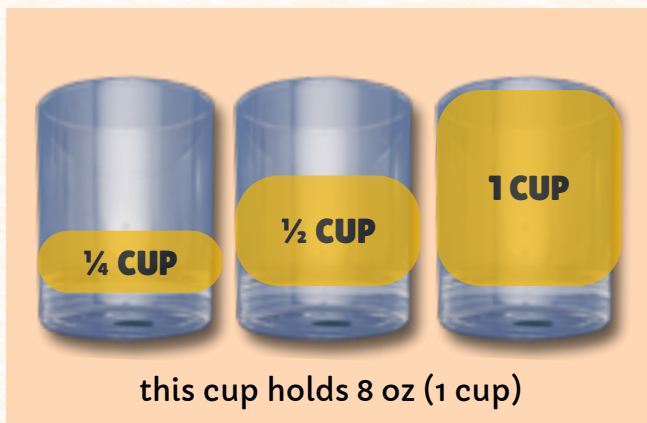




SERVING SIZE: VISUAL GUIDE

We'll call you in the next few days to do a second diet recall. Preferably it will be over Zoom and you will receive the link to join shortly before the appointment. Please use this guide to help answer the questions.

CUP SIZES: HOW MUCH DID YOU EAT?



BEVERAGES: THE CONTAINER MATTERS... HOW MUCH DID YOU DRINK?

Make sure to tell the assessor if your drink came in a water/soda bottle, juice box, cup, or can.

Note: Water bottles are usually 16.9 oz and soda bottles are usually 20 oz.



RESTAURANT SIZES:

| | |
|---------------|-------|
| Child Size: | 12 oz |
| Small Drink: | 16 oz |
| Medium Drink: | 21 oz |
| Large Drink: | 32 oz |

SERVING SIZE: PLATE EDITION

Now, let's measure based on how much of the plate (12" standard) your food fills up. Look at these examples for help measuring.

1/4 CUP



1/2 CUP



3/4 CUP



1 CUP



1 1/4 CUP



1 1/2 CUP



1 3/4 CUP



2 CUPS



GROUND BEEF



SALAD



CHIPS



RICE



LASAGNA/
CASSEROLE



SERVING SIZE: PLATE EDITION

Now, let's measure based on how much of the plate (12" standard) your food fills up. Look at these examples for help measuring.

1/4 CUP



CEREAL

1/2 CUP



3/4 CUP



1 CUP



1 1/4 CUP



1 1/2 CUP



1 3/4 CUP



2 CUPS



SOUP



SCRAMBLED EGG



BEANS



MACARONI

