

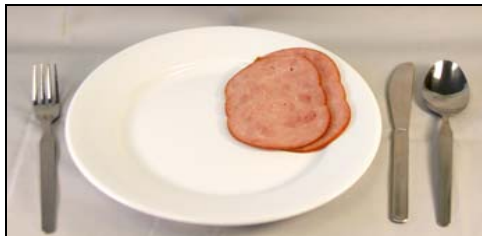
Food Questionnaire Serving Size Pictures

English MSEL FFQ

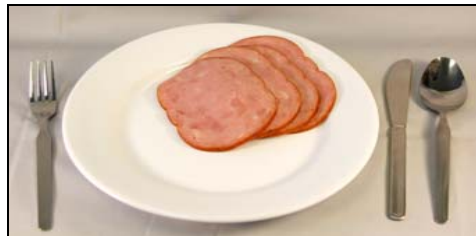
Please use these pictures to help estimate your usual serving sizes.

- 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)