



Serving Size Booklet

Thank you for participating in this
research study.

Use this booklet to help estimate your
portion sizes.

Contact nasr@fredhutch.org for a cost estimate.

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



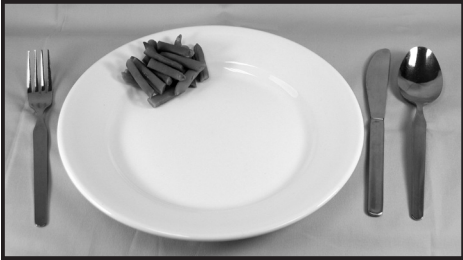
1-1/2 cups



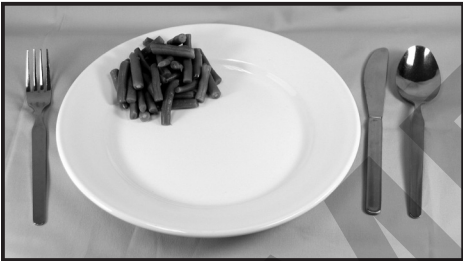
2 cups



Vegetables such as Green Beans, Corn and Potatoes



1/4 cup



1/2 cup



1 cup



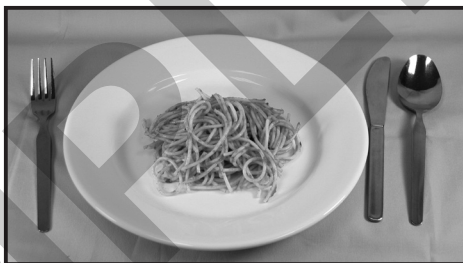
1-1/2 cups

Pasta and Mixed Dishes

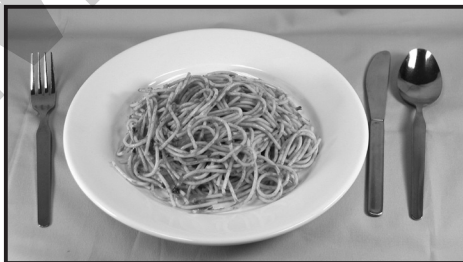
1/2 cup



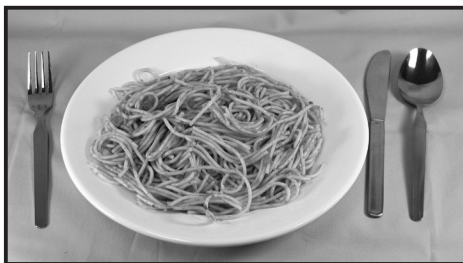
1 cup



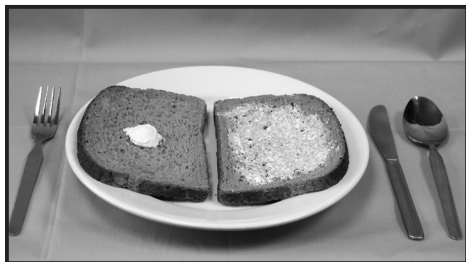
2 cups



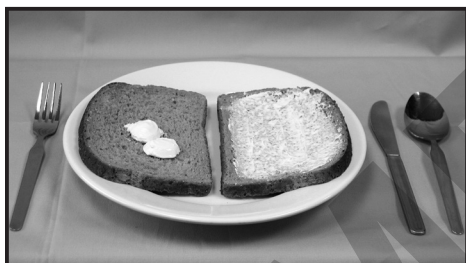
3 cups



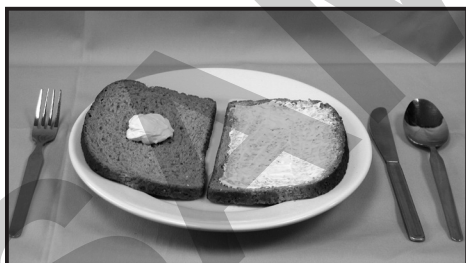
Spreads such as Butter, Margarine, Mayonnaise, or Peanut Butter



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

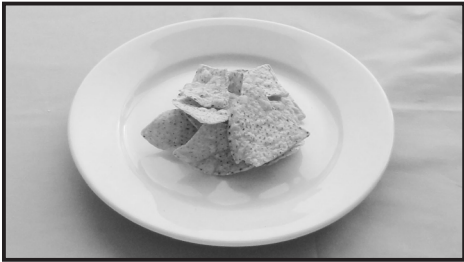


2 cups



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)

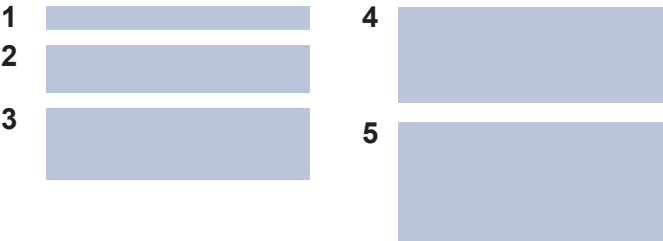


Level



Heaping

Thickness



12 fluid ounces

