Thank you for participating in this research study.

Use this booklet to help estimate your portion sizes.

Contact nasr@fredhutch.org for permission to use this form.
For information about our services, visit fredhutch.org/nasr.
Beef, Pork, Chicken and Fish

1 ounce

3 ounces

5 ounces

7 ounces
Cereal and Soup

1/2 cup

1 cup

1-1/2 cups

2 cups
Vegetables such as Green Beans, Corn and Potatoes

1/4 cup
1/2 cup
1 cup
1-1/2 cups
Pasta and Mixed Dishes

1/2 cup

1 cup

2 cups

3 cups
Spreads such as Butter, Margarine, Mayonnaise, or Peanut Butter

1 teaspoon (tsp)

2 teaspoons

3 teaspoons = 1 Tablespoon

2 Tablespoons
Salad Dressing

1 Tablespoon (Tbsp)

2 Tablespoons

3 Tablespoons

4 Tablespoons = 1/4 cup
Salads

1/2 cup

1 cup

1-1/2 cups

2 cups
Ice Cream and Frozen Yogurt

- 1/2 cup
- 1 cup
- 1-1/2 cups
- 2 cups
Chips
One ounce of chips = ~10-12 chips

1 ounce

2 ounces

3 ounces

4 ounces
Eating and Serving Spoons

**teaspoons (tsp)**

- **Level**
- **Heaping**

**Tablespoons (Tbsp)**

- **Level**
- **Heaping**
Thickness

12 fluid ounces

3 oz.
6 oz.
9 oz.
12 oz.