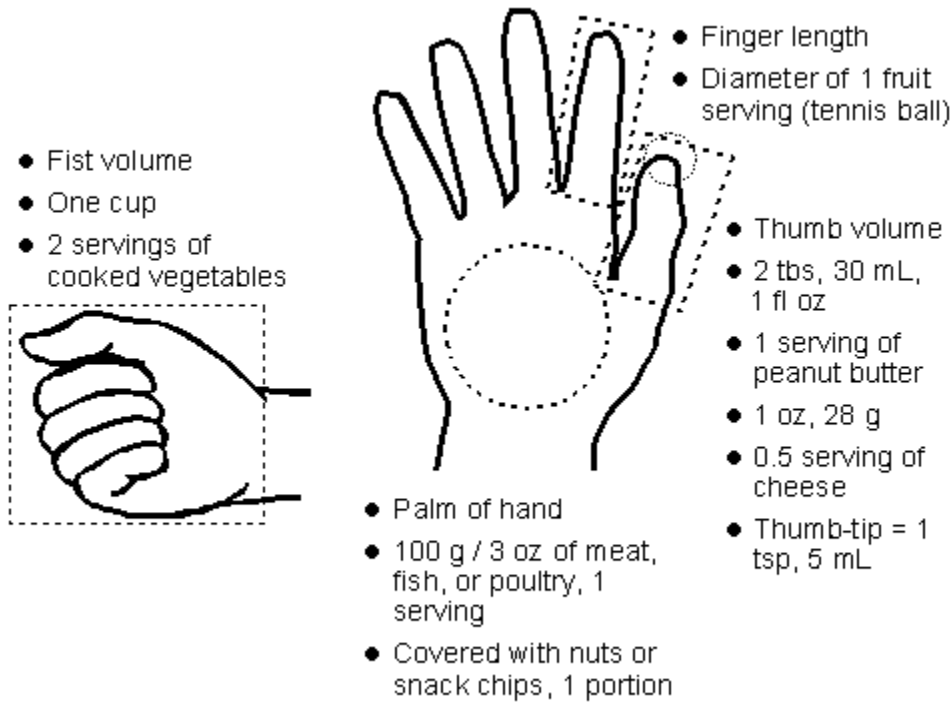


A Handy Way to Estimate Portion Size

It may be helpful to visualize serving and portions related to your hand.



DON'T FORGET TO DOCUMENT:

Any seasonings, spices or condiments added to foods or proportions of ingredients used in mixed dishes, sandwiches, etc.

Make a real effort to accurately estimate the amount of food you ate or beverages you drank. Remember to indicate whether weights are for cooked or raw portions. Use the following descriptions to document portion sizes.

DESCRIPTION

EXAMPLES

Measuring cups (c), teaspoons (t or tsp) tablespoons (Tb)

Vegetables, canned or frozen fruits pasta, casseroles, all liquids such as beverages, soups, gravies, sauces, salad dressings, ice-cream or shakes.

Weight in grams (gm) or ounces (oz).

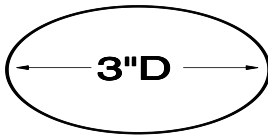
Any solid food such as meat, cheese, or frozen entrees.

Fraction of the whole

1/8 of 9" pie or 1/4 of 6" cantaloupe

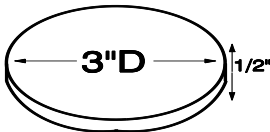
Diameter (D)

Any sphere, such as a 3" diameter apple, roll or muffin



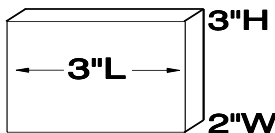
Diameter and Thickness

Any cylinder or disk, such as a salmon patty, slice of bologna or hamburger (ie: a 3"D hamburger patty 1/2" thick).



Length and Height and Width

Any rectangle or square such as a 3" long 3" high 2" wide piece of chocolate cake



Length and Height and Width of arc

Any wedge, such as a slice of Angel food cake, pizza or pie.

