



# Food Amounts Booklet

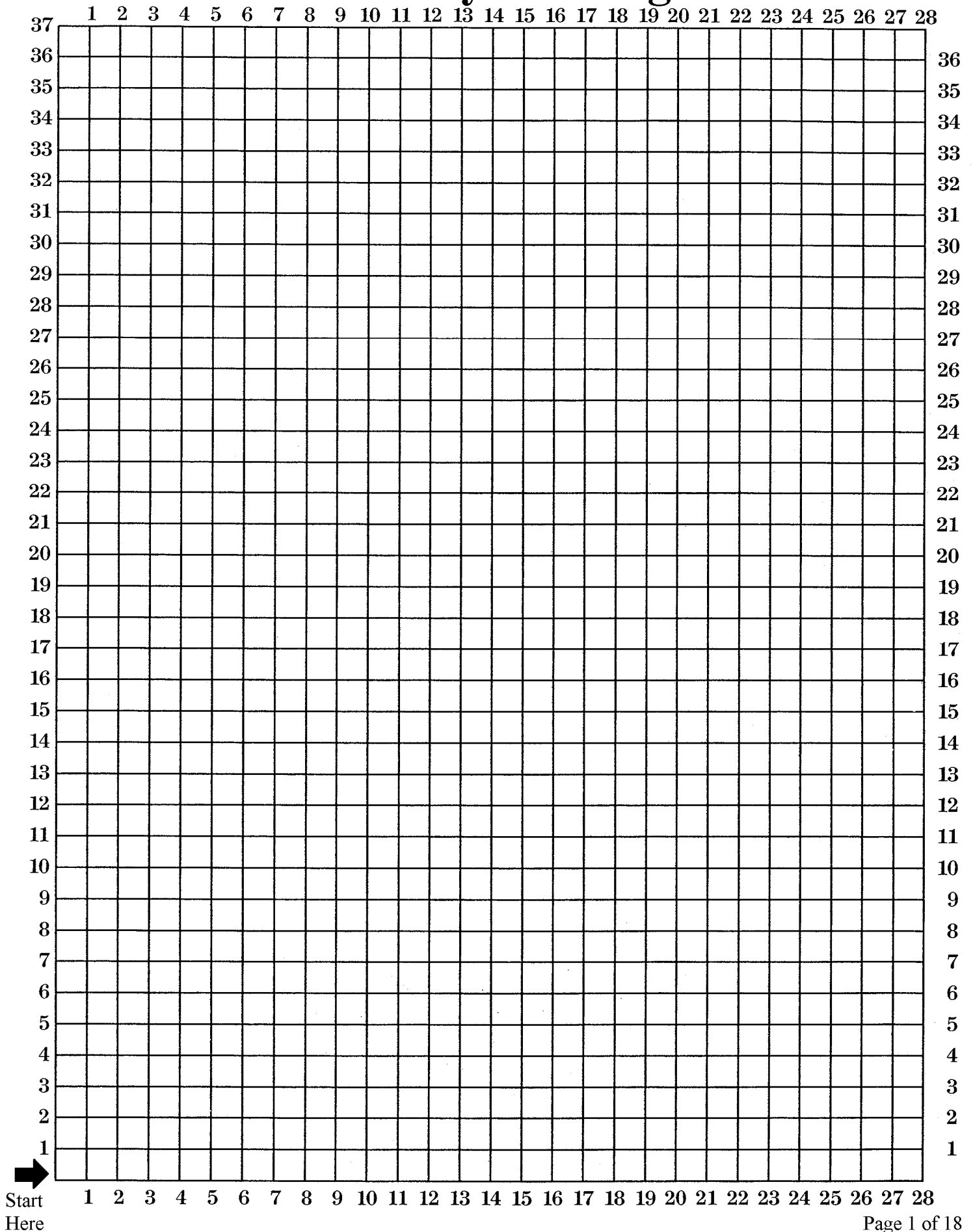
## Folleto de las Cantidades de Alimentos

Please, keep this near your phone  
Por favor, mantenga este folleto cerca de su teléfono



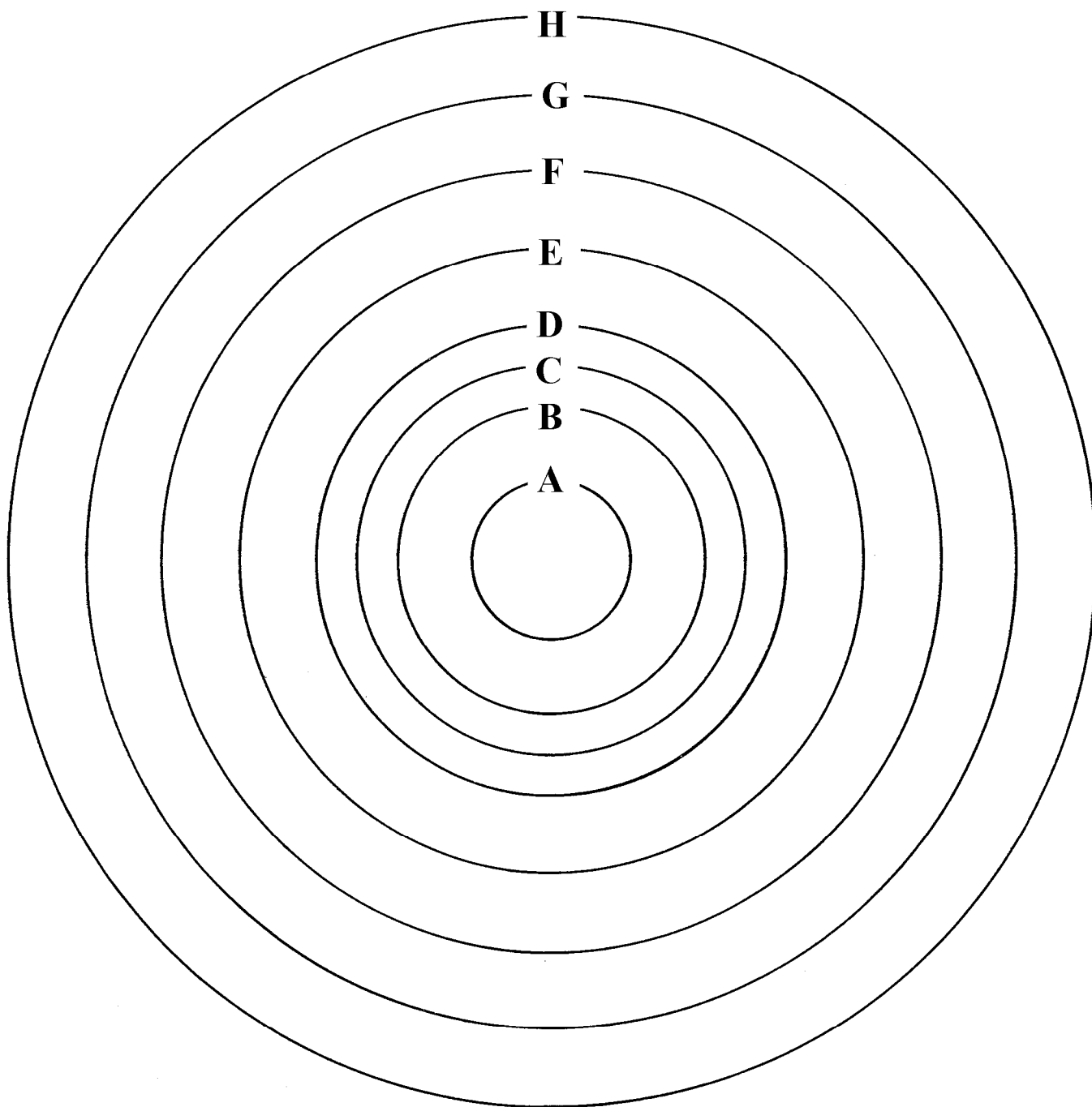
# Squares and Rectangles

## Cuadrados y Rectángulos

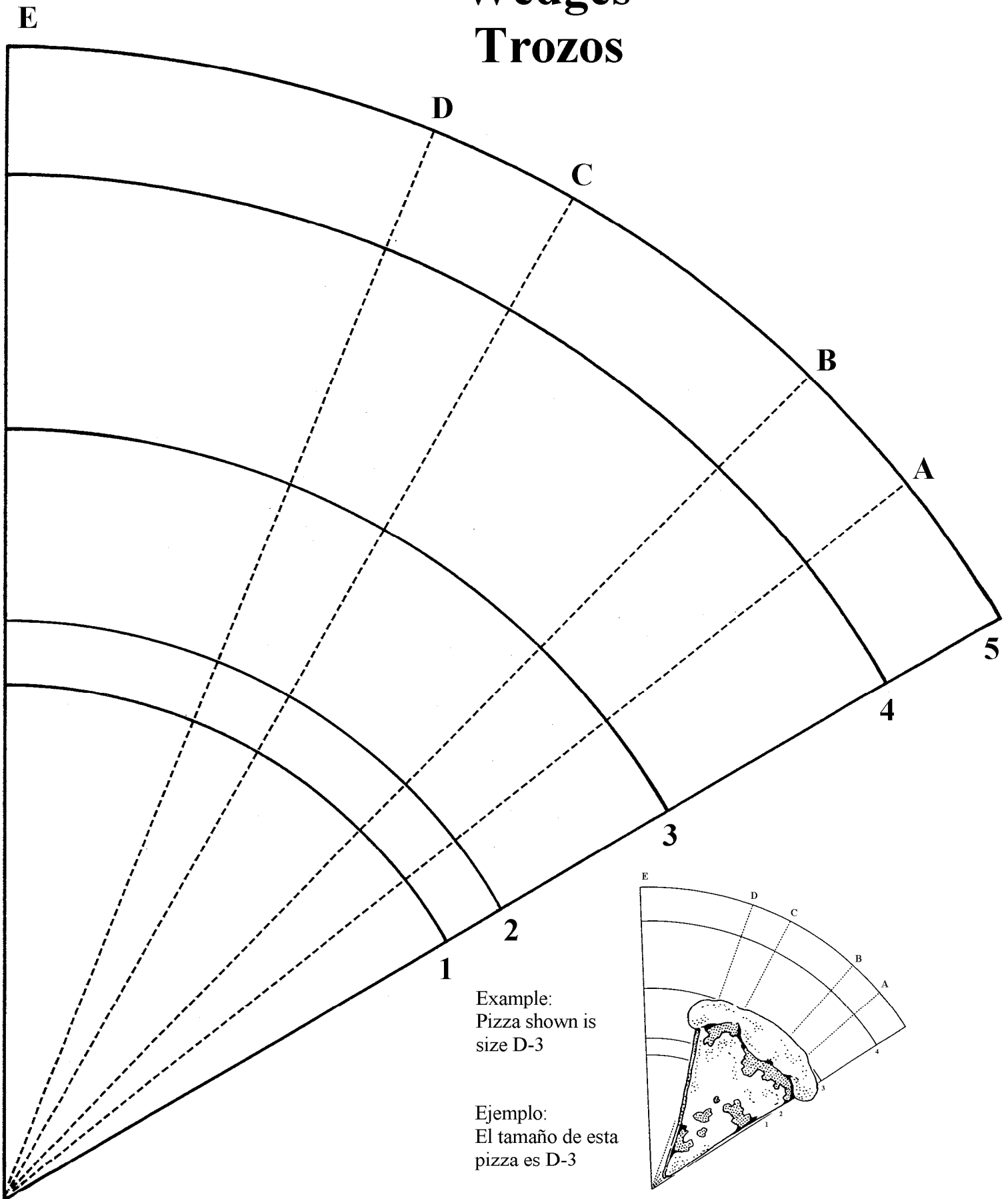


# Circles

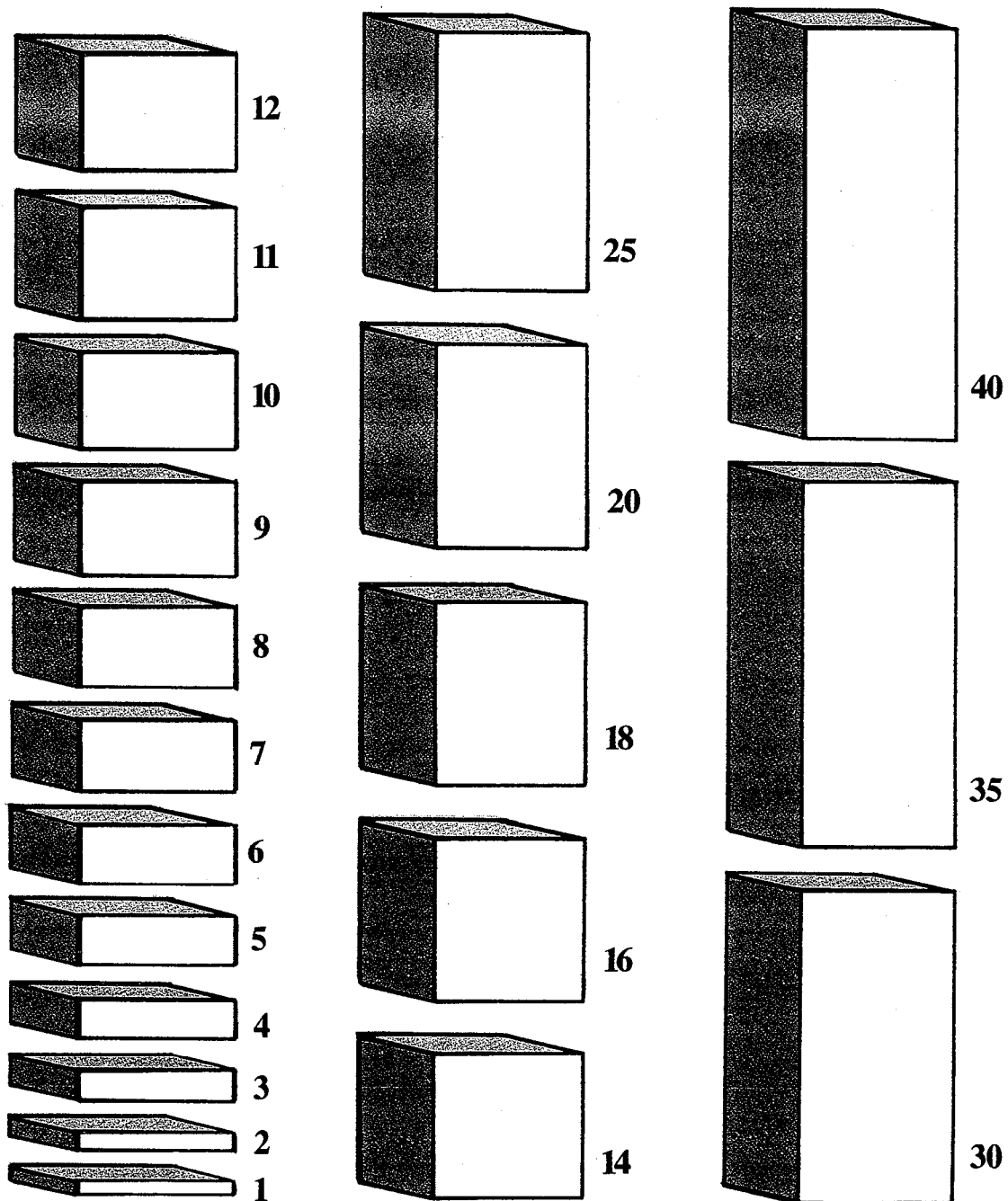
# Círculos



# Wedges Trozos

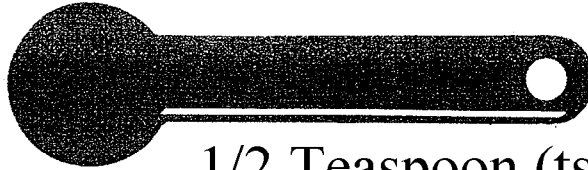


# Thickness Grosor



# Measuring Spoons

## Cucharas para Medir



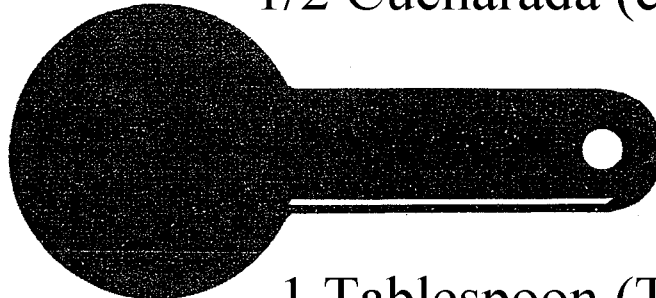
1/2 Teaspoon (tsp)  
1/2 Cucharadita (cdta)



1 Teaspoon (tsp)  
1 Cucharadita (cdta)



1/2 Tablespoon (Tbsp)  
1/2 Cucharada (cda)

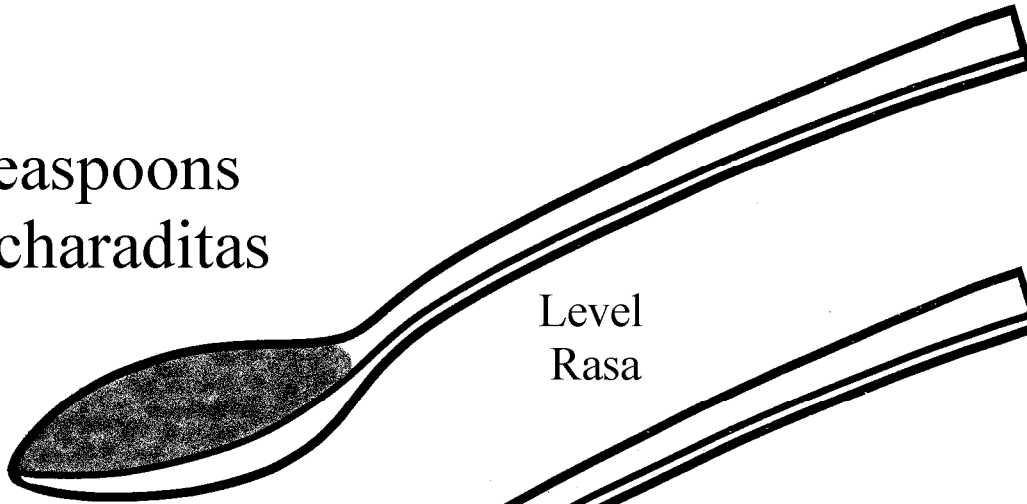


1 Tablespoon (Tbsp)  
1 Cucharada (cda)

# Eating and Serving Spoons

## Cucharas para Comer y Servir

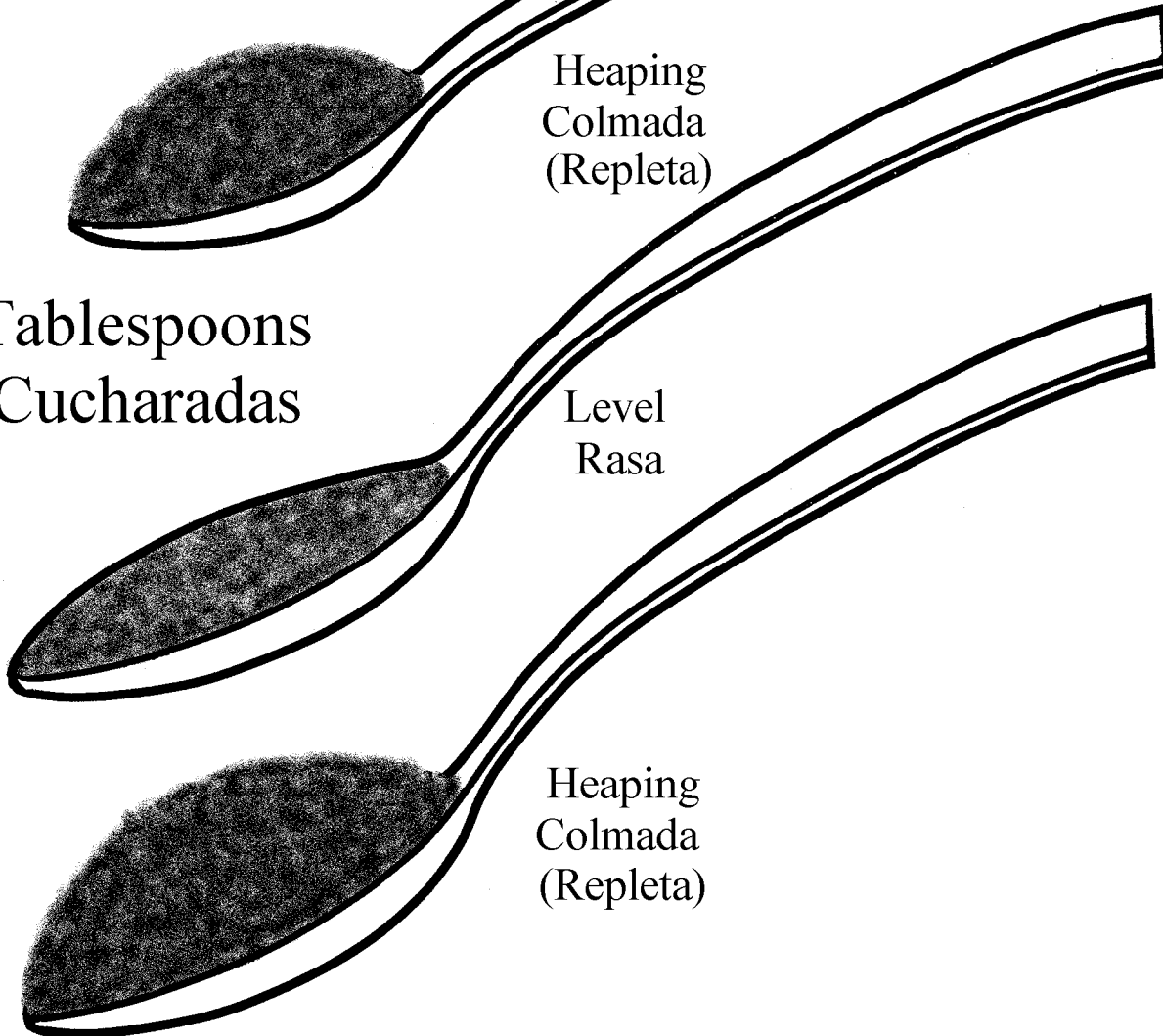
Teaspoons  
Cucharaditas



Level  
Rasa

Heaping  
Colmada  
(Repleta)

Tablespoons  
Cucharadas



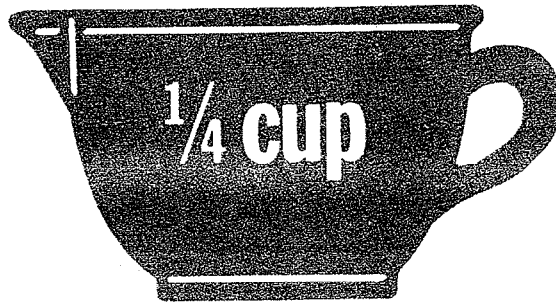
Level  
Rasa

Heaping  
Colmada  
(Repleta)



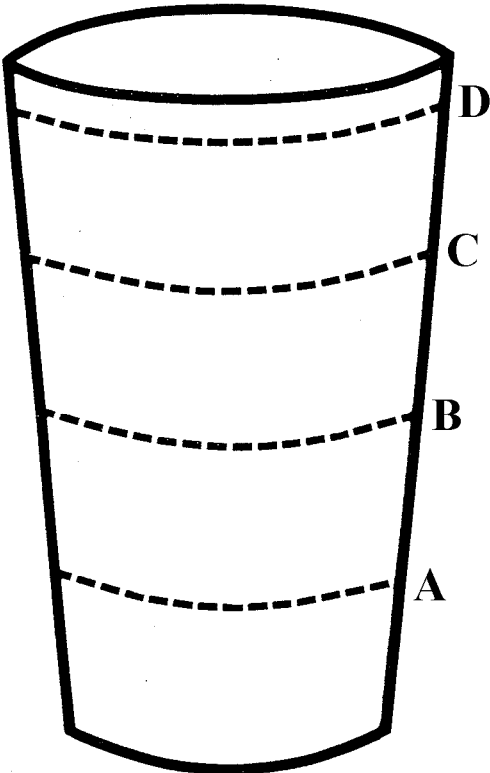
# Measuring Cups

## Tazas para Medir

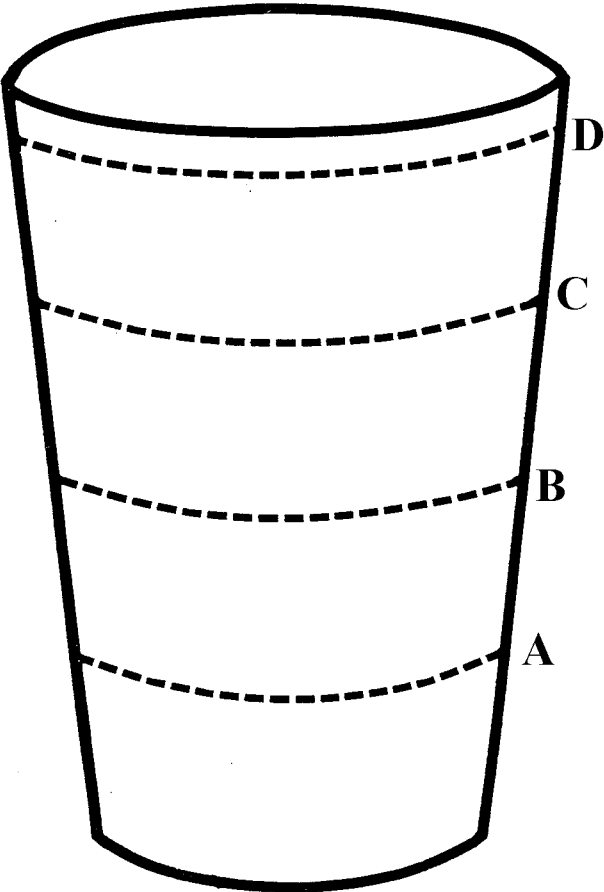


Glasses  
Vasos

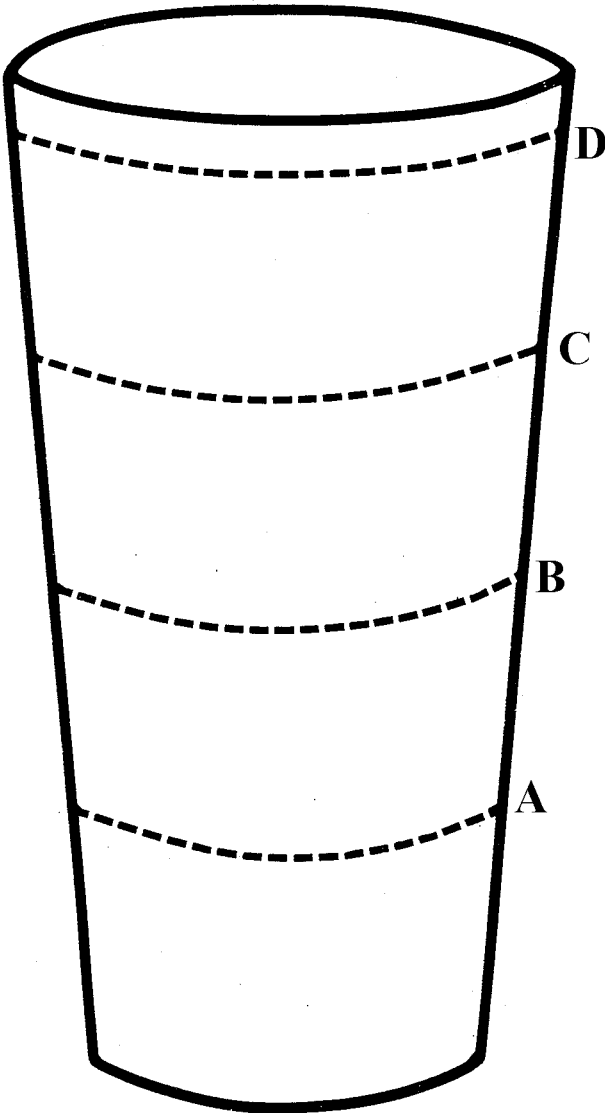
1



2

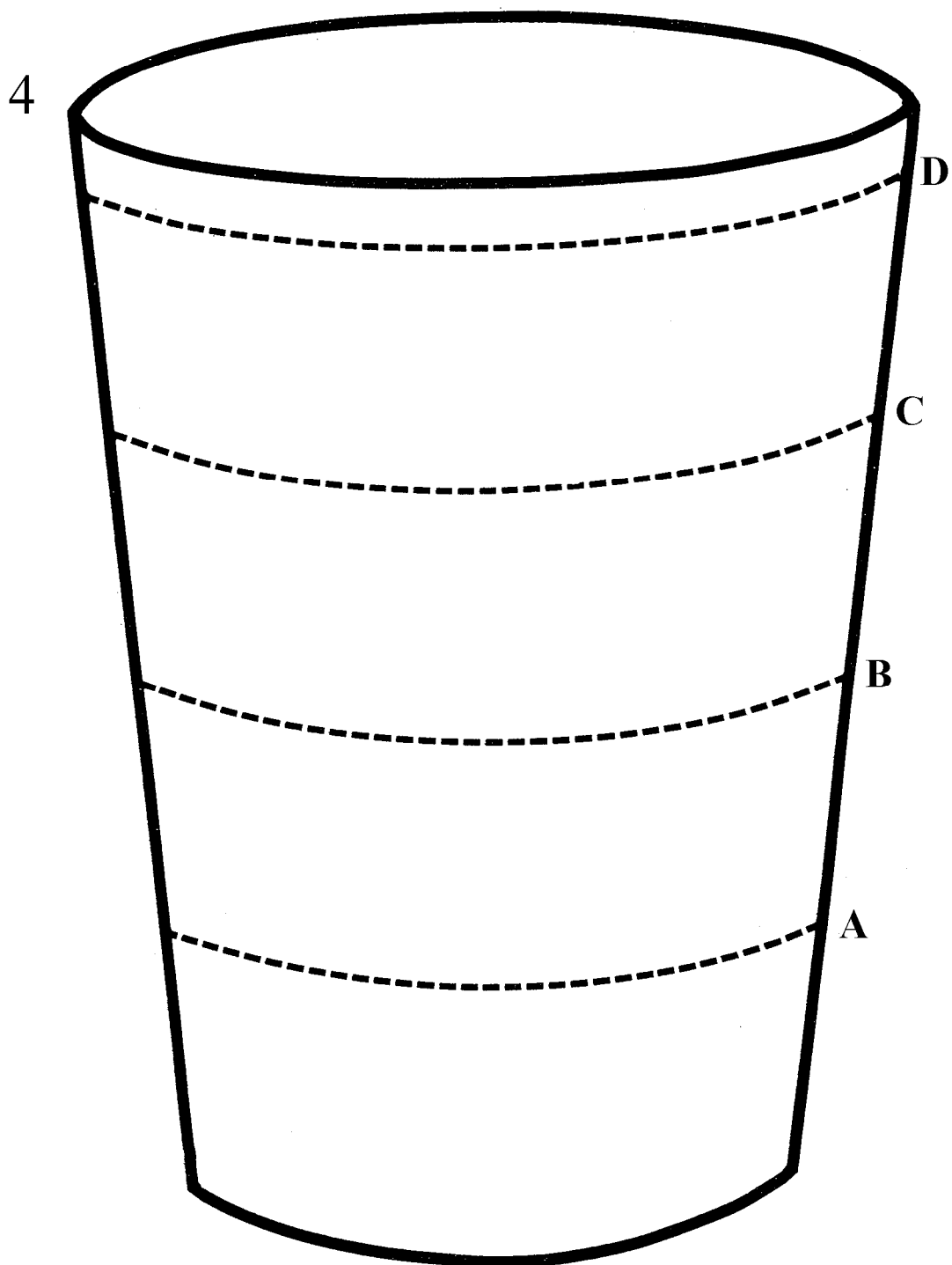


3



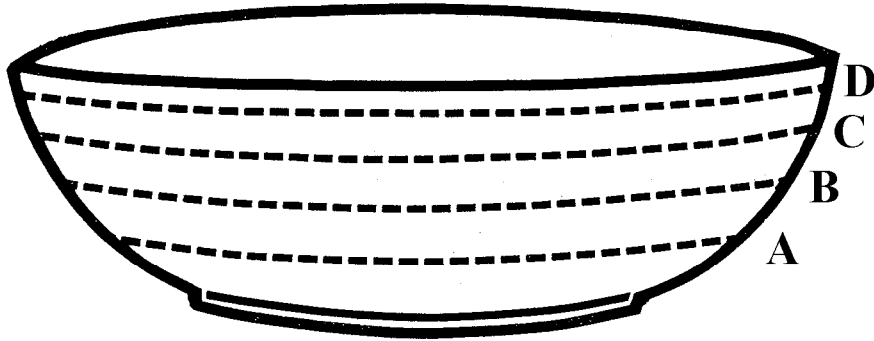
# Glasses

## Vasos

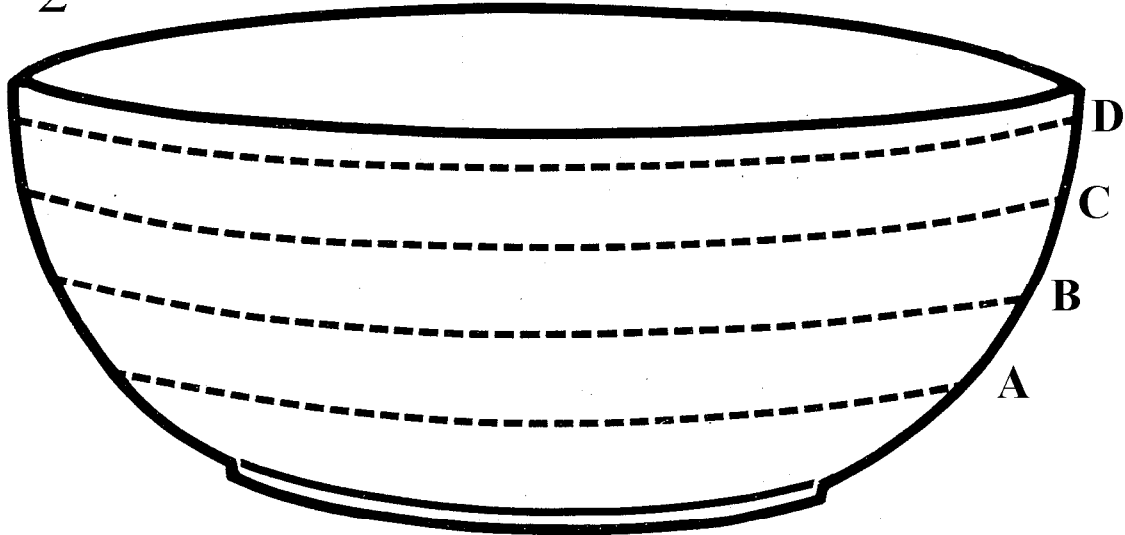


# Bowls Tazones

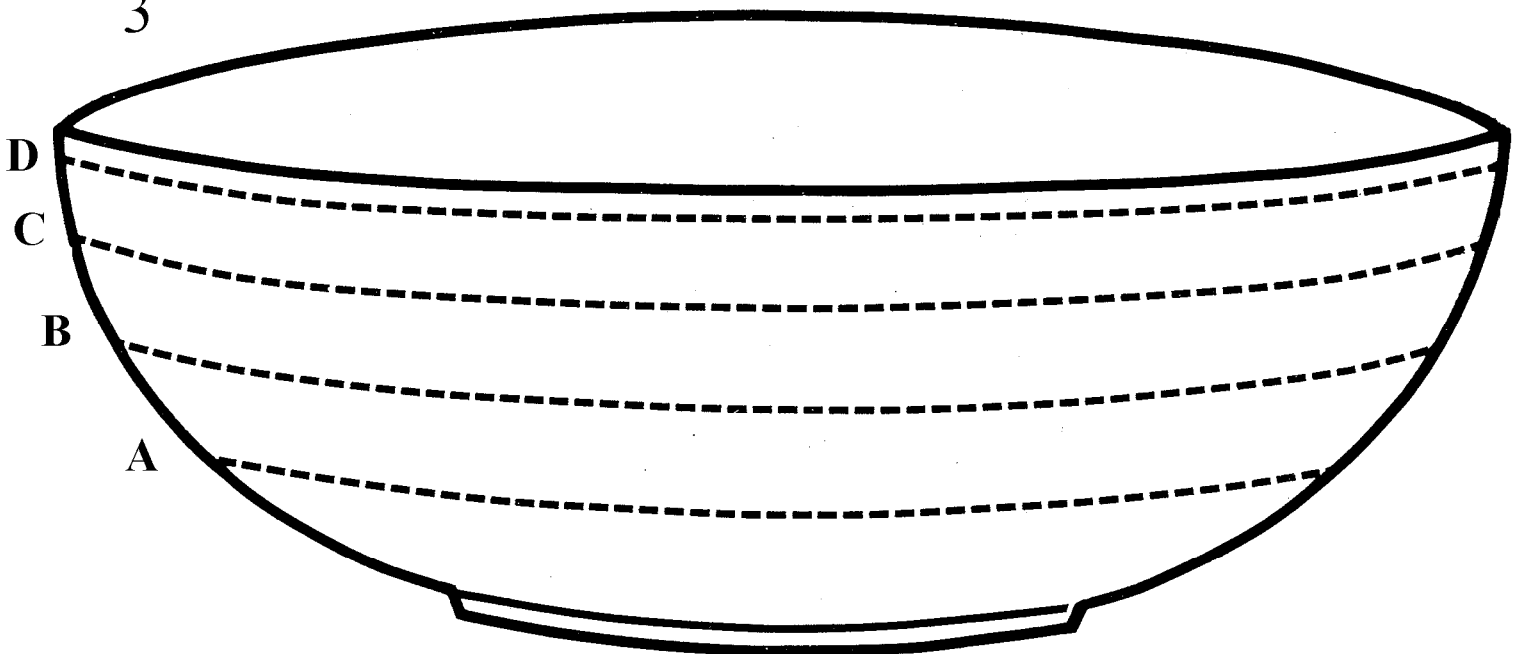
1

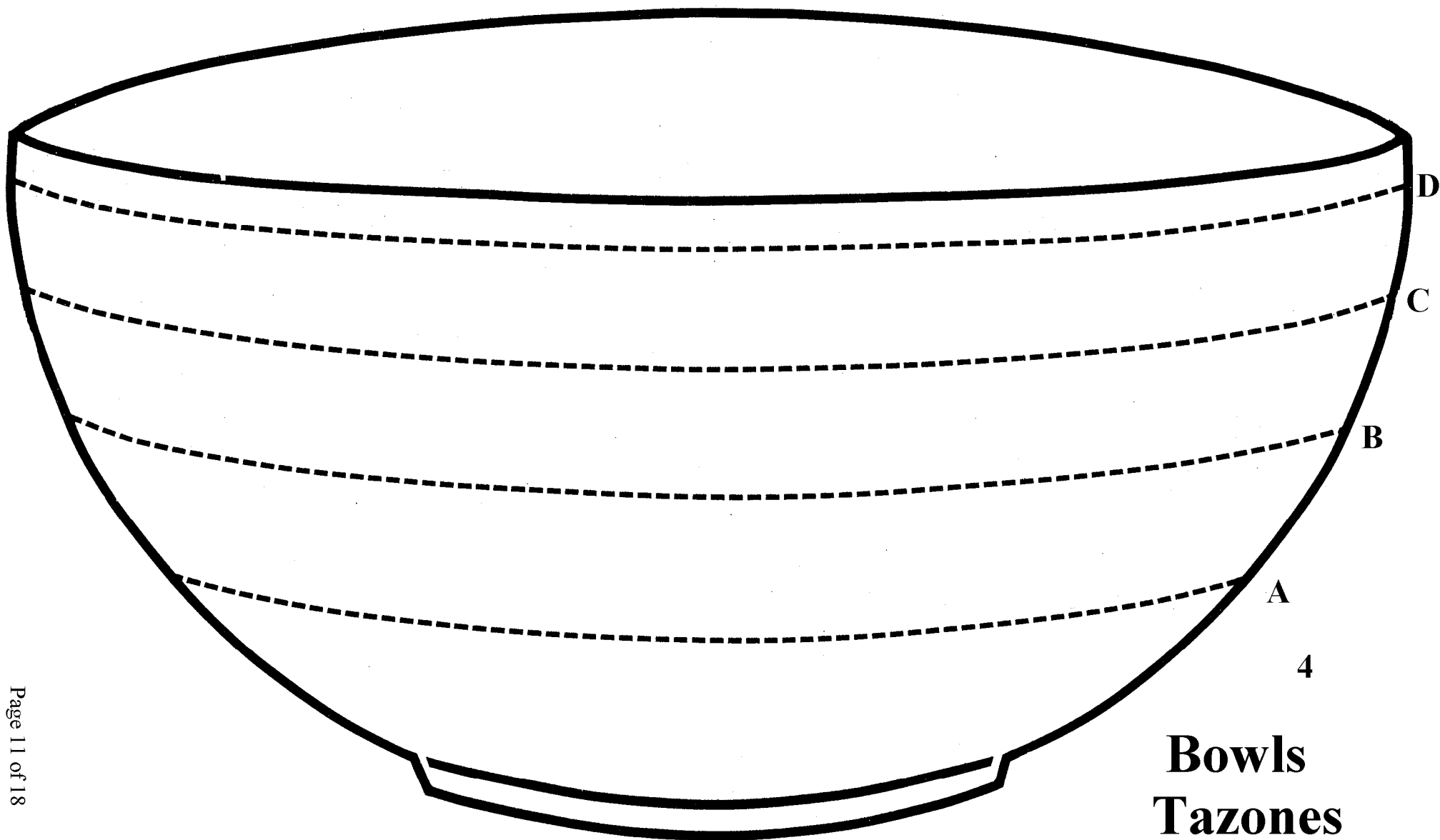


2



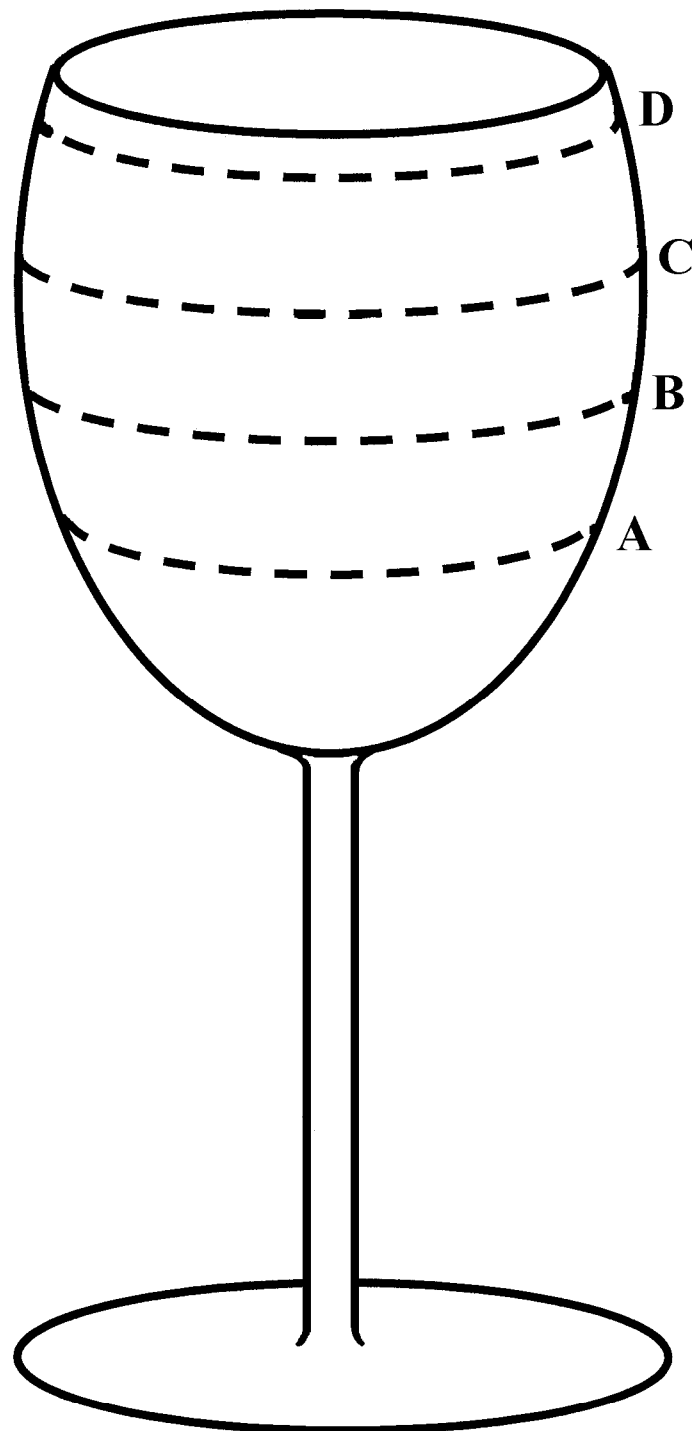
3





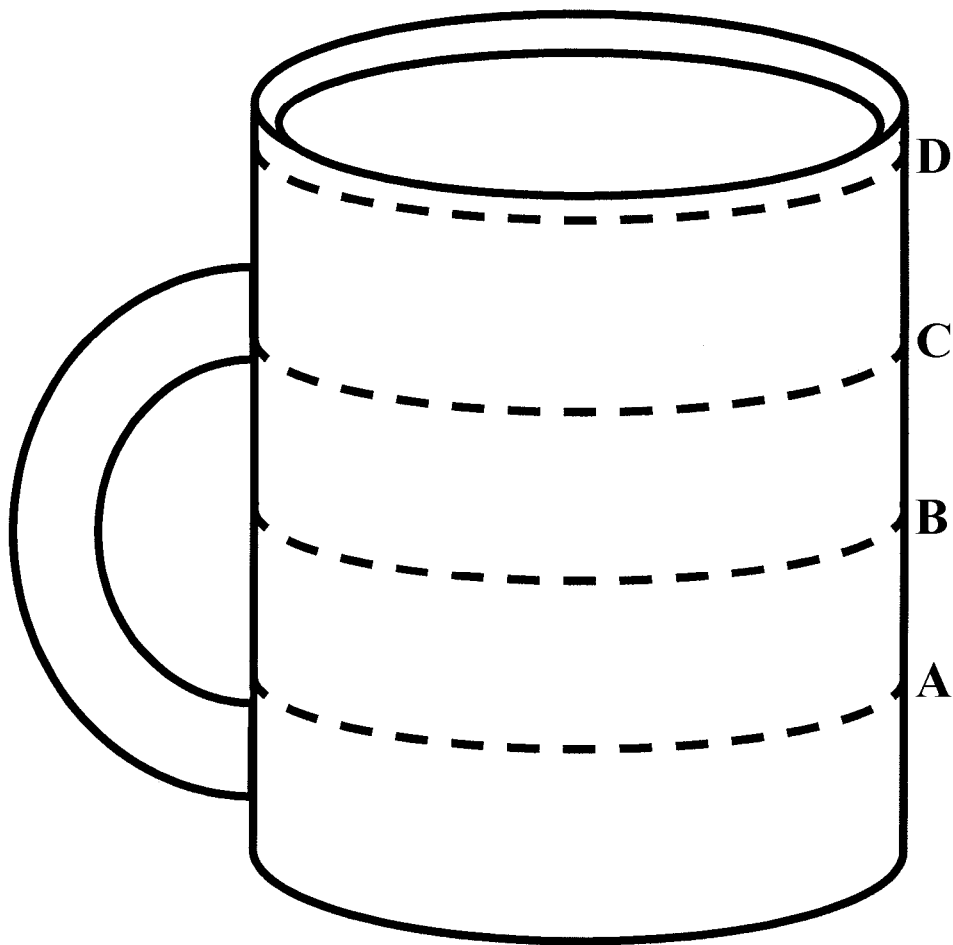
# **Wine Glass**

## **Copa de Vino**



# Mug

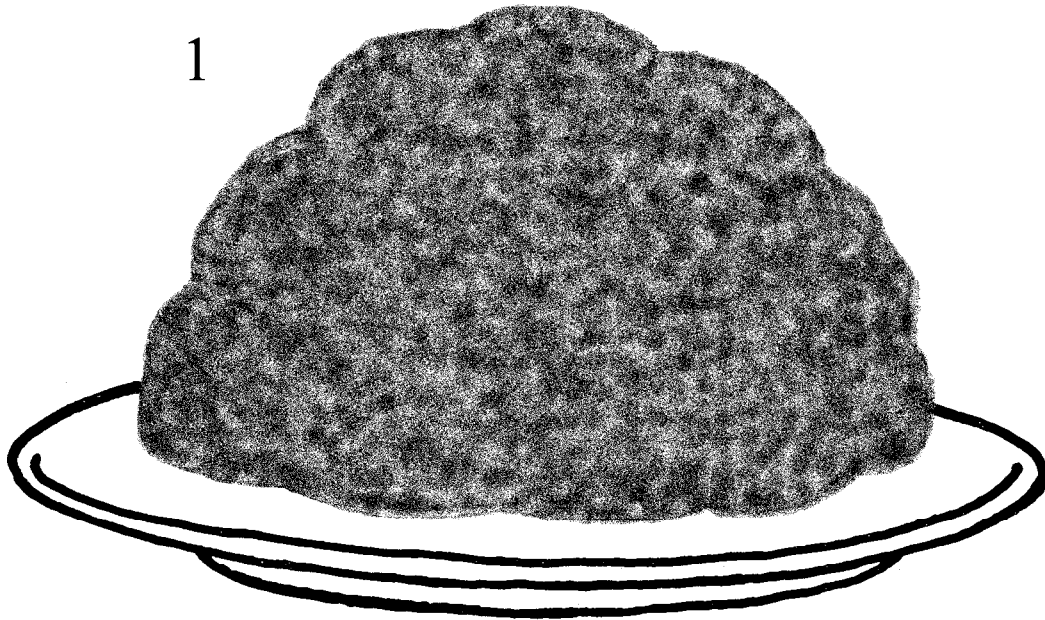
## Tazón de Café



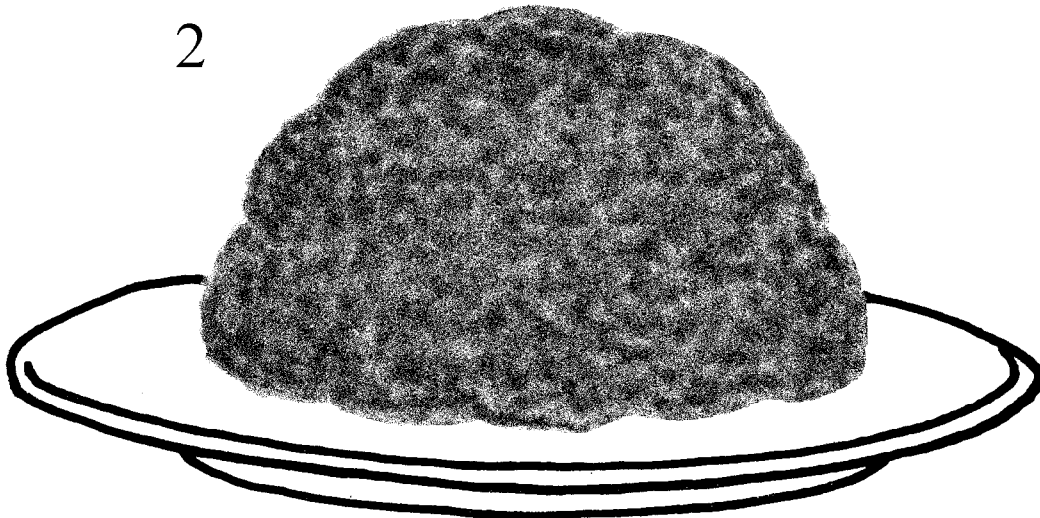
# Mounds

## Montones

1



2

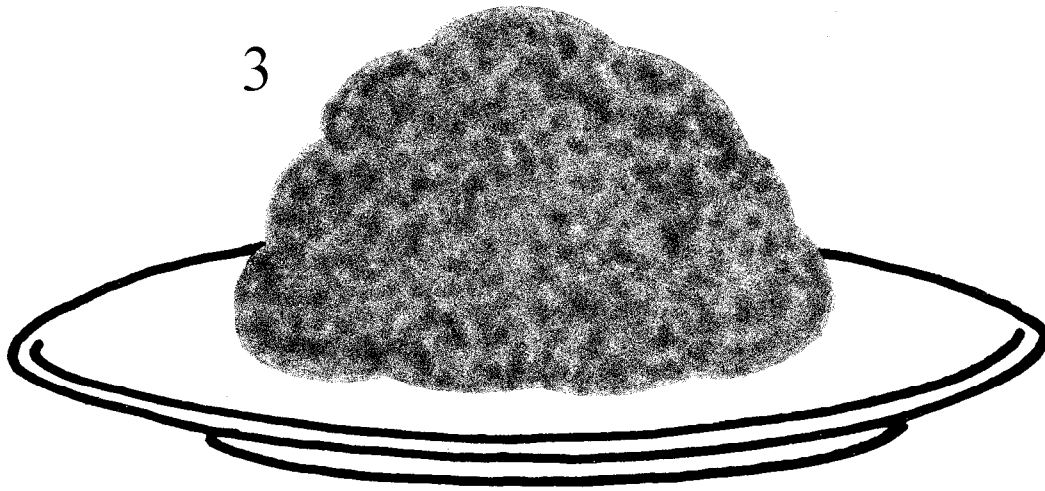




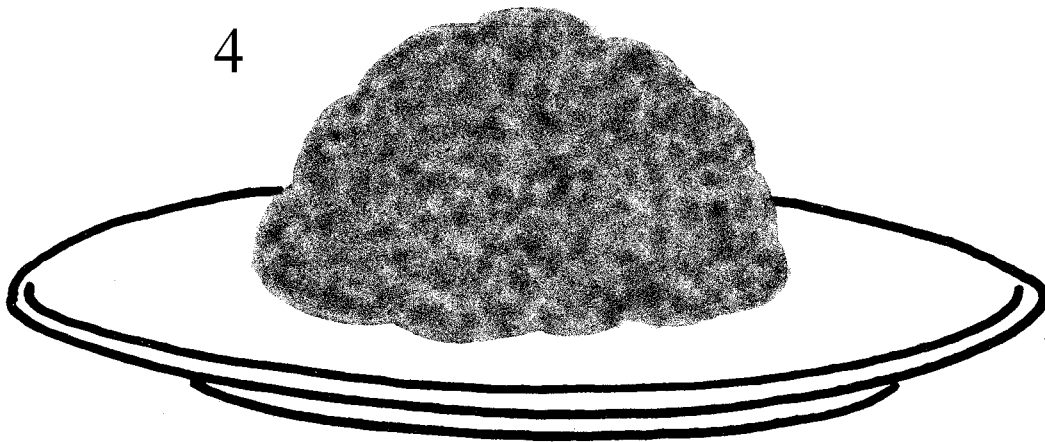
# Mounds

## Montones

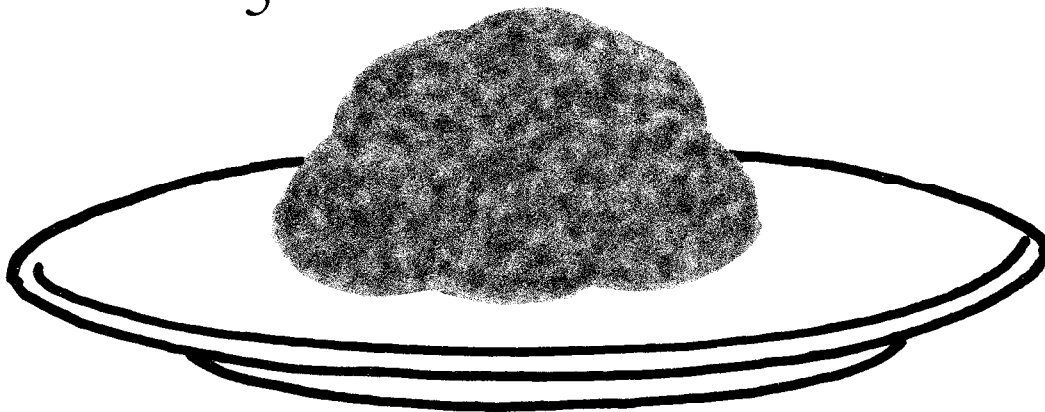
3



4

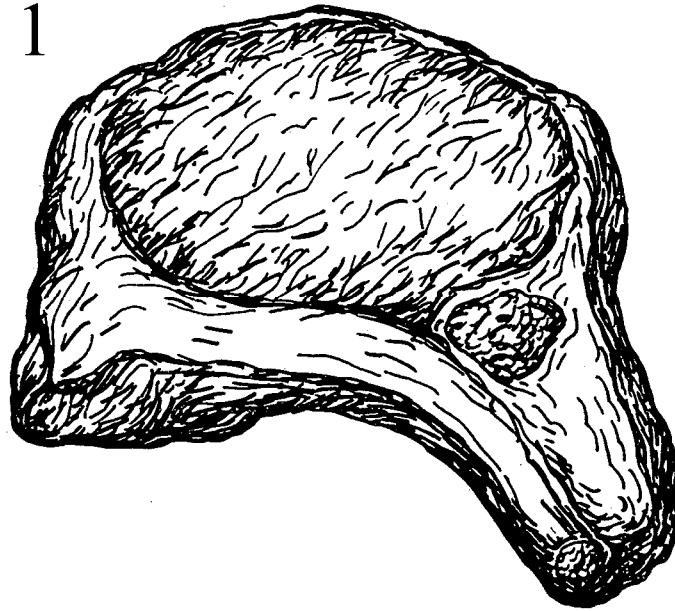


5

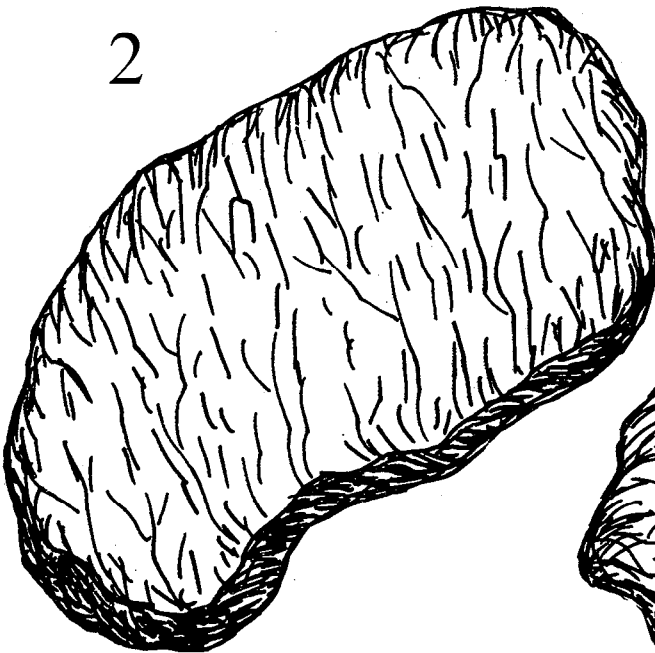


# Meats Carnes

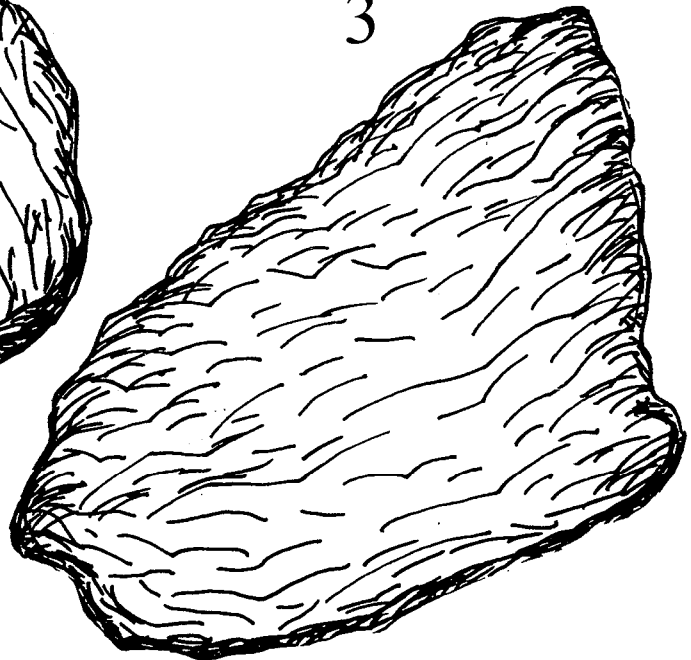
1



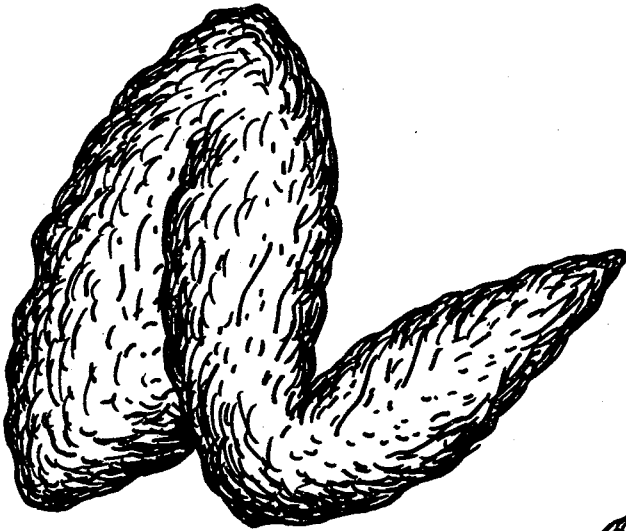
2



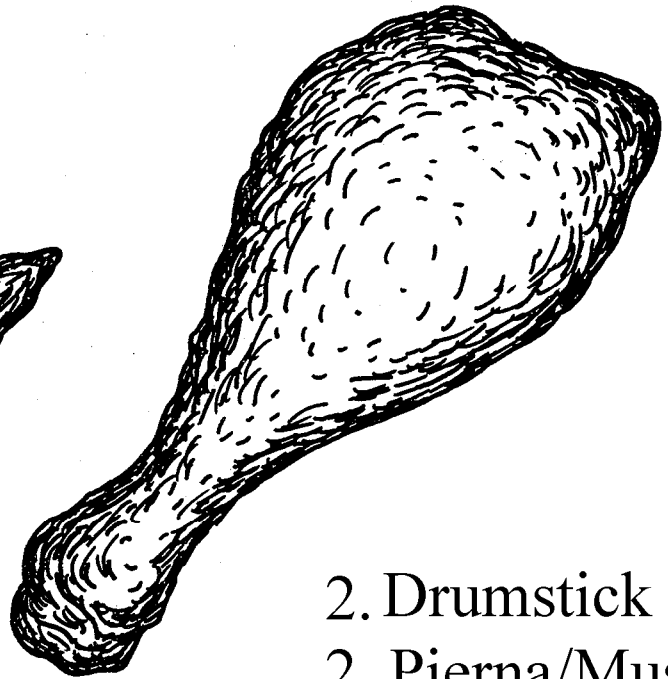
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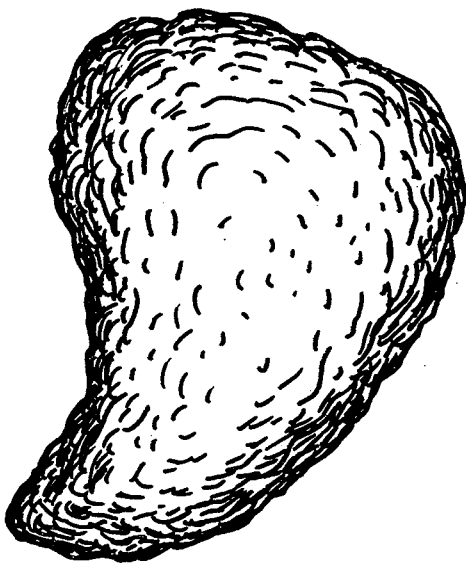
# Chicken Pollo



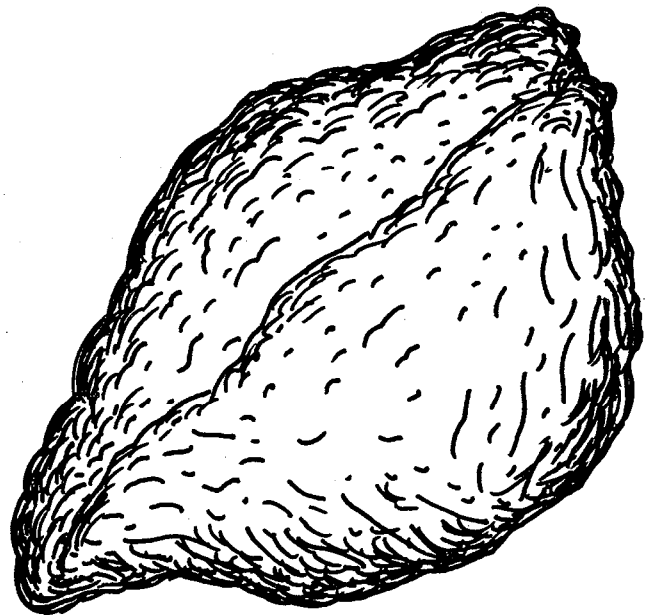
1. Wing  
1. Ala



2. Drumstick  
2. Pierna/Muslo



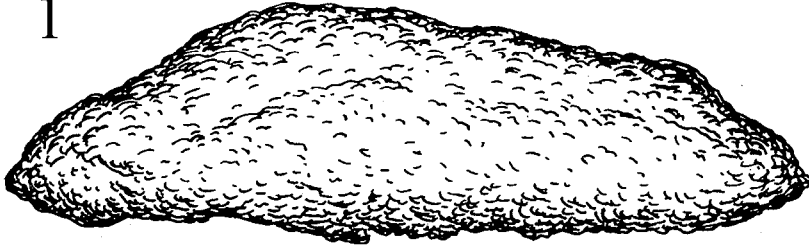
3. Thigh  
3. Muslo/Cadera



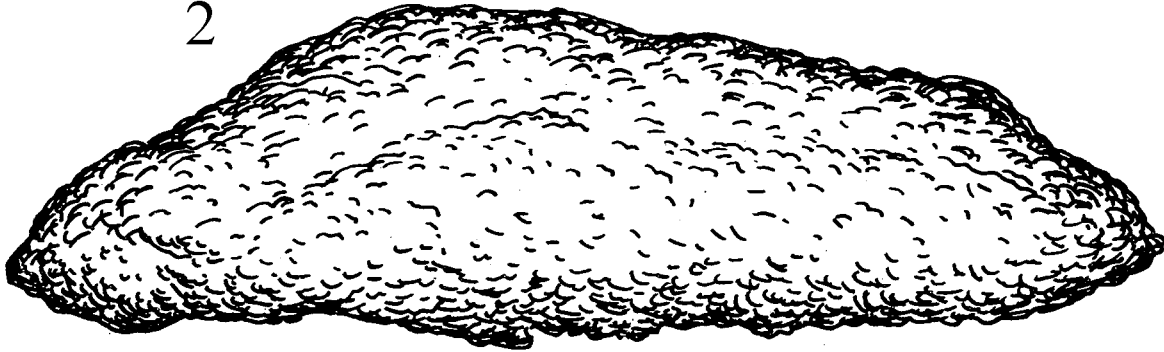
4. Breast  
4. Pechuga

# Fish Pescados

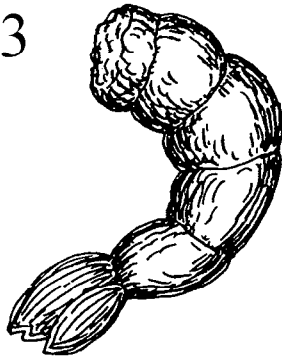
1



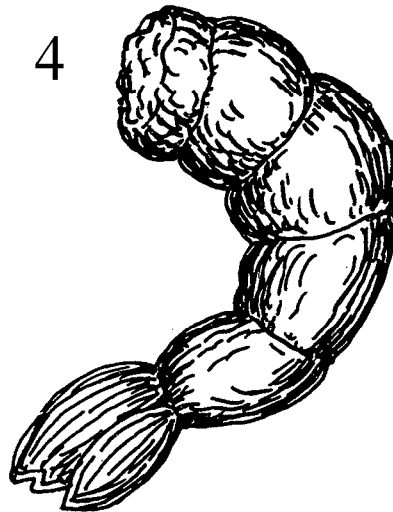
2



3



4



Adapted from: Van Horn LV, Stumbo P, Moag-Stahlberg A, Obarzanek E, Hartmuller VW, Farris RP, Kimm SY, Frederick M, Snetselaar L, Liu K. The Dietary Intervention Study in Children (DISC): dietary assessment methods for 8- to 10-year-olds. *J Am Diet Assoc.* 1993 Dec;93(12):1396-403.  
Modified by Alejandra Valencia, Mary Stevens, Nutrition Coordinating Center, University of Minnesota for the Hispanic Community Health Study, Study of Latinos, 2007.