

**Food  
Amounts  
Booklet**

**Folleto de las  
Cantidades de  
Alimentos**

**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					
	A	B	C	D	E	
1 = 4" radius (8" D <sup>1</sup> )	1	0.6"	1.1"	2.1"	2.6"	3.9"
2 = 4 1/2" radius (9" D)	2	0.7"	1.3"	2.4"	2.9"	4.4"
3 = 6" radius (12" D)	3	0.9"	1.6"	3.1"	3.9"	5.9"
4 = 8" radius (16" D)	4	1.1"	2.1"	4.1"	5.1"	7.8"
5 = 9" radius (18" D)	5	1.3"	2.4"	4.7"	5.8"	8.9"
For 3D <sup>2</sup> wedge, also use <b>Thickness</b> (pg 4, height=x/16) or <b>Squares and Rectangles</b> (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"	<u>Standard measures</u> 1/2 teaspoon (TS) 1 teaspoon 1/2 tablespoon (TB) 1 tablespoon	<u>Teaspoons:</u> Level = 1 TS Heaping = 2 TS <u>Tablespoon:</u> Level = 1 TB Heaping = 2 TB	<u>Standard measures</u> 1/4 cup (CP) 1/3 CP 1/2 CP 1 CP

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

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

<sup>1</sup> D = Diameter

<sup>2</sup> 3D = three dimensional

# Squares and Rectangles

## Cuadrados y Rectángulos

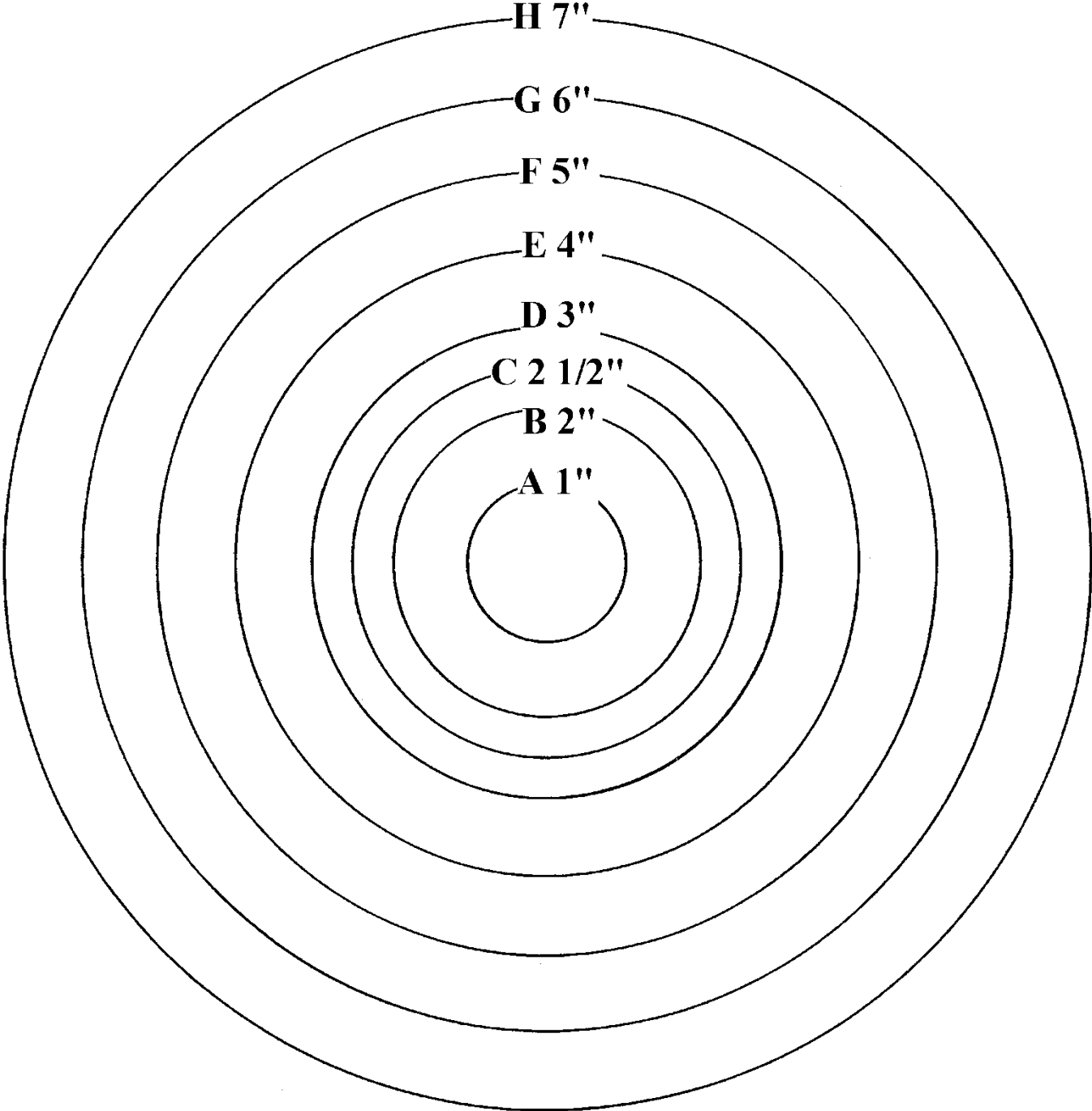
37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

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

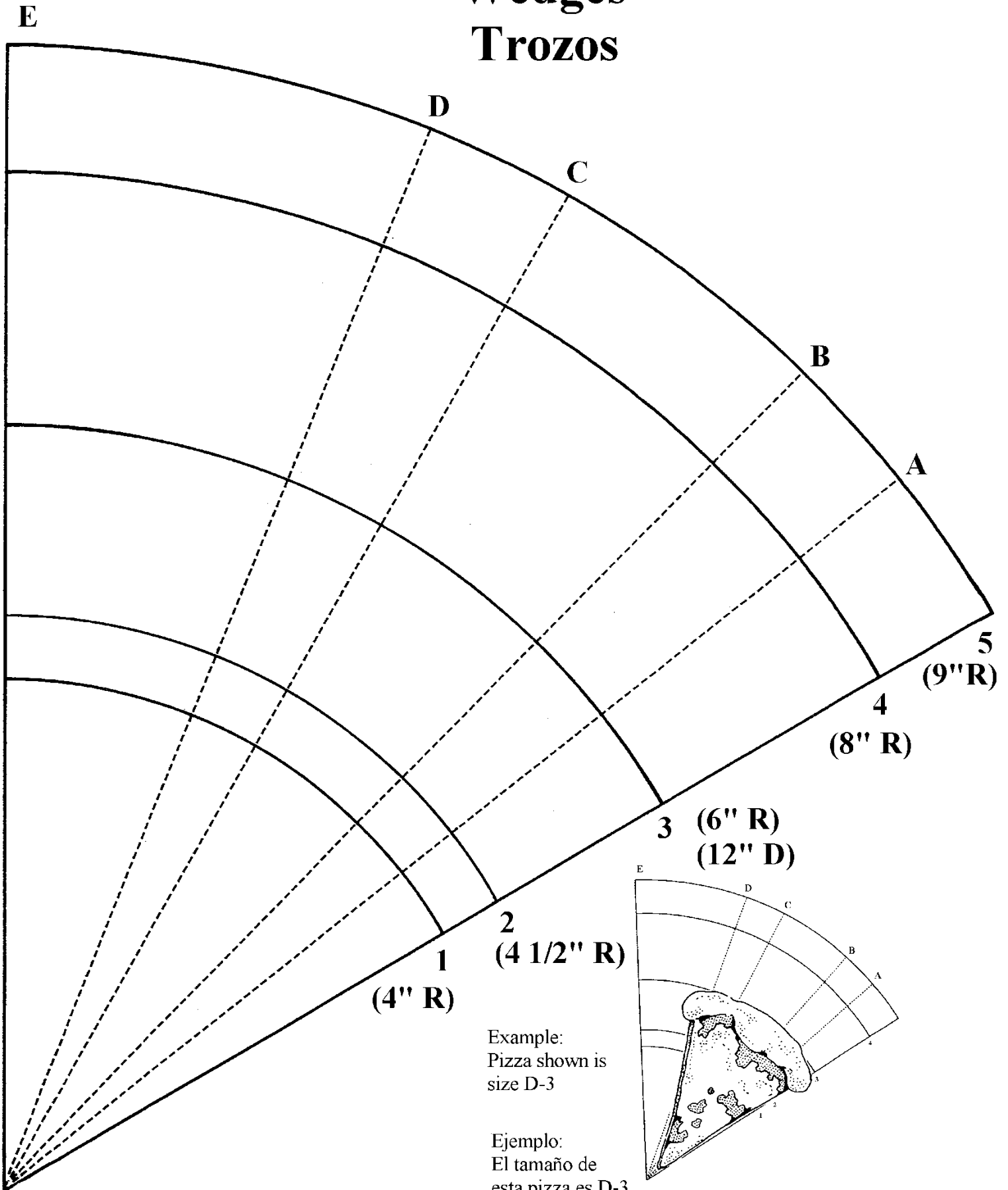
Start Here

# Circles

# Círculos



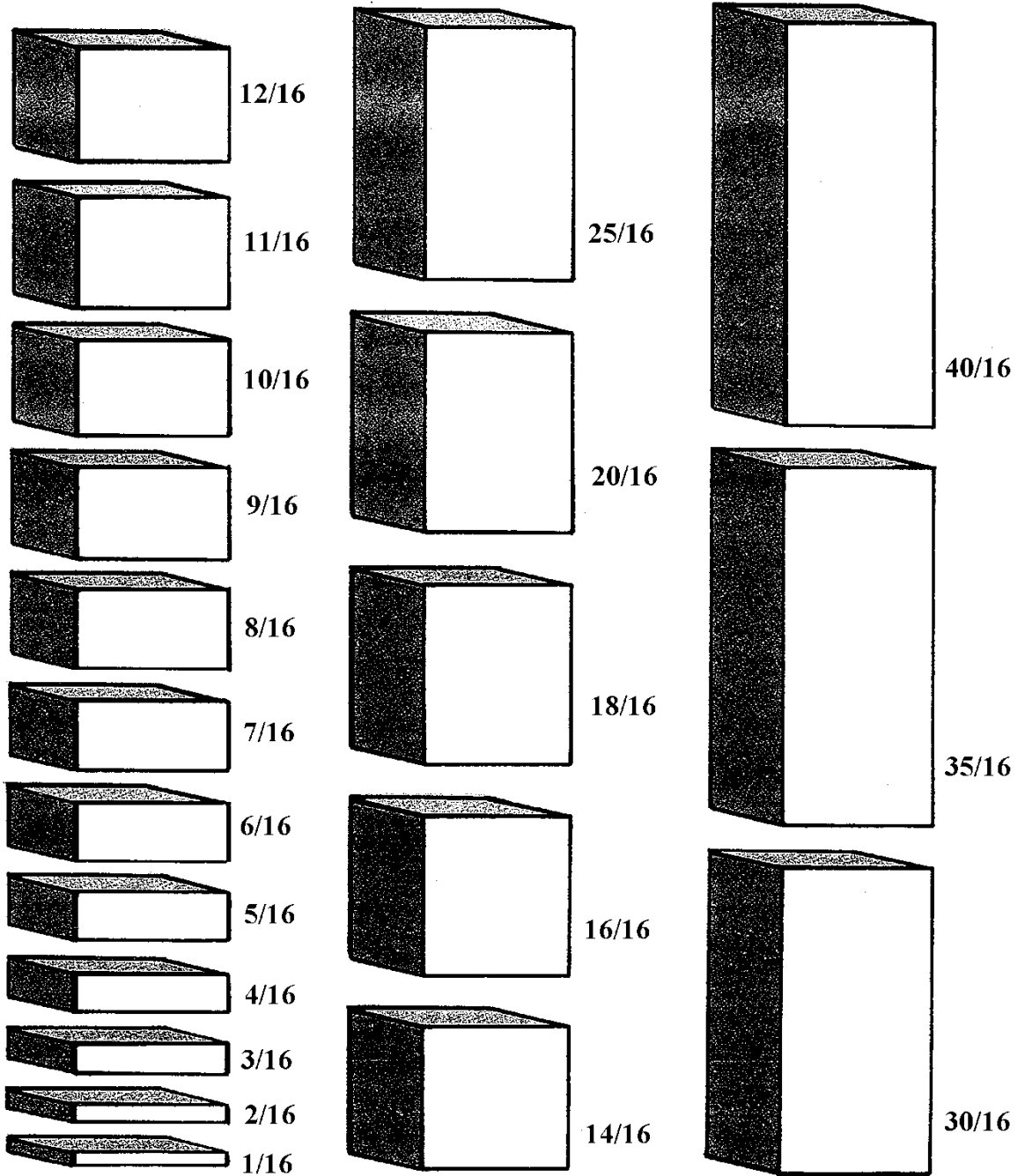
# Wedges Trozos



Example:  
Pizza shown is  
size D-3

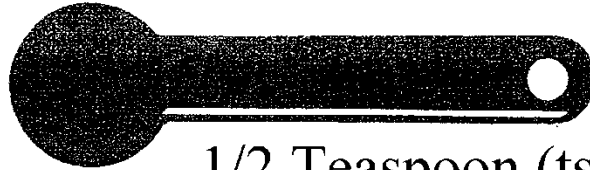
Ejemplo:  
El tamaño de  
esta pizza es D-3

# Thickness Grosor



# Measuring Spoons

## Cucharas para Medir



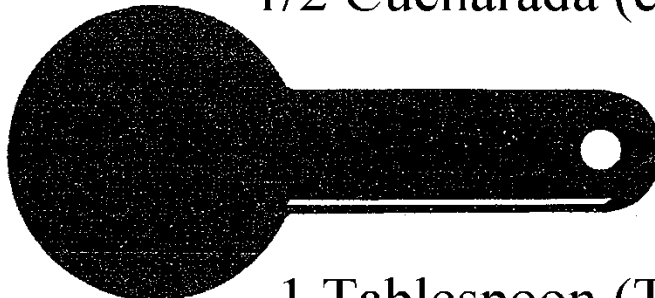
1/2 Teaspoon (tsp)  
1/2 Cucharadita (cdta)



1 Teaspoon (tsp)  
1 Cucharadita (cdta)



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

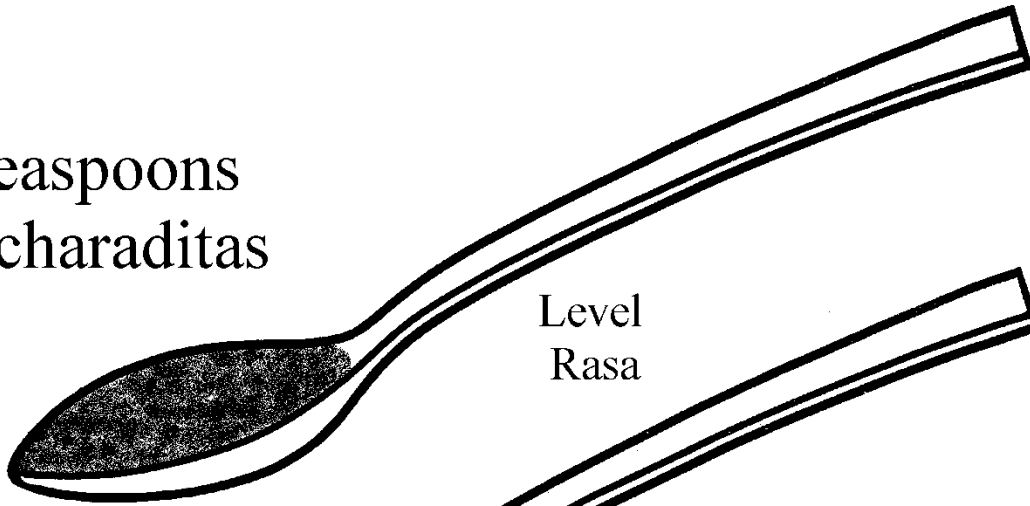


1 Tablespoon (Tbsp)  
1 Cucharada (cda)

# Eating and Serving Spoons Cucharas para Comer y Servir

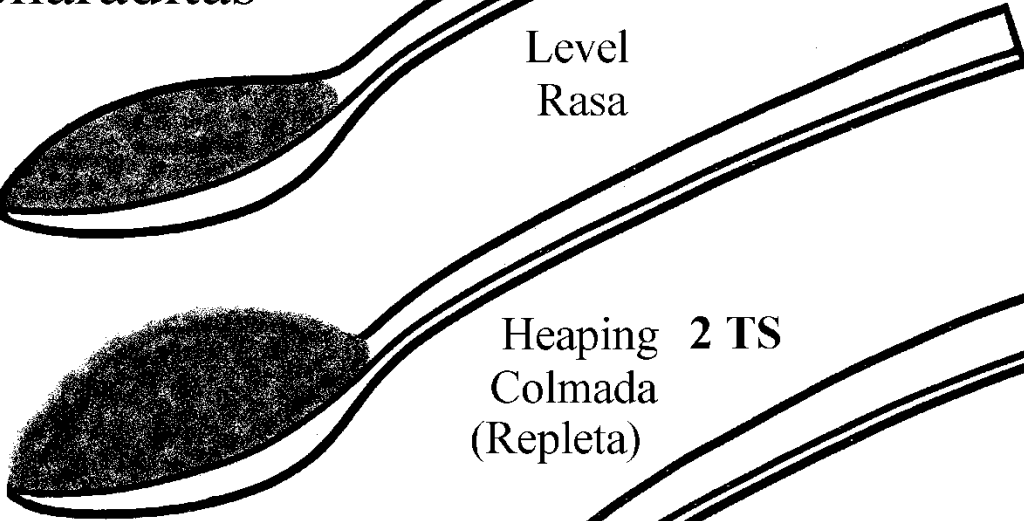
Teaspoons  
Cucharaditas

1



Level  
Rasa

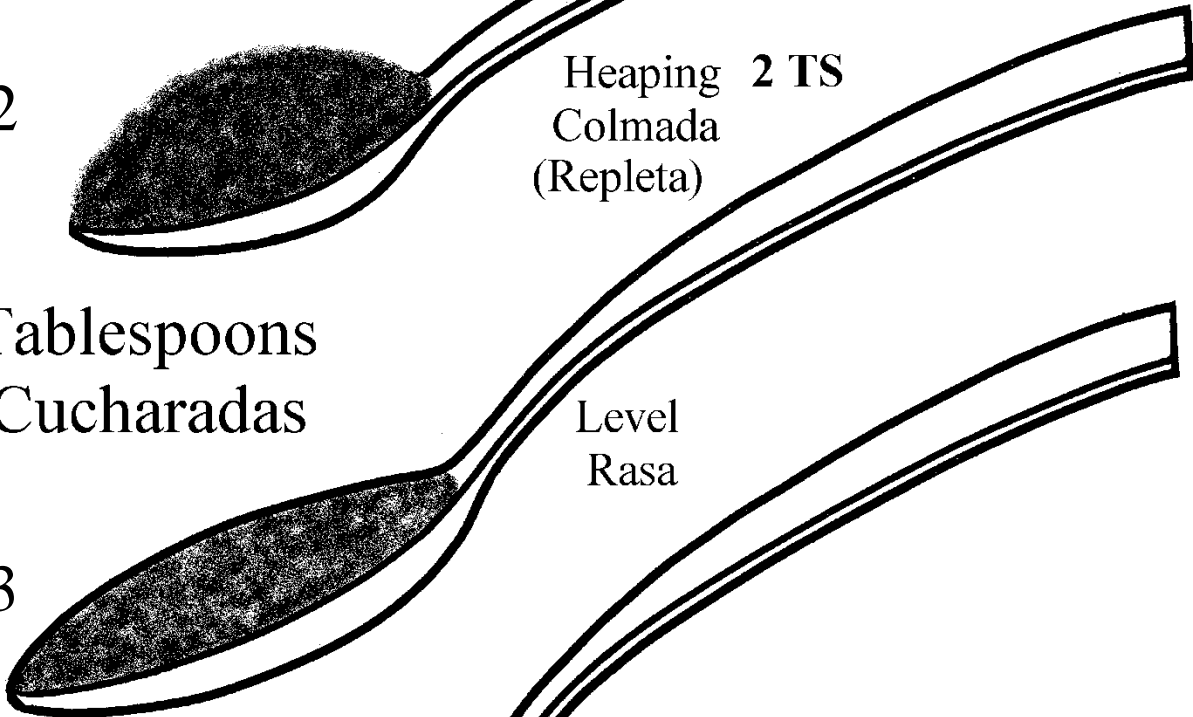
2



Heaping **2 TS**  
Colmada  
(Repleta)

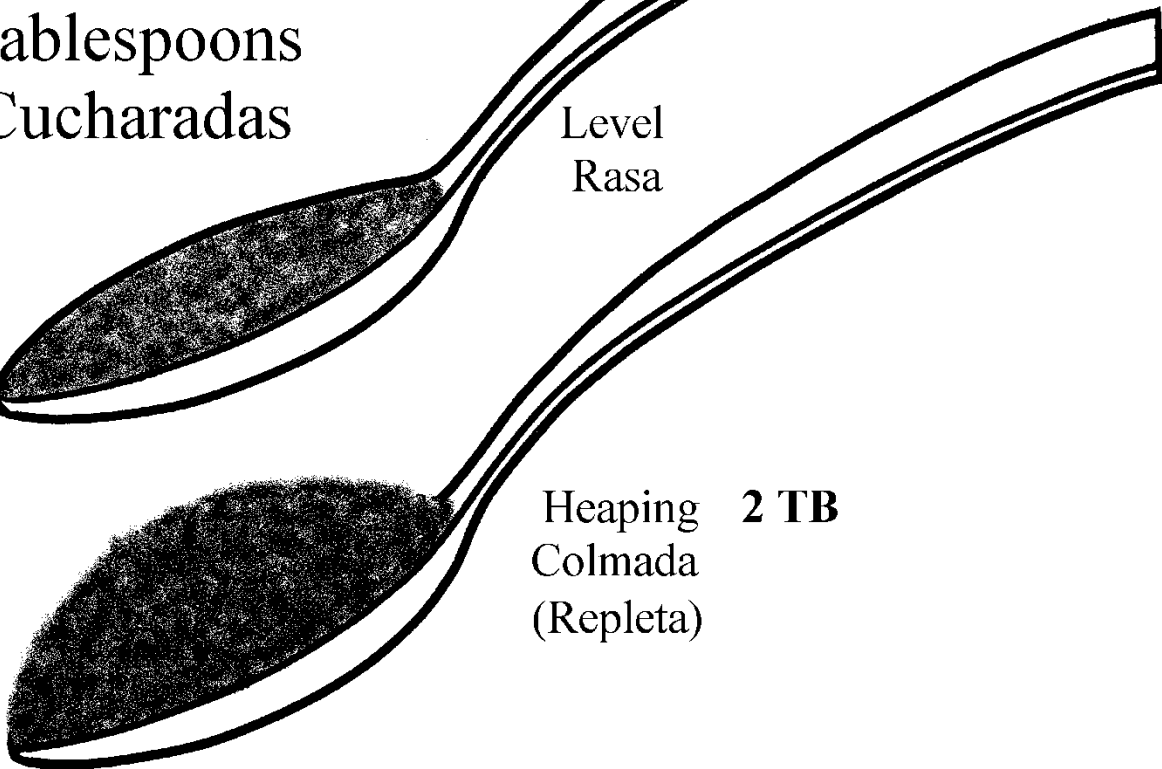
Tablespoons  
Cucharadas

3



Level  
Rasa

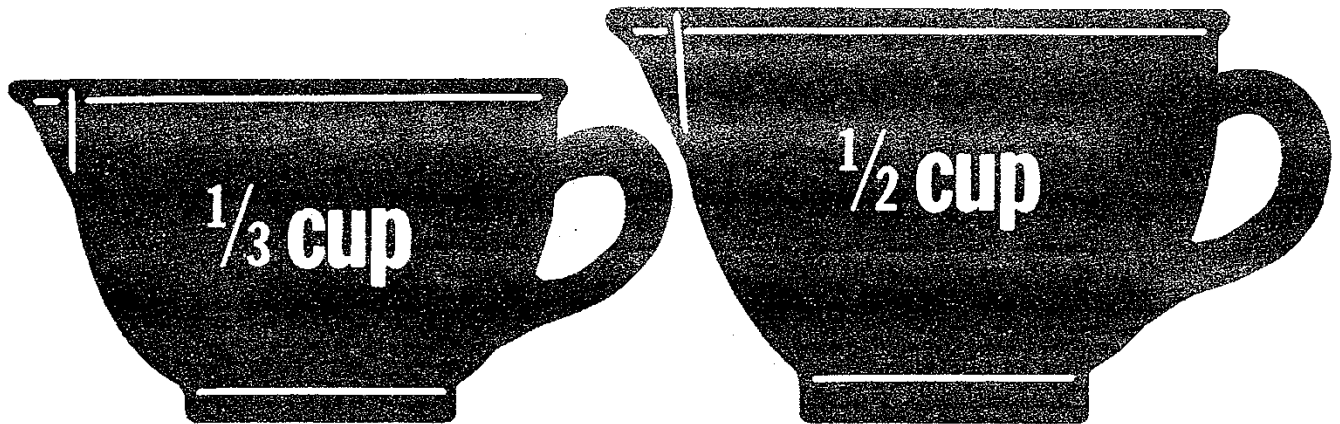
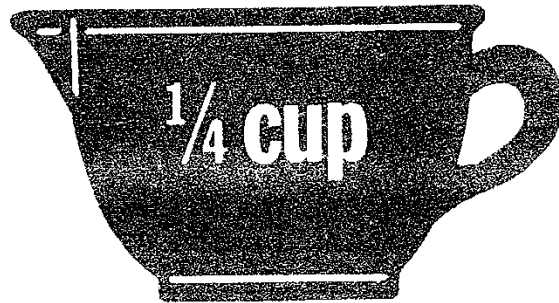
4



Heaping **2 TB**  
Colmada  
(Repleta)

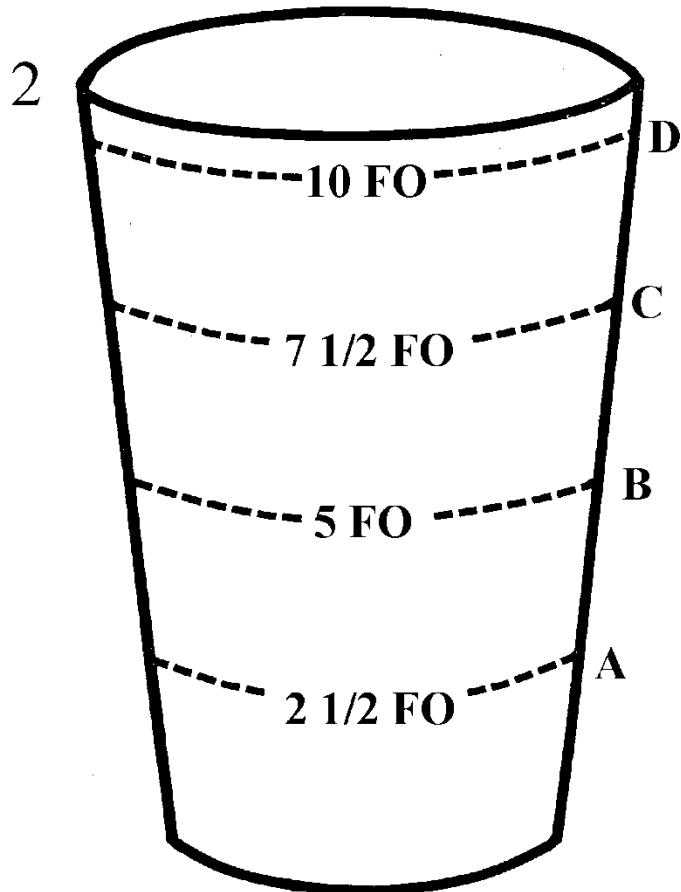
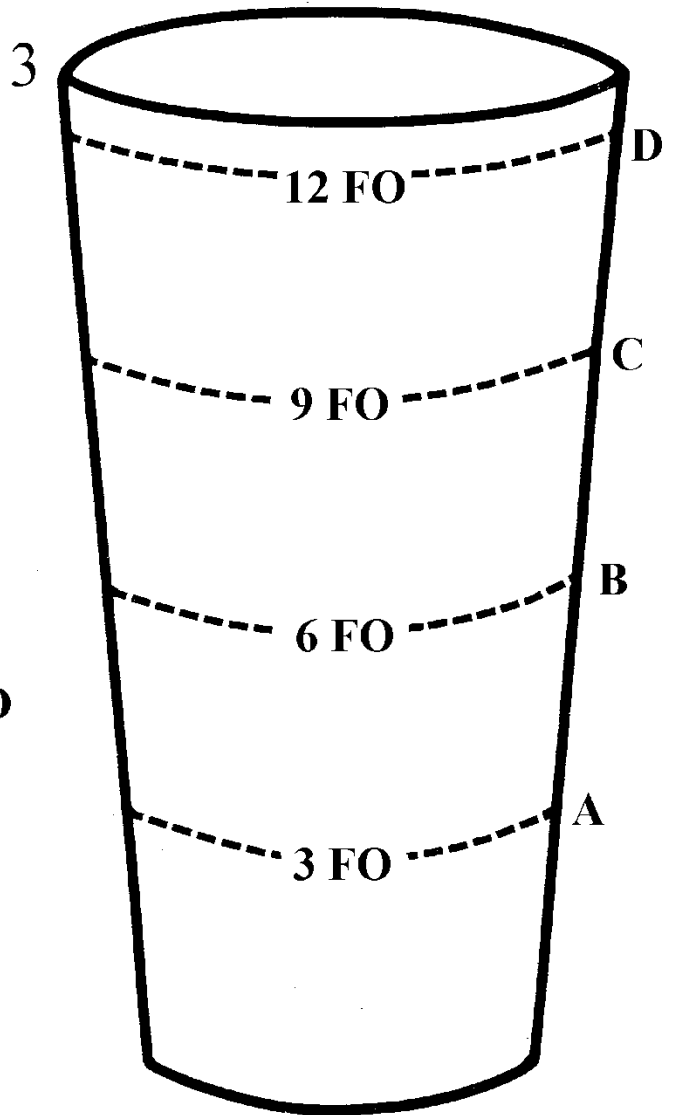
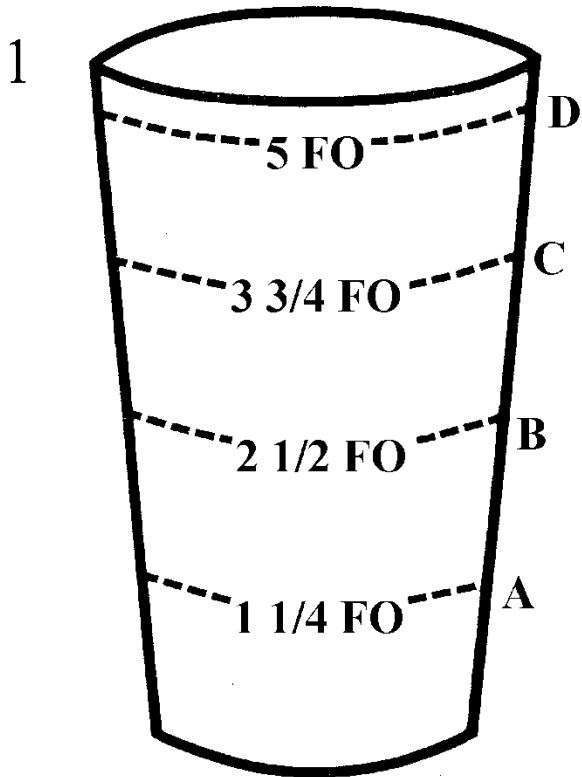


# Measuring Cups Tazas para Medir



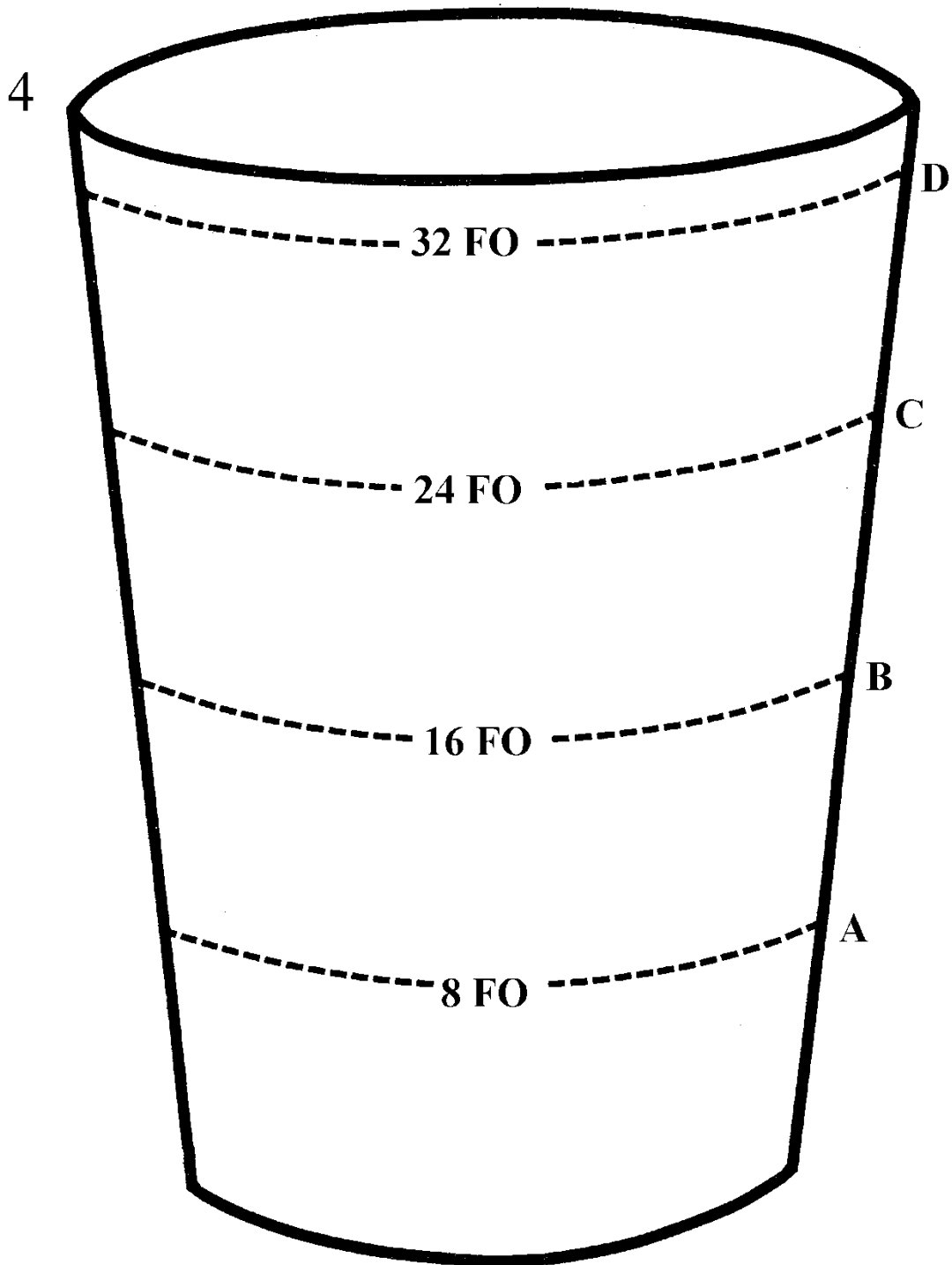
# Glasses

## Vasos



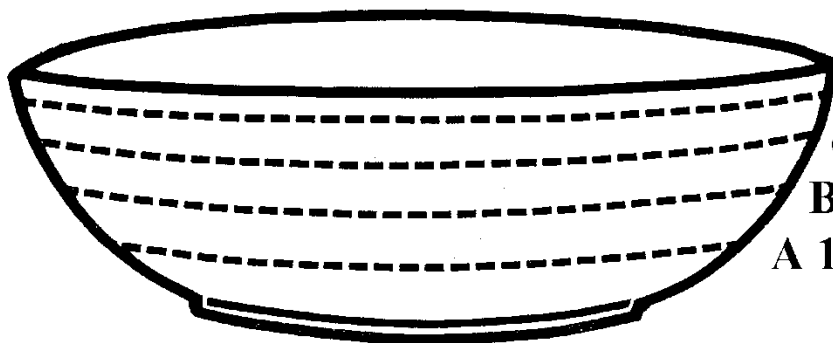
# Glasses

## Vasos



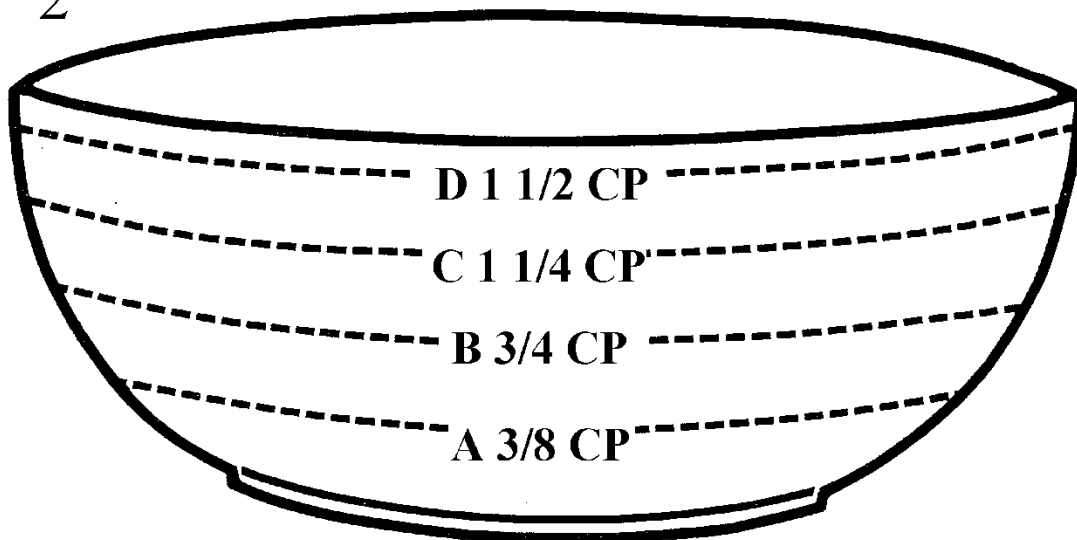
# Bowls Tazones

1



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

2



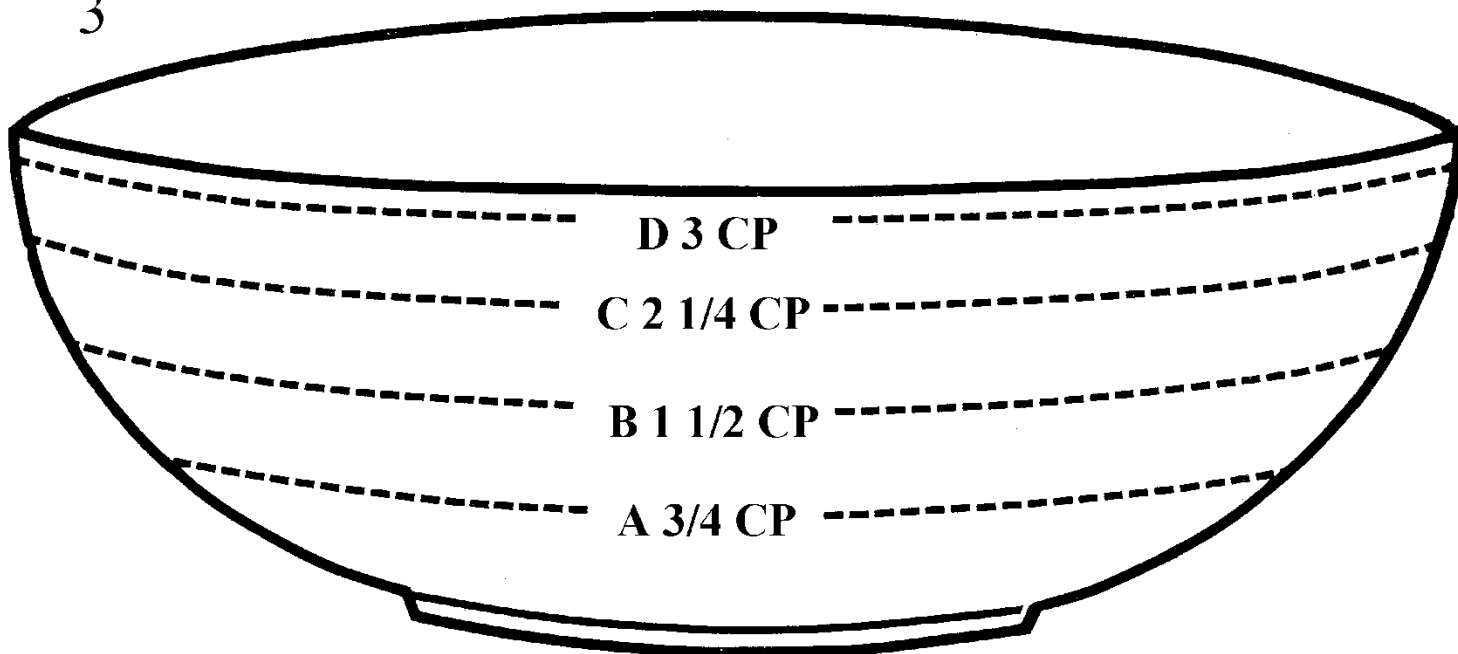
D 1 1/2 CP

C 1 1/4 CP

B 3/4 CP

A 3/8 CP

3

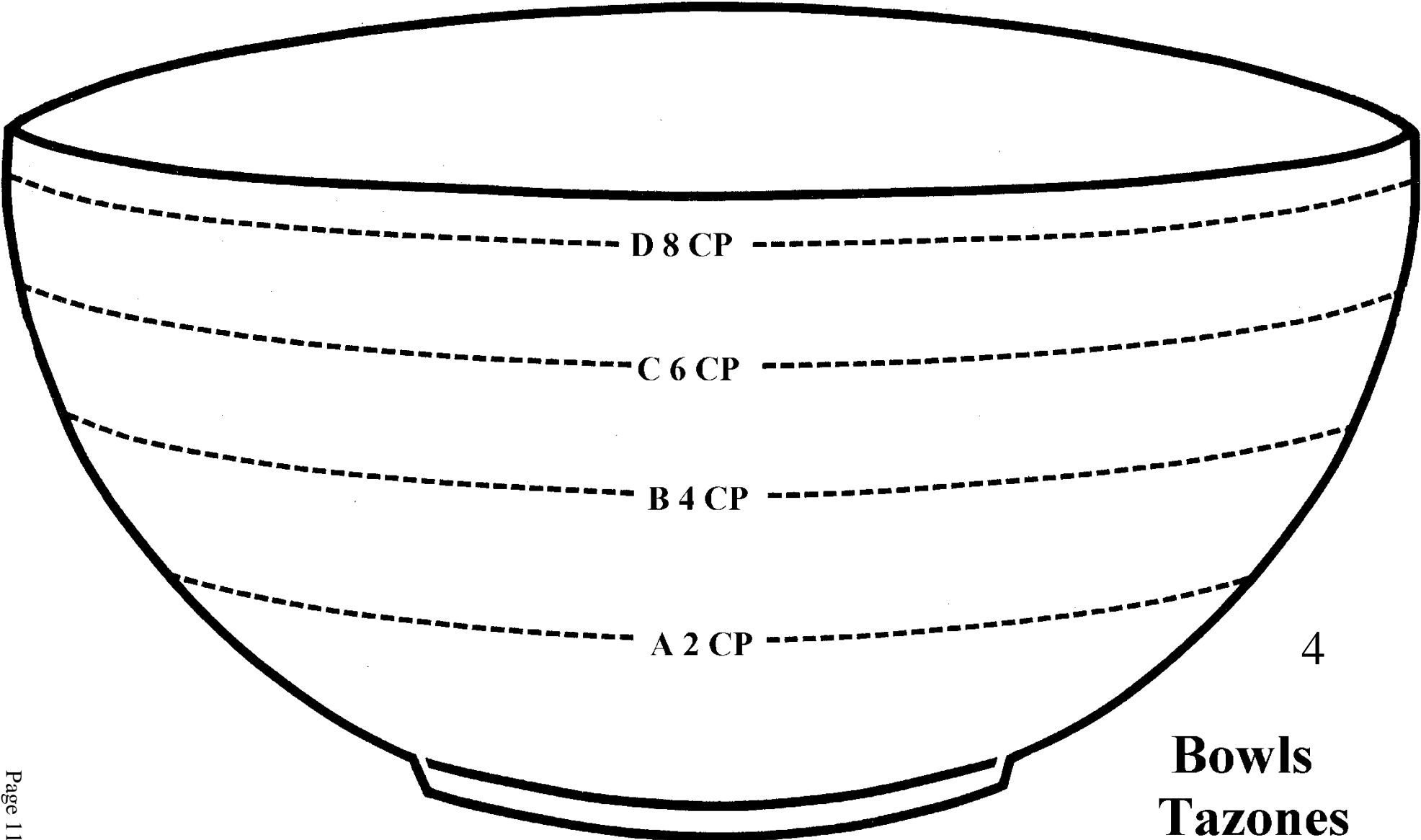


D 3 CP

C 2 1/4 CP

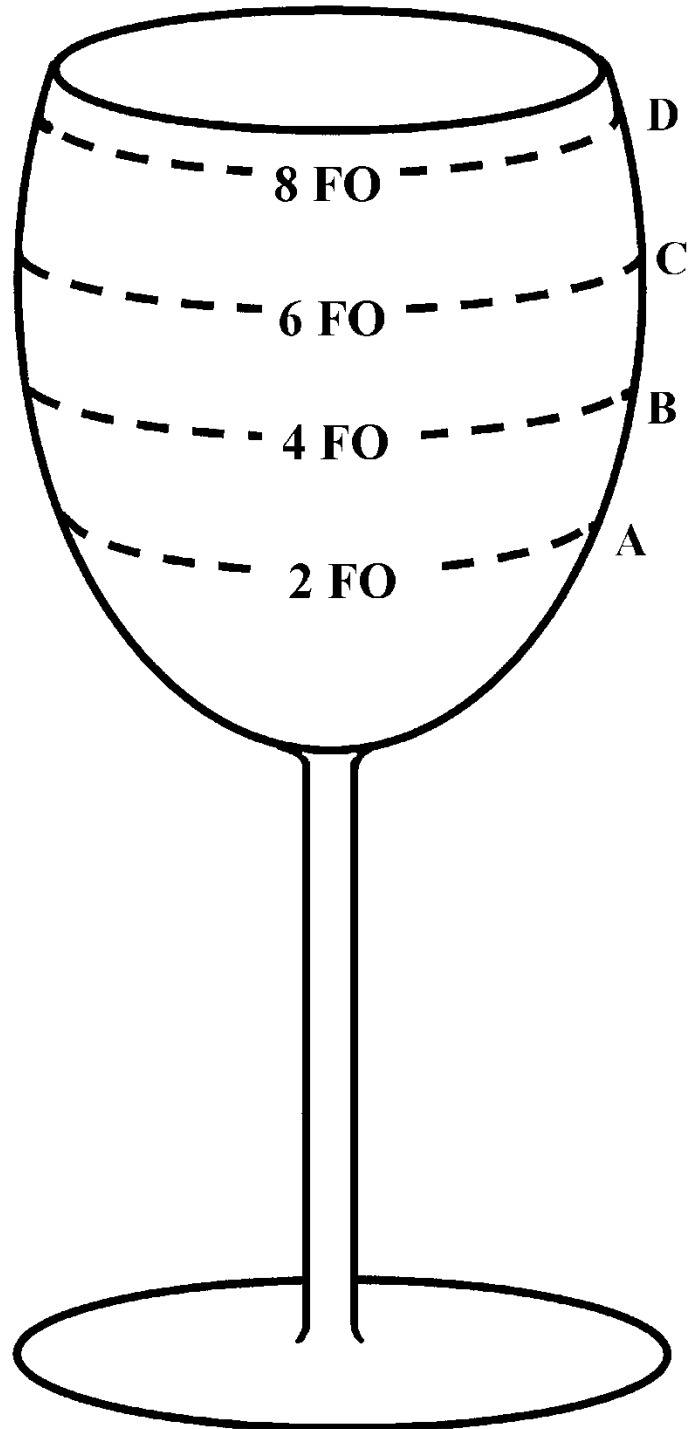
B 1 1/2 CP

A 3/4 CP



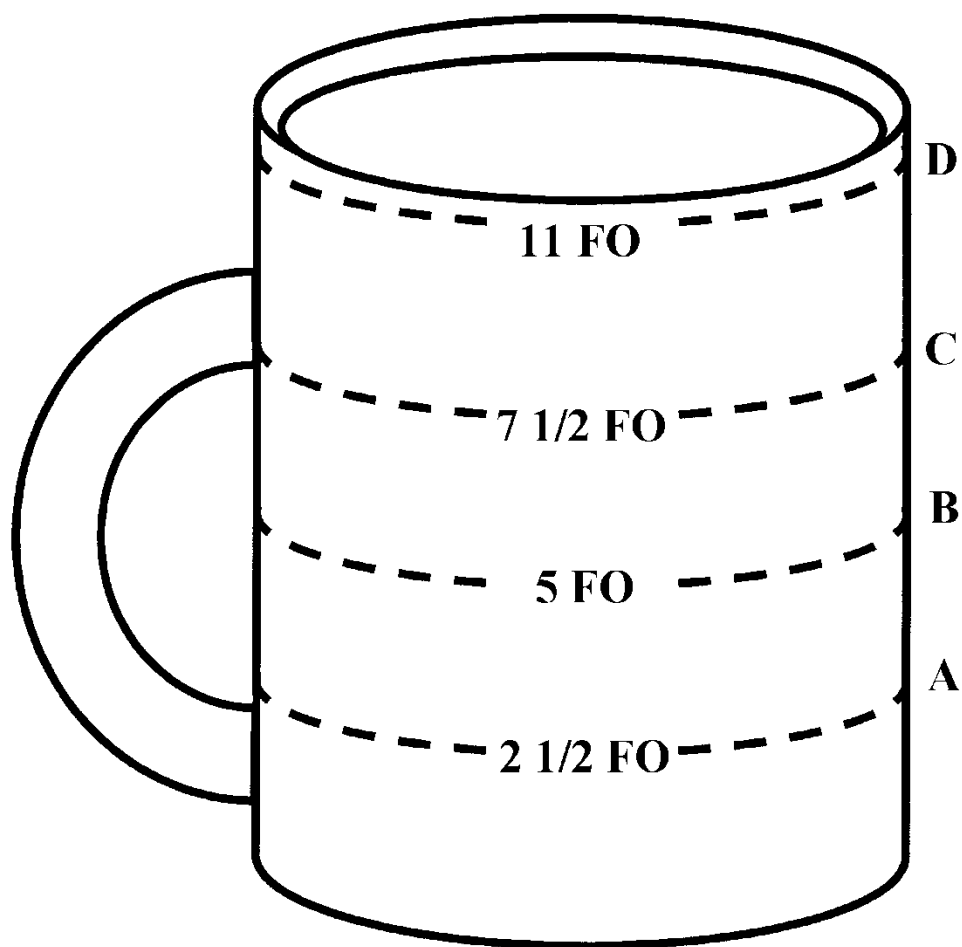
# Wine Glass

## Copa de Vino

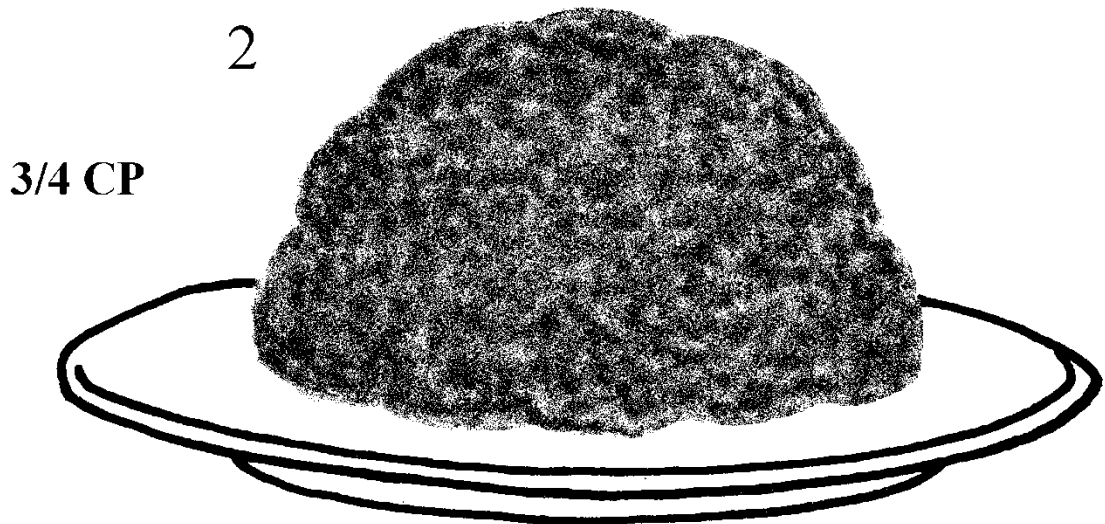
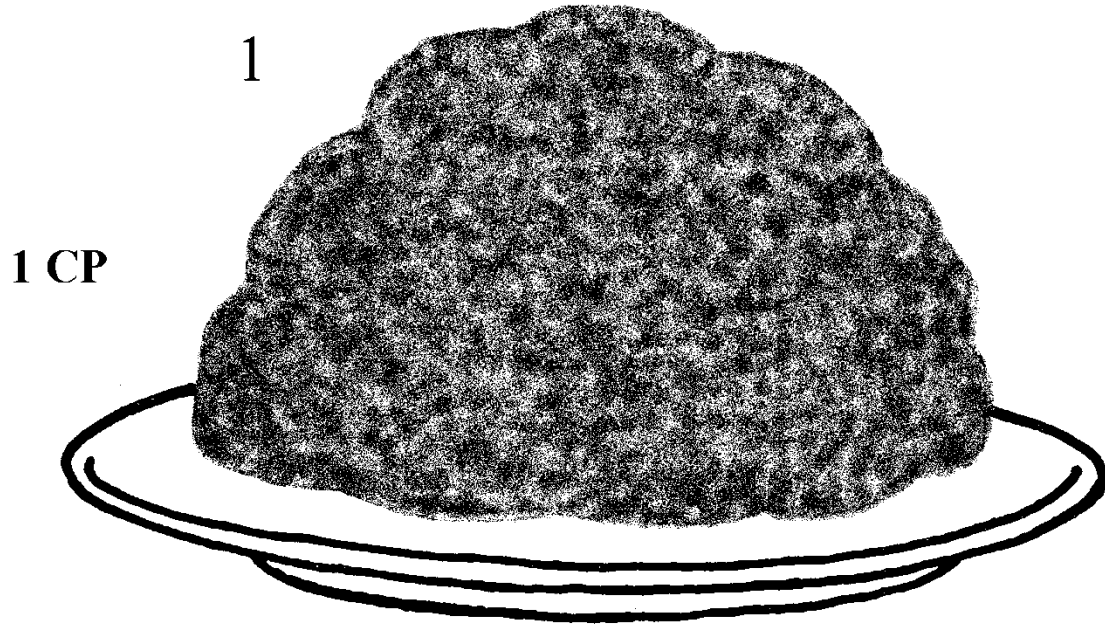


# Mug

## Tazón de Café

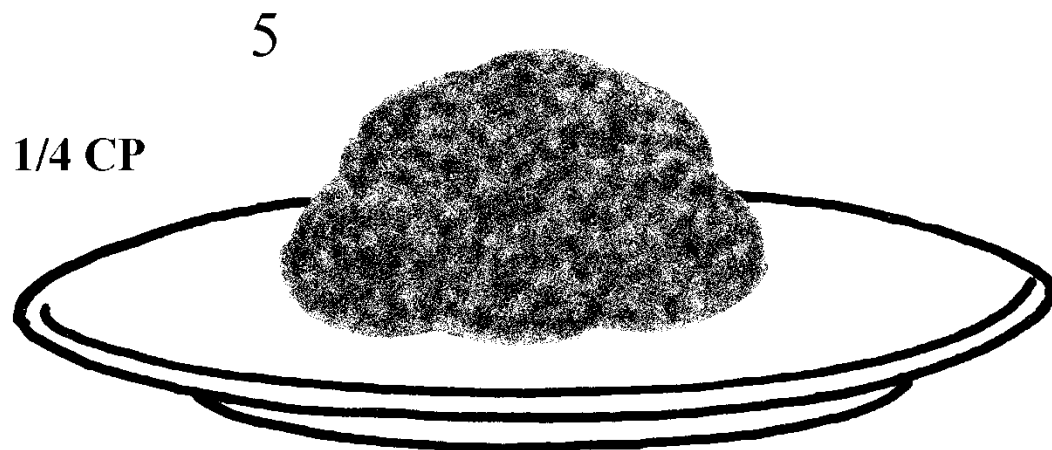
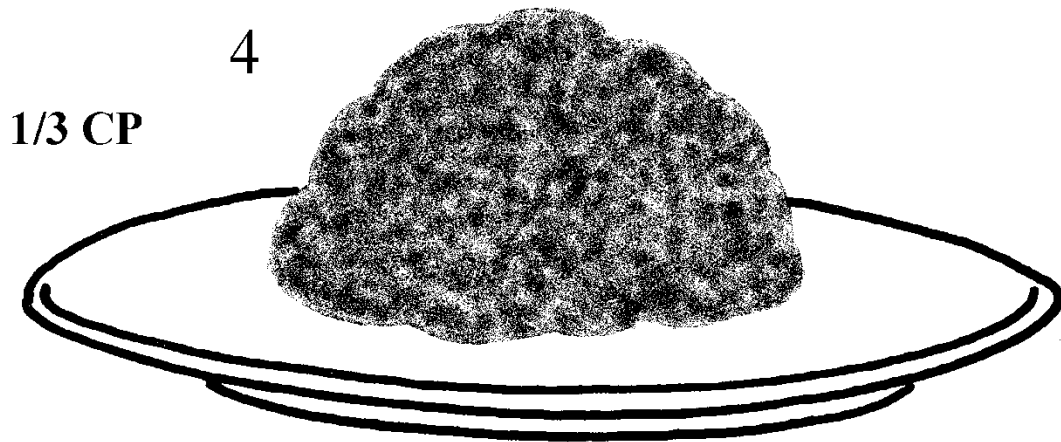
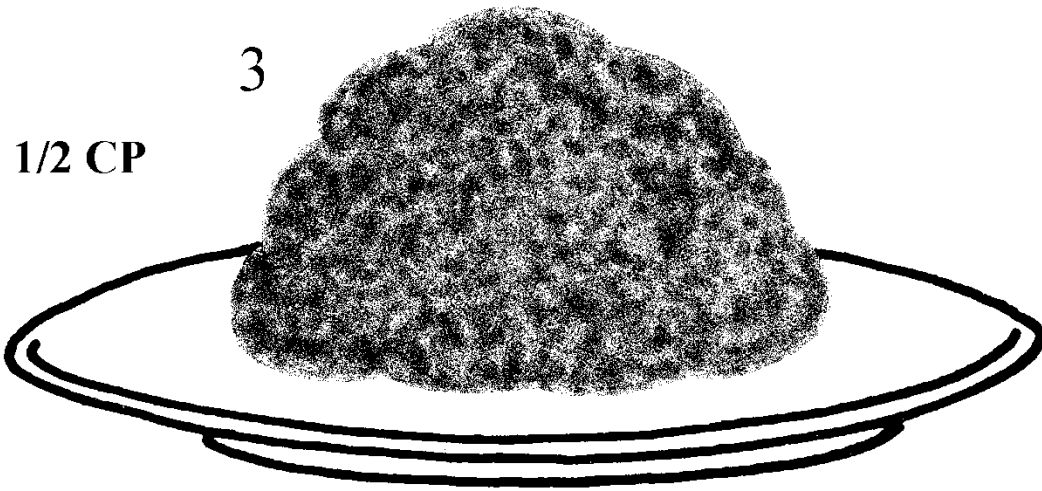


# Mounds Montones

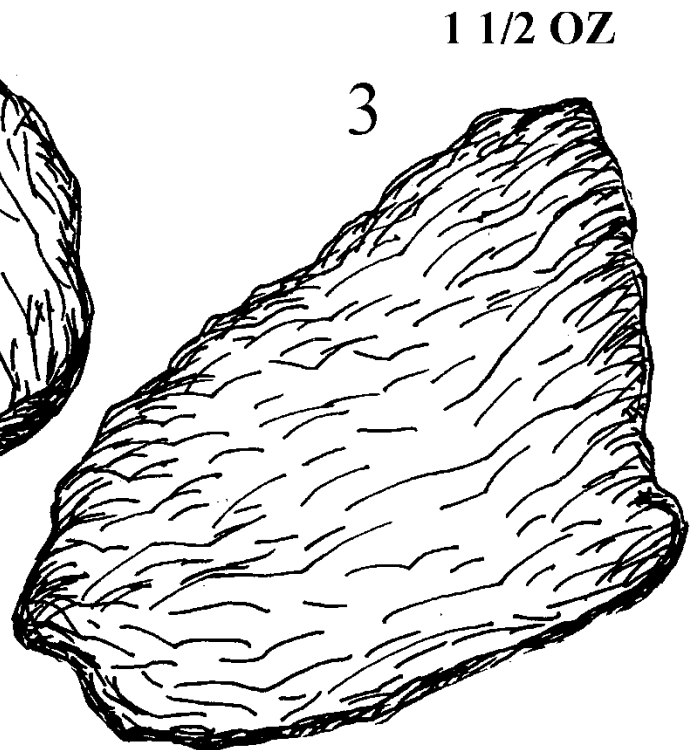
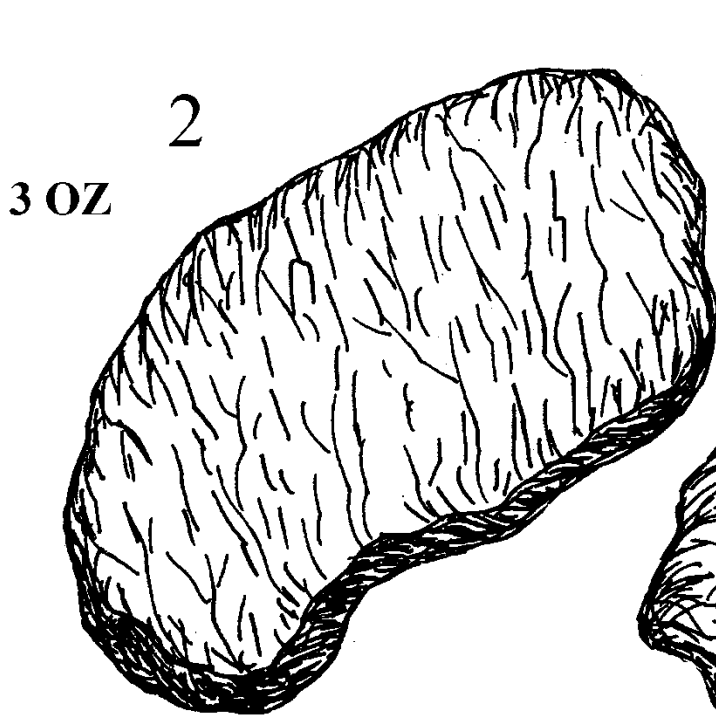
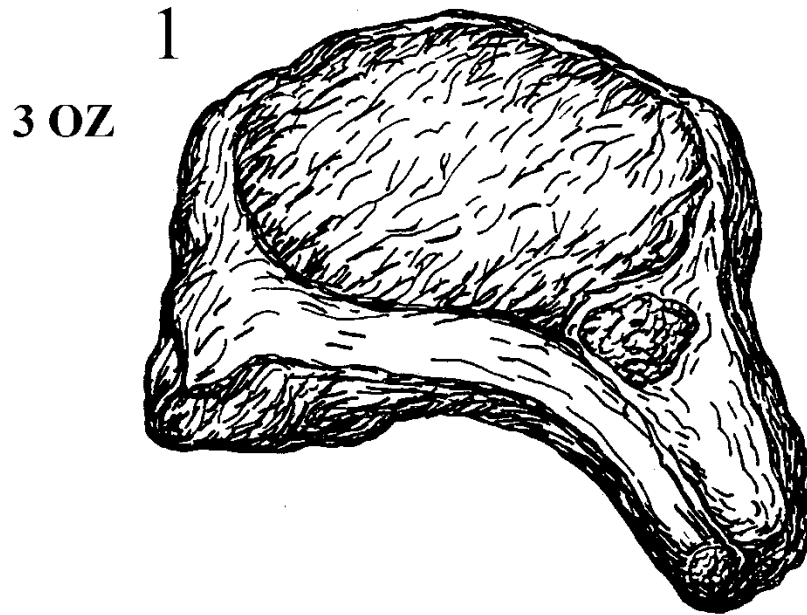




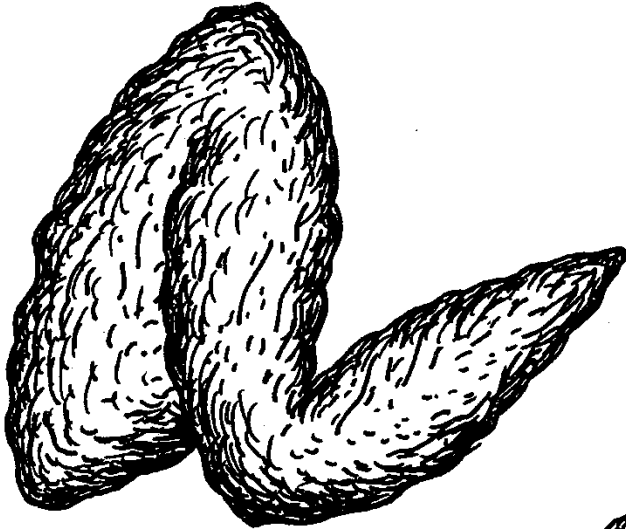
# Mounds Montones



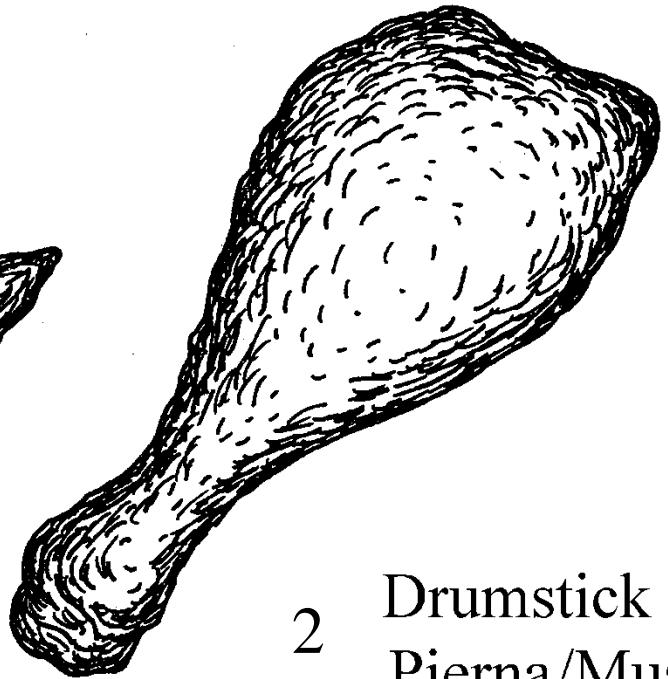
# Meats Carnes



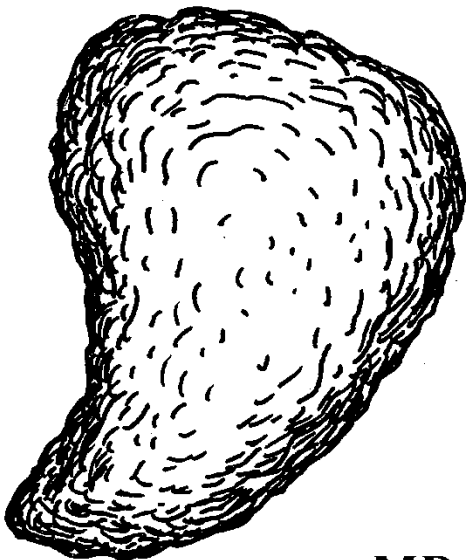
# Chicken Pollo



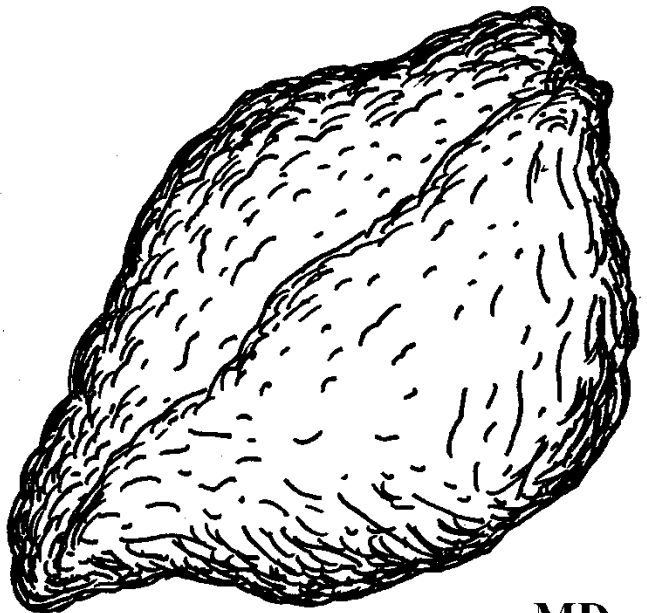
1 Wing  
Ala  
MD



2 Drumstick  
Pierna/Muslo  
MD

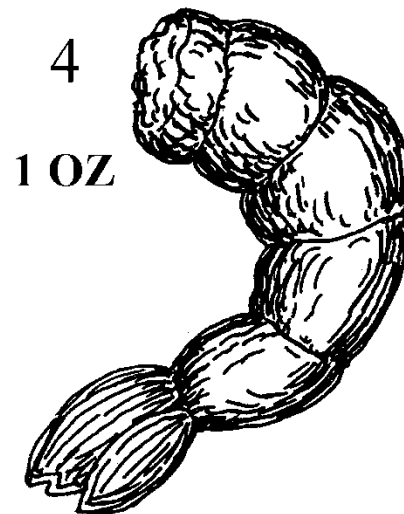
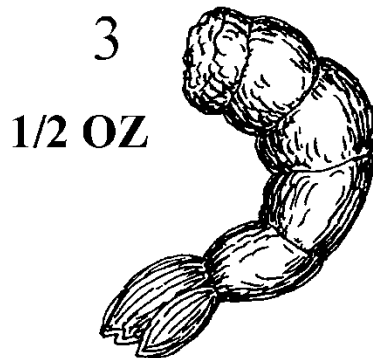
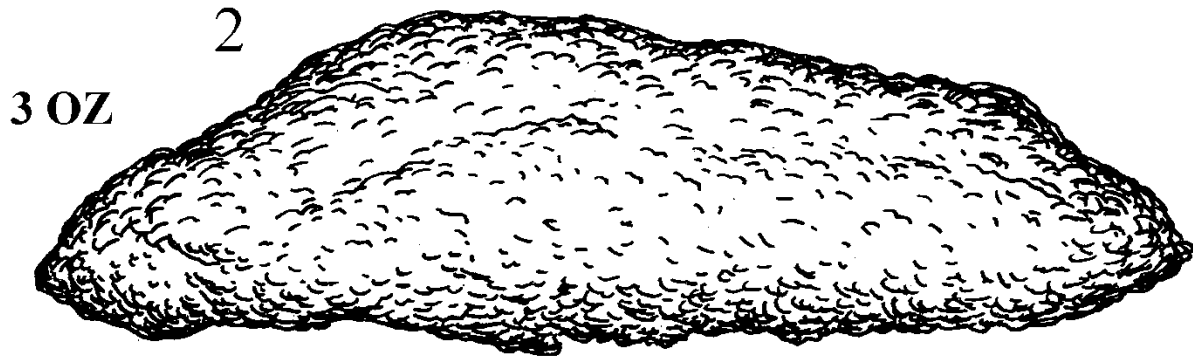
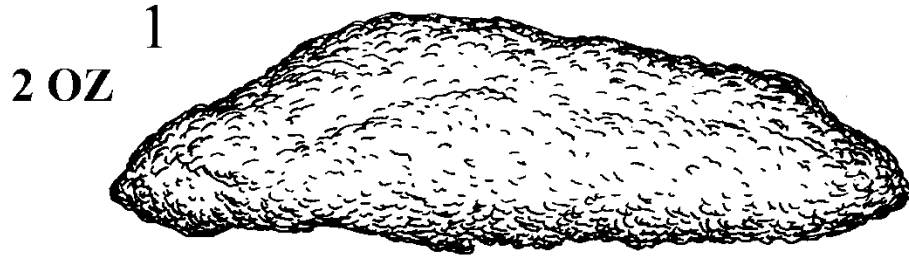


3 Thigh  
Muslo/Cadera  
MD



4 Breast  
Pechuga  
MD

# Fish Pescados



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.