Food

Amounts

Booklet

Interviewer Copy

Food Amounts Booklet
Conversion Guide for Dietary Interviewers

When the participant shows a picture in the Food Amounts Booklet, convert to NDSR amounts per the following information.

Squares and Rectangles 1/4 inch grid (pg 1)	**Circles (pg 2)**		
Enter as fractions, e.g., 9/4 wide x 12/4 long x 5/4 high or use page 4 for thickness. Each square is 1/4" x 1/4". Select shape, cube (3 dimensions) or rectangle (2 dimensions) per NDSR.	Select shape, circle or sphere. Enter diameter in inches (") per the following:		
	A = 1 inch B = 2 inches C = 2 1/2 inches	D = 3 inches E = 4 inches F = 5 inches	G = 6 inches H = 7 inches

Wedges (pg 3)						
STEP 1: Select the number that corresponds to the radius. Enter the radius in inches in NDSR	**STEP 2: Find the number selected in step 1. Next, find the letter that matches to the length of the arc. Enter the number in inches you obtained as the width in NDSR**					
1 = 4" radius (8" D[1]) **2** = 4 1/2" radius (9" D) **3** = 6" radius (12" D) **4** = 8" radius (16" D) **5** = 9" radius (18" D)		**A**	**B**	**C**	**D**	**E**
	1	0.6"	1.1"	2.1"	2.6"	3.9"
	2	0.7"	1.3"	2.4"	2.9"	4.4"
	3	0.9"	1.6"	3.1"	3.9"	5.9"
	4	1.1"	2.1"	4.1"	5.1"	7.8"
	5	1.3"	2.4"	4.7"	5.8"	8.9"
For 3D[2] wedge, also use **Thickness** (pg 4, height=x/16) or **Squares and Rectangles** (pg 1, height=x/4)						

Thickness (pg 4)	**Measuring Spoons (pg 5)**	**Eating and Serving Spoons (pg 6)**	**Measuring Cups (pg 7)**
Each unit is 1/16" thick. Enter thickness as fraction. E.g.: 1 = 1/16" 2 = 2/16" 3 = 3/16" 18 = 18/16"	Standard measures 1/2 teaspoon (TS) 1 teaspoon 1/2 tablespoon (TB) 1 tablespoon	Teaspoons: Level = 1 TS Heaping = 2 TS Tablespoon: Level = 1 TB Heaping = 2 TB	Standard measures 1/4 cup (CP) 1/3 CP 1/2 CP 1 CP

Glasses (pg 8-9)			
1 A = 1 1/4 FO 1 B = 2 1/2 FO 1 C = 3 3/4 FO 1 D = 5 FO	2 A = 2 1/2 FO 2 B = 5 FO 2 C = 7 1/2 FO 2 D = 10 FO	3 A = 3 FO 3 B = 6 FO 3 C = 9 FO 3 D = 12 FO	4 A = 8 FO (1 CP) 4 B = 16 FO (2 CP) 4 C = 24 FO (3 CP) 4 D = 32 FO (4 CP)

Bowls (pg 10-11)				**Wine Glass (pg12)**	**Mug (pg 13)**
1 A = 1/8 CP 1 B = 1/4 CP 1 C = 3/8 CP 1 D = 1/2 CP	2 A = 3/8 CP 2 B = 3/4 CP 2 C = 1 1/4 CP 2 D = 1 1/2 CP	3 A = 3/4 CP 3 B = 1 1/2 CP 3 C = 2 1/4 CP 3 D = 3 CP	4 A = 2 CP 4 B = 4 CP 4 C = 6 CP 4 D = 8 CP	A = 2 FO B = 4 FO C = 6 FO D = 8 FO	A = 2 1/2 FO B = 5 FO C = 7 1/2 FO D = 11 FO

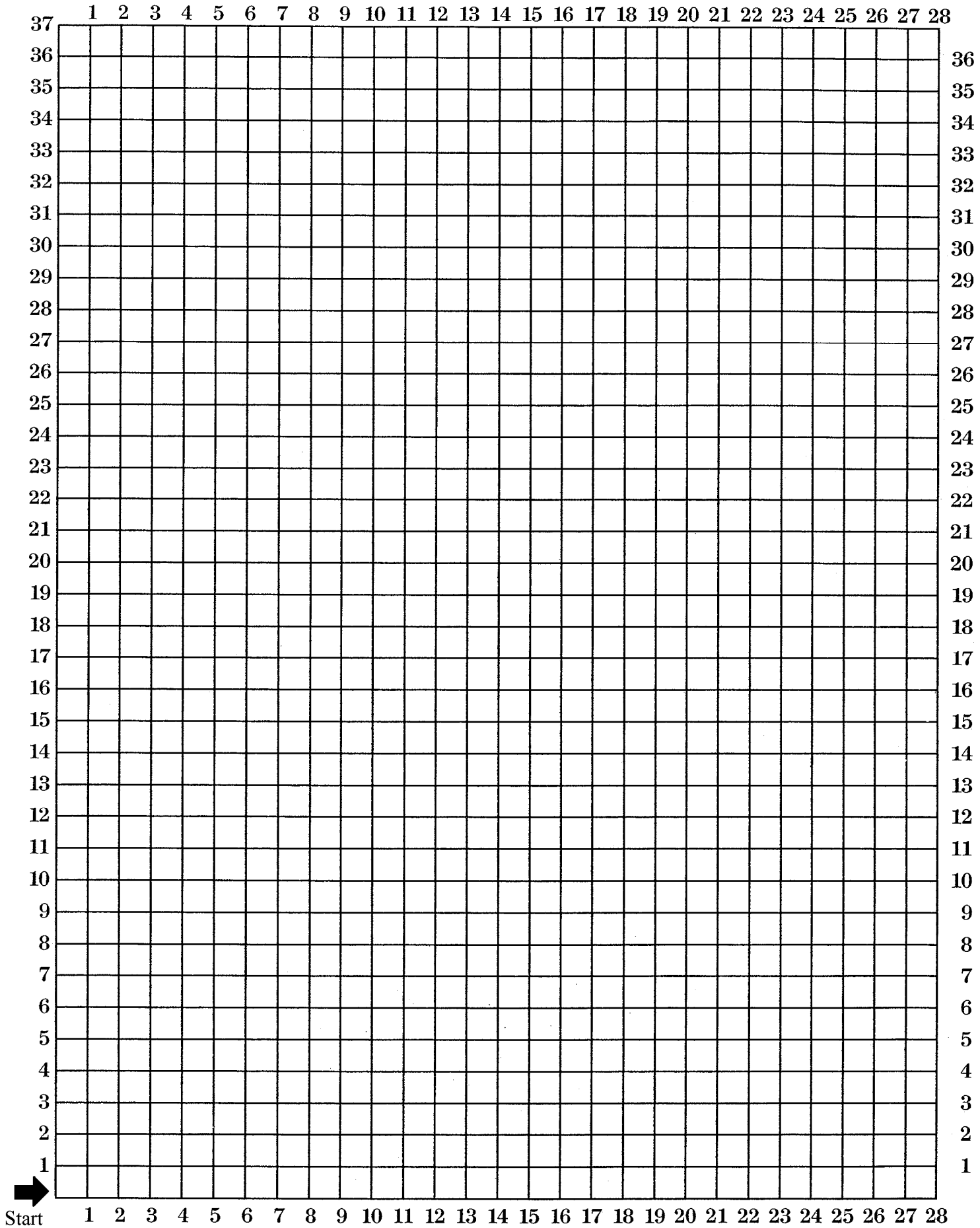
Mounds (pg 14-15)	**Meats (pg 16)**	**Chicken (pg 17)**	**Fish (pg 18)**
1 = 1 CP 2 = 3/4 CP 3 = 1/2 CP 4 = 1/3 CP 5 = 1/4 CP	All are edible portion 1 = 3 OZ 2 = 3 OZ 3 = 1 1/2 OZ	Edible portion no skin/with skin Wing = 0.7 / 1.2 OZ Drumstick = 1.6 / 1.8 OZ Thigh = 1.8 / 2.2 OZ Breast = 3.0 / 3.5 OZ	Edible portion 1 = 2 OZ 2 = 3 OZ 3 = 1/2 OZ 4 = 1 OZ

[1] D = Diameter

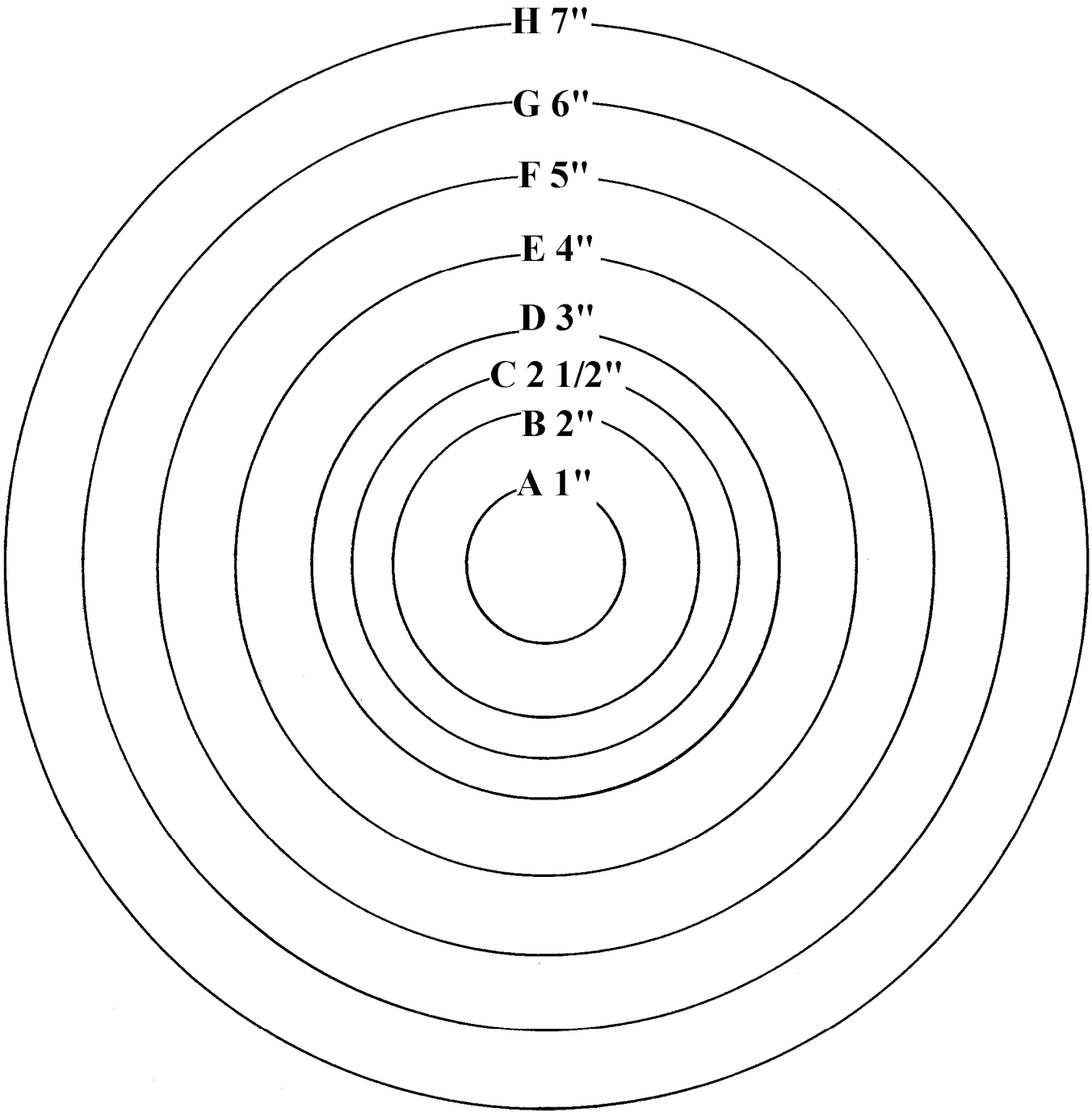
[2] 3D = three dimensional

Updated 1/6/2017

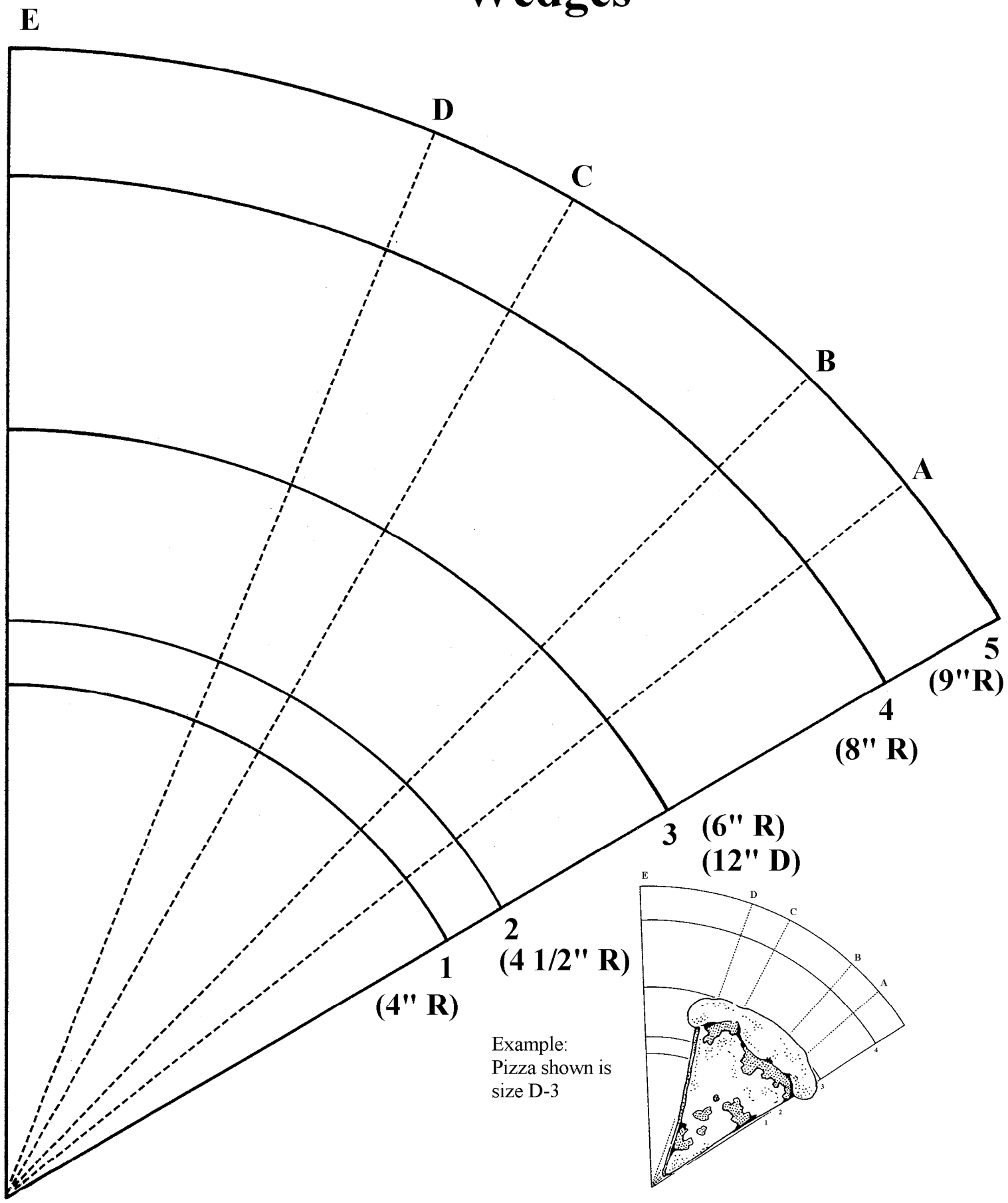
Squares and Rectangles



Circles

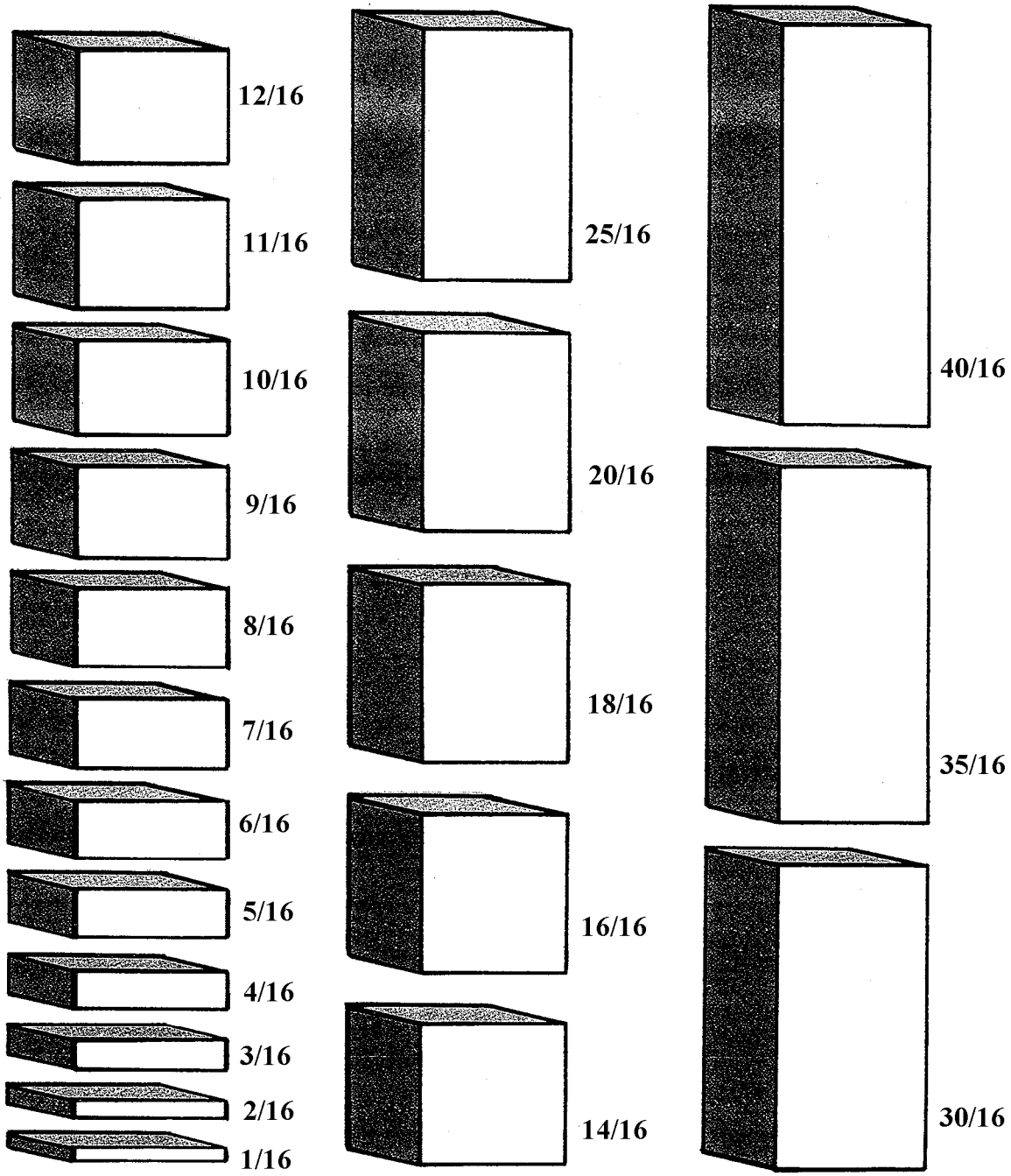


Wedges

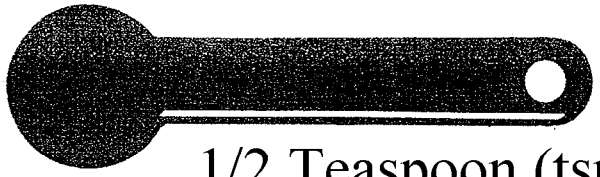


Example:
Pizza shown is
size D-3

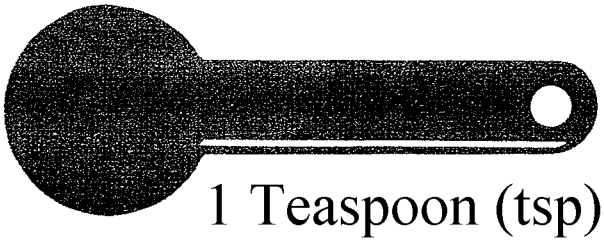
Thickness


12/16
11/16
10/16
9/16
8/16
7/16
6/16
5/16
4/16
3/16
2/16
1/16
25/16
20/16
18/16
16/16
14/16
40/16
35/16
30/16

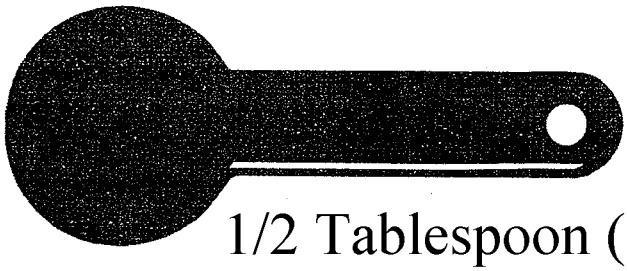
Measuring Spoons



1/2 Teaspoon (tsp)



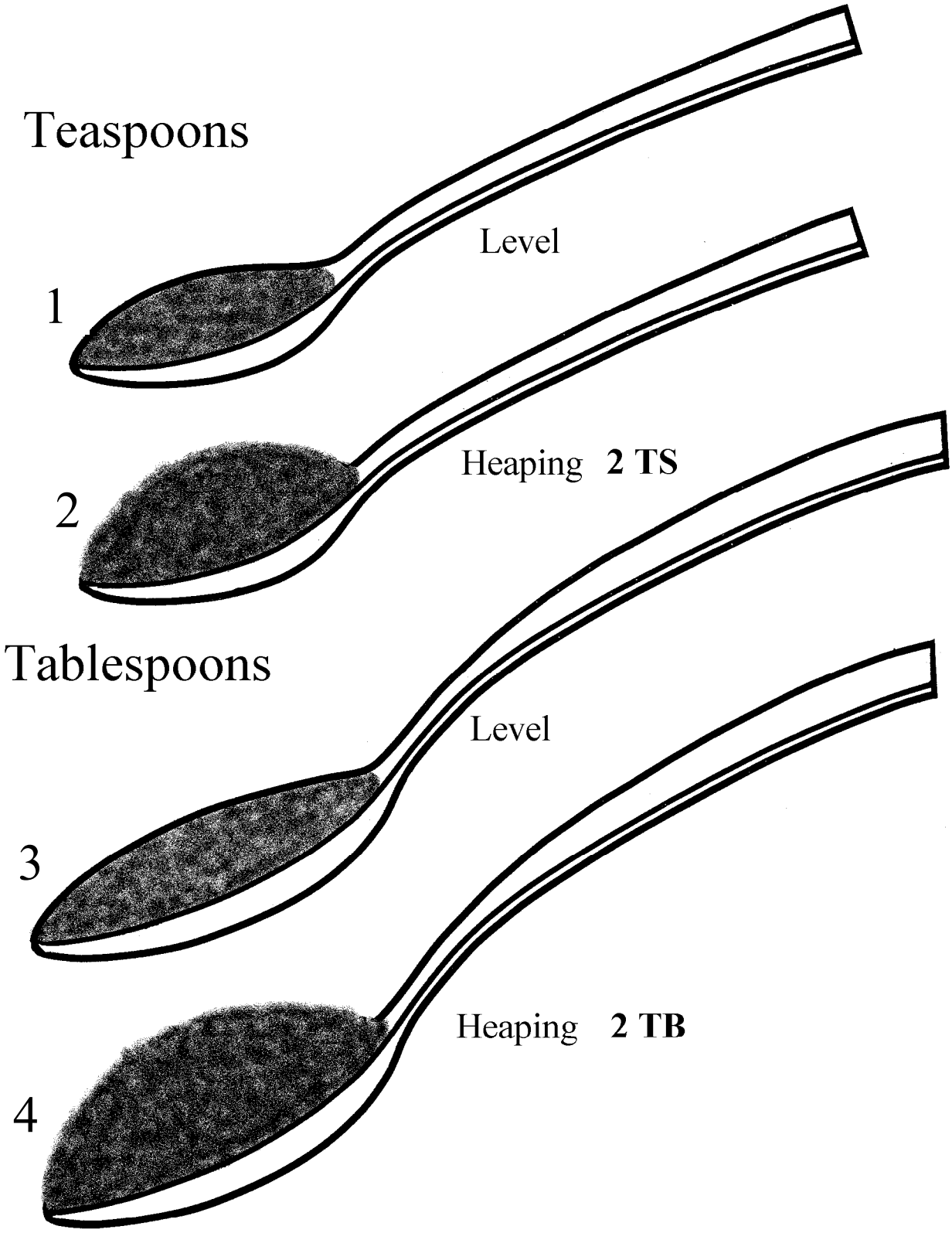
1 Teaspoon (tsp)



1/2 Tablespoon (Tbsp)

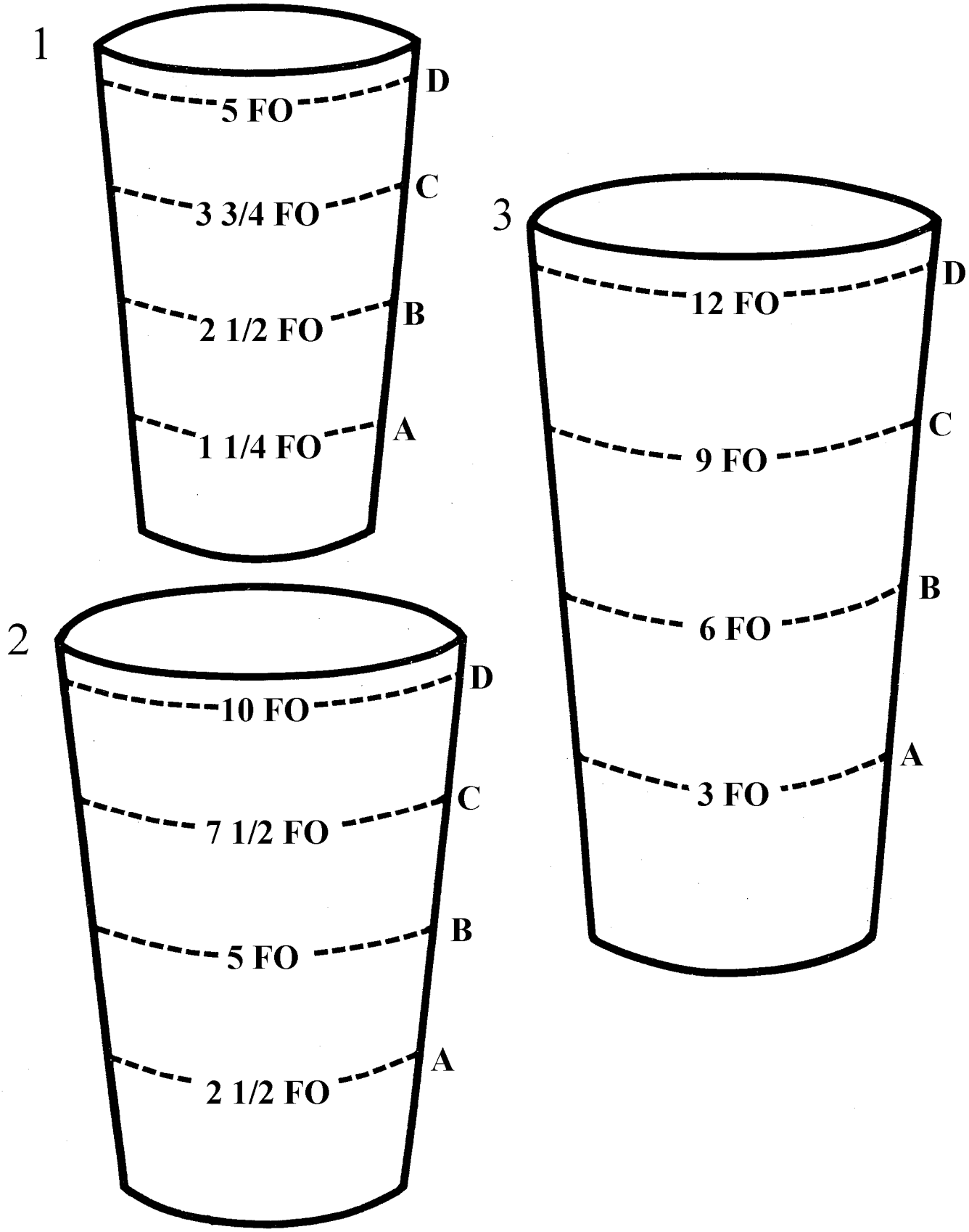
1 Tablespoon (Tbsp)

Eating and Serving Spoons



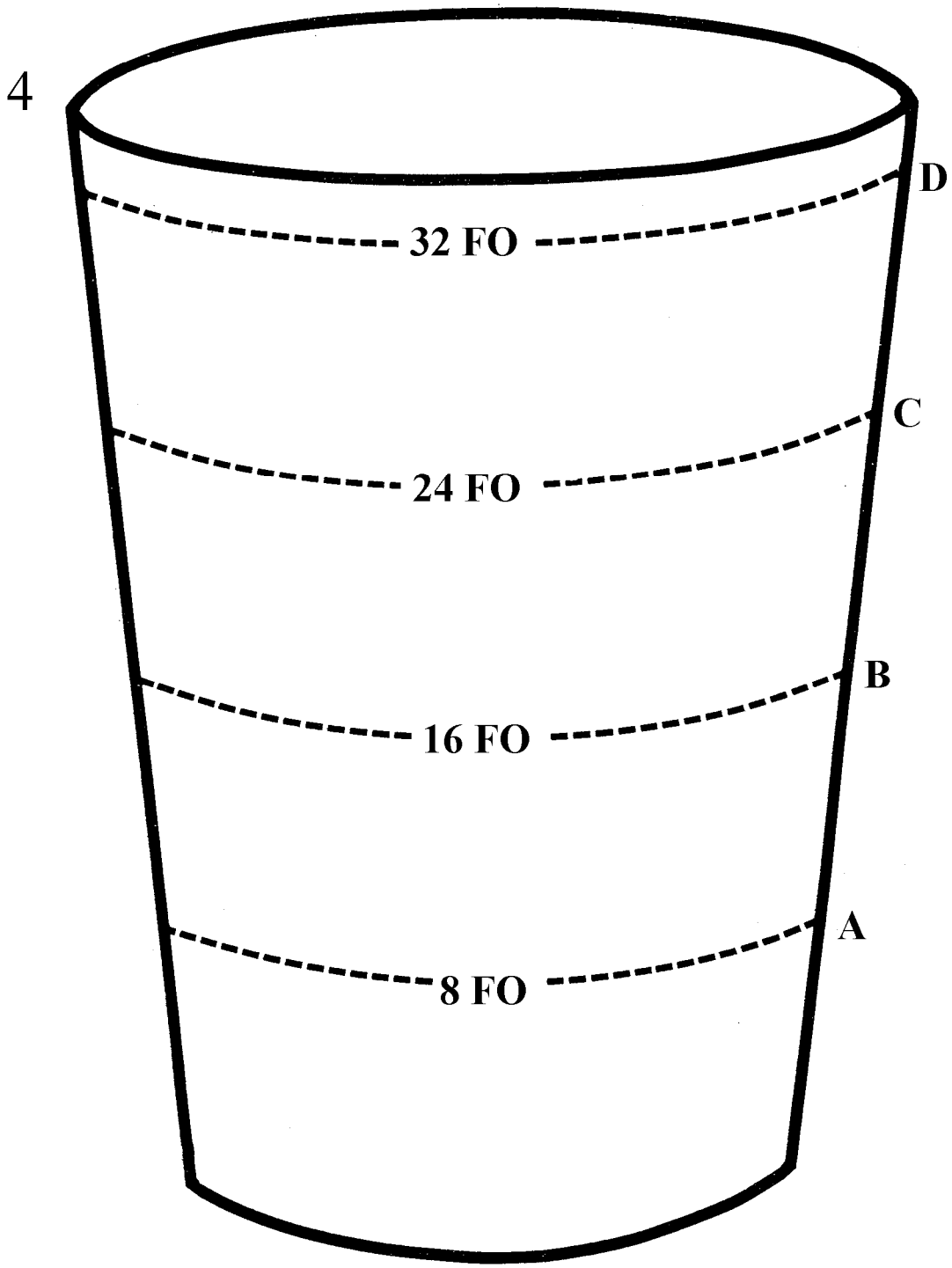
Measuring Cups

Glasses


1
5 FO
D
3 3/4 FO
C
2 1/2 FO
B
1 1/4 FO
A
2
10 FO
D
7 1/2 FO
C
5 FO
B
2 1/2 FO
A
3
12 FO
D
9 FO
C
6 FO
B
3 FO
A

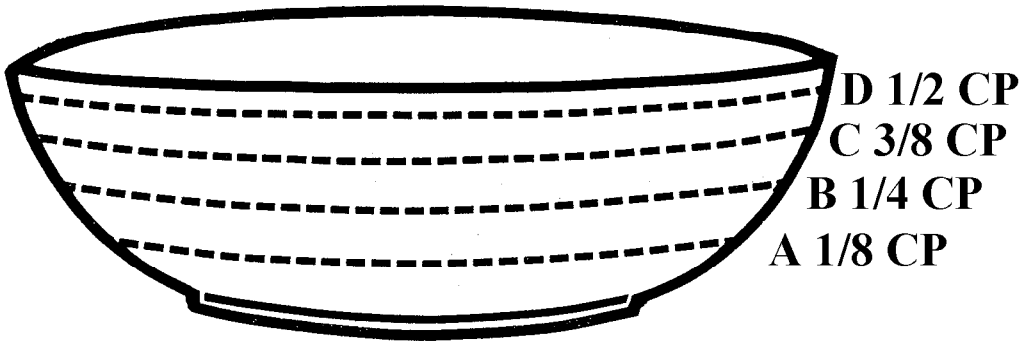
Glasses

4

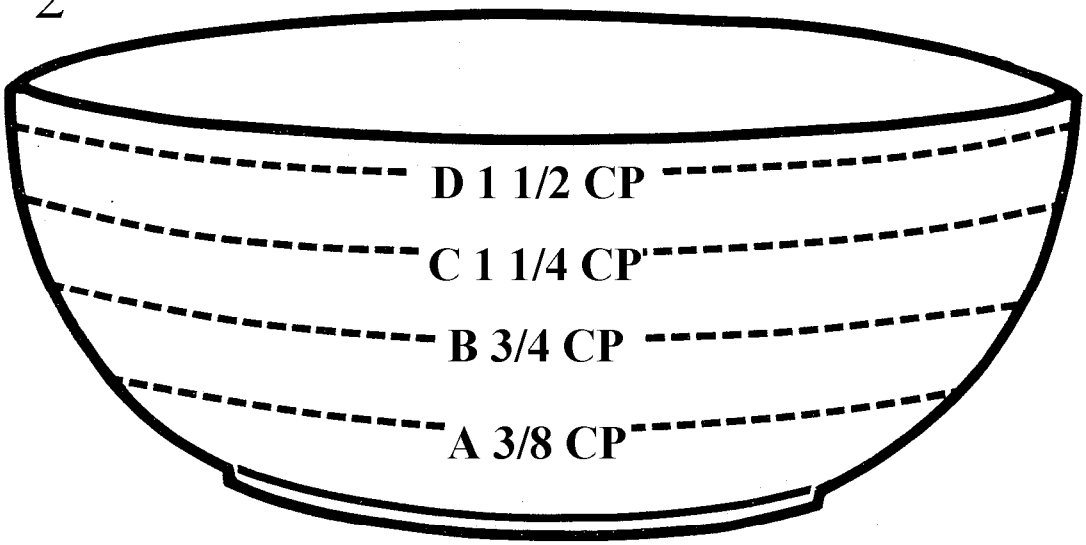


Bowls

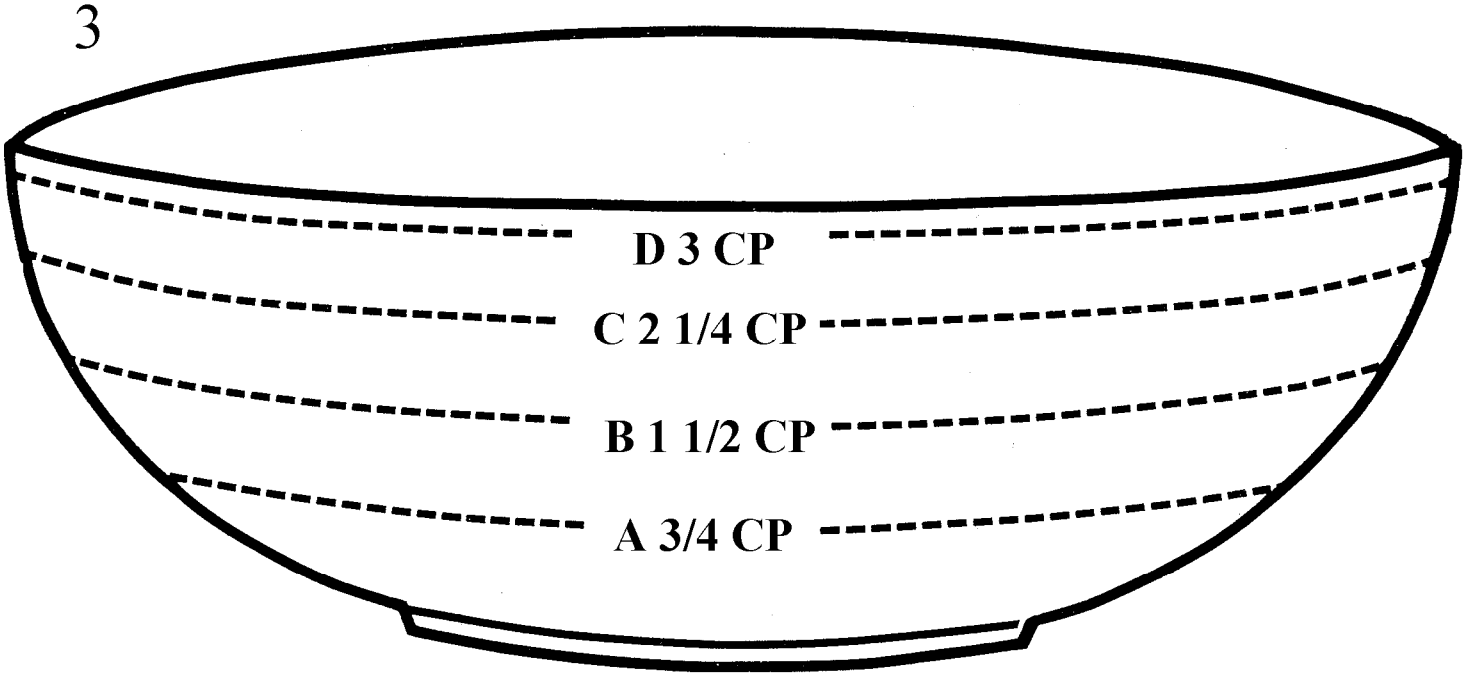
1

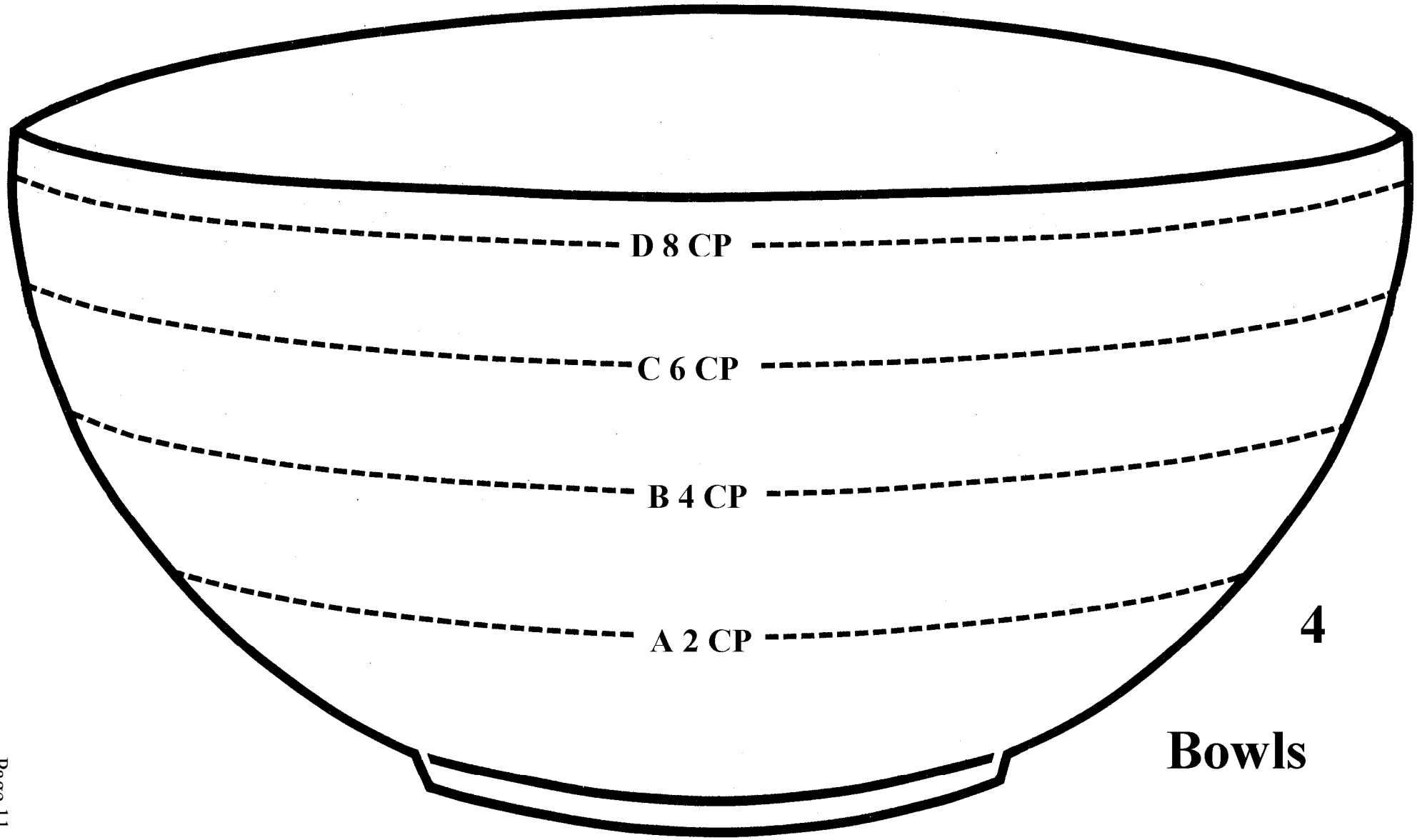

D 1/2 CP
C 3/8 CP
B 1/4 CP
A 1/8 CP

2


D 1 1/2 CP
C 1 1/4 CP
B 3/4 CP
A 3/8 CP

3

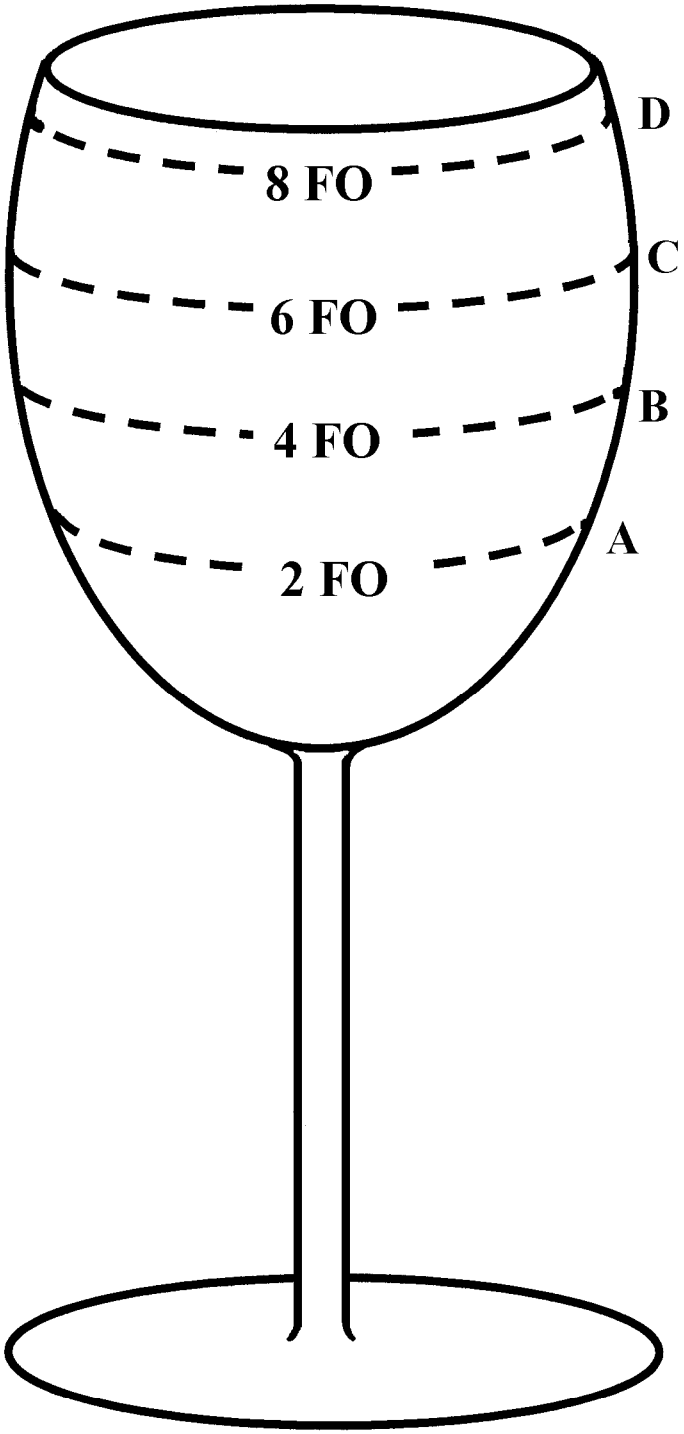

D 3 CP
C 2 1/4 CP
B 1 1/2 CP
A 3/4 CP



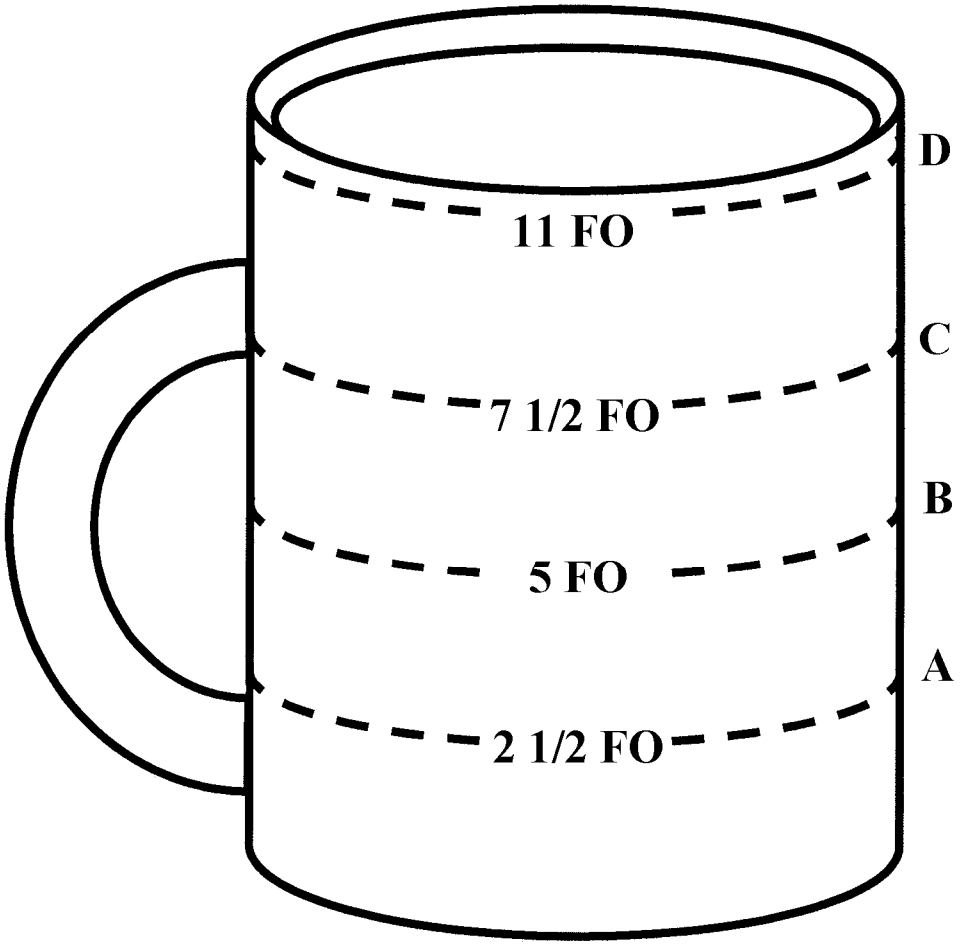
4

Bowls

Wine Glass



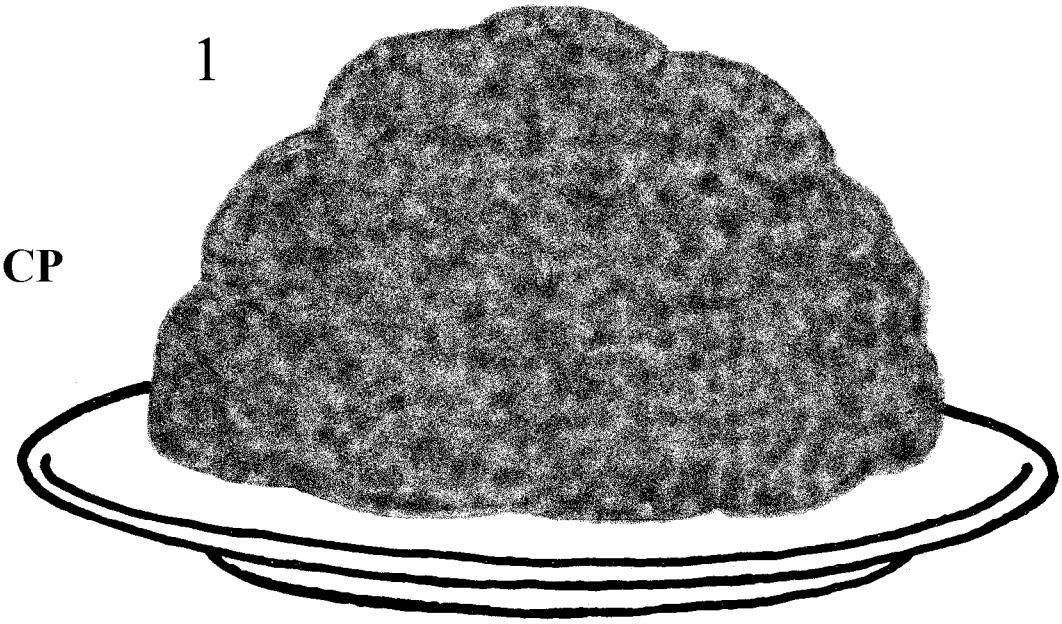
Mug



Mounds

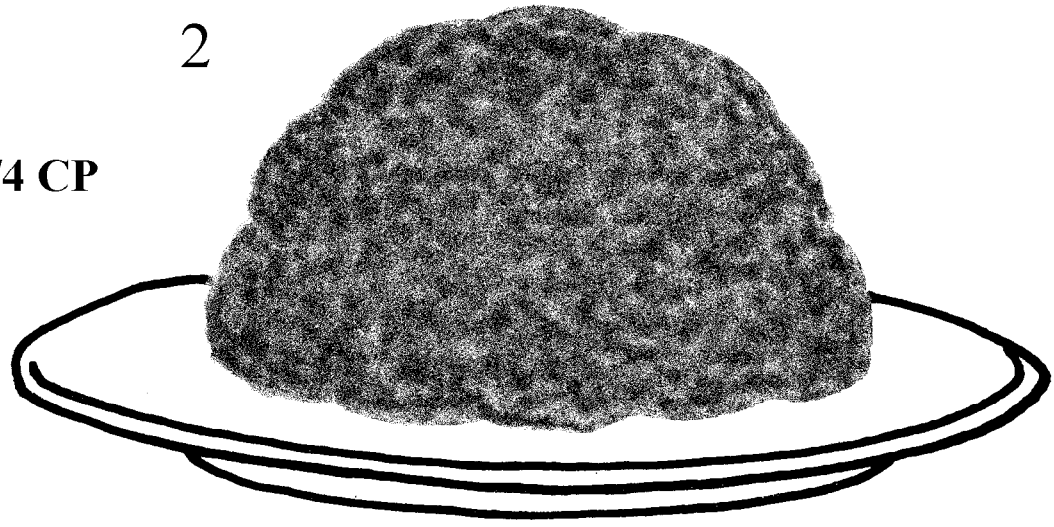
1

1 CP



2

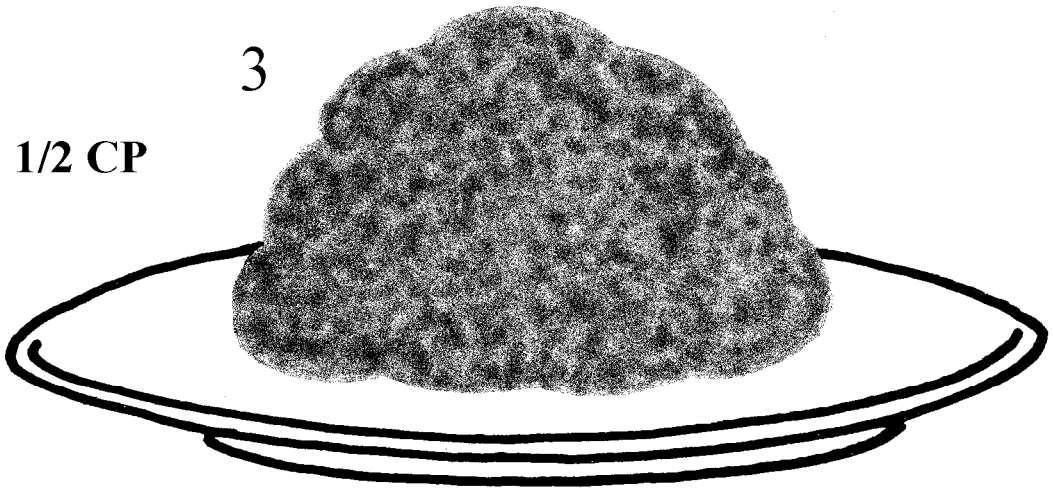
3/4 CP



Mounds

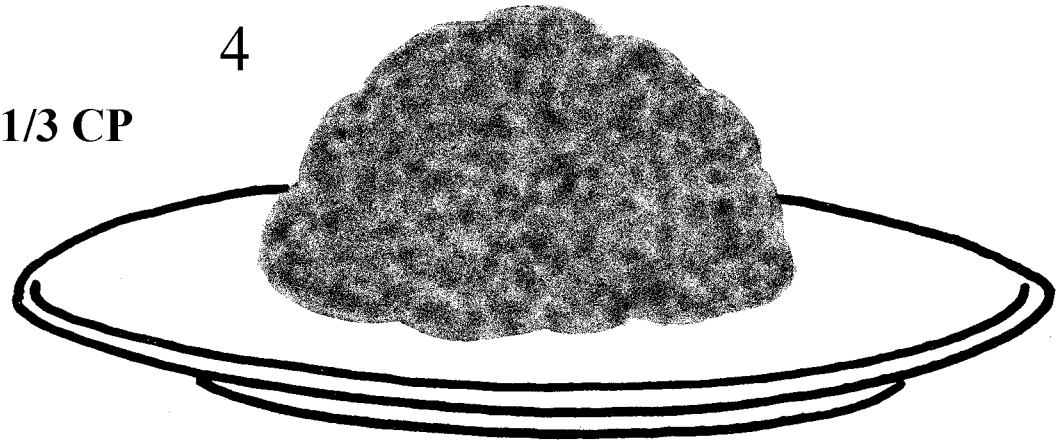
3

1/2 CP



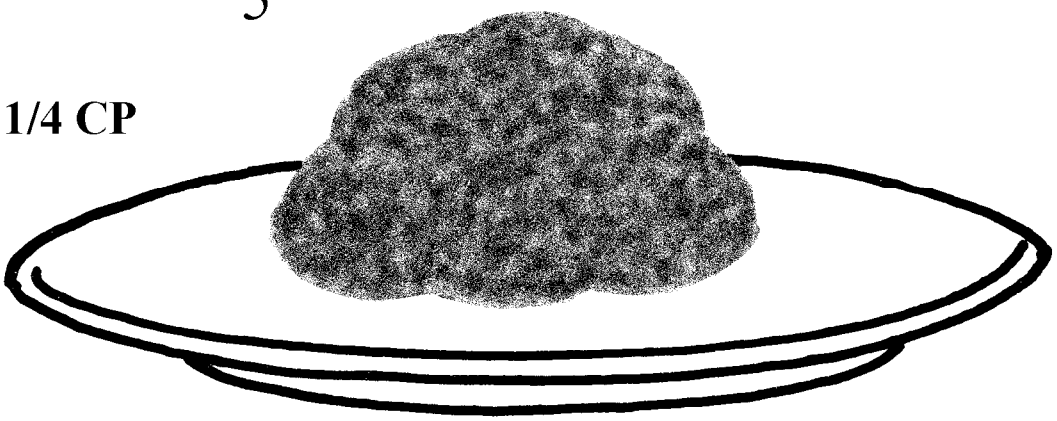
4

1/3 CP



5

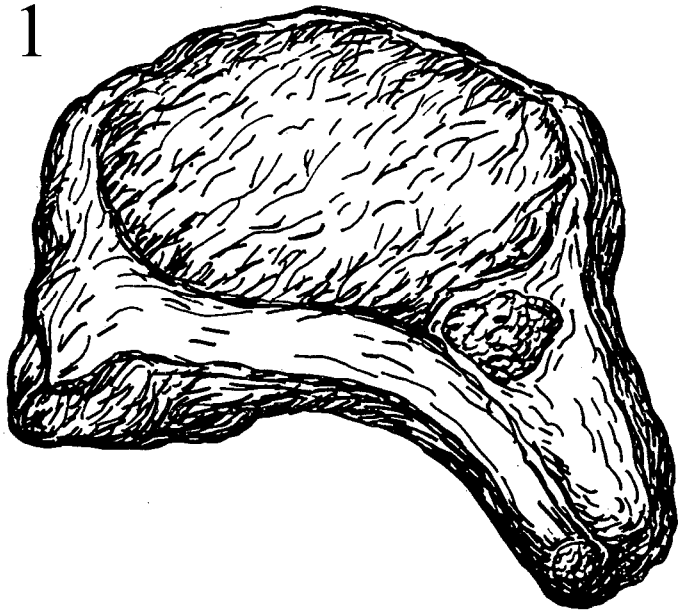
1/4 CP



Meats

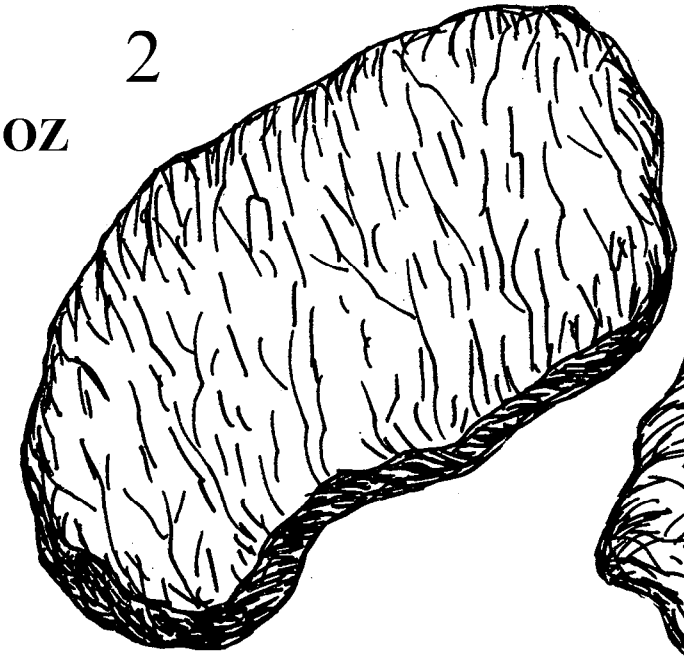
1

3 OZ



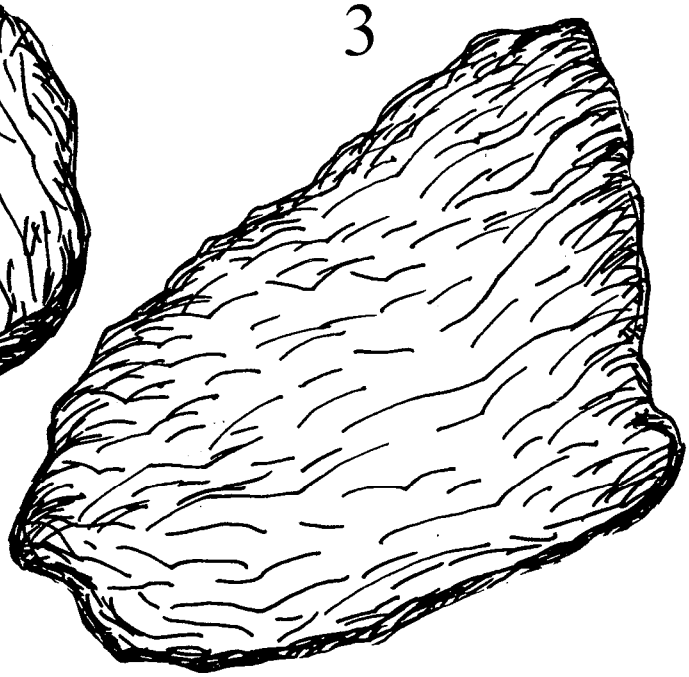
2

3 OZ

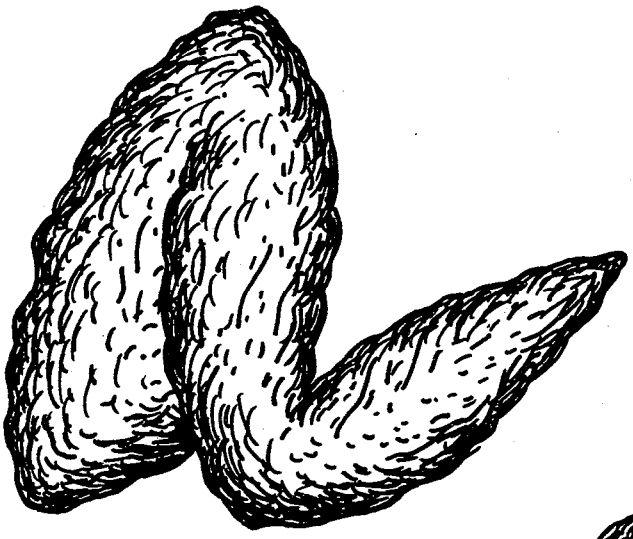


1 1/2 OZ

3

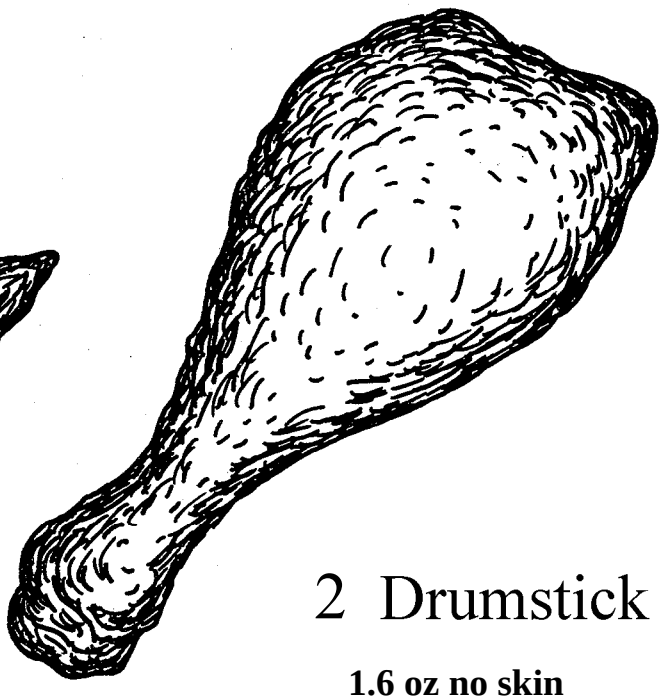


Chicken



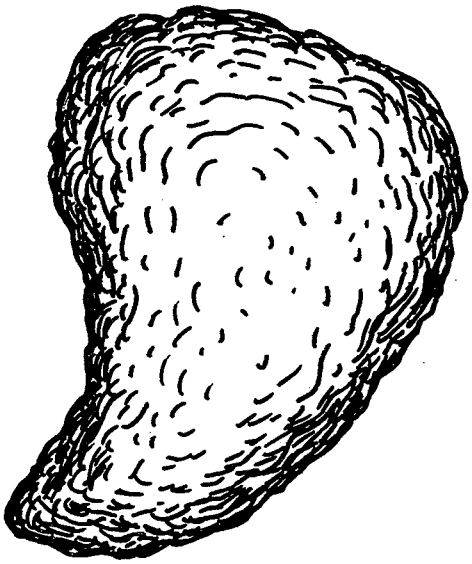
1 Wing

0.7 oz no skin
1.2 oz with skin

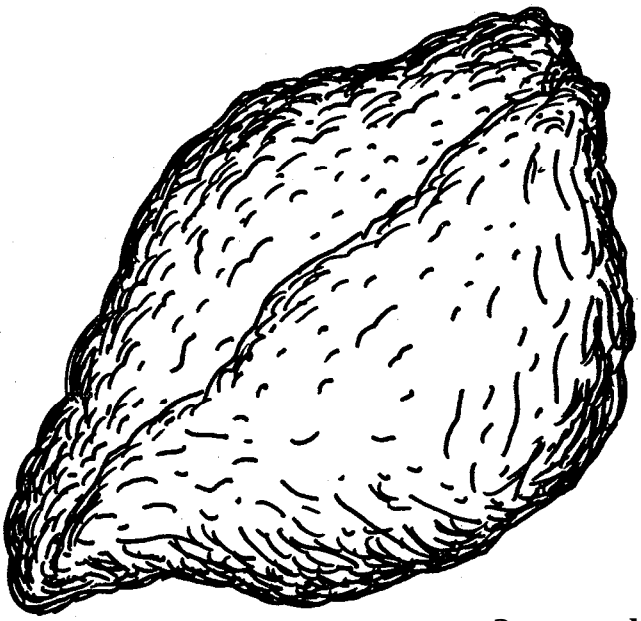


2 Drumstick

1.6 oz no skin
1.8 oz with skin



3 Thigh **1.8 oz no skin**
2.2 oz with skin



4 Breast **3 oz no skin**
3.5 oz with skin

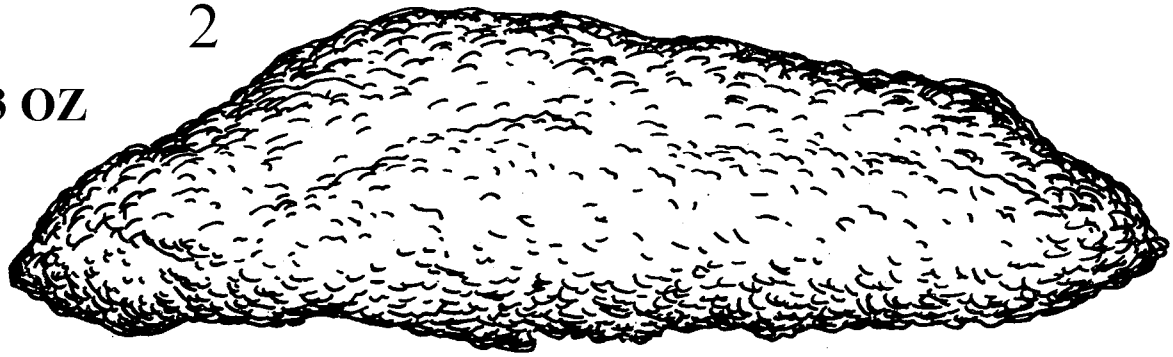
Fish

1

2 OZ

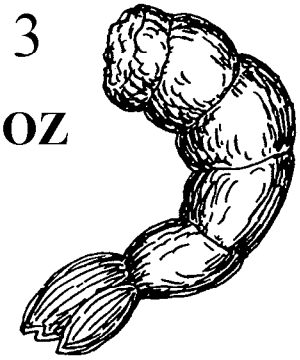
2

3 OZ



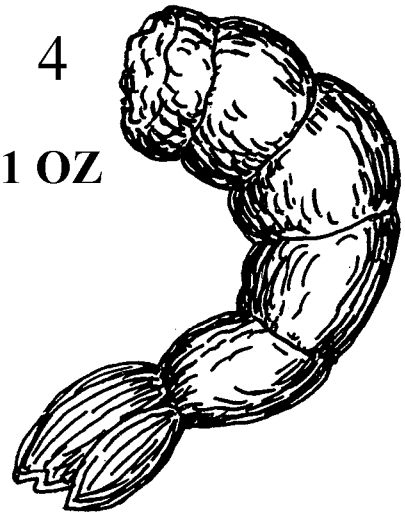
3

1/2 OZ



4

1 OZ



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.