

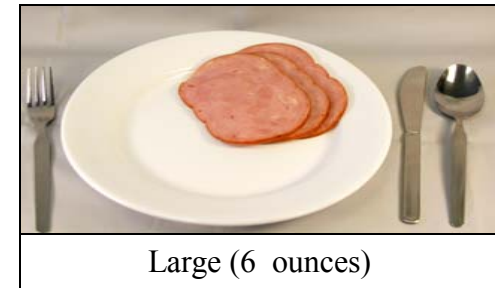
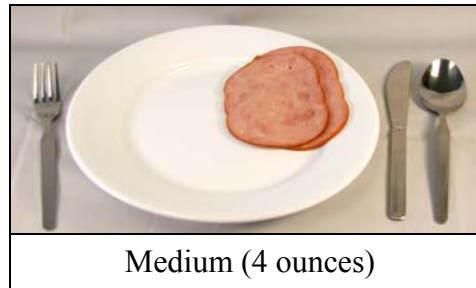
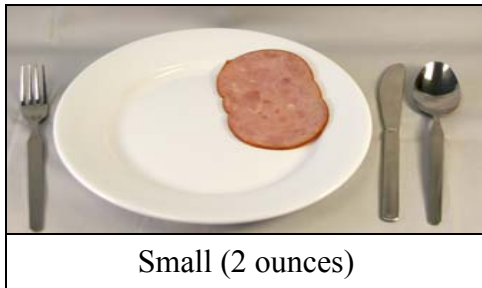
# Food Questionnaire Serving Size Pictures

## English GSEL FFQ

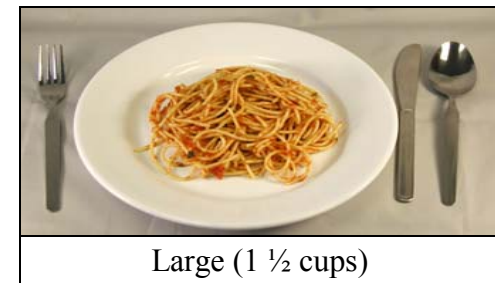
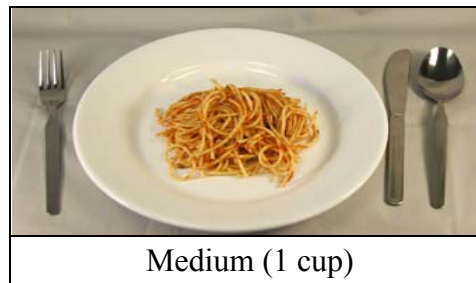
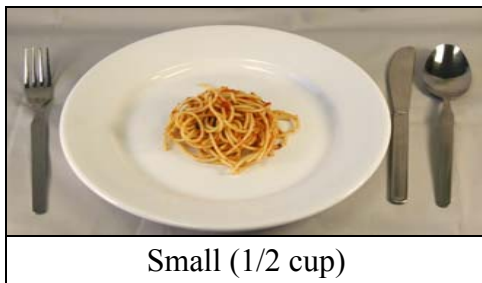
Please note: Use these pictures to help estimate your usual serving sizes.

- 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



### Spaghetti and casseroles



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

