

**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"	<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) (Fluid Ounces, FO)			
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)

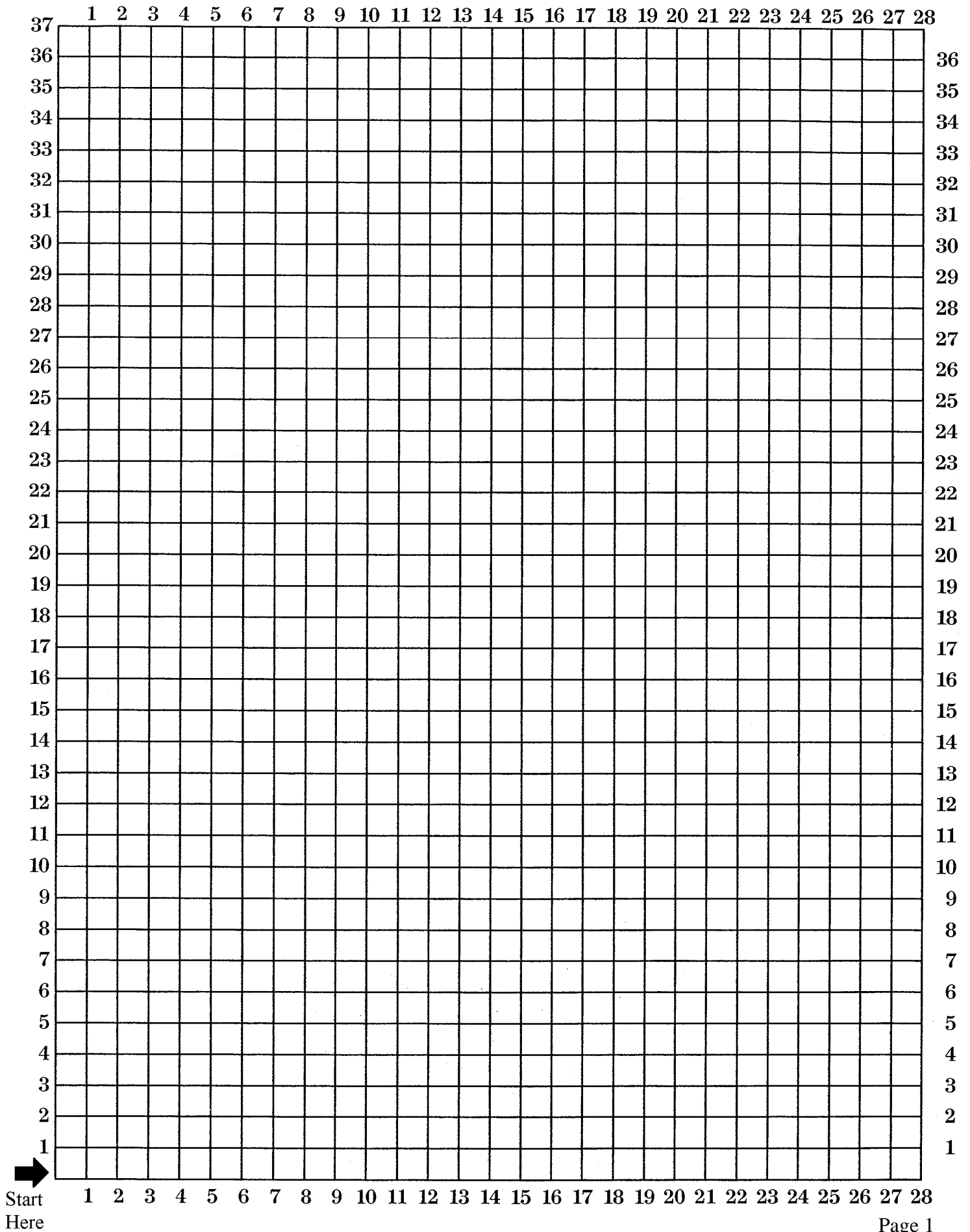
Bowls (pg 10-11)				Wine Glass (pg12)	Mug (pg 13)
1 A = 1/8 CP 1 B = 1/4 CP 1 C = 3/8 CP 1 D = 1/2 CP	2 A = 3/8 CP 2 B = 3/4 CP 2 C = 1 1/4 CP 2 D = 1 1/2 CP	3 A = 3/4 CP 3 B = 1 1/2 CP 3 C = 2 1/4 CP 3 D = 3 CP	4 A = 2 CP 4 B = 4 CP 4 C = 6 CP 4 D = 8 CP	A = 2 FO B = 4 FO C = 6 FO D = 8 FO	A = 2 1/2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

Mounds (pg 14-15)	Meats (pg 16) (Ounces, OZ)	Chicken (pg 17) (Medium, MD)	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 Wing = 1 MD Drumstick = 1 MD Thigh = 1 MD Breast = 1 MD	Edible portion 1 = 2 OZ 2 = 3 OZ 3 = 1/2 OZ 4 = 1 OZ

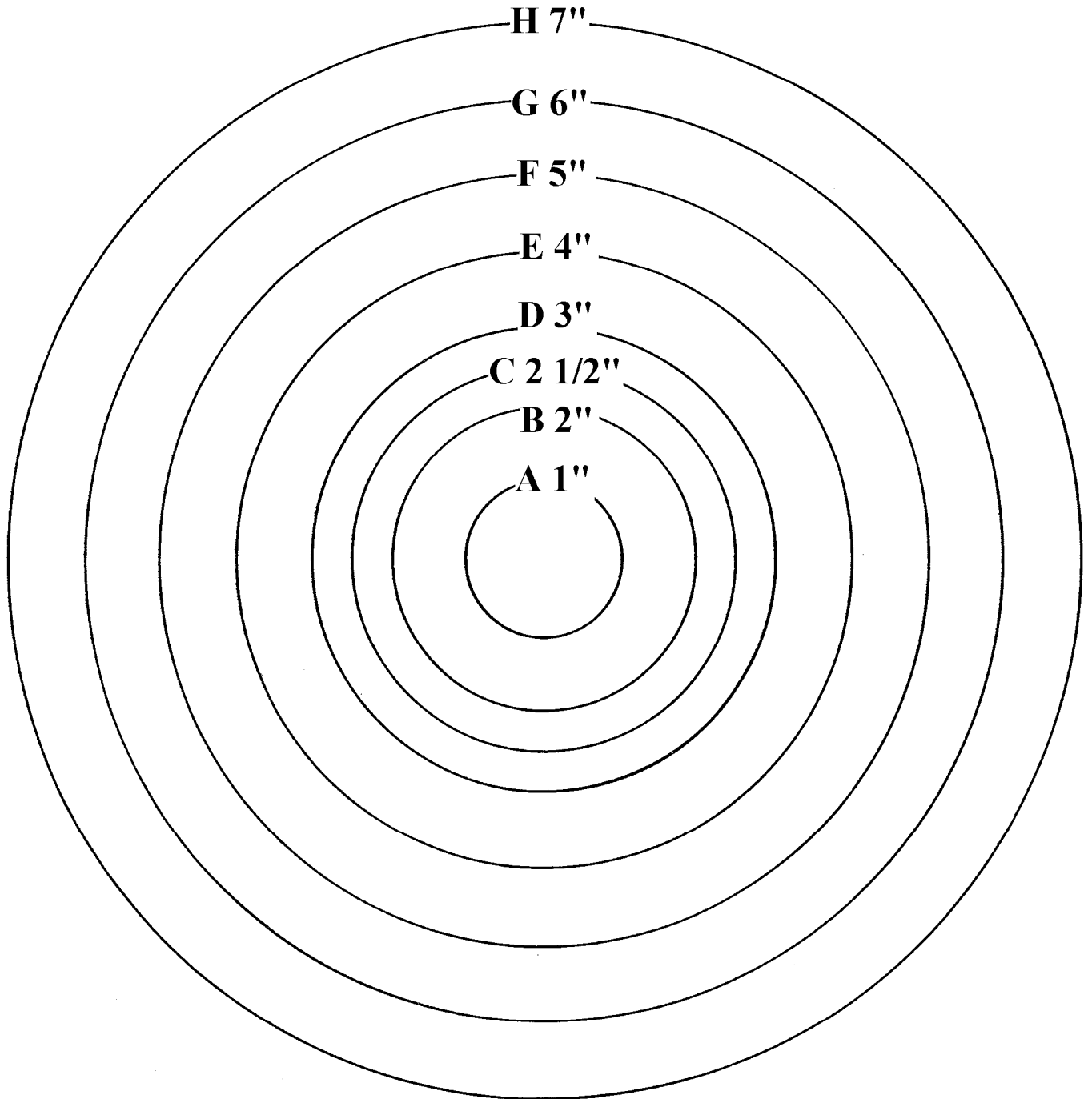
¹ D = Diameter

² 3D = three dimensional

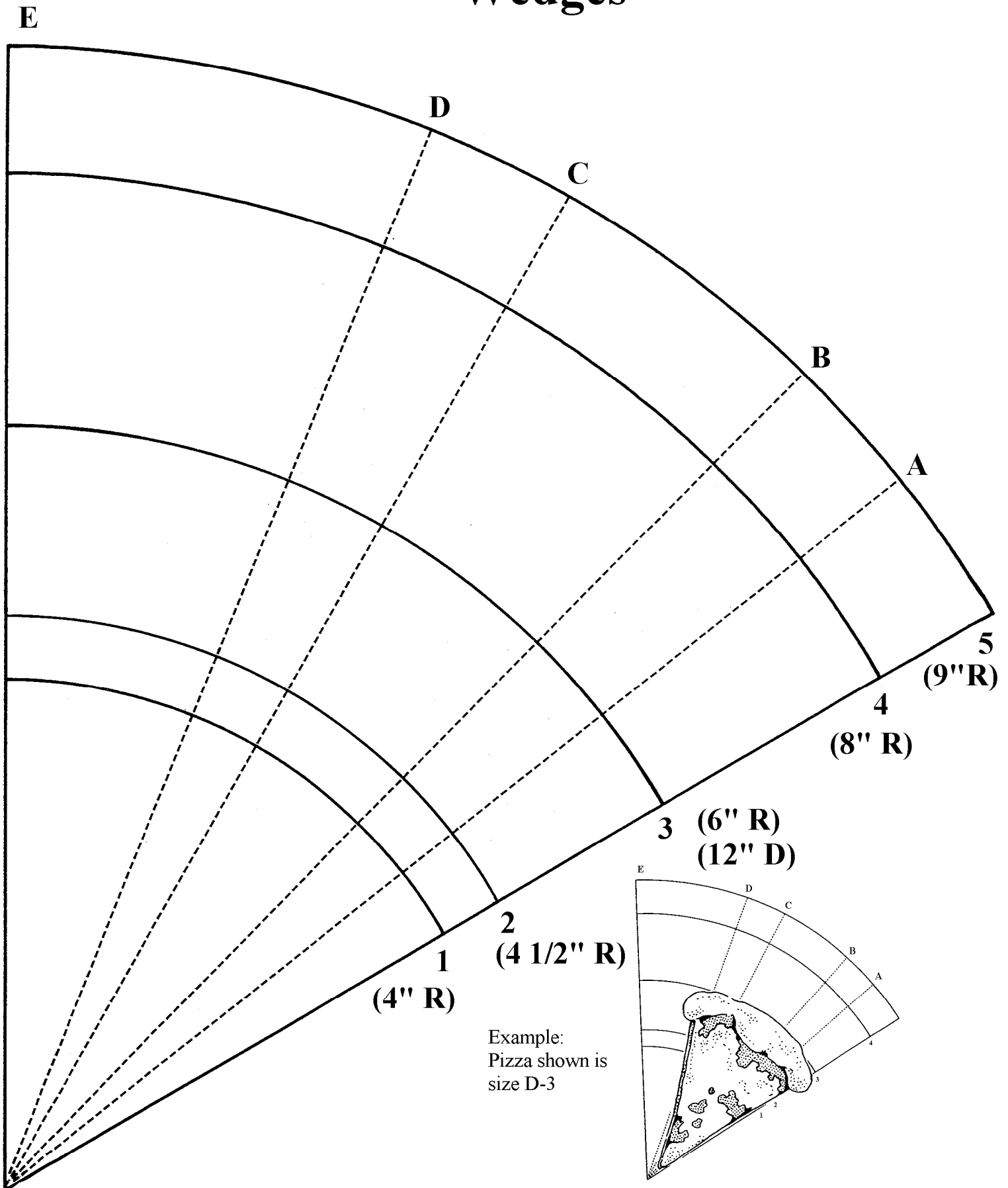
Squares and Rectangles



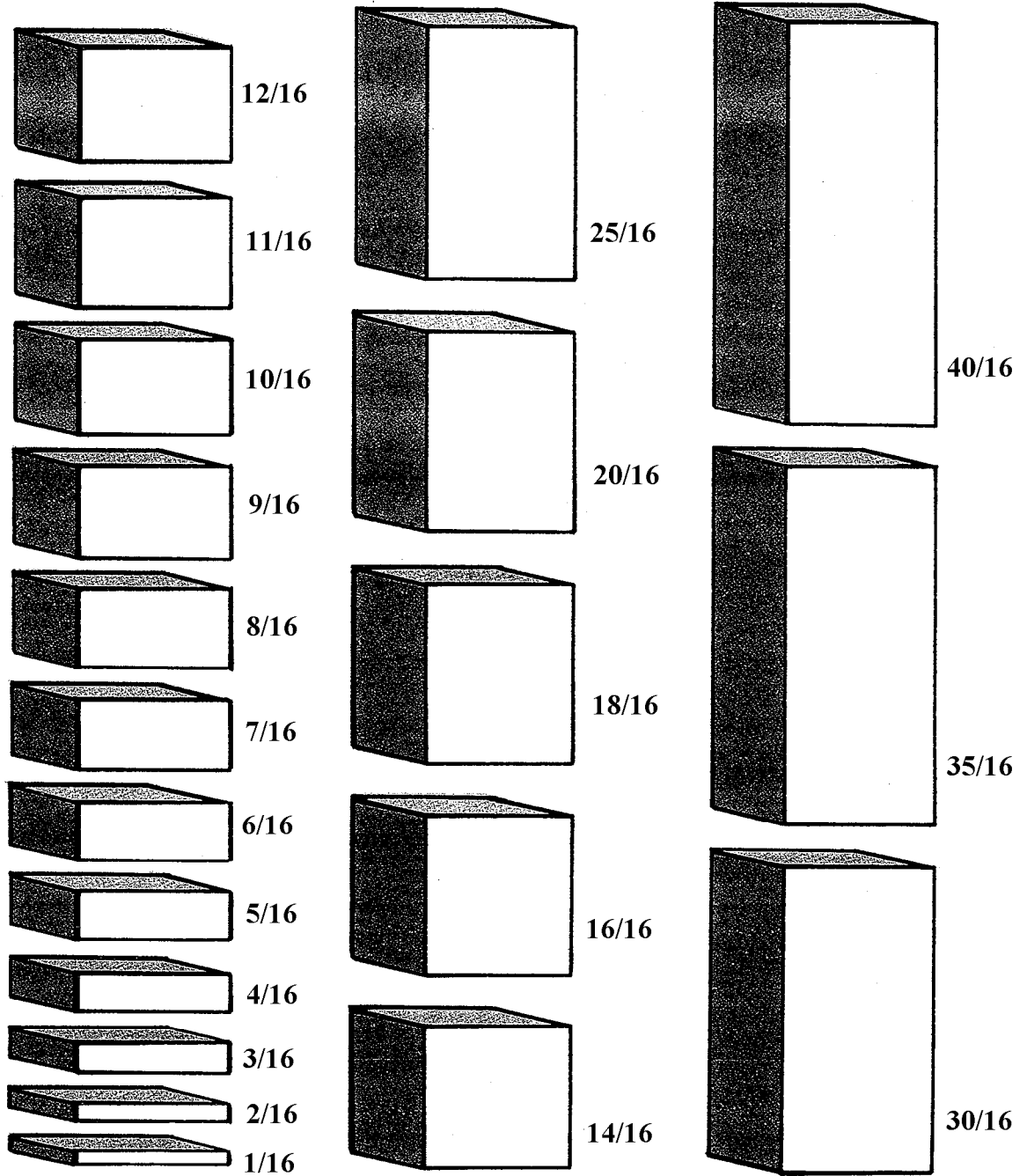
Circles



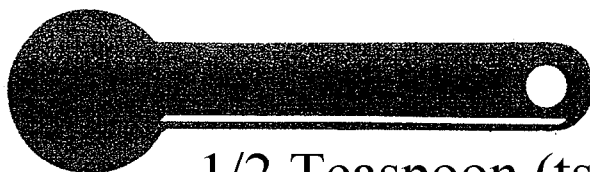
Wedges



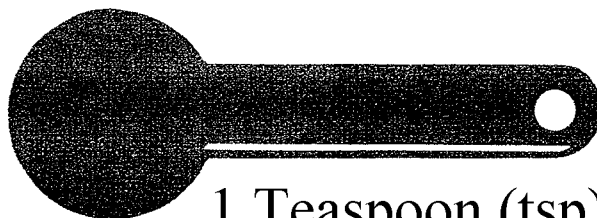
Thickness



Measuring Spoons



1/2 Teaspoon (tsp)



1 Teaspoon (tsp)



1/2 Tablespoon (Tbsp)

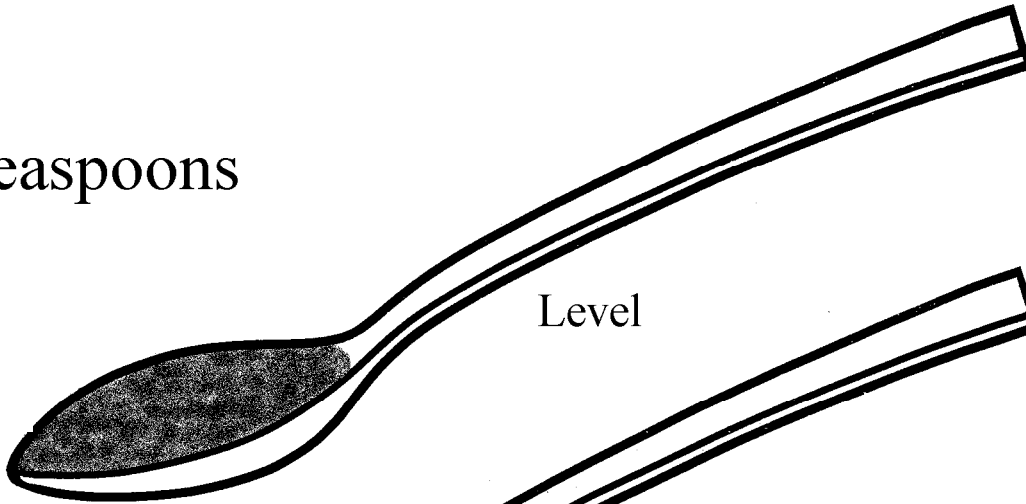


1 Tablespoon (Tbsp)

Eating and Serving Spoons

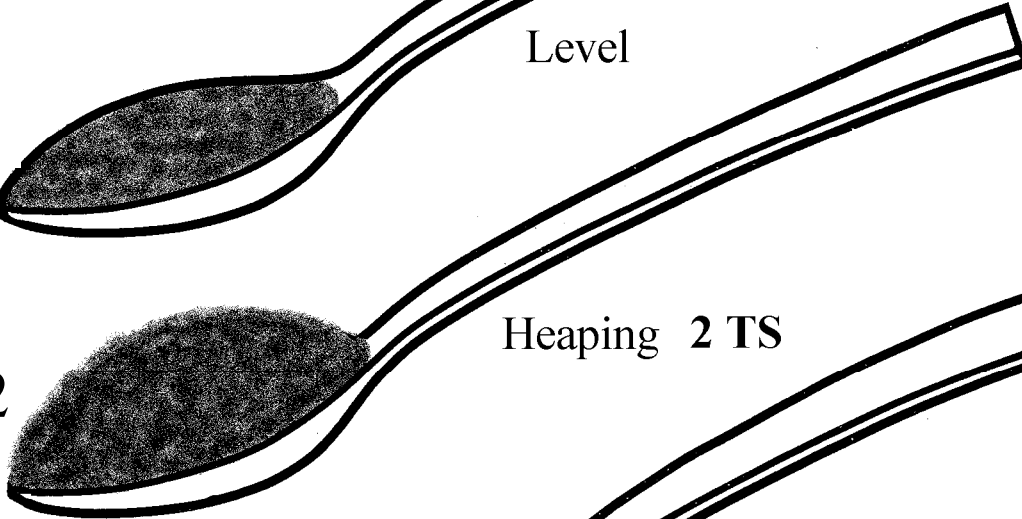
Teaspoons

1



Level

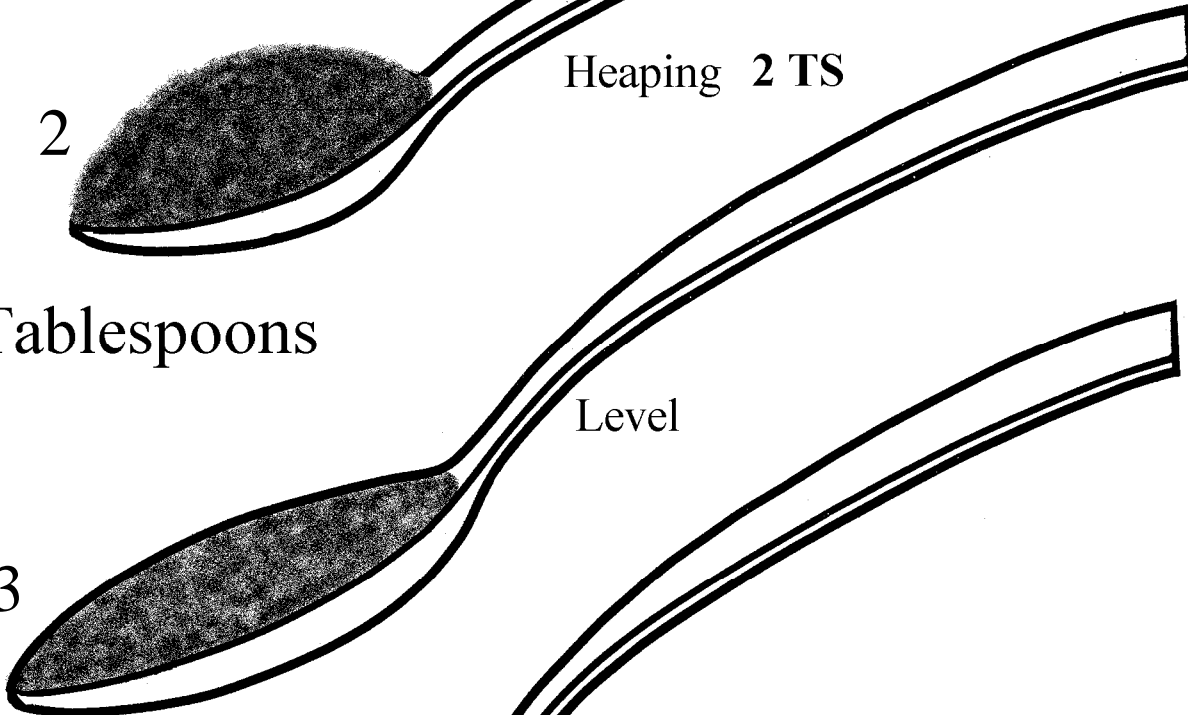
2



Heaping 2 TS

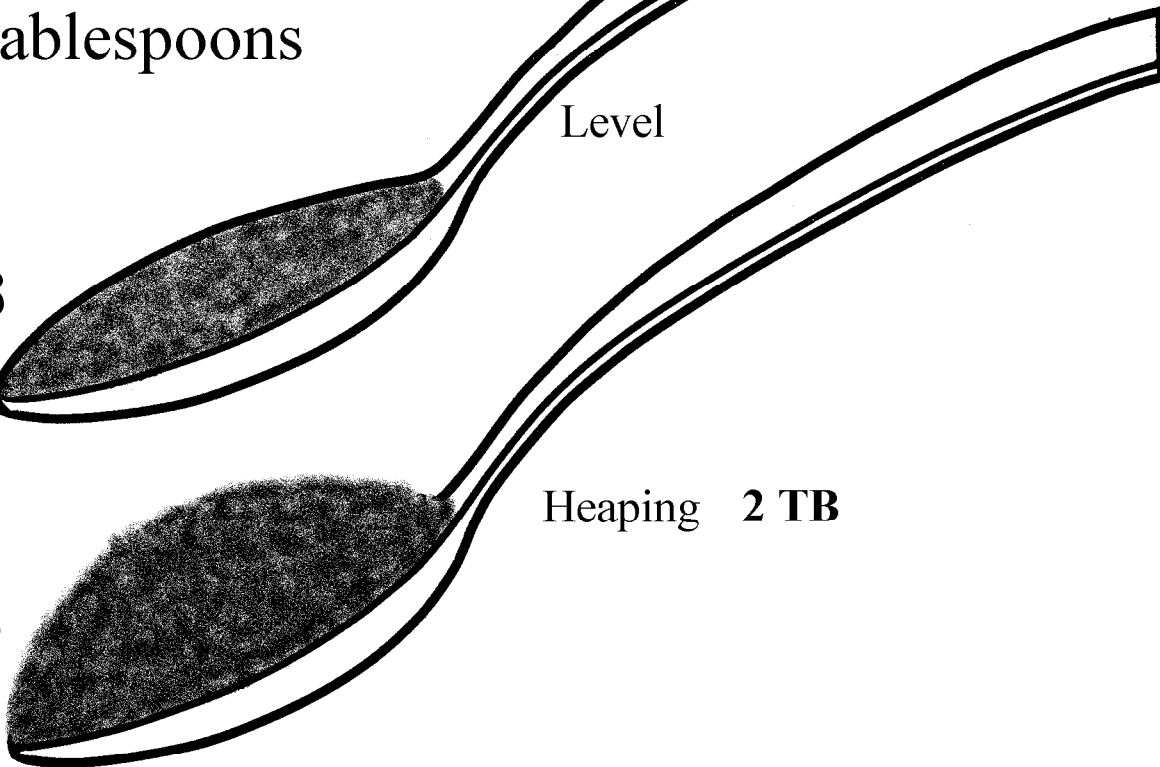
Tablespoons

3



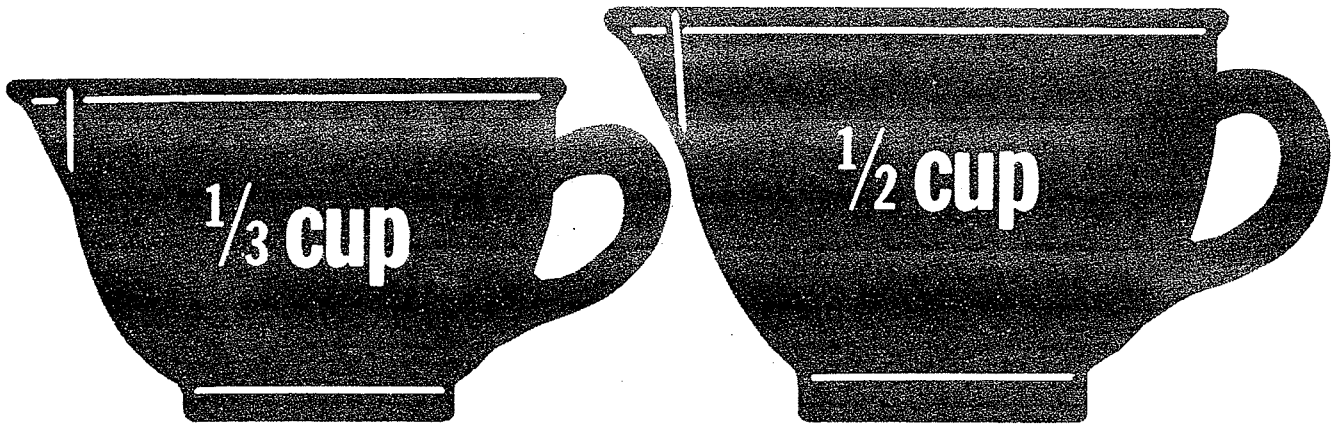
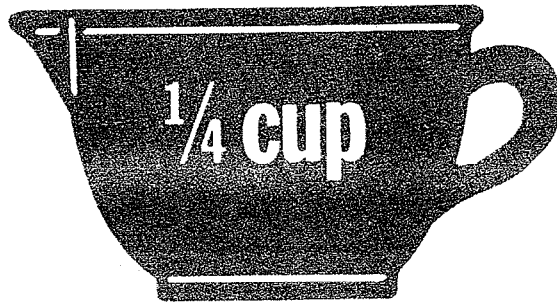
Level

4

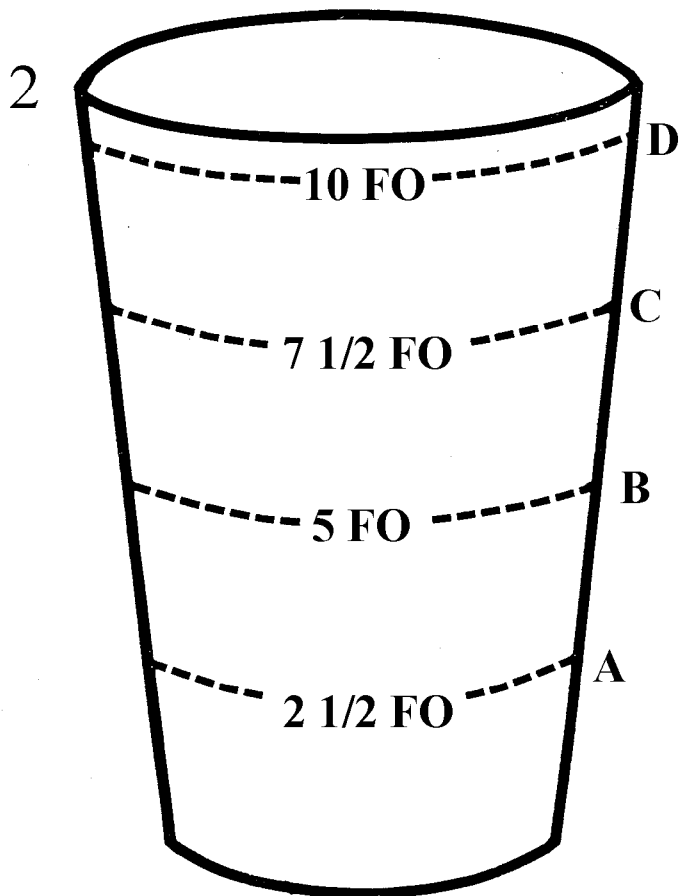
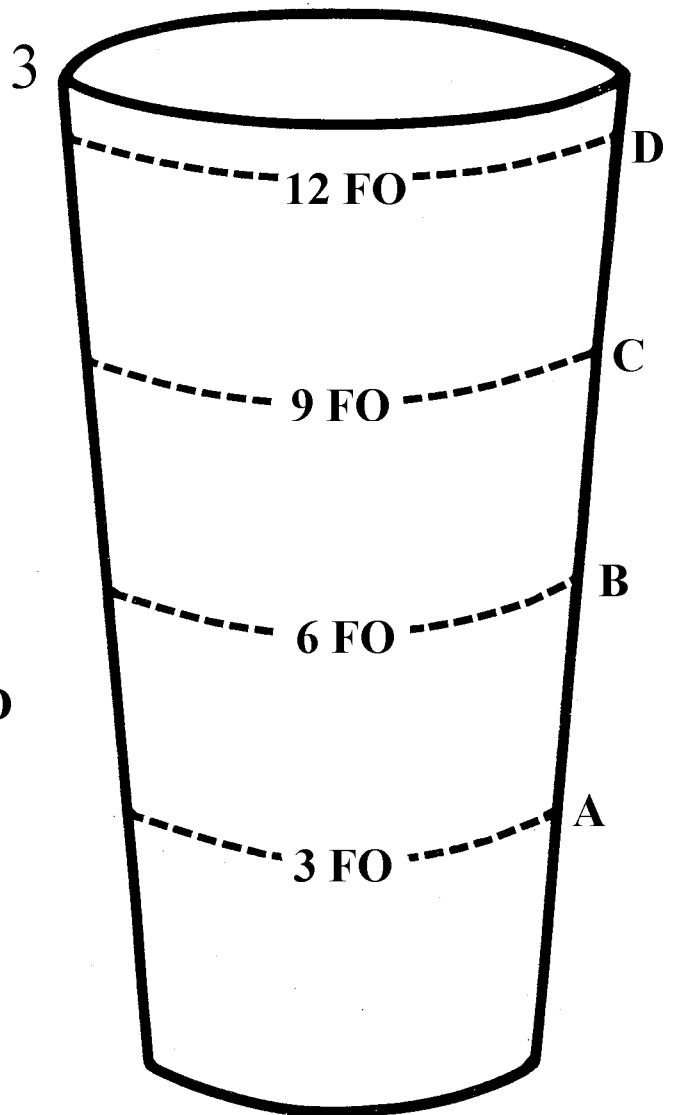
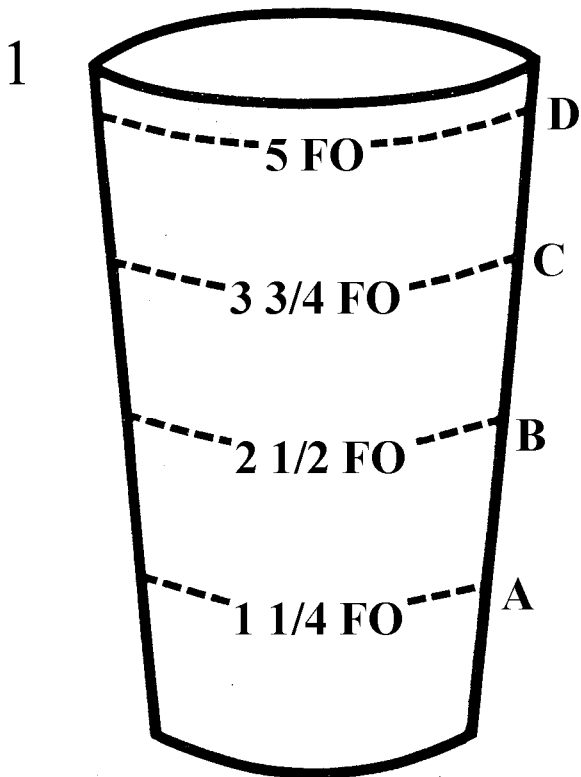


Heaping 2 TB

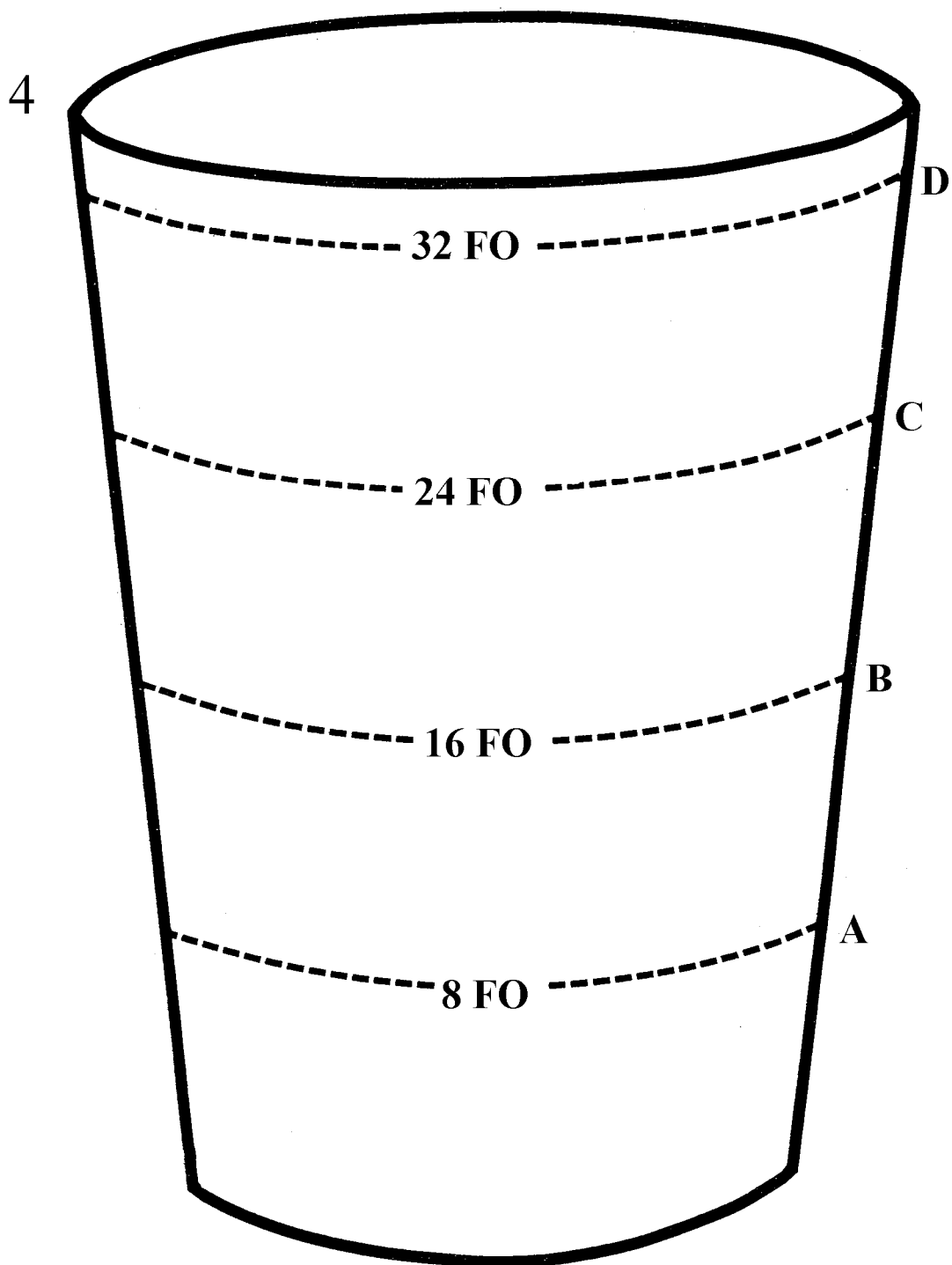
Measuring Cups



Glasses

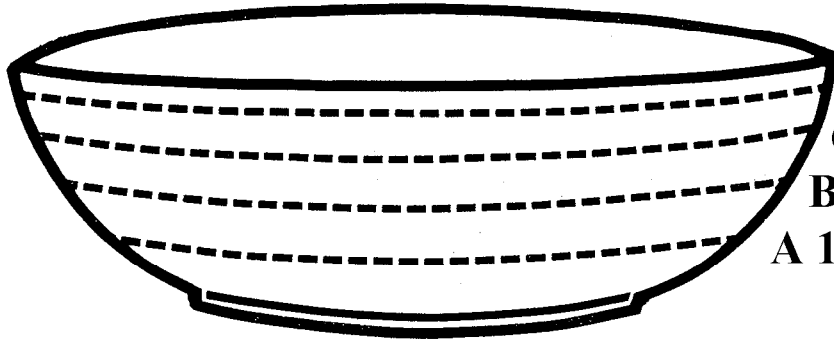


Glasses



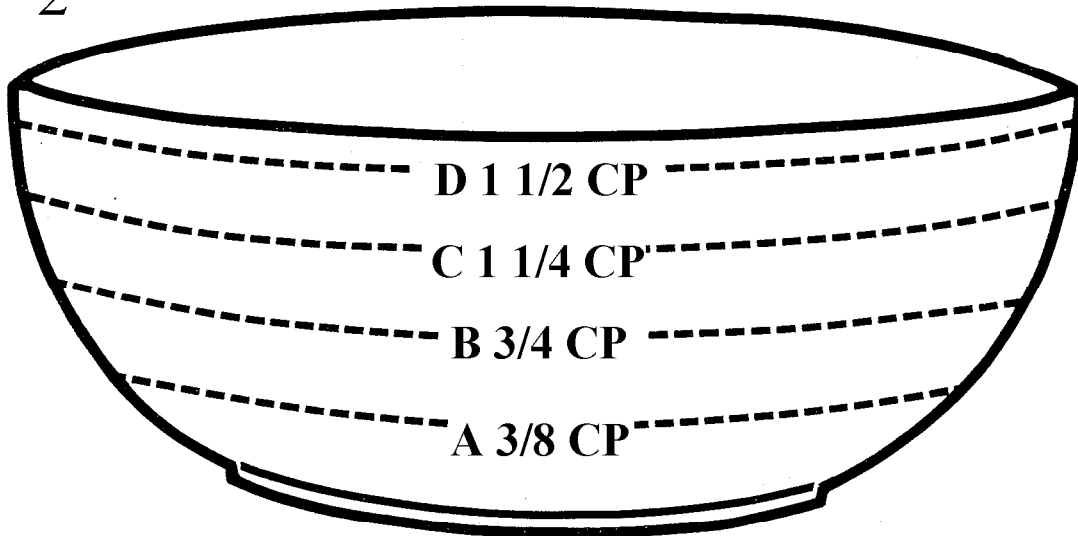
Bowls

1



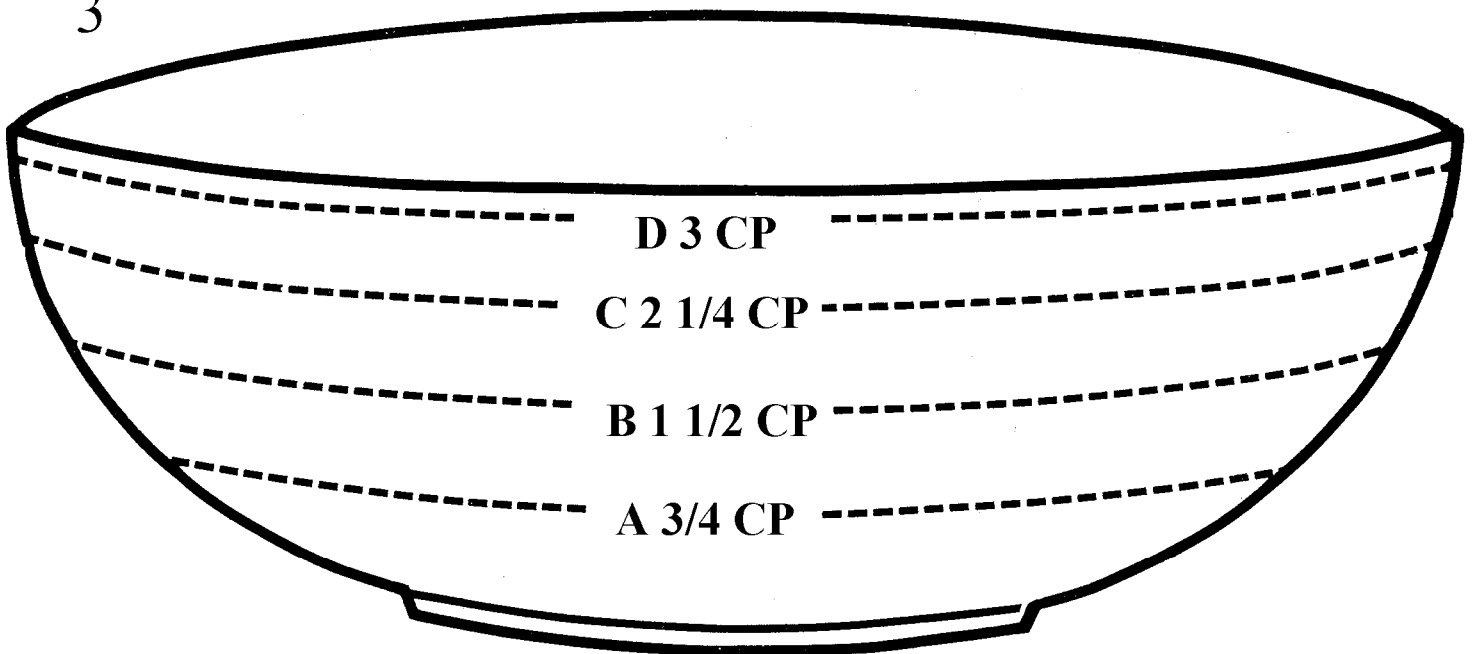
D $1\frac{1}{2}$ CP
C $\frac{3}{8}$ CP
B $\frac{1}{4}$ CP
A $\frac{1}{8}$ CP

2

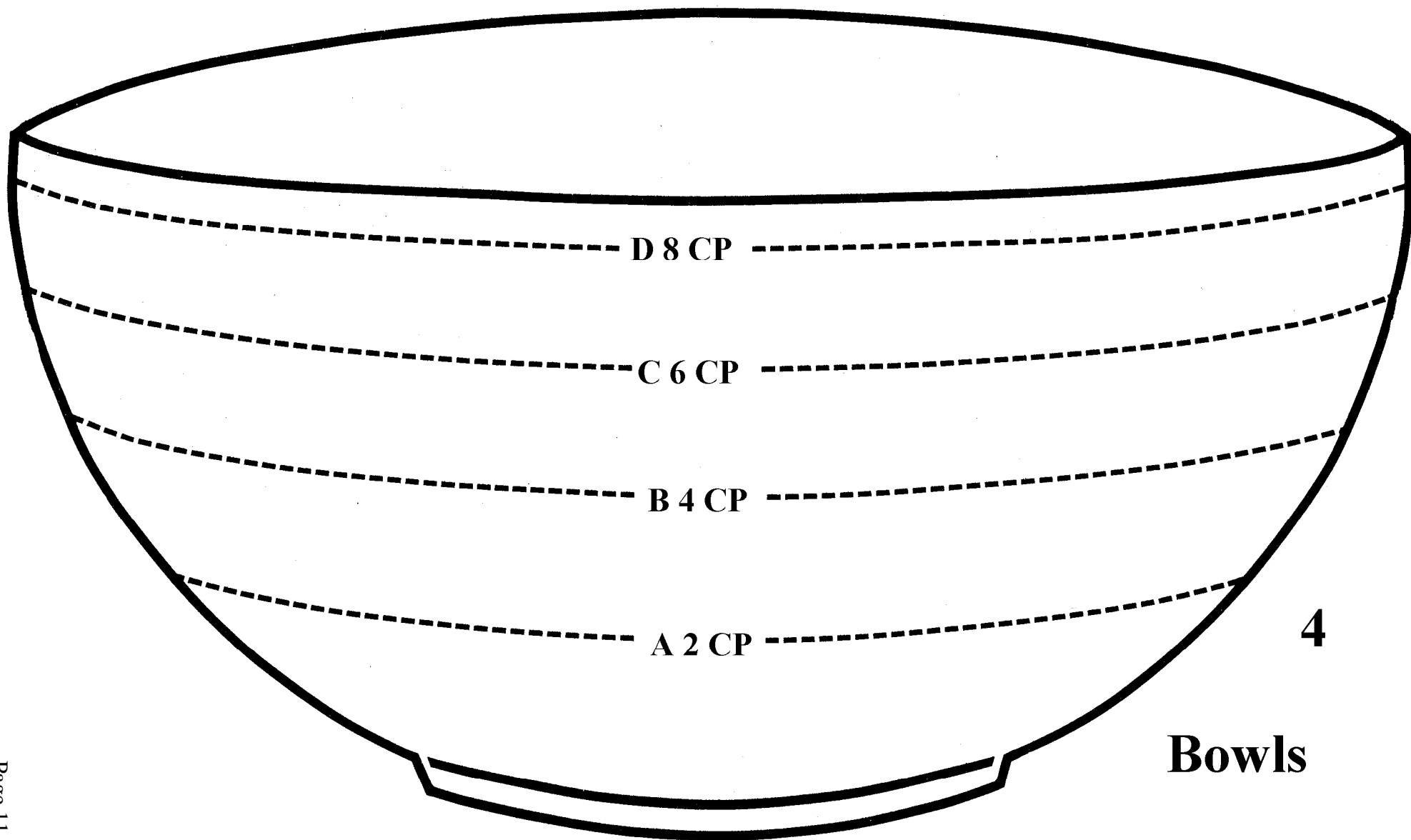


D $1\frac{1}{2}$ CP
C $1\frac{1}{4}$ CP
B $\frac{3}{4}$ CP
A $\frac{3}{8}$ CP

3



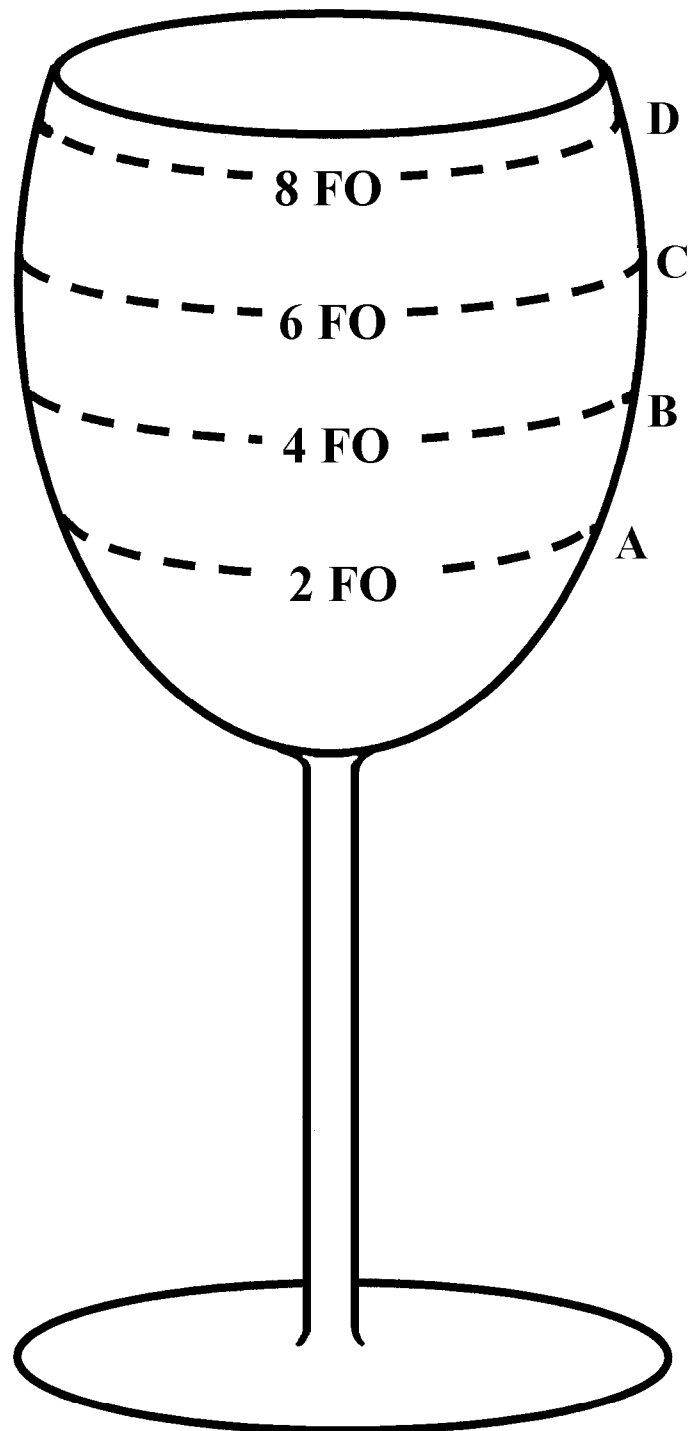
D 3 CP
C $2\frac{1}{4}$ CP
B $1\frac{1}{2}$ CP
A $\frac{3}{4}$ CP



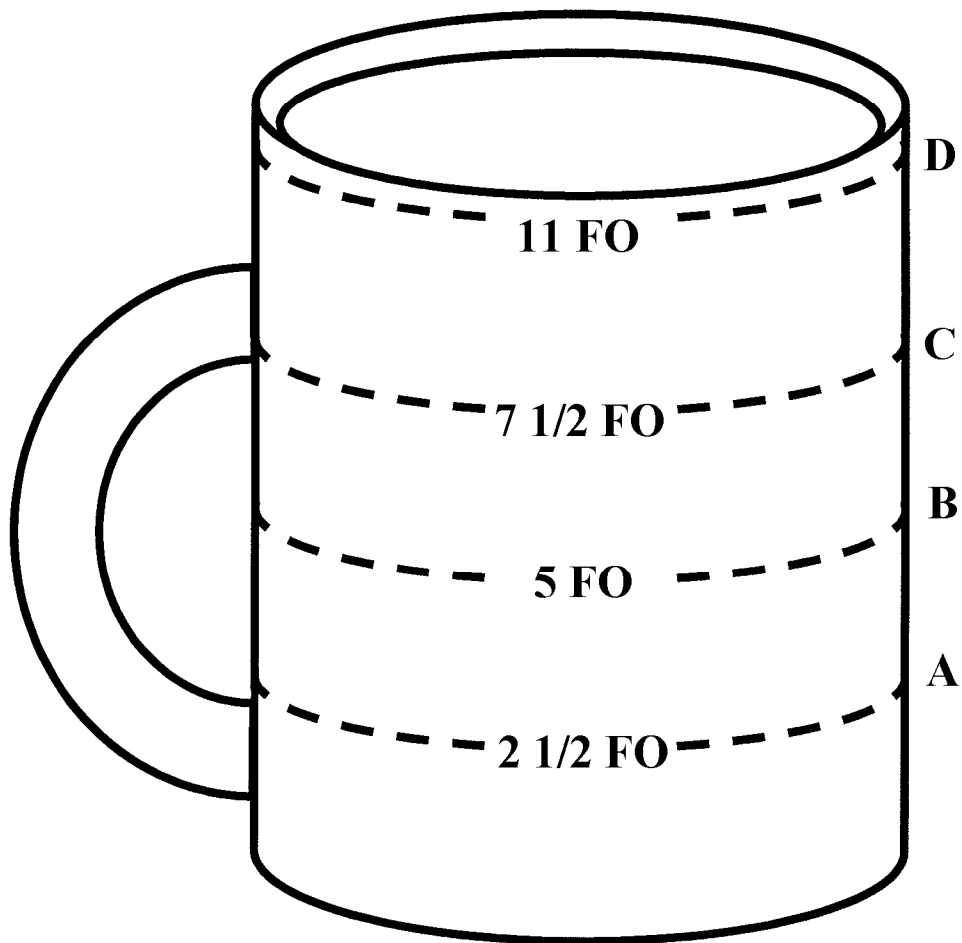
4

Bowls

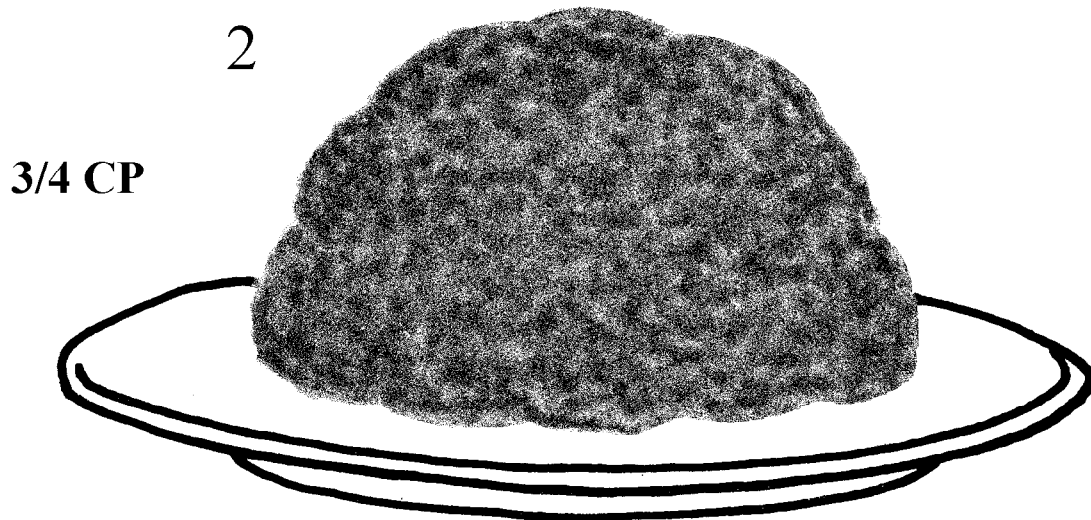
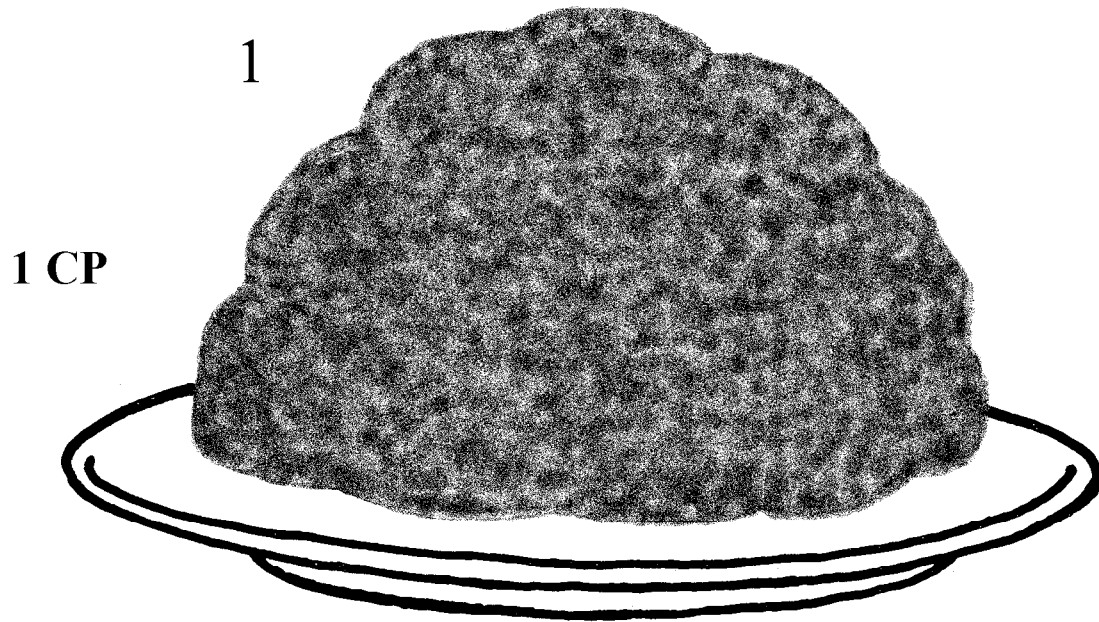
Wine Glass



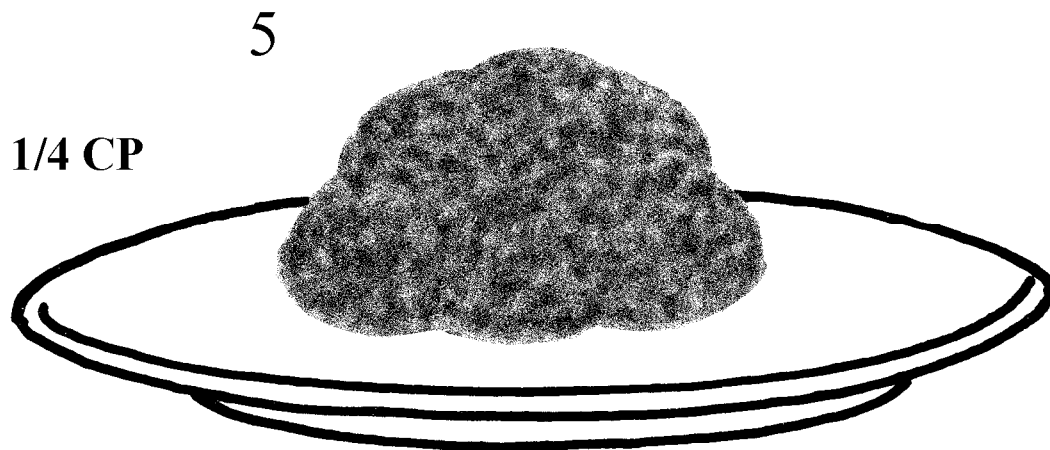
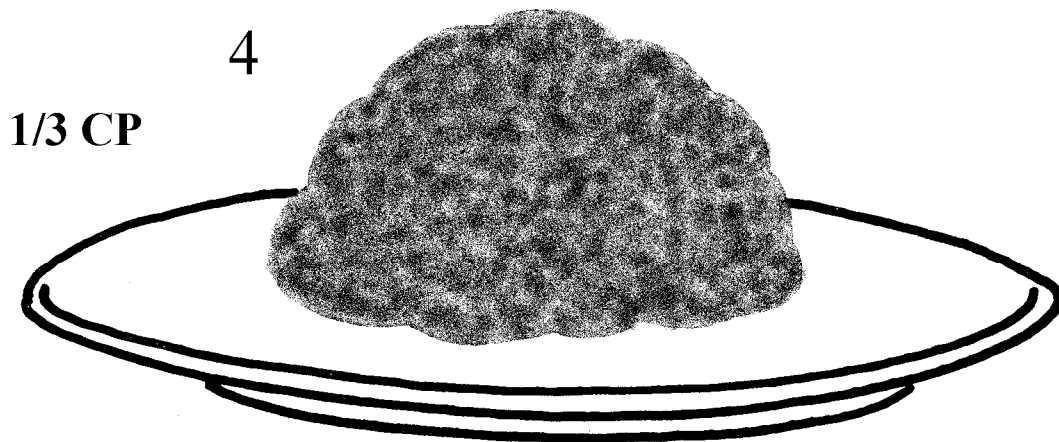
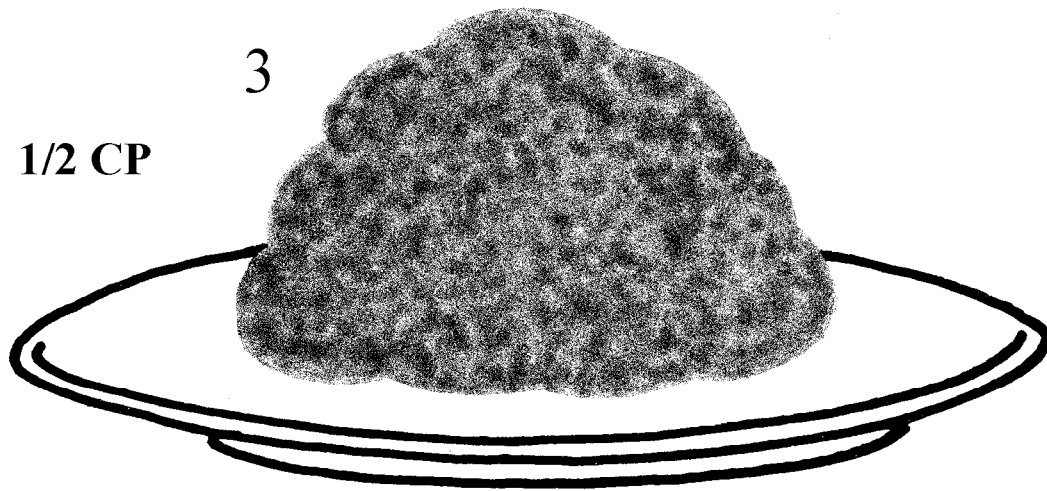
Mug



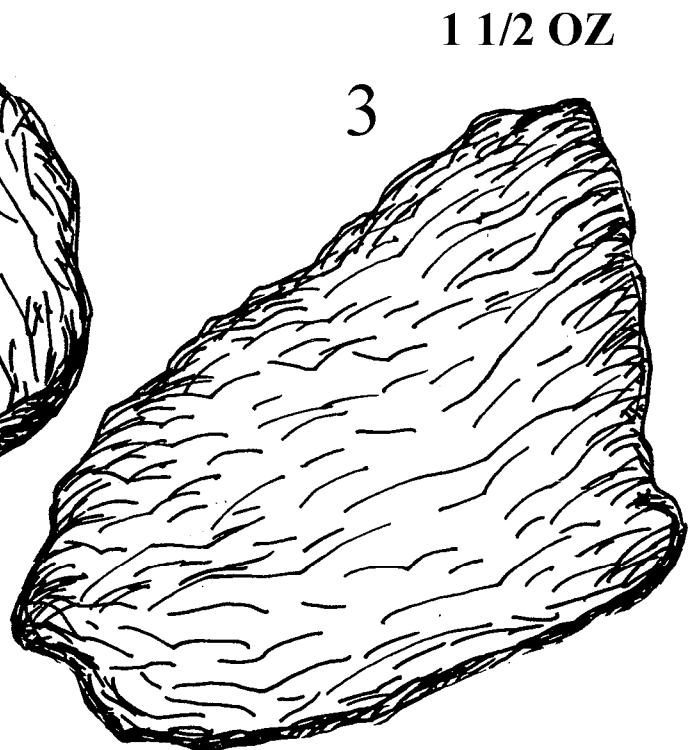
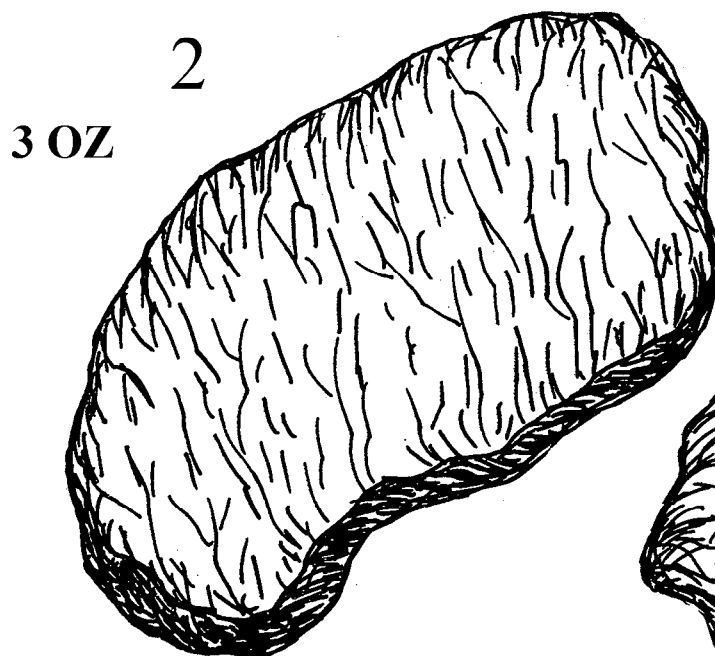
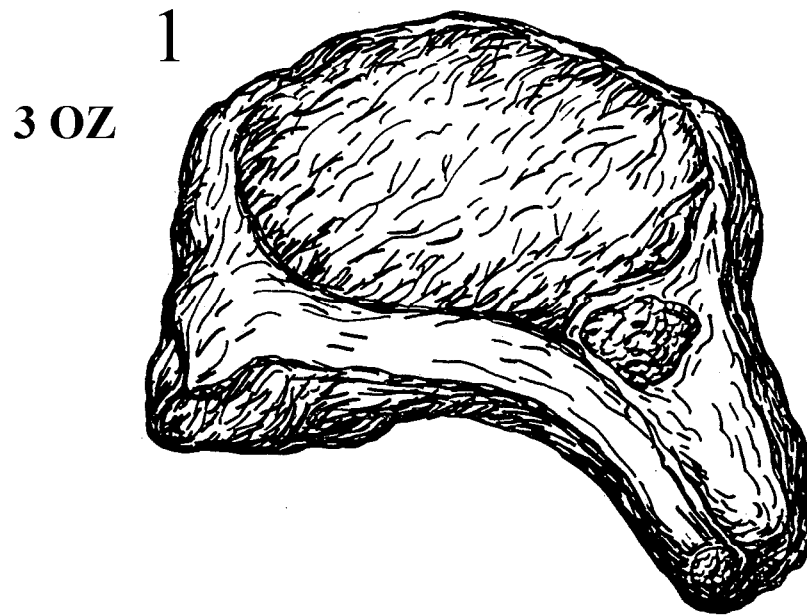
Mounds



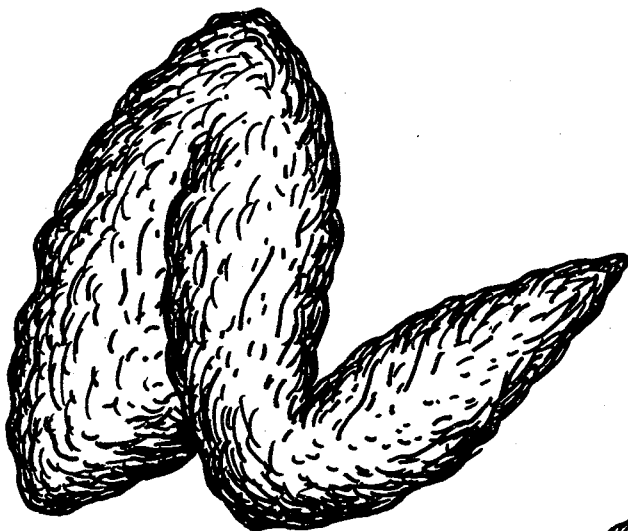
Mounds



Meats

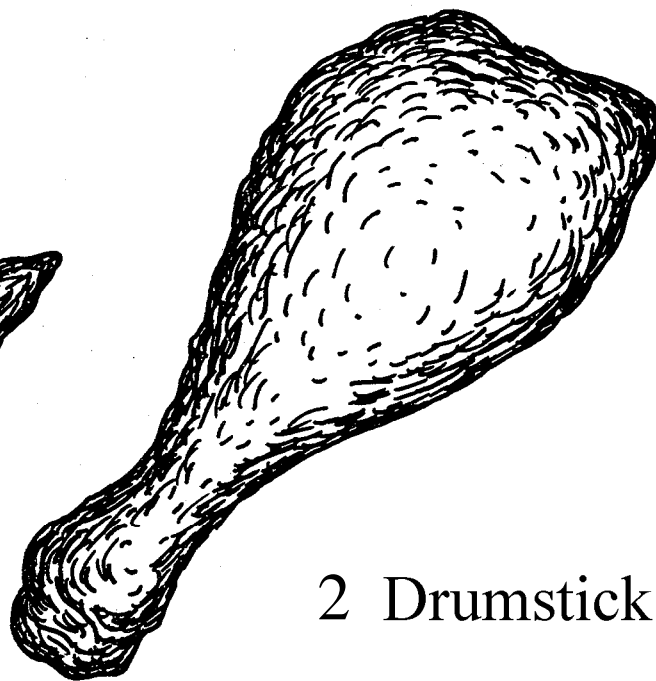


Chicken



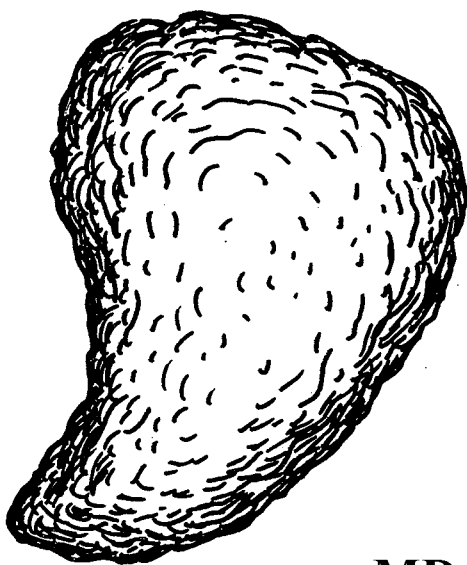
1 Wing

MD



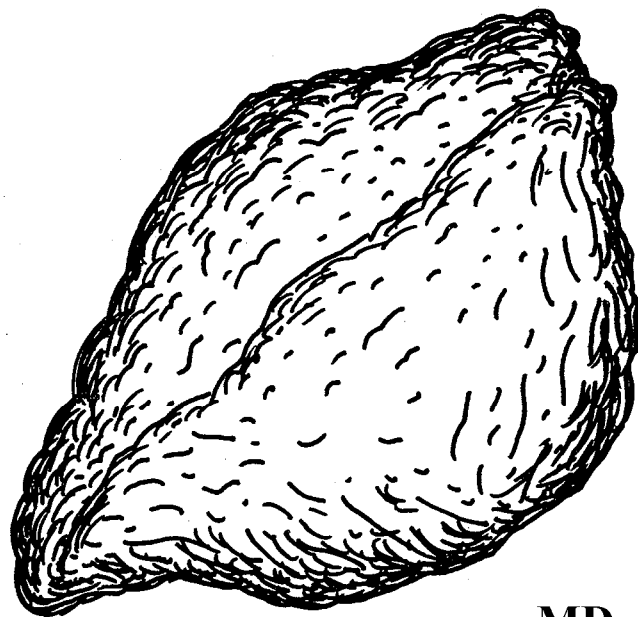
2 Drumstick

MD



3 Thigh

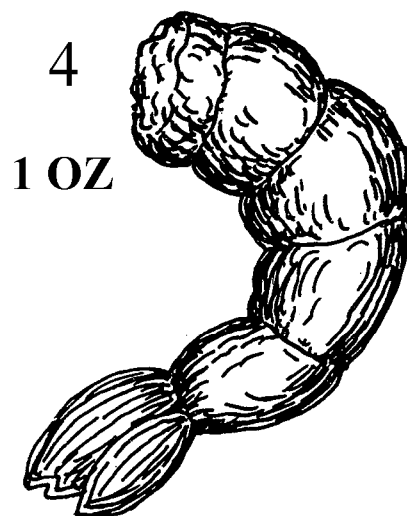
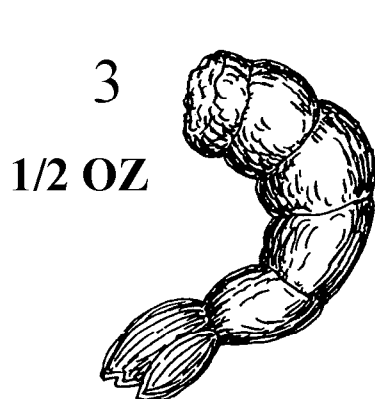
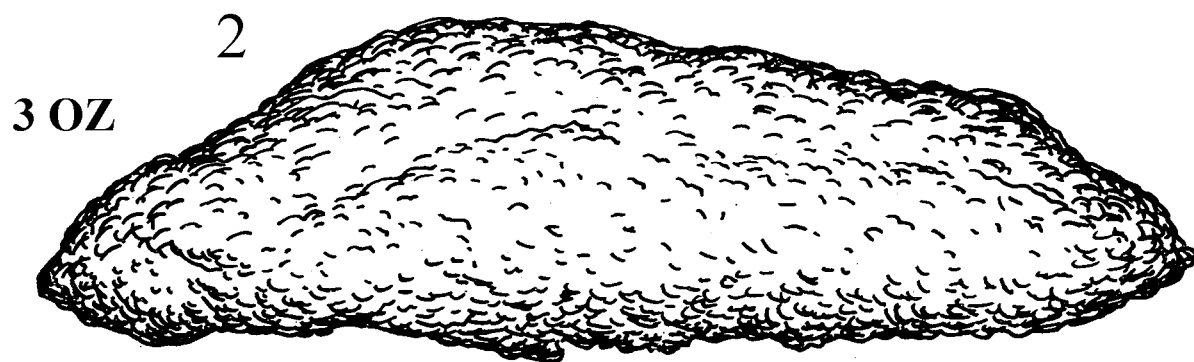
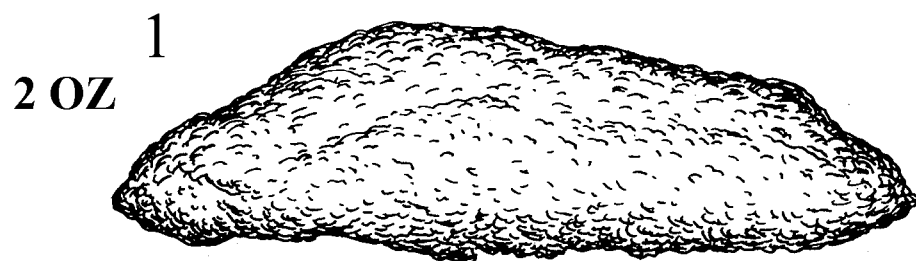
MD



4 Breast

MD

Fish



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.