1 Cucharada (cda)

# Eating and Serving Spoons Cucharas para Comer y Servir

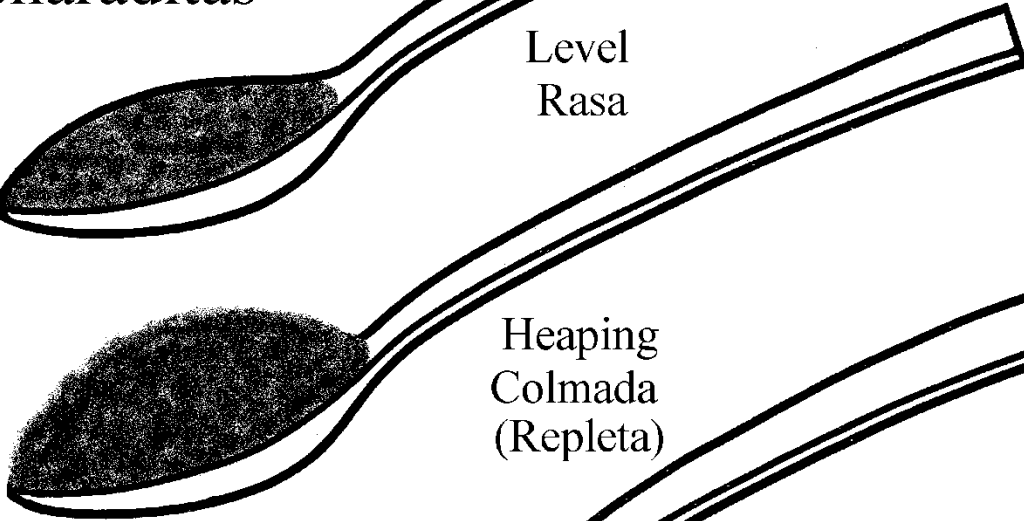
Teaspoons  
Cucharaditas

1



Level  
Rasa

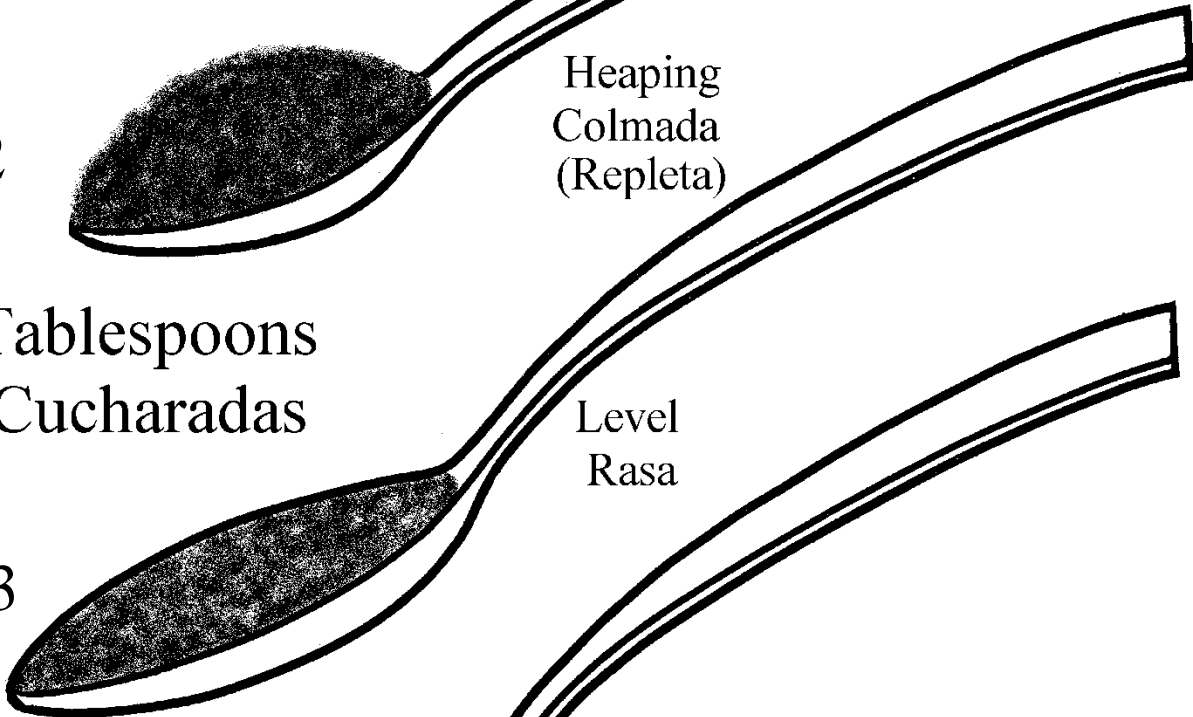
2



Heaping  
Colmada  
(Repleta)

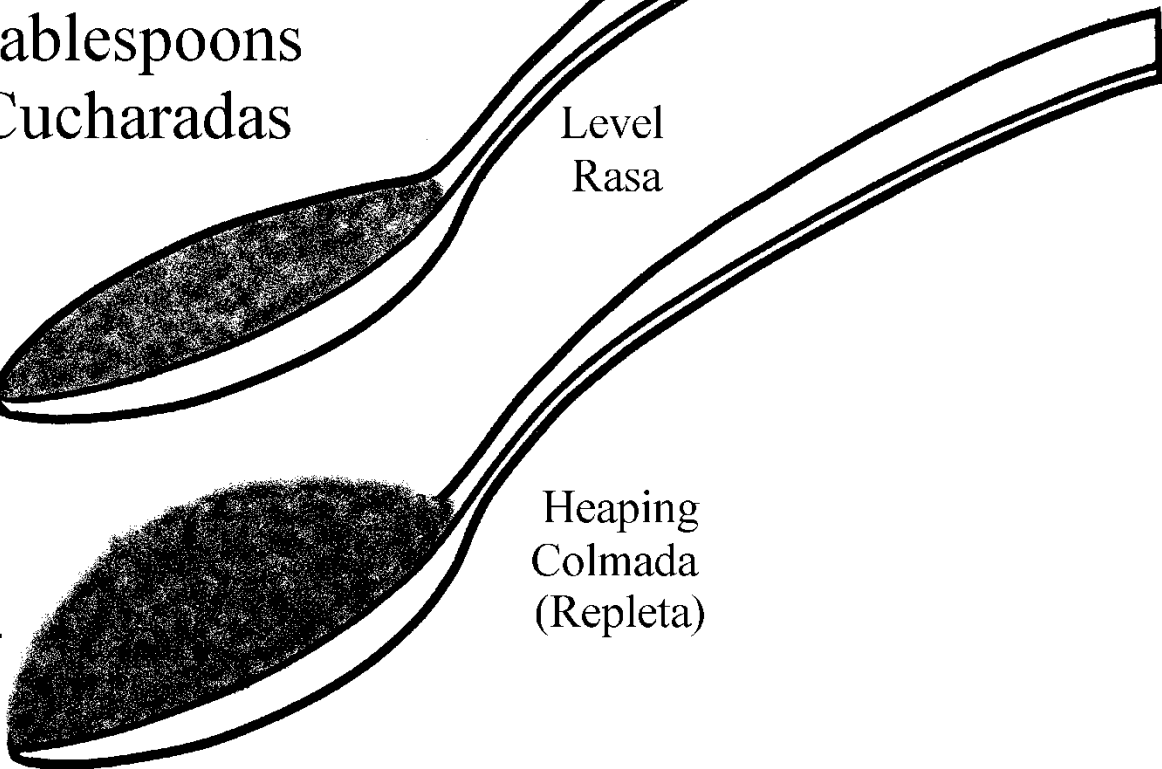
Tablespoons  
Cucharadas

3



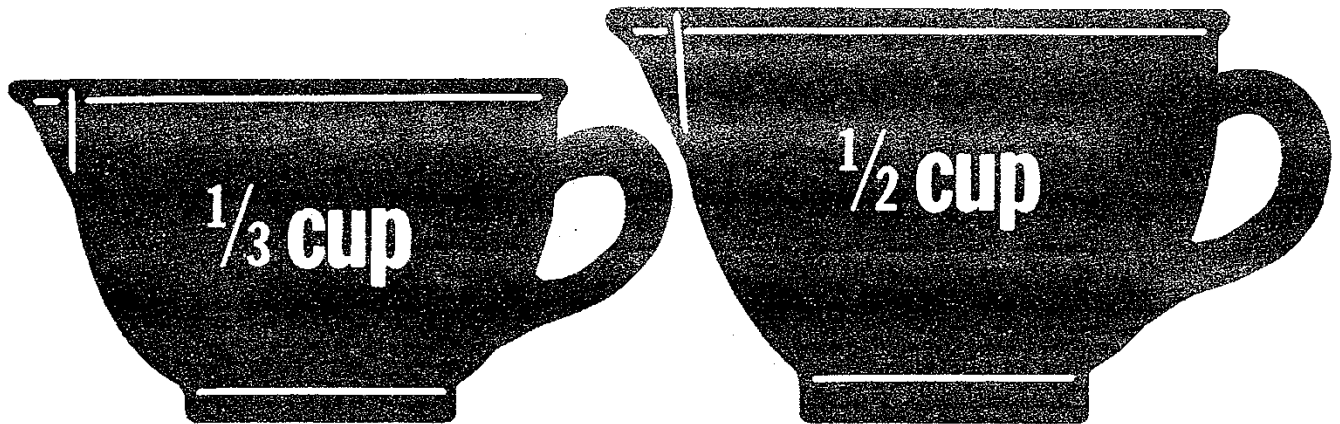
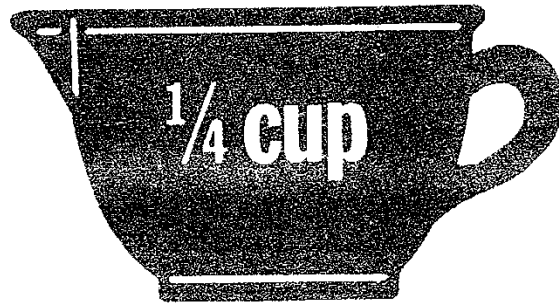
Level  
Rasa

4



Heaping  
Colmada  
(Repleta)

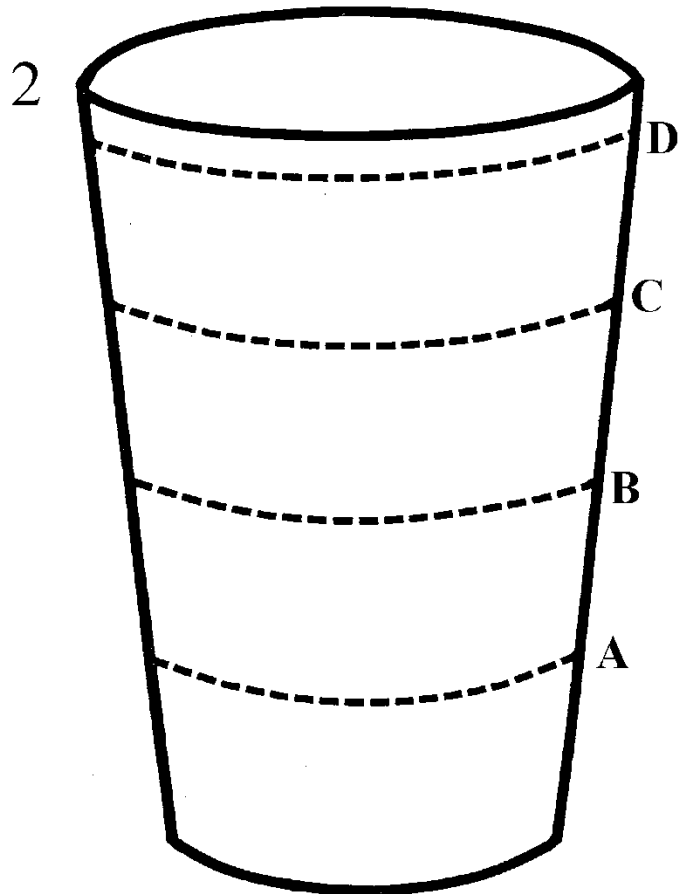
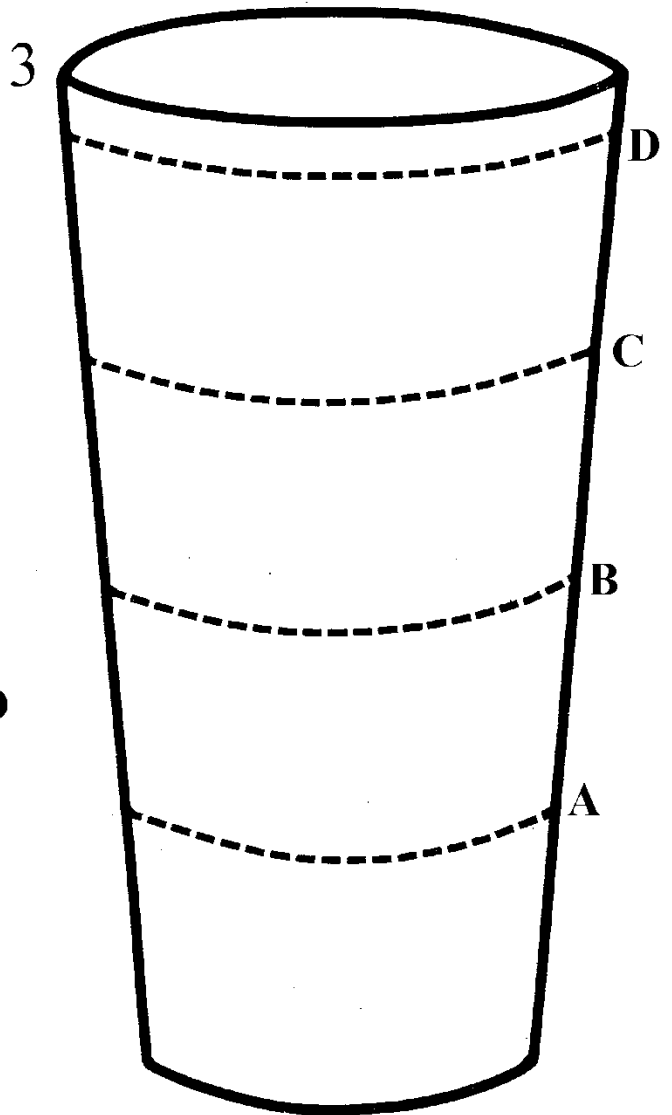
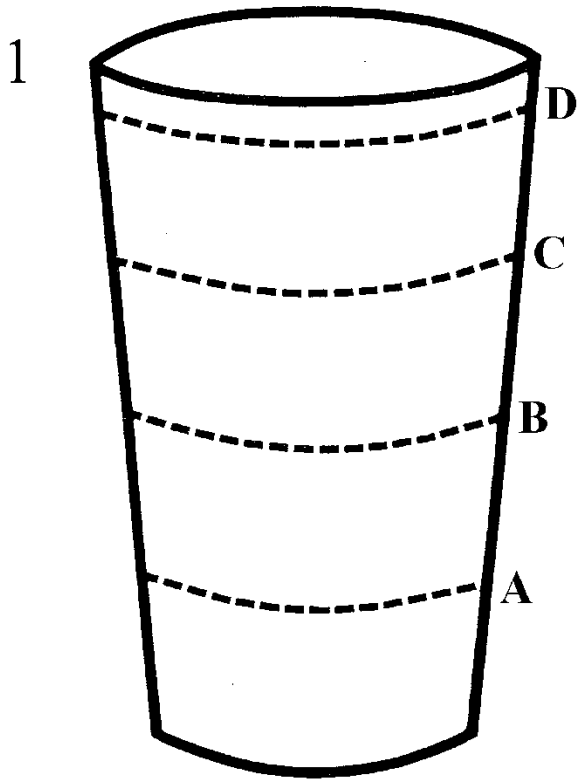
# Measuring Cups Tazas para Medir





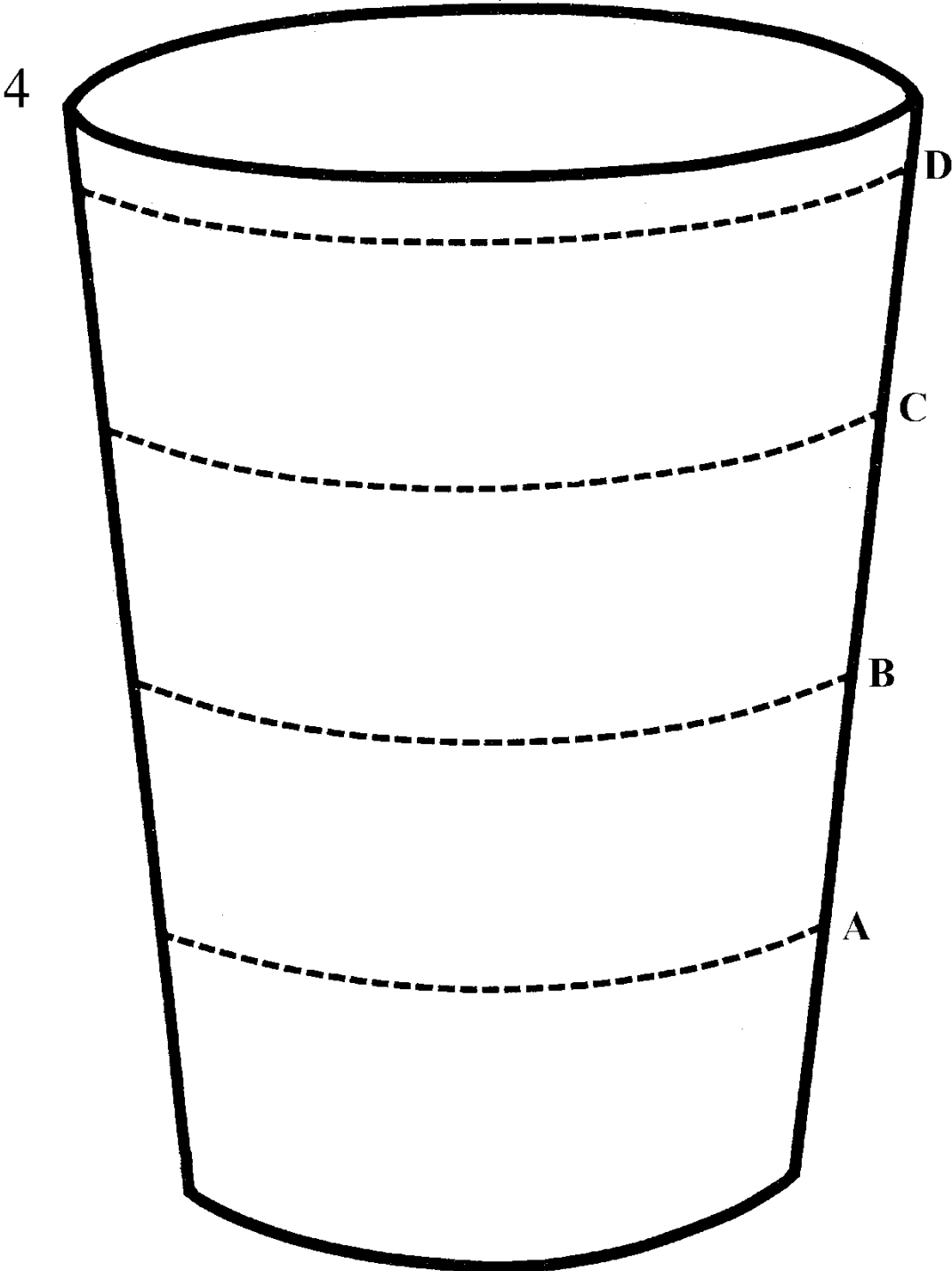
# Glasses

## Vasos



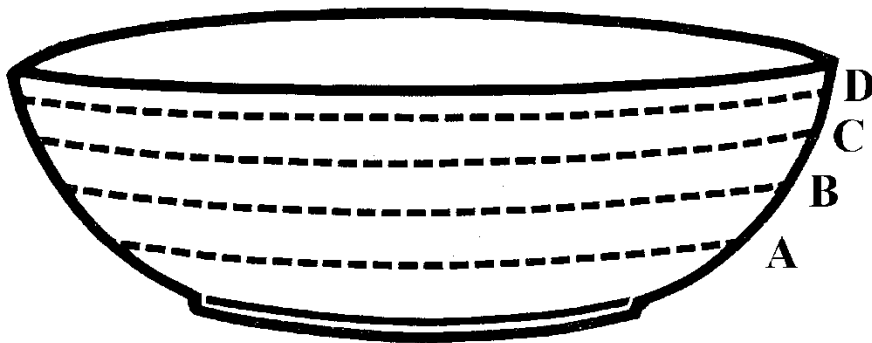
# Glasses

## Vasos

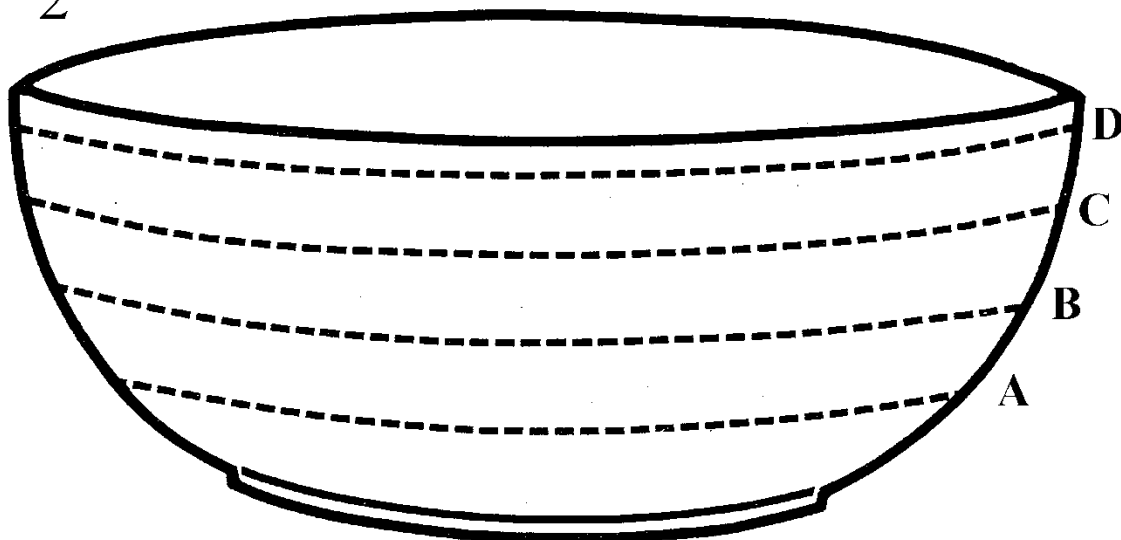


# Bowls Tazones

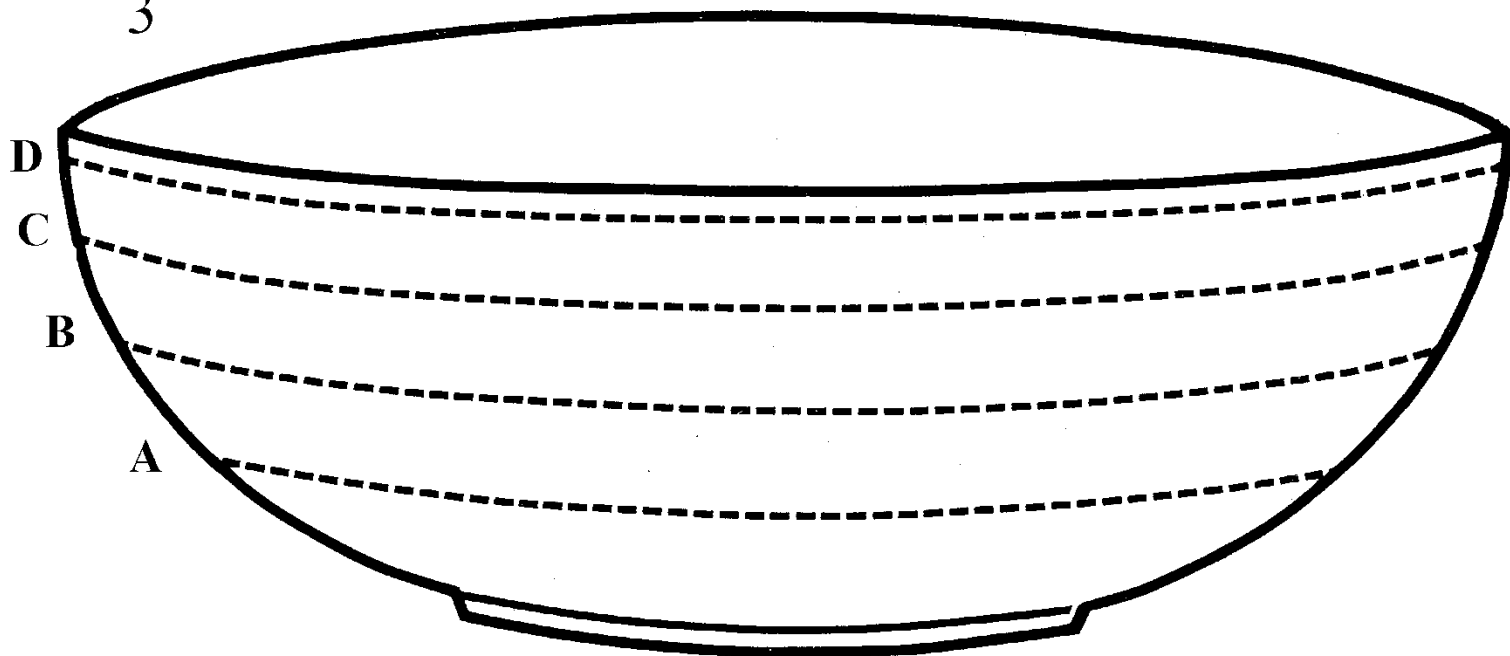
1

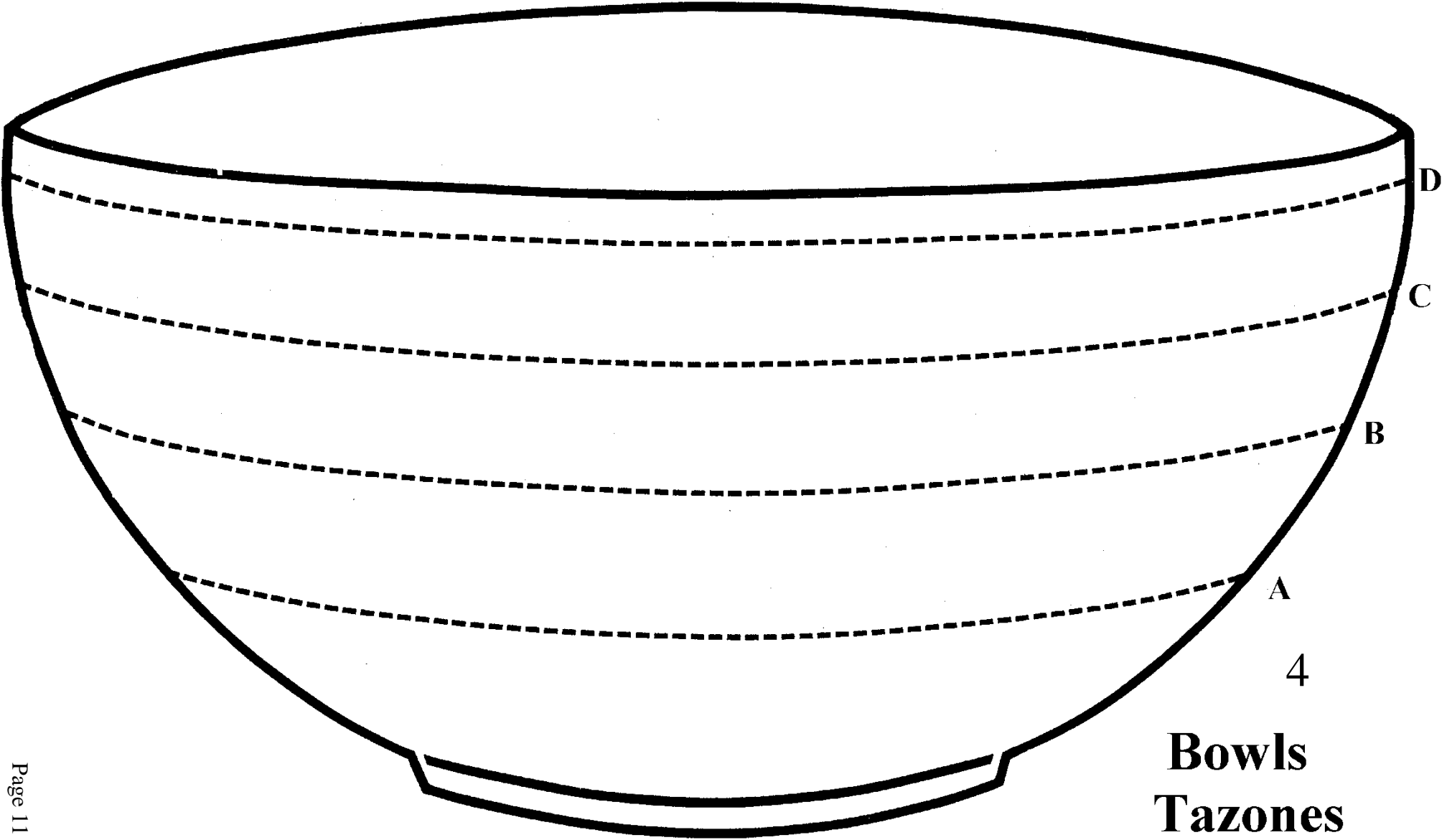


2



3

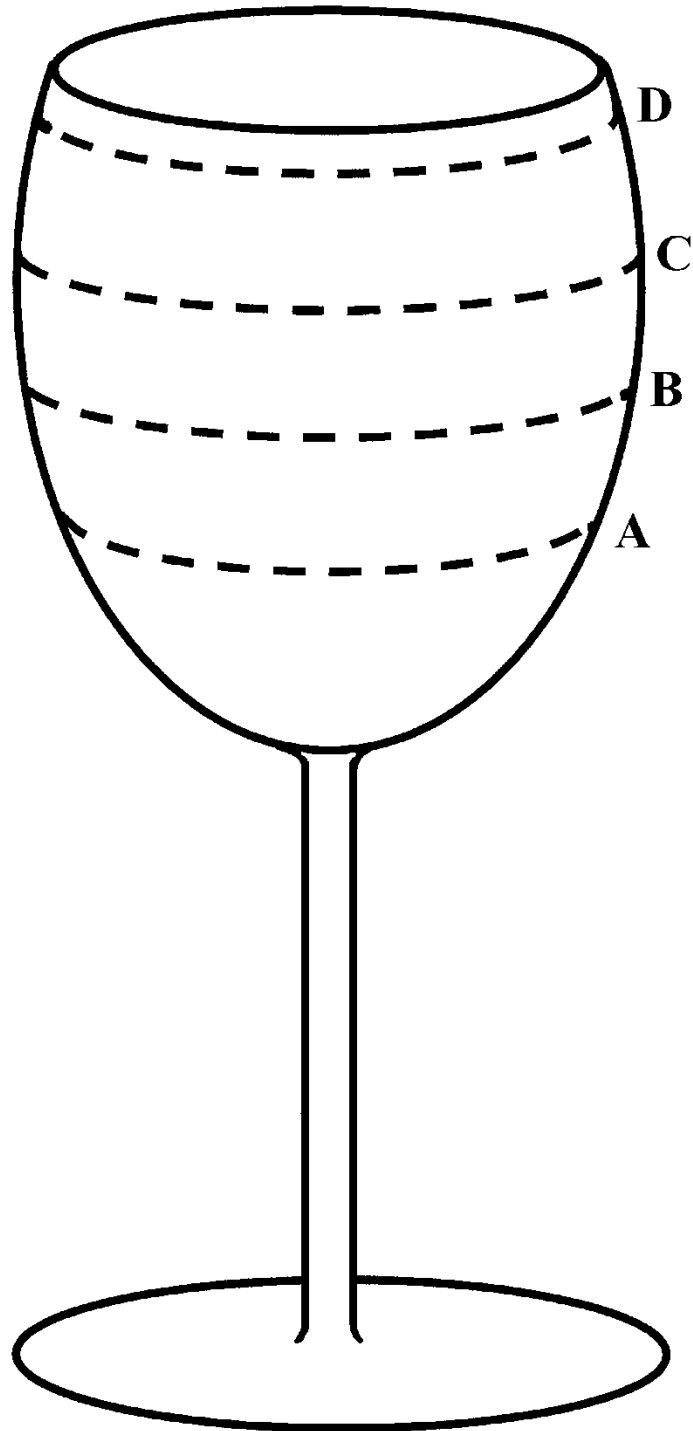




**Bowls**  
**Tazones**

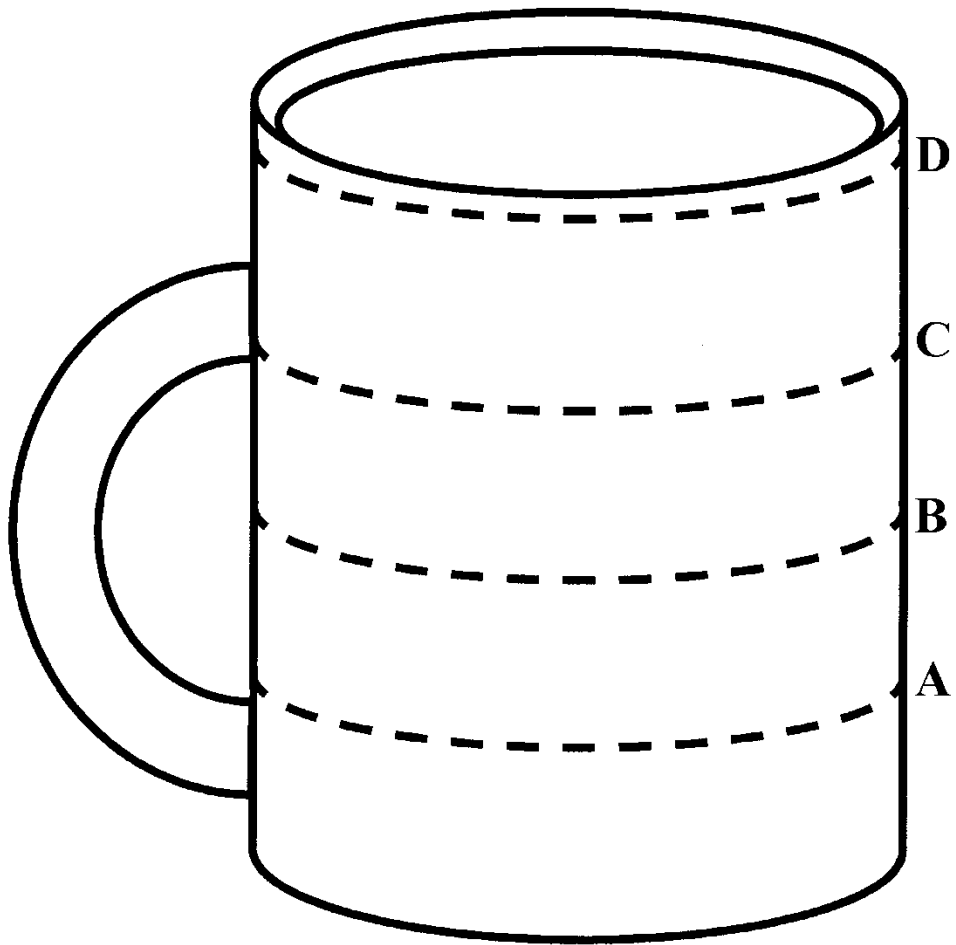
# Wine Glass

## Copa de Vino



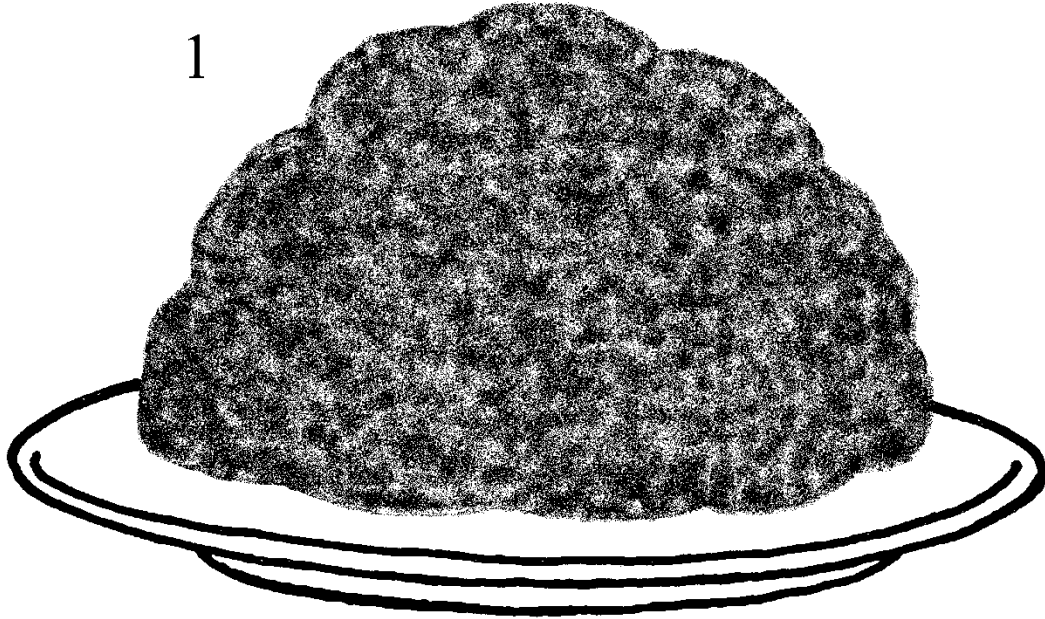
# Mug

## Tazón de Café

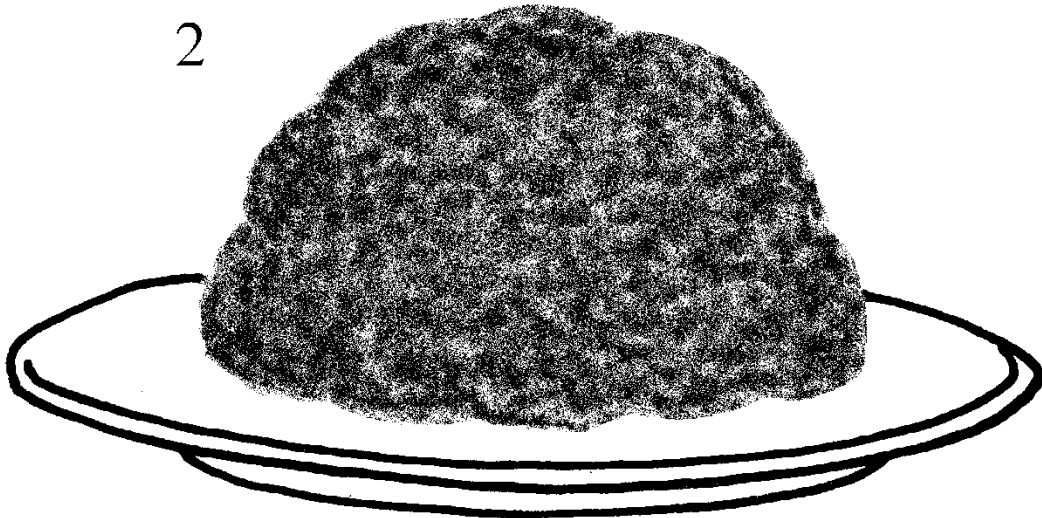


# Mounds Montones

1

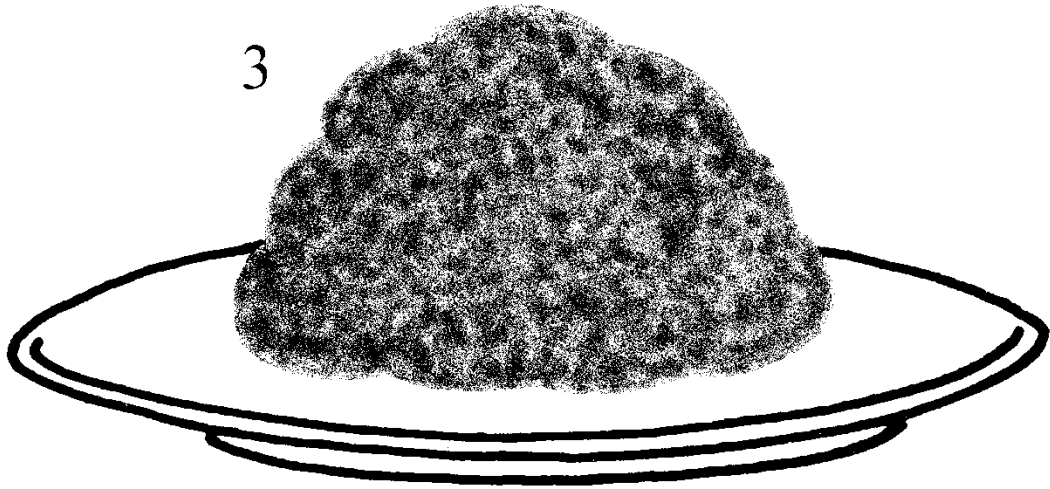


2

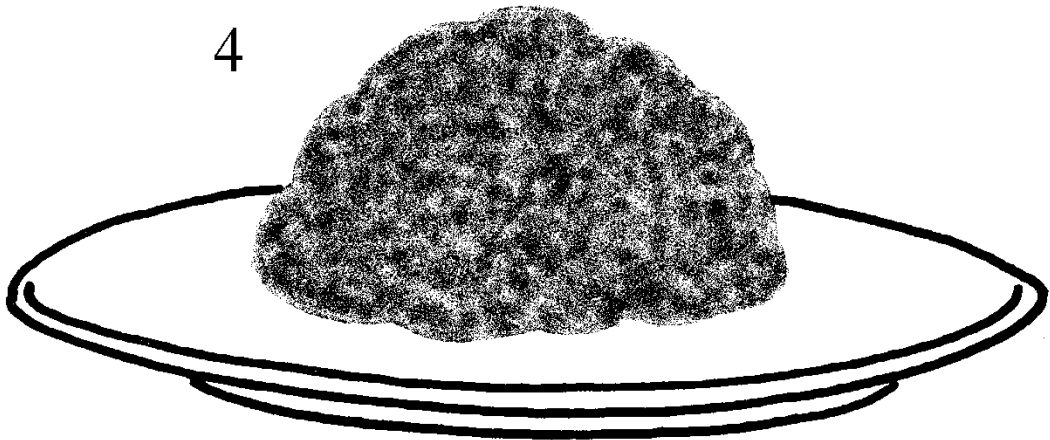


# Mounds Montones

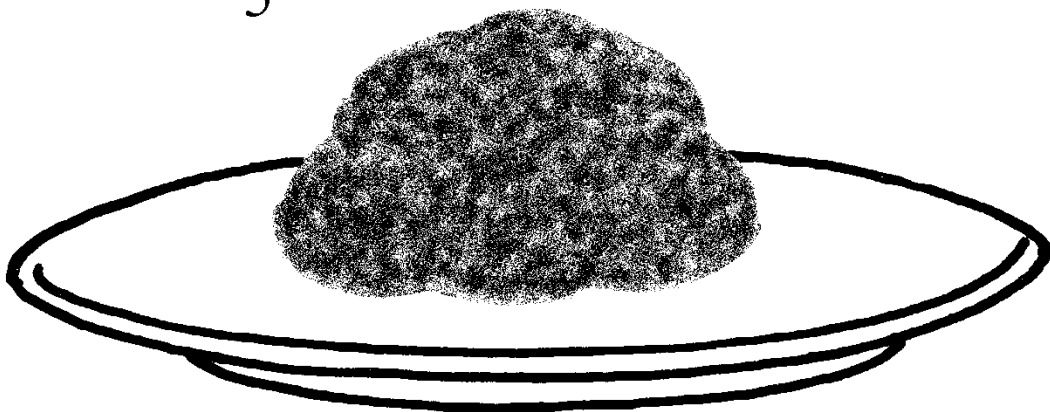
3



4



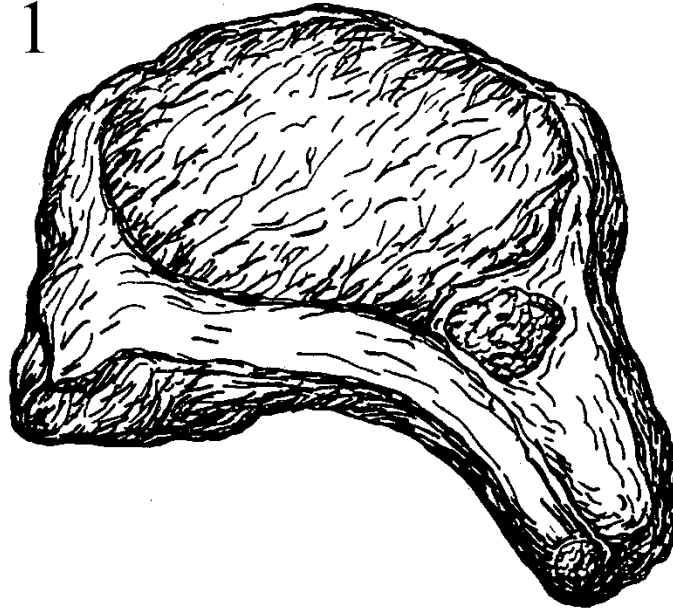
5



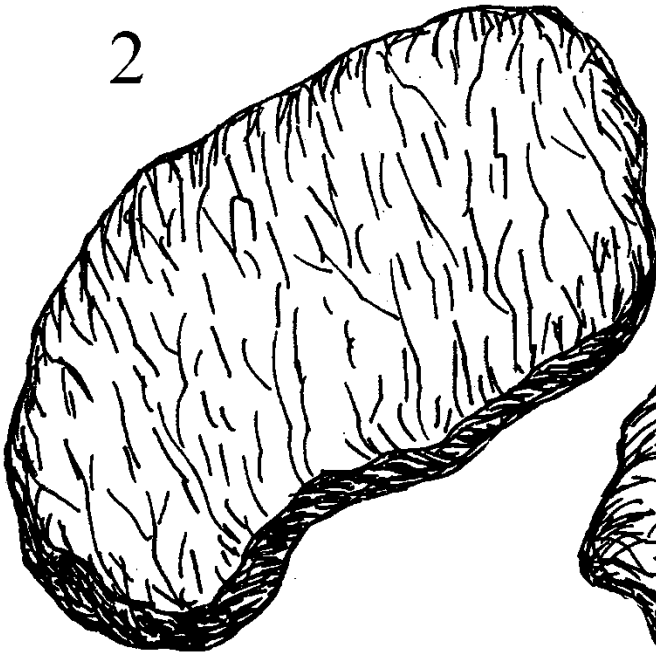


# Meats Carnes

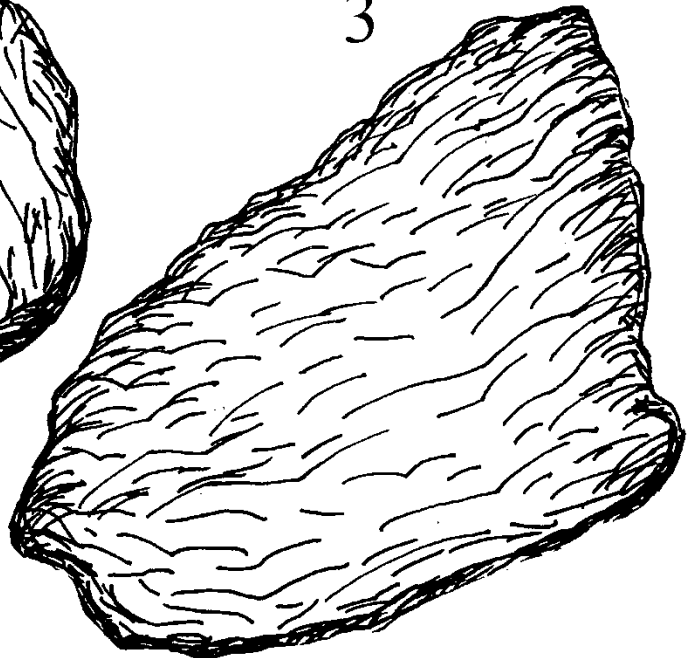
1



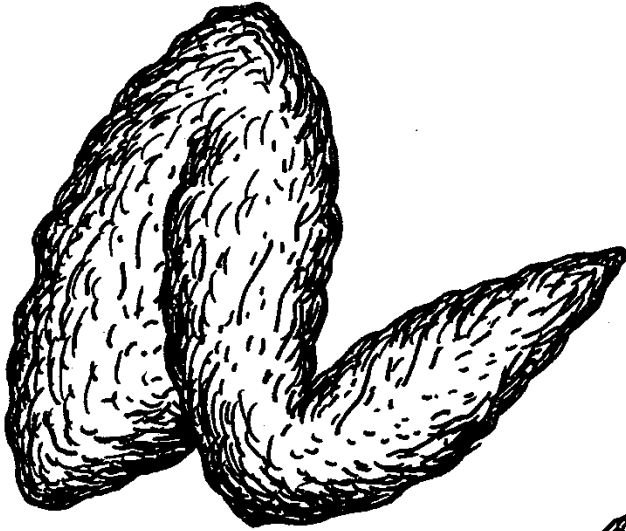
2



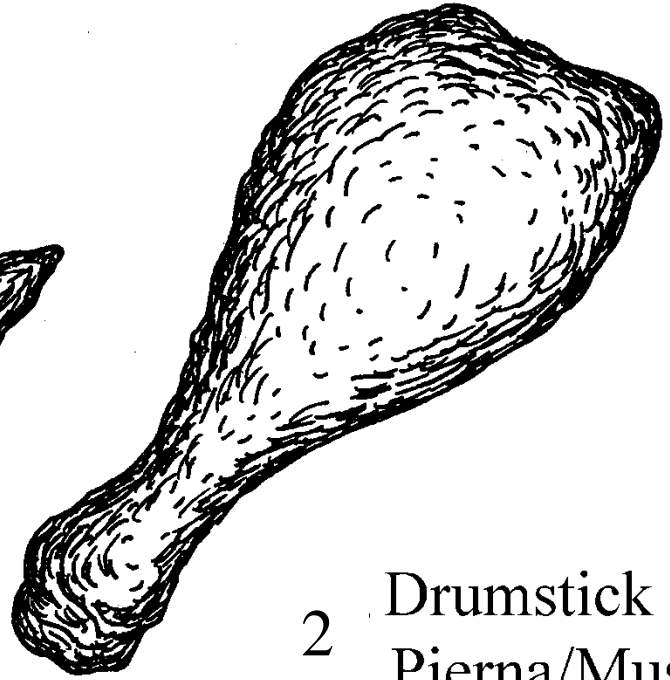
3



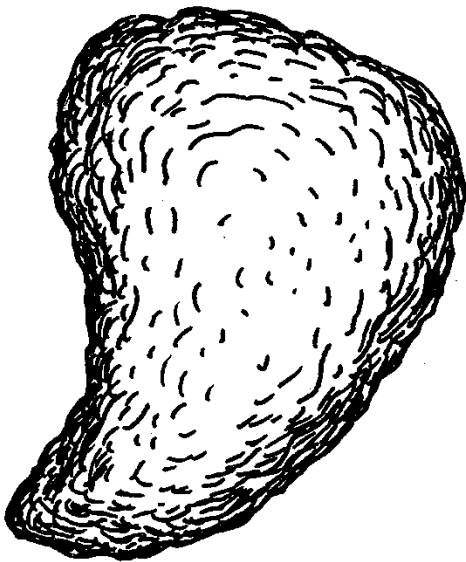
# Chicken Pollo



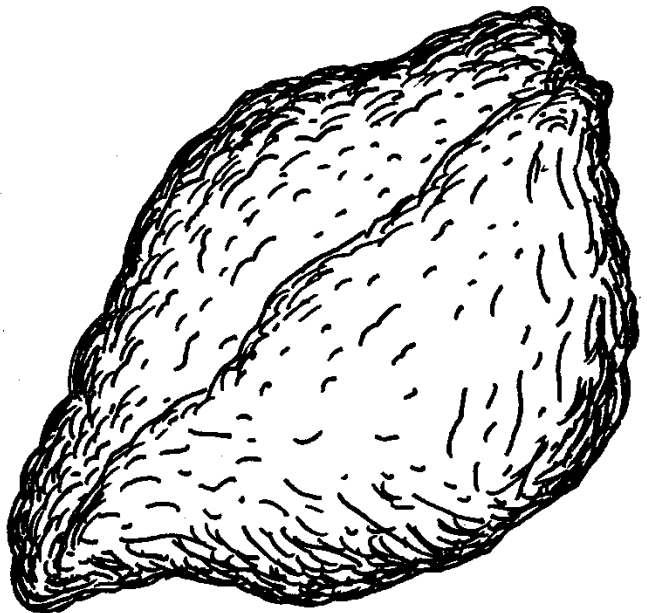
1 Wing  
Ala



2 Drumstick  
Pierna/Muslo



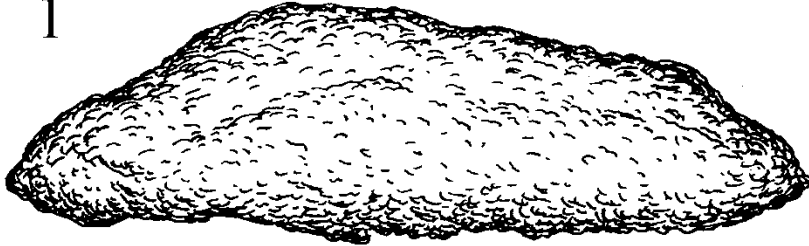
3 Thigh  
Muslo/Cadera



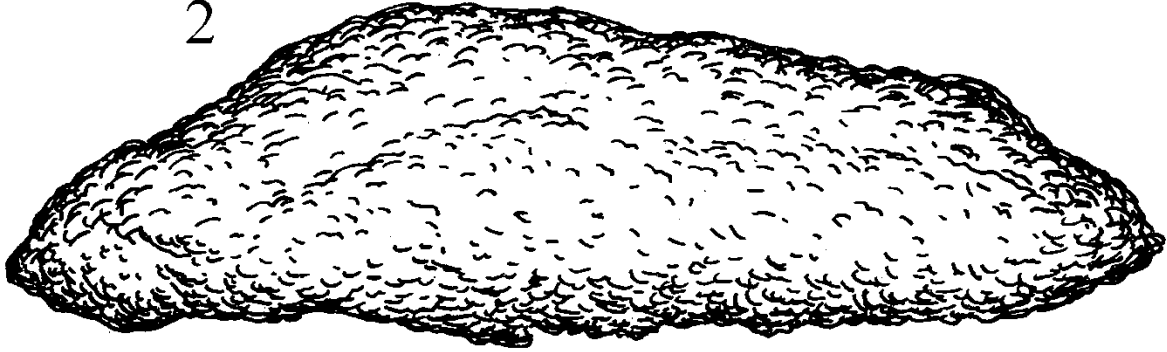
4 Breast  
Pechuga

# Fish Pescados

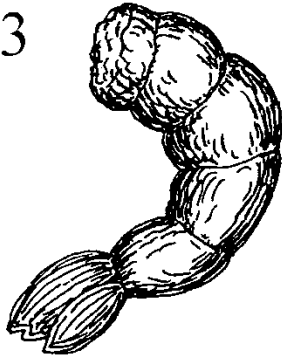
1



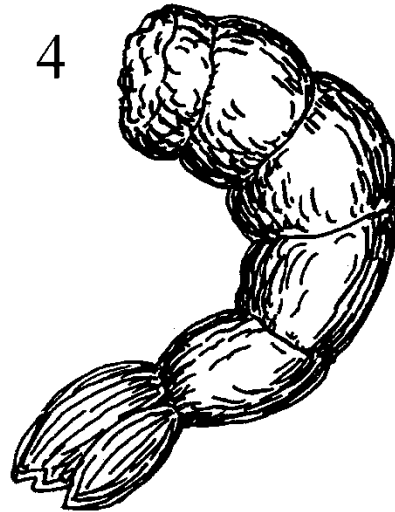
2



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.