Please use these pictures to help estimate your usual serving sizes.

- Medium serving sizes are given on the Food Questionnaire.
- A small serving is about one-half (1/2) the medium serving size or less.
- A large serving is about one-and-a-half (1 1/2) times the medium serving size or more.

**Beef, pork, chicken and fish as a main dish**

- Small (3 ounces)
- Medium (6 ounces)
- Large (9 ounces)

**Spaghetti and casseroles**

- Small (3/4 cup)
- Medium (1 1/2 cups)
- Large (2 1/2 cups)

**Vegetables such as green beans, corn, and potatoes**

- Small (1/3 cup)
- Medium (3/4 cup)
- Large (1 1/2 cups)