

هيئة أبوظبي للزراعة والسلامة الغذائية  
ABU DHABI AGRICULTURE AND FOOD  
SAFETY AUTHORITY



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Abu Dhabi Agriculture and Food Safety Authority

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Abu Dhabi Agriculture and Food Safety Authority

Health Authority of Abu Dhabi (HAAD)

United Arab Emirates University (UAEU), College of Food and Agriculture

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# Introduction

A food atlas is a photographic book that is used in the estimation of food portion sizes. Foods included in a food atlas are usually those which are not easily quantified using household measures or visual aids.

In general, the Photographic Atlas of Food Portions for the Emirate of Abu Dhabi contains a series of eight photographs depicting a range of portion sizes in increasing size and incremental weight. The exceptions to this are photographs for butter (of which there are four). There are 83 different series of photographs contained in the Atlas. For ease of identification, each food (or photographic series) and each portion is numbered individually. Each series or food is labelled 1-83 and each of the portions within the series are labelled 1-8, with number 1 representing the smallest portion and number 8 representing the largest portion. For example, the smallest portion of chick peas (which appears on page 36) is numbered 36.1; the second portion is numbered 36.2 and so on.

In addition, a collection of guide photographs have been included in the Abu Dhabi Food Atlas. These photographs reflect a number of foods which come in a variety of types and sizes and do not readily fit into the pattern of increasing portion sizes with incremental weight. These include breads, fruit, meat portions etc. Photographs of selections of cups, mugs, glasses, plates, bowls and spoons have also been incorporated. The Abu Dhabi Food Atlas contains 29 guide photographs.

This publication also incorporates a user's guide which lists the weights for all the foods in the photographs. It also includes information on how to use the Atlas and background information on the development of the Atlas.

Three separate life sized photographs of the dinner plate, side plate and bowl used in the photographs have been provided (printed on A3 paper) to help with the perception of the portion sizes depicted in the atlas.

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Spaghetti .....	6
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Corn Flakes.....	7
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# List of Photographs

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1.1



1.2



1.3



1.4



1.5



1.6



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1.8



2.1



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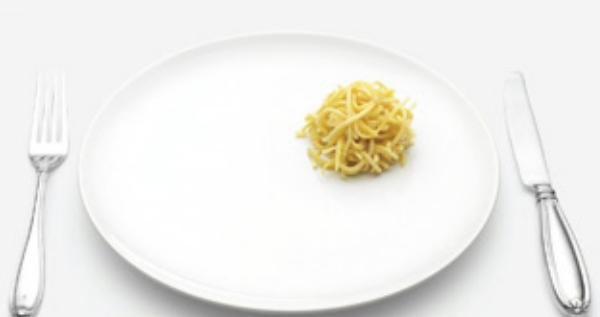
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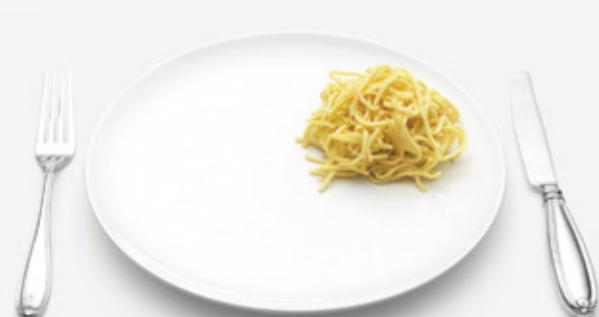
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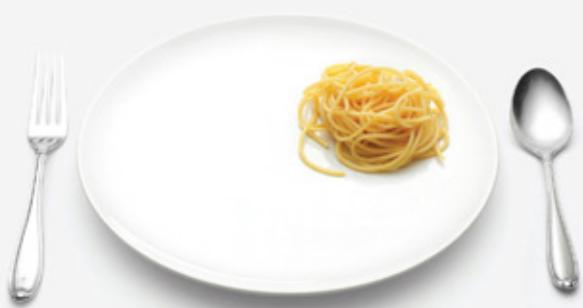
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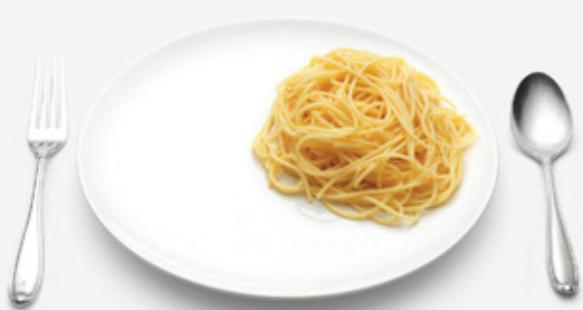
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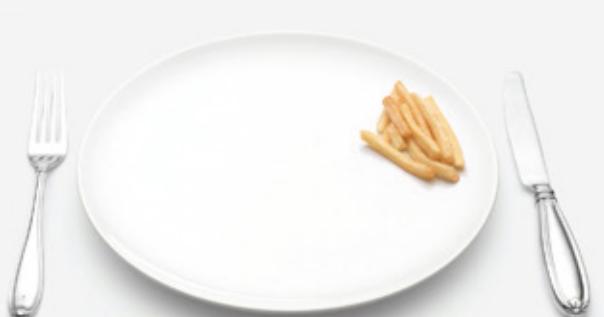
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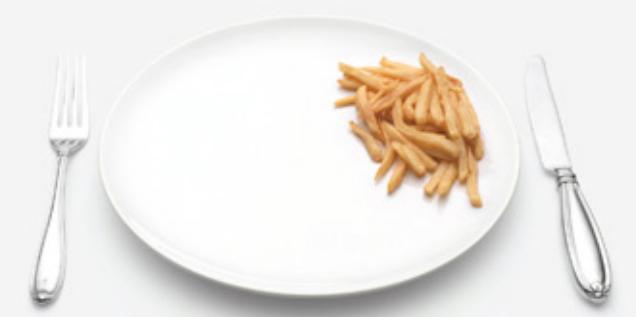
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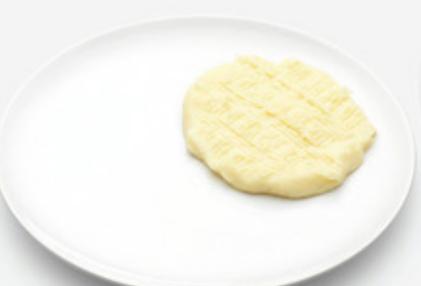
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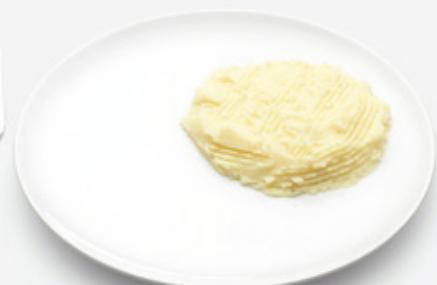
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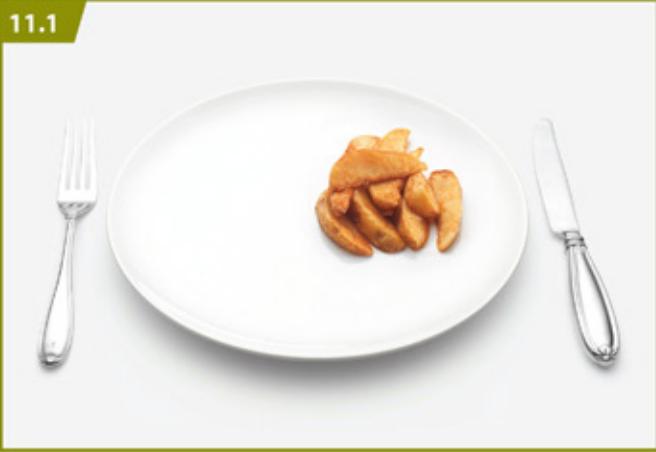


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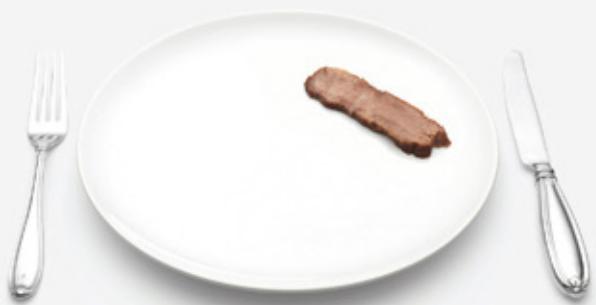
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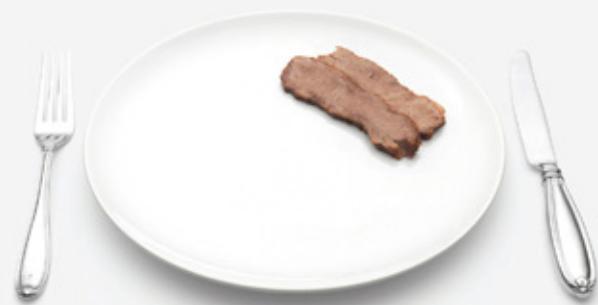
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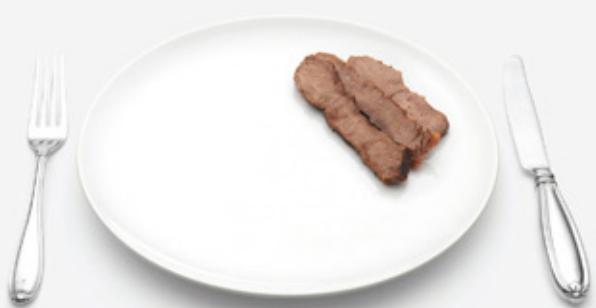
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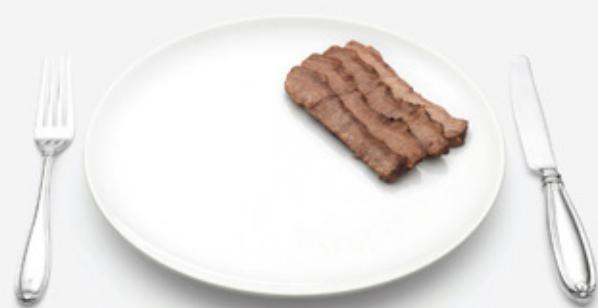
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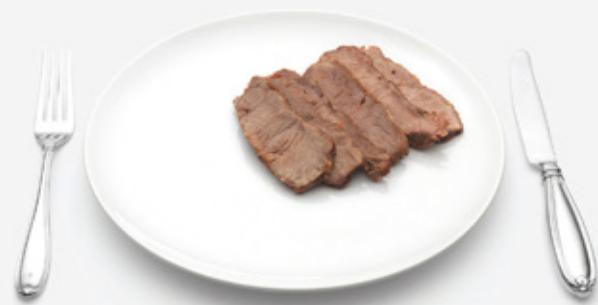
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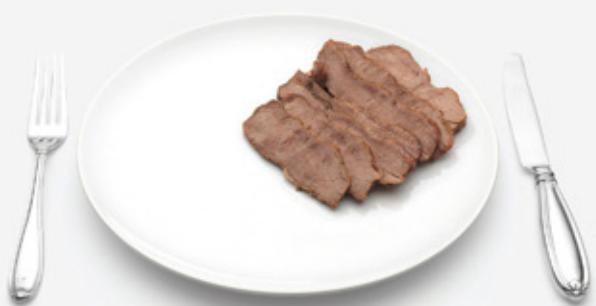
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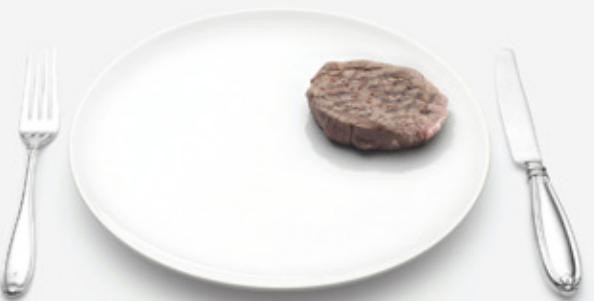
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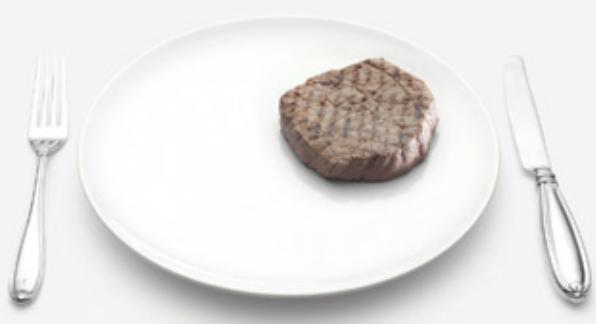
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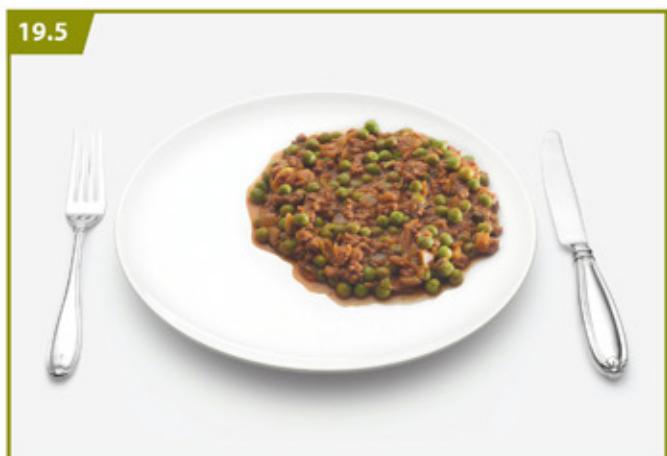


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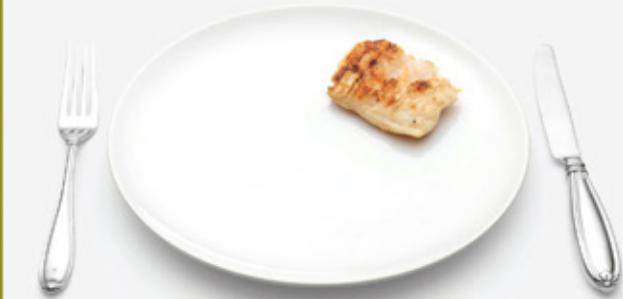
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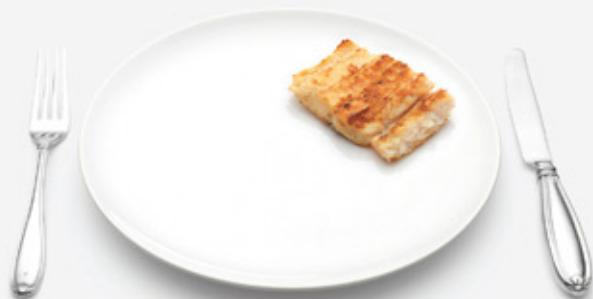
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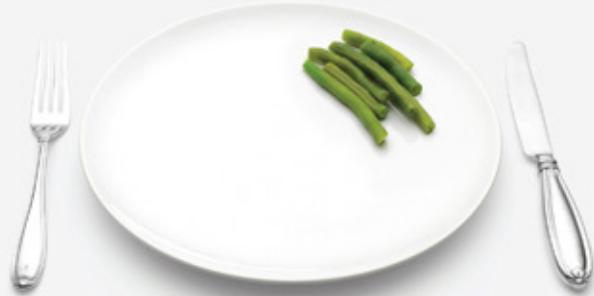
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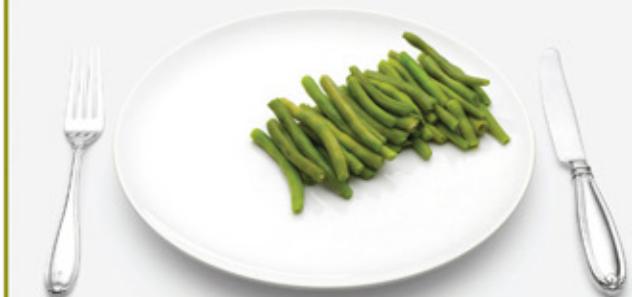
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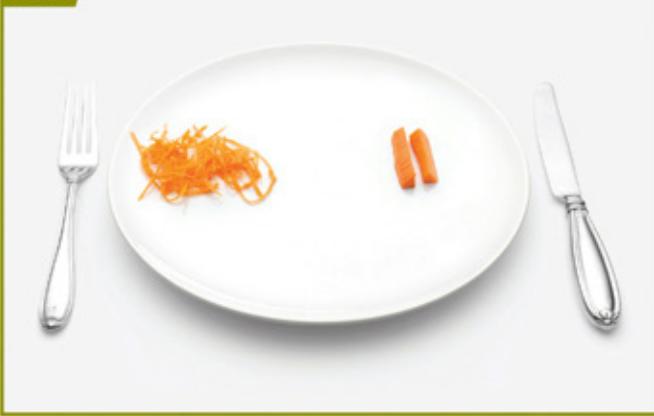
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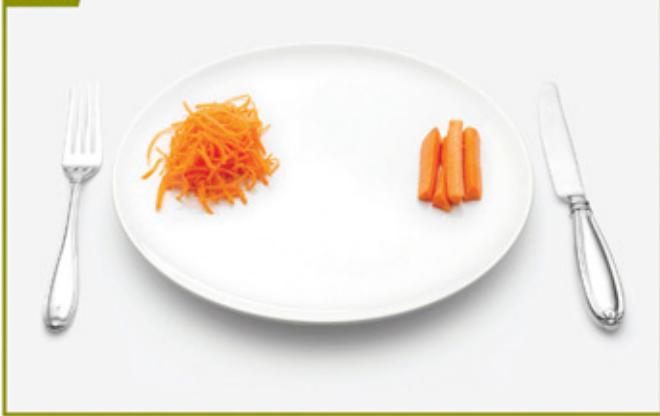
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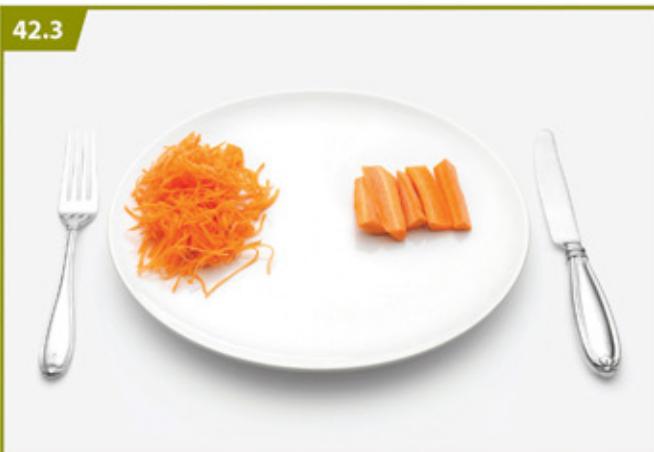
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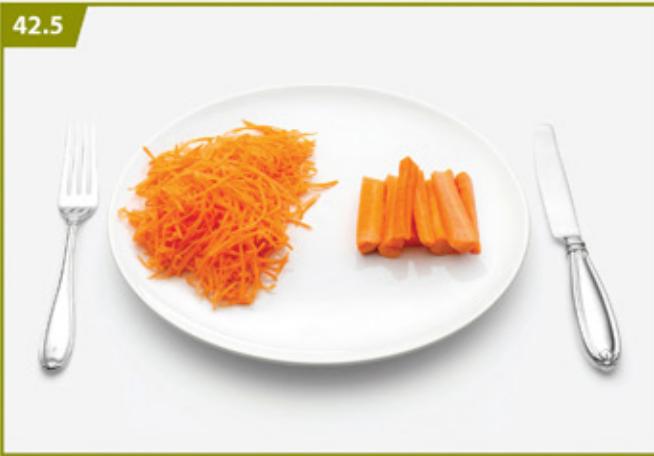
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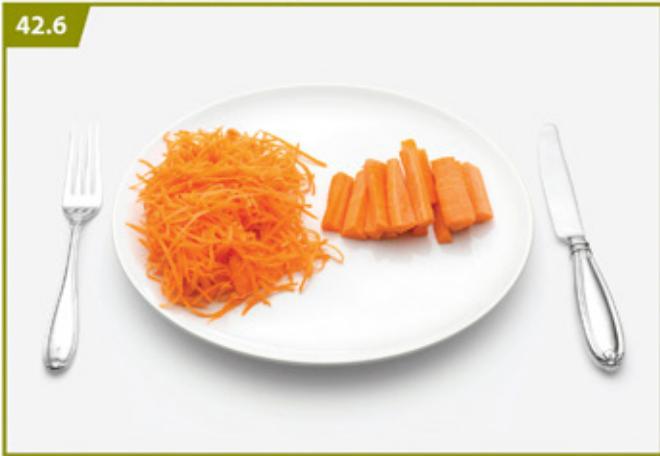
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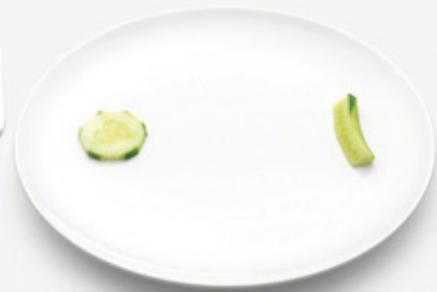
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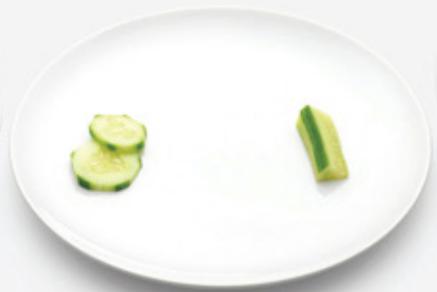
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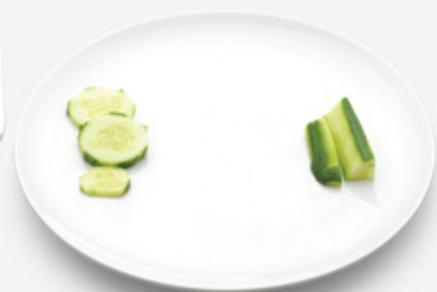
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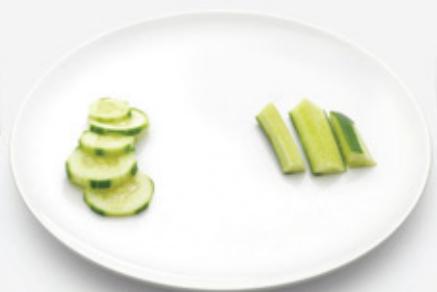
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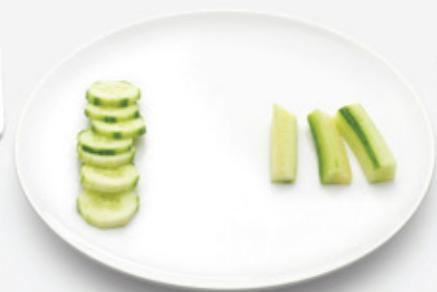
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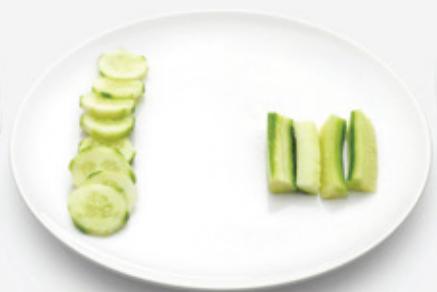
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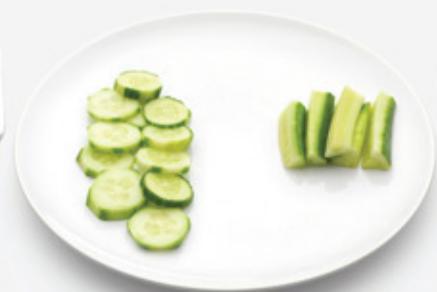
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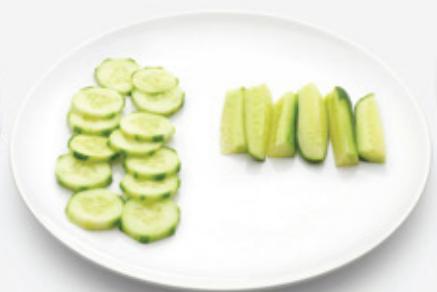
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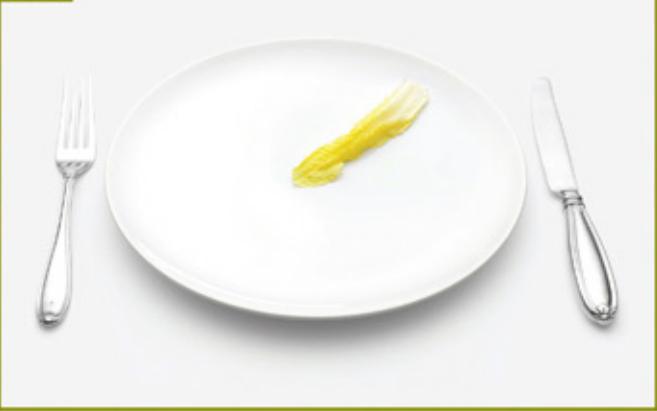
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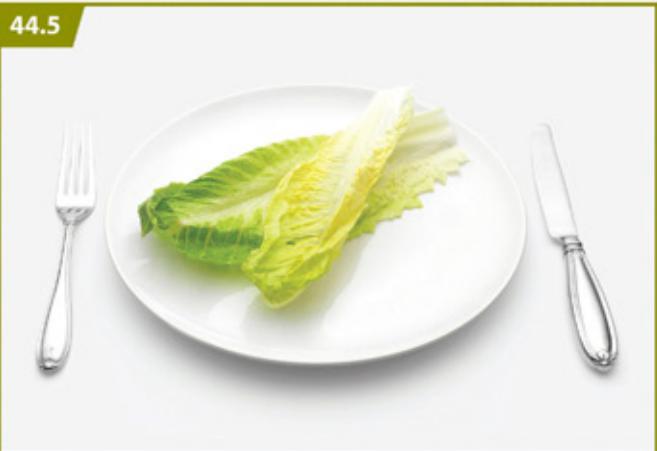
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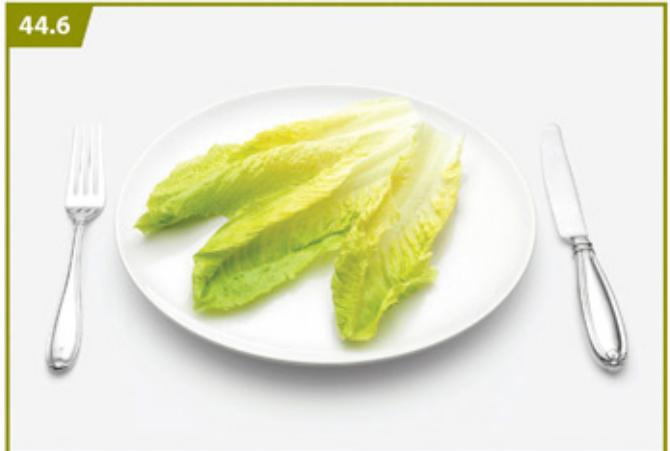
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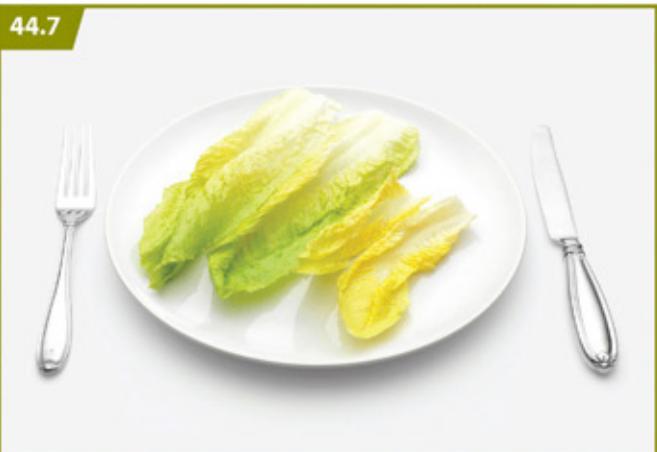
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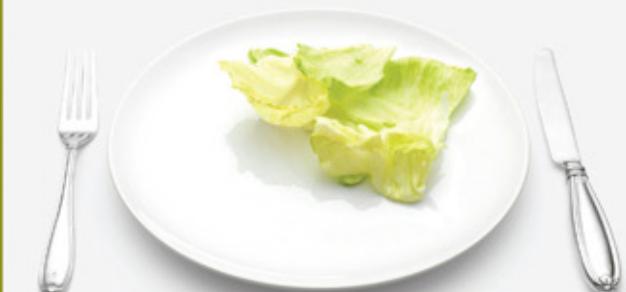
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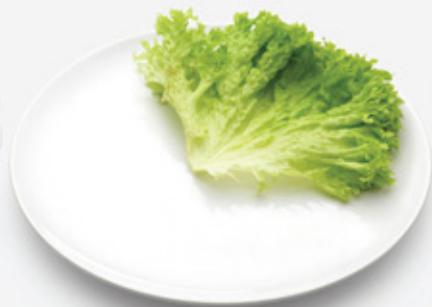
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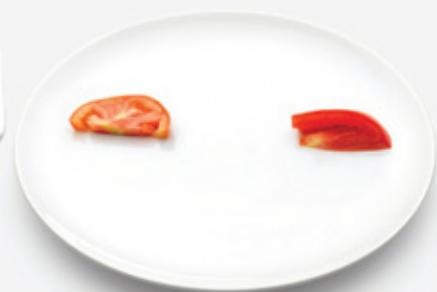
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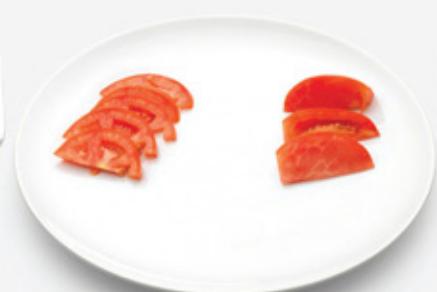
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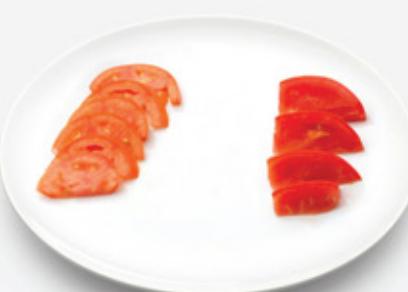
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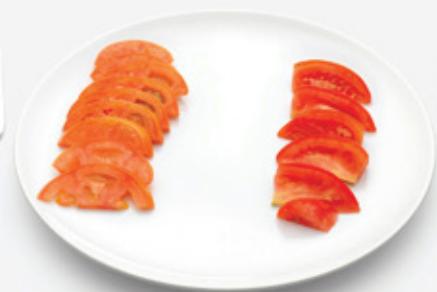
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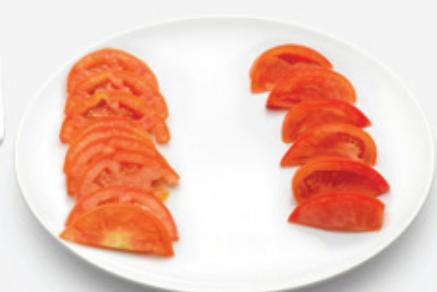
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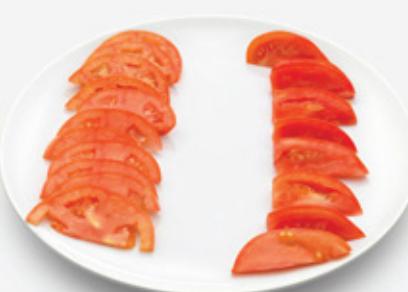
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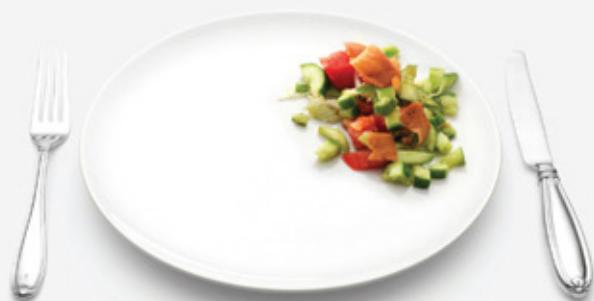
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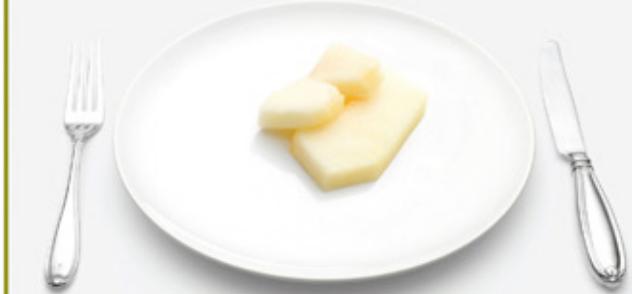
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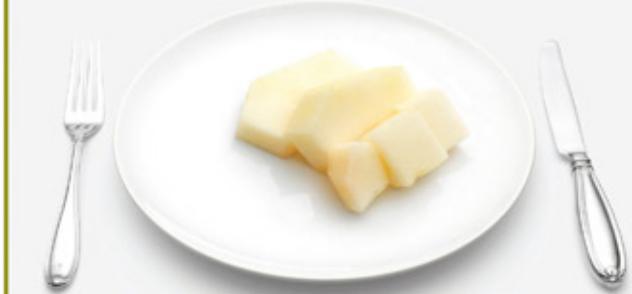
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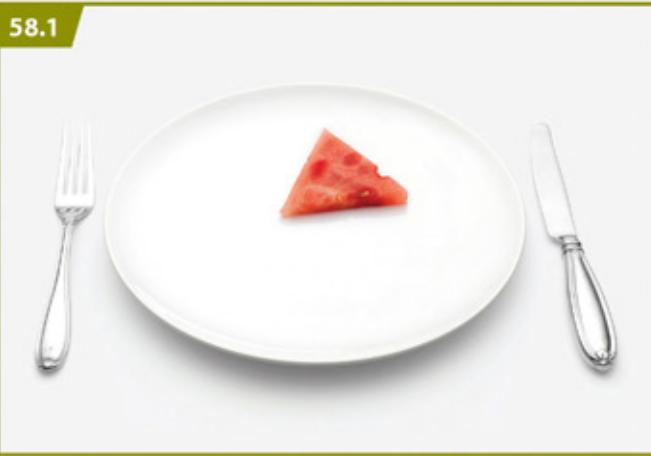
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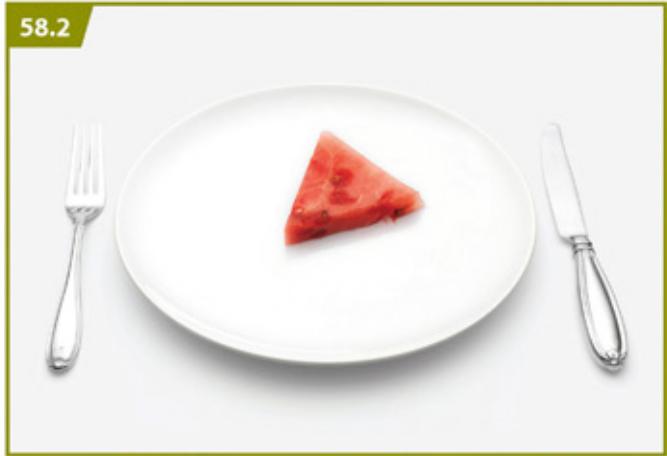
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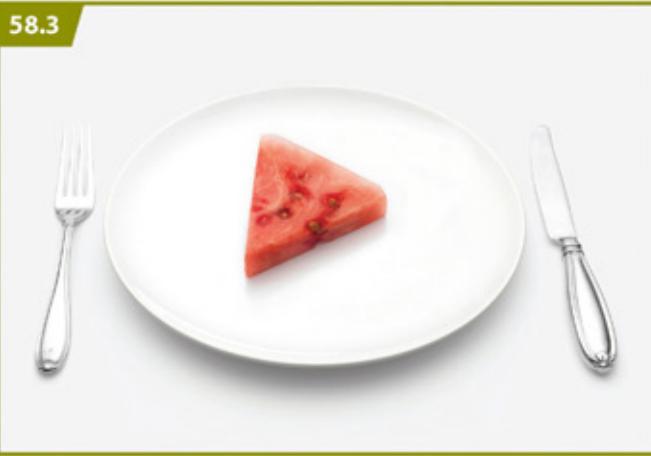
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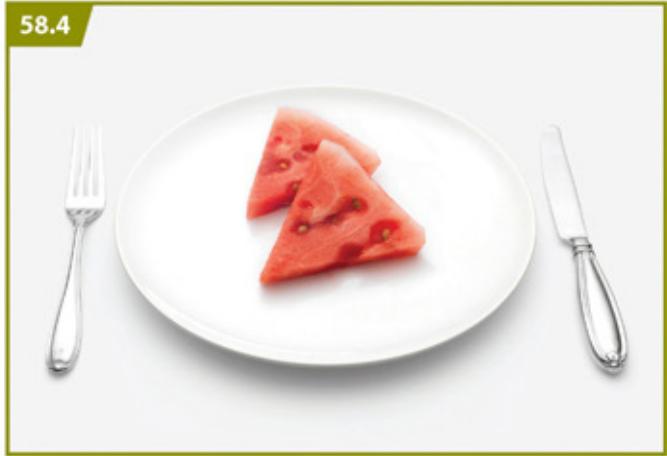
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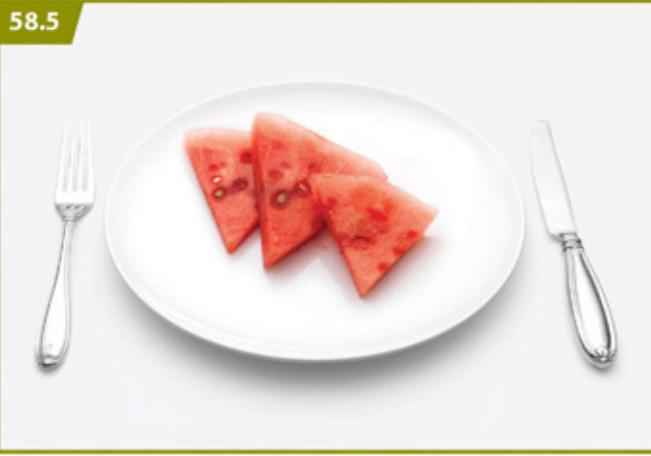
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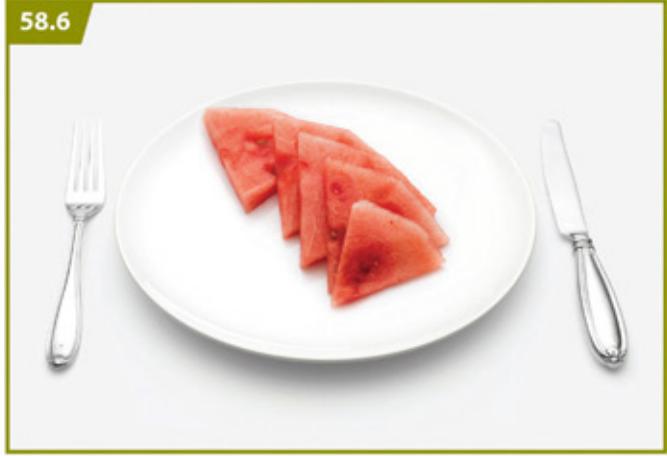
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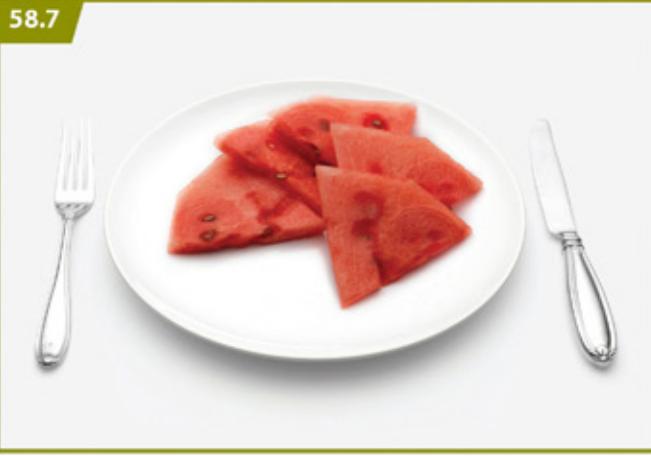
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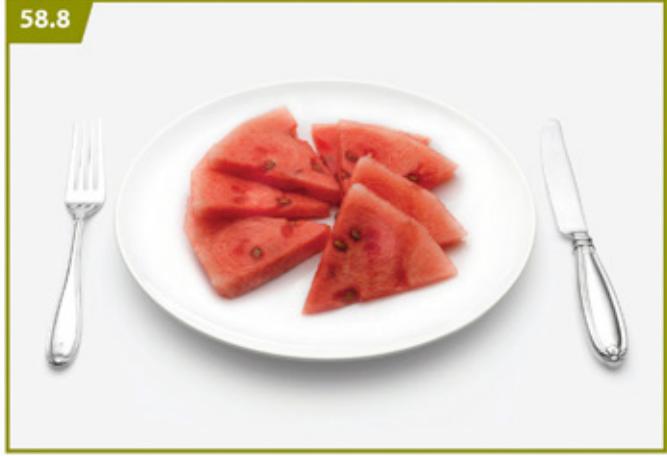
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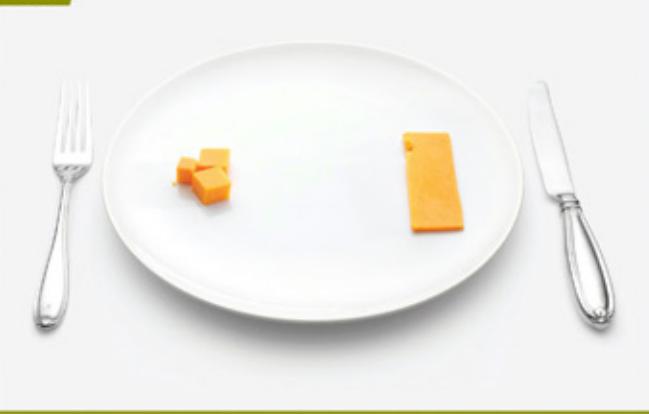
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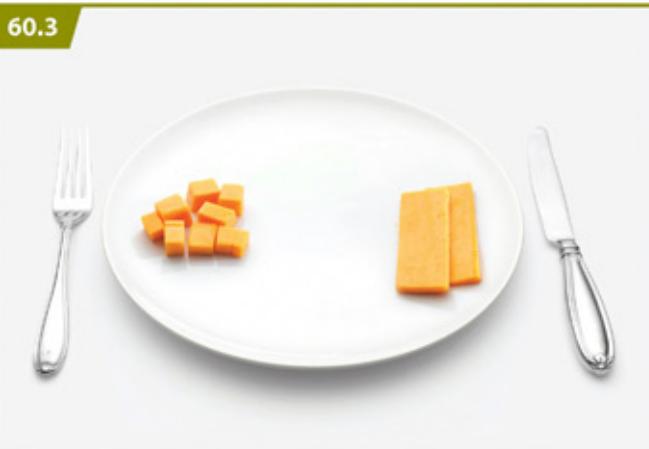
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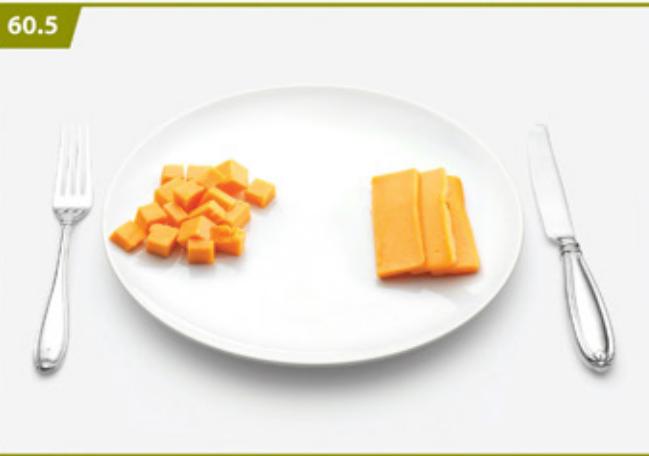
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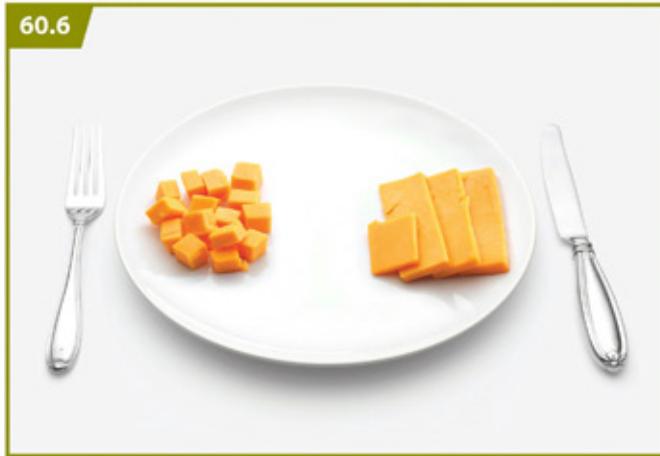
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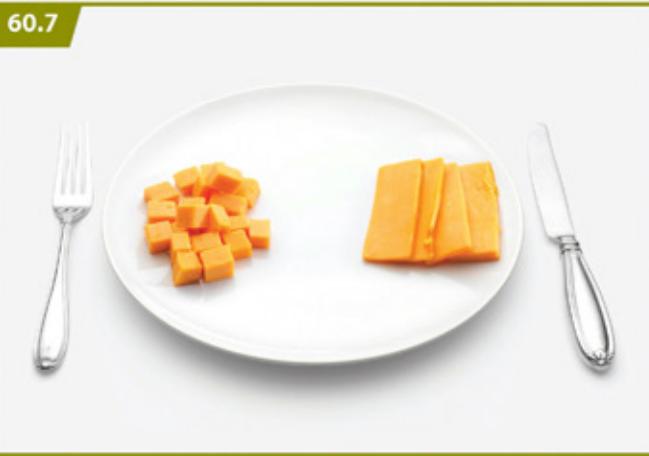
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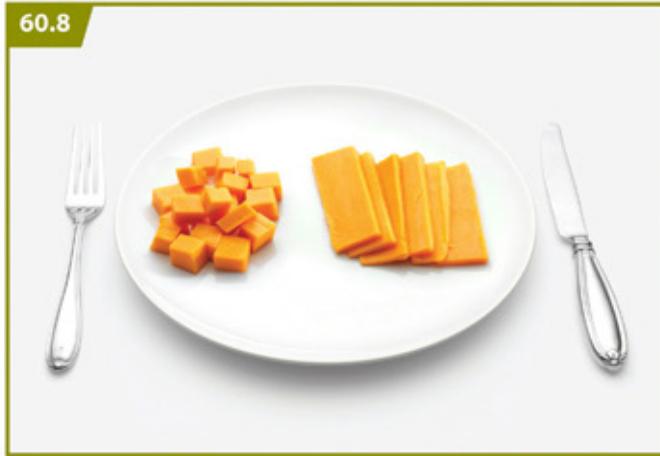
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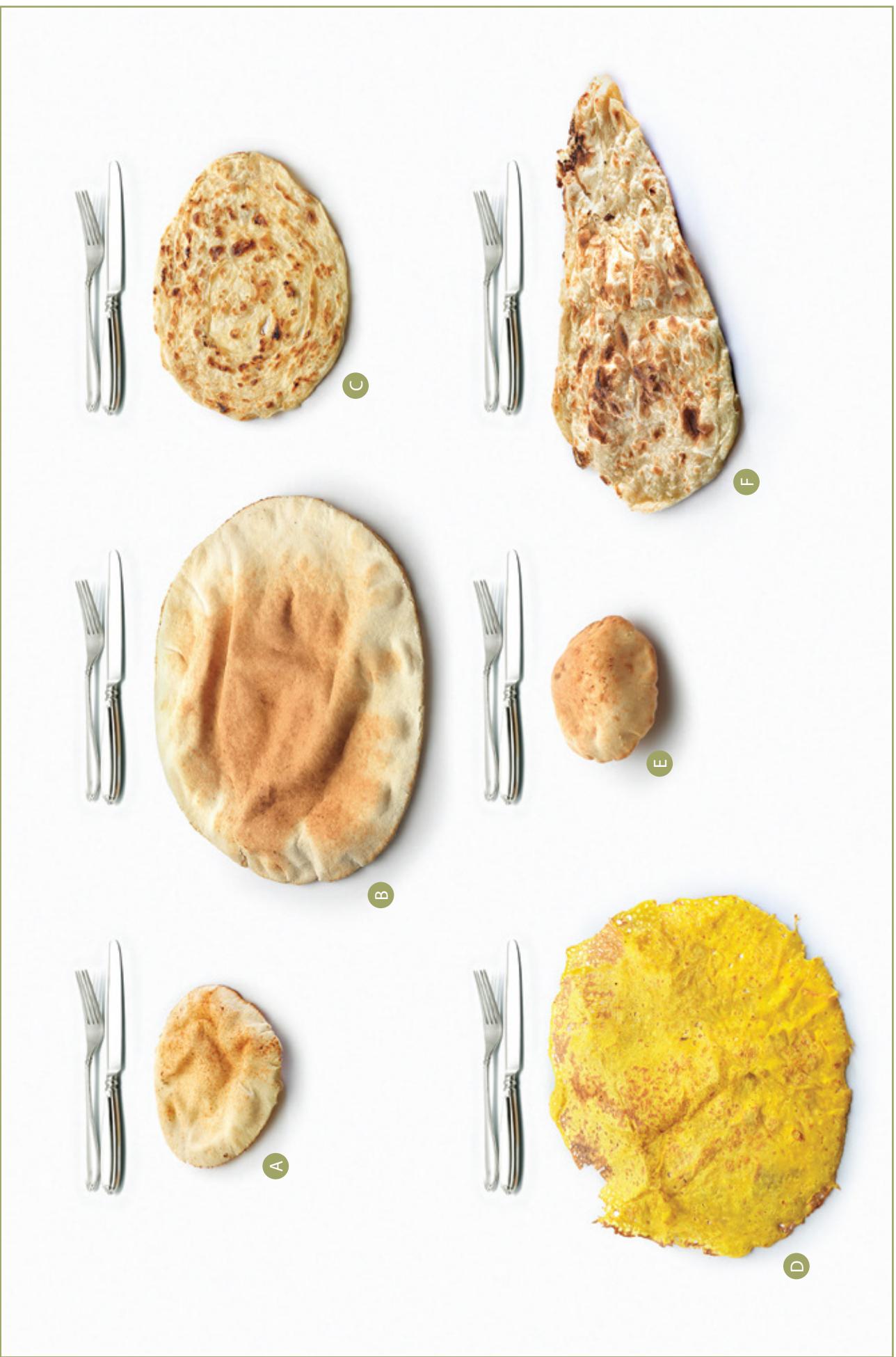


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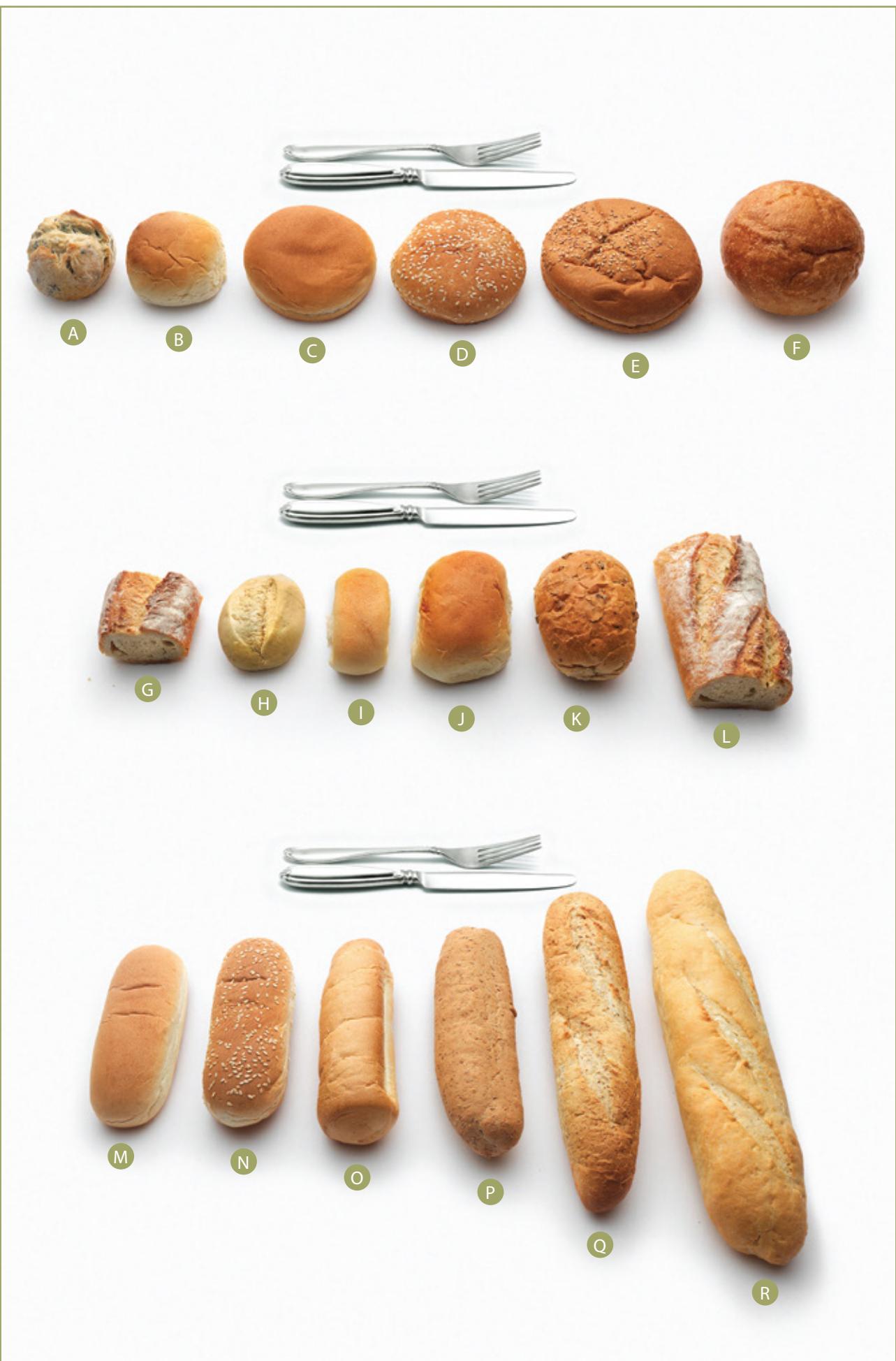
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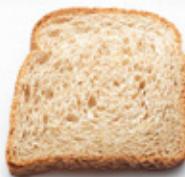


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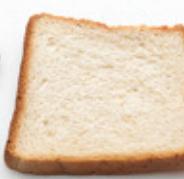
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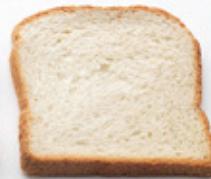
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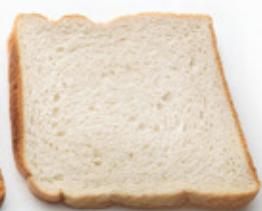
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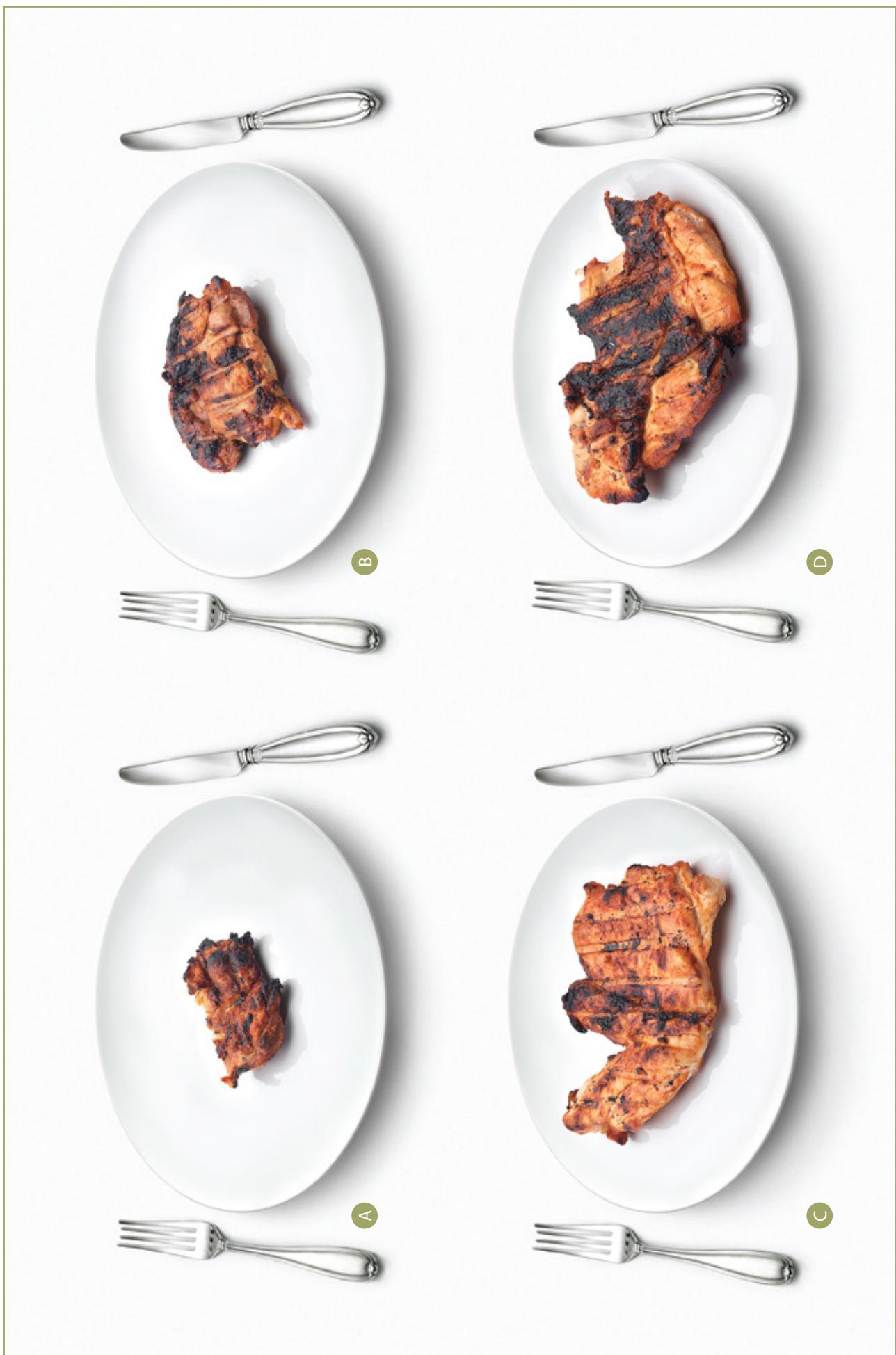


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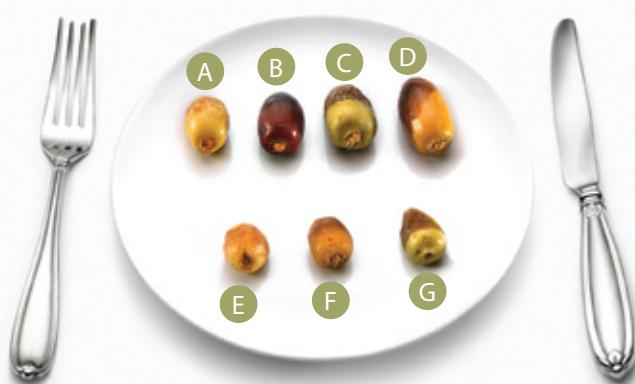
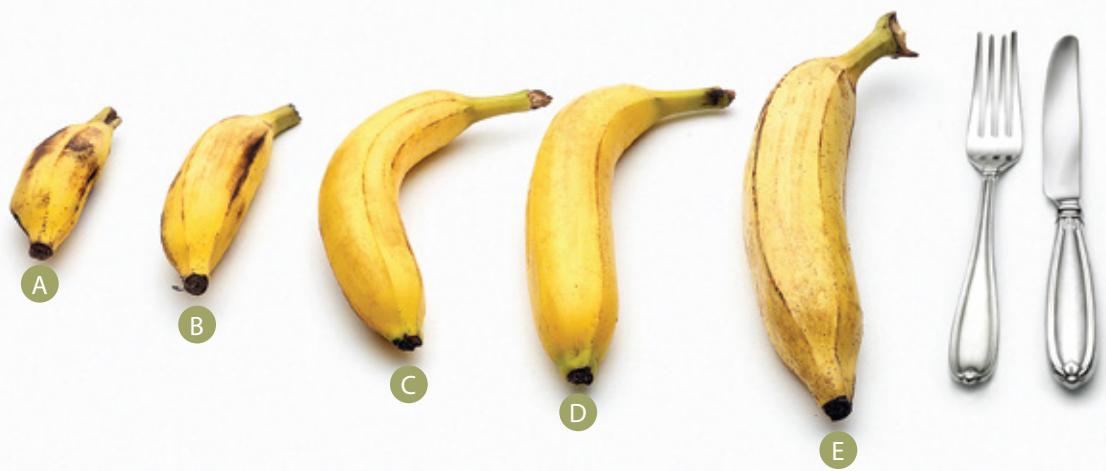


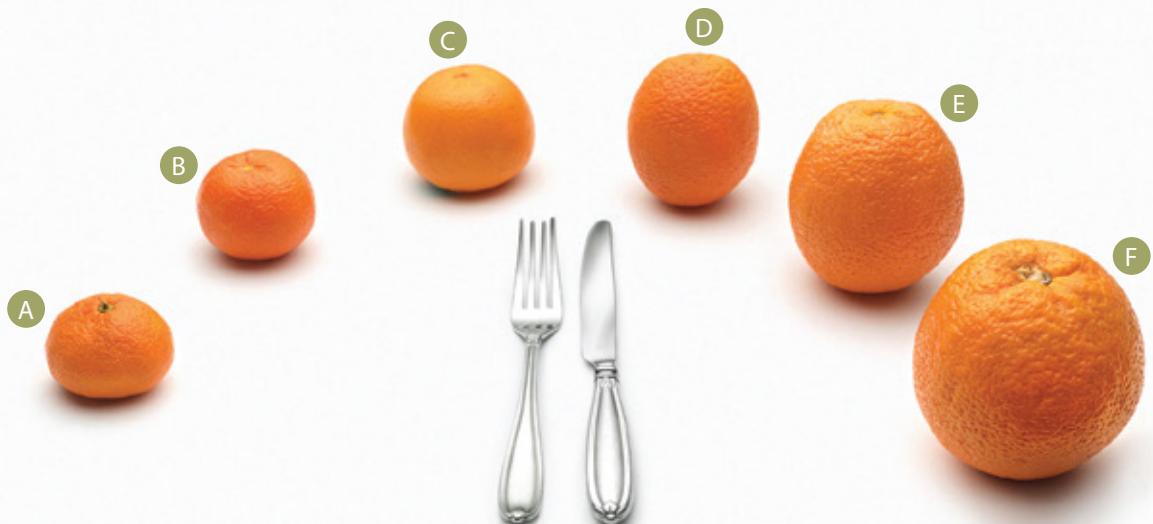
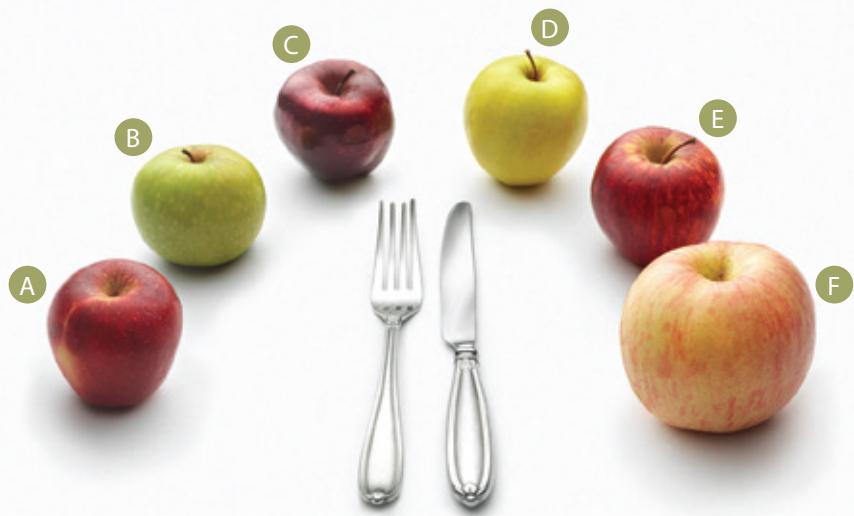
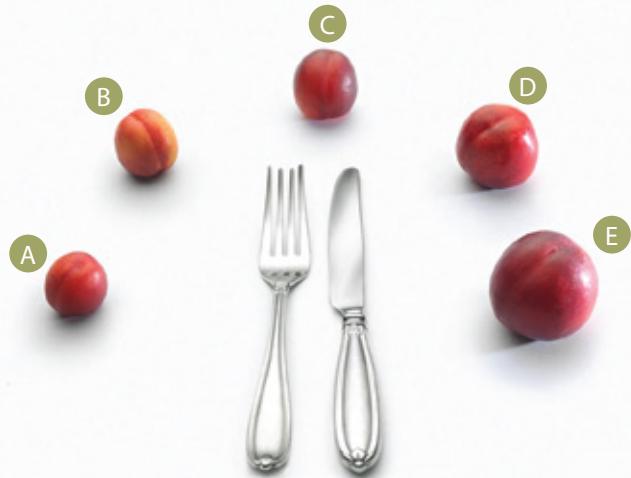


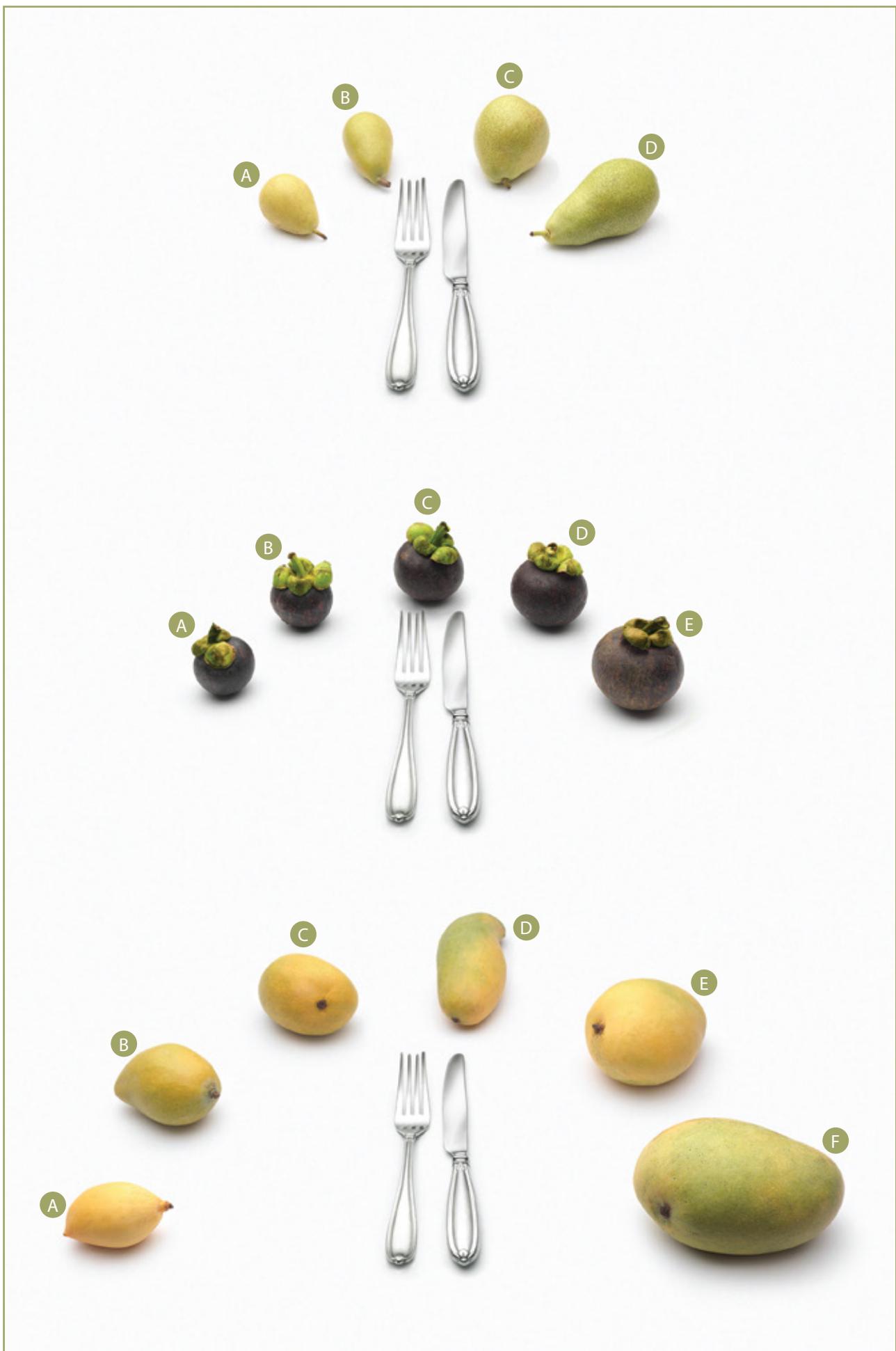


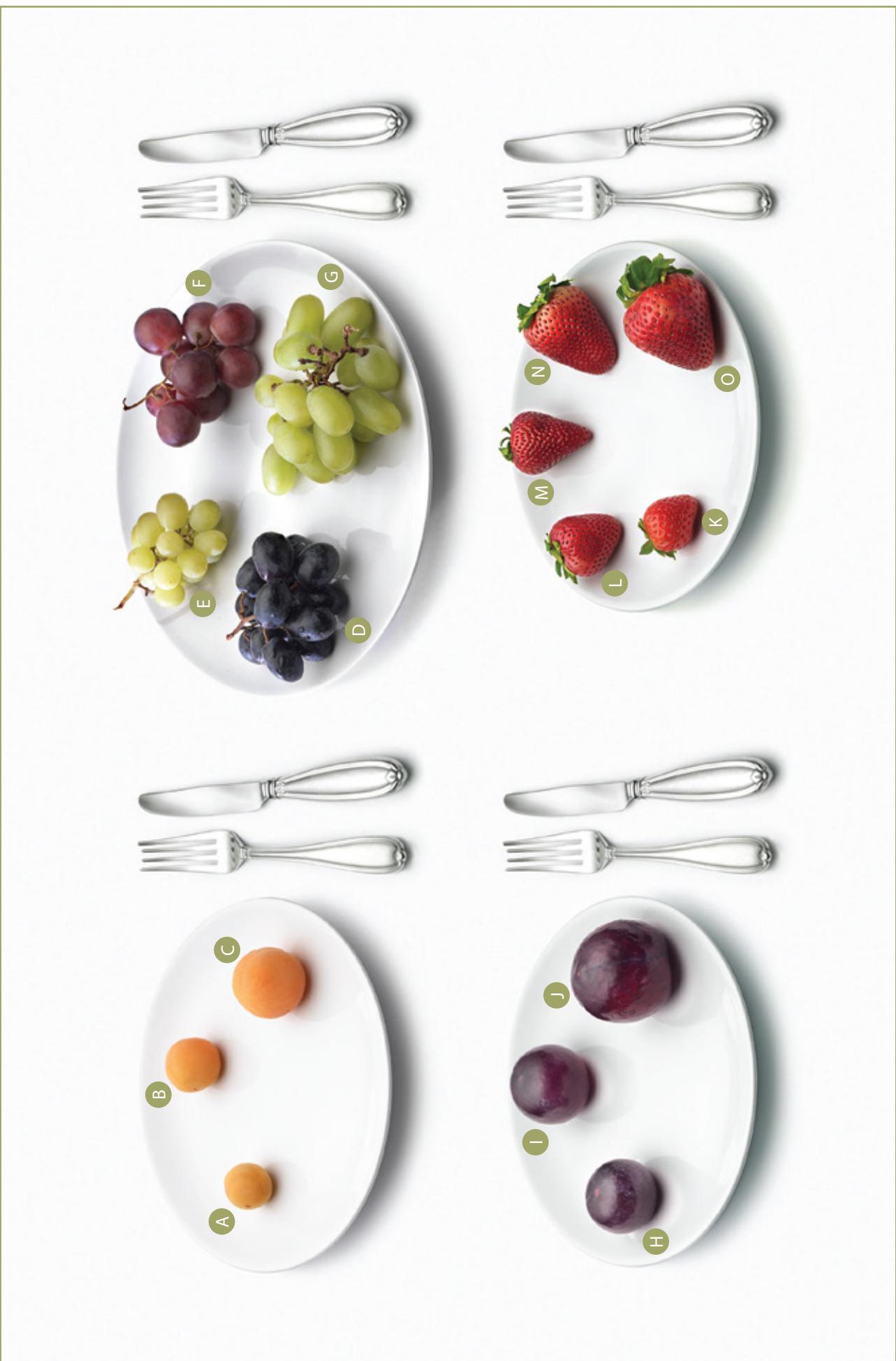






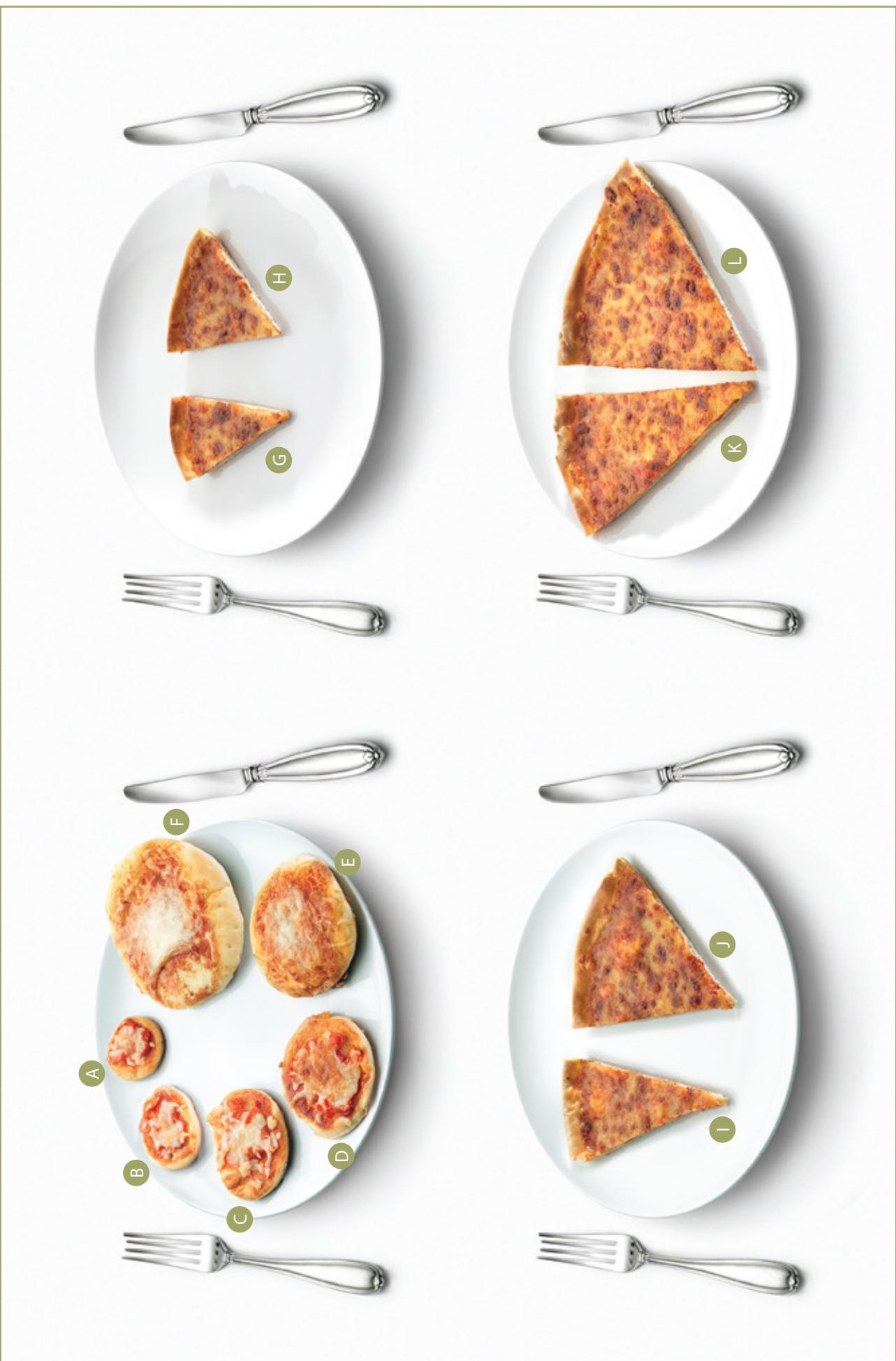
















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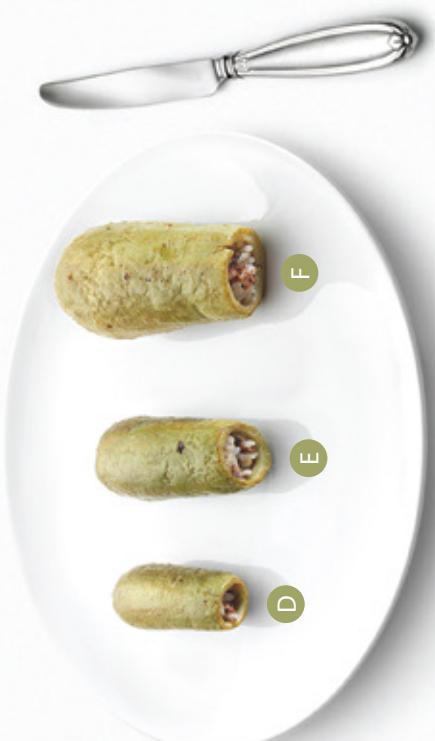


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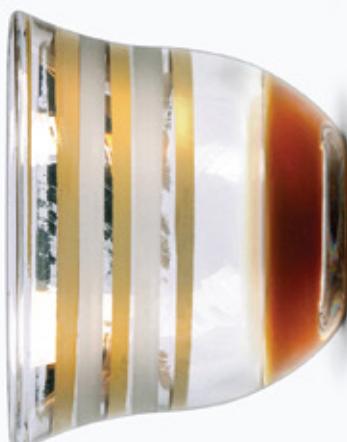
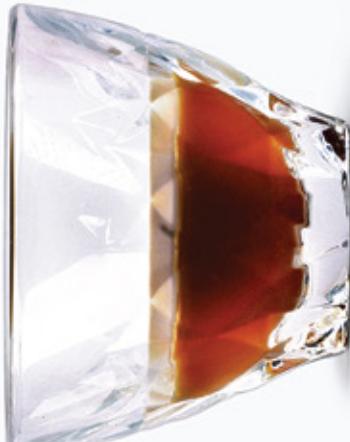




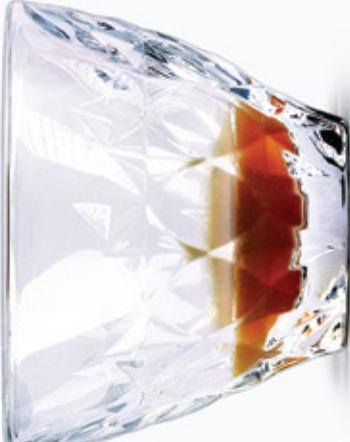
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