



WHI DIETARY ASSESSMENT STUDY

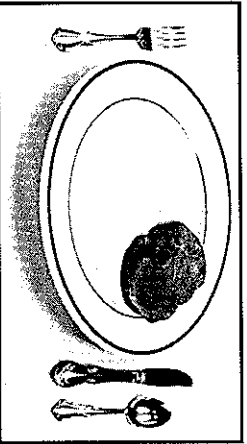
SERVING SIZE BOOKLET

In the next few weeks, WHI staff will call you four different times to ask you about the foods you ate on the previous day. Please, do not keep track of the foods you eat or change how you normally eat.

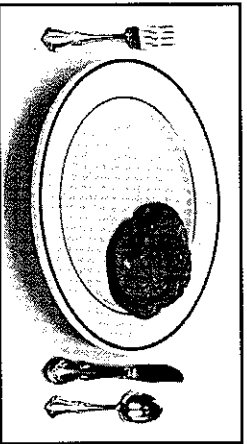
This booklet will help you estimate your usual serving sizes. Please have this booklet with you **during** the diet interviews. If you told us that you preferred to be called at work, please keep this booklet at work.

Thank you for participating in the Women's Health Initiative Dietary Assessment Study.

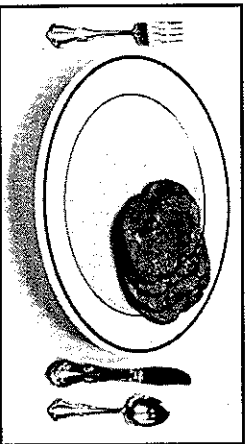
Beef, Pork, Chicken and Fish



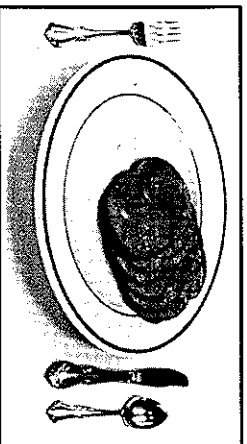
1 1/2 ounces



3 ounces

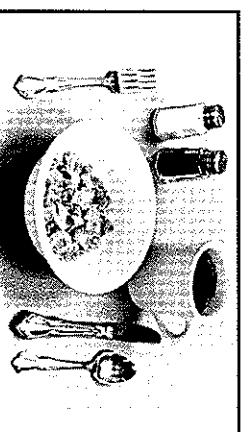


6 ounces

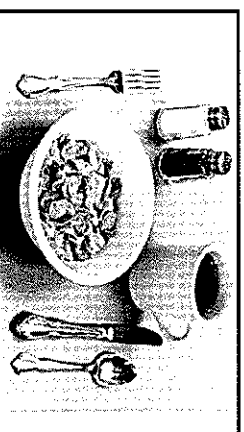


9 ounces

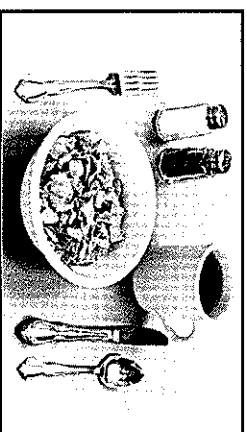
Cereal and Soup



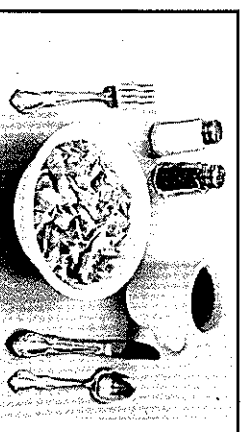
1/2 cup



1 cup

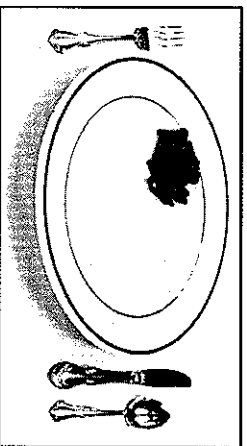


1-1/2 cup

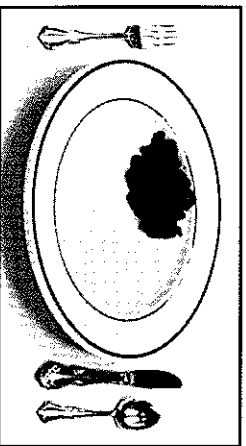


2 cups

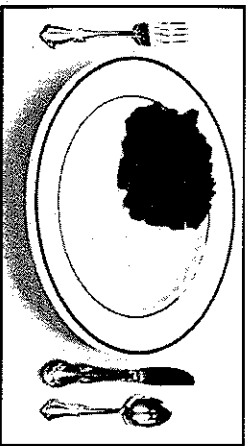
Vegetables such as Green Beans, Corn, and Potatoes



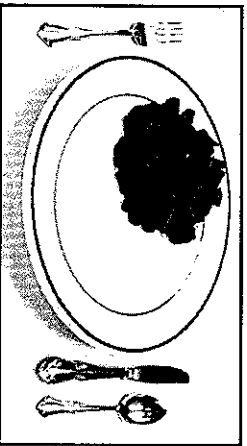
1/4 cup



1/2 cup

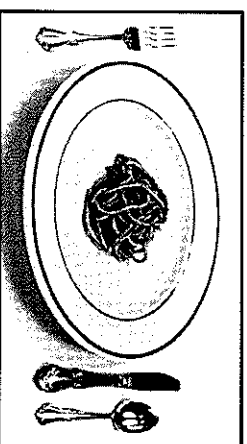


1 cup

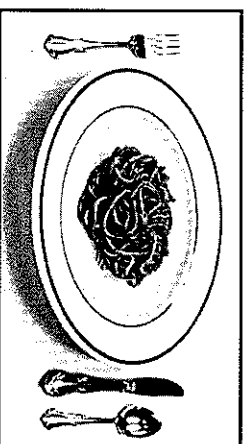


1-1/2 cup

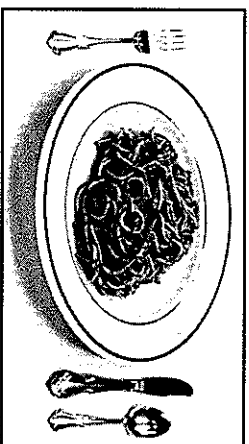
Spaghetti and Casseroles



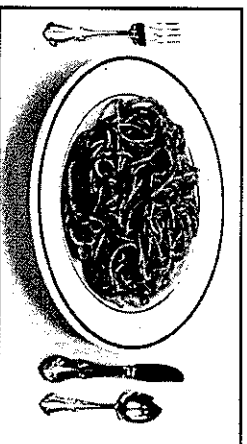
1/2 cup



1 cup

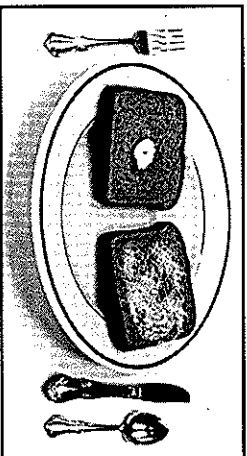


2 cups

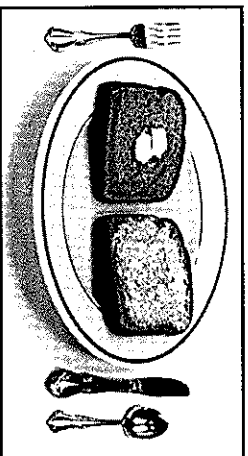


3 cups

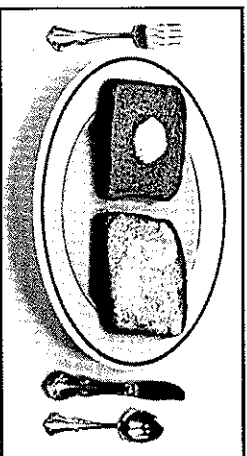
Spreads such as Butter, Margarine, Mayonnaise, or Peanut Butter



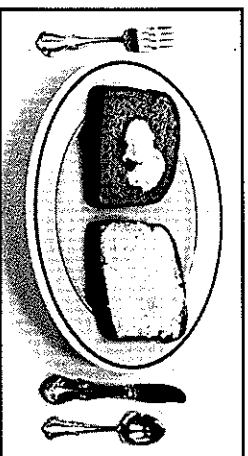
1 teaspoon



2 teaspoons

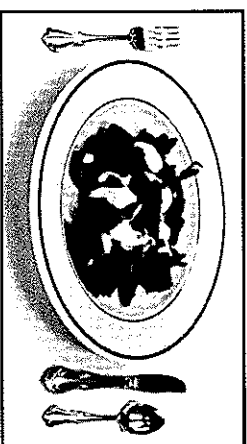


3 teaspoons
= 1 tablespoon

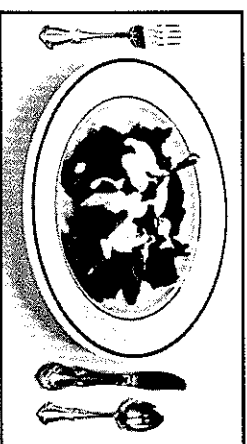


2 tablespoons

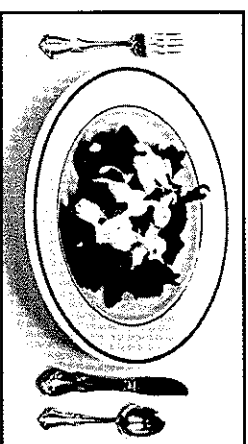
Salad Dressing on 2 Cups of Greens



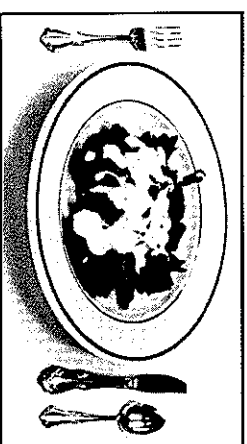
1 tablespoon



2 tablespoons



3 tablespoons

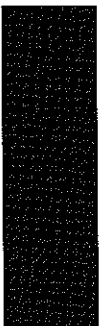


4 tablespoons
= 1/4 cup

THICKNESS

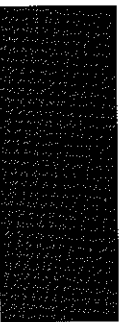


4



3

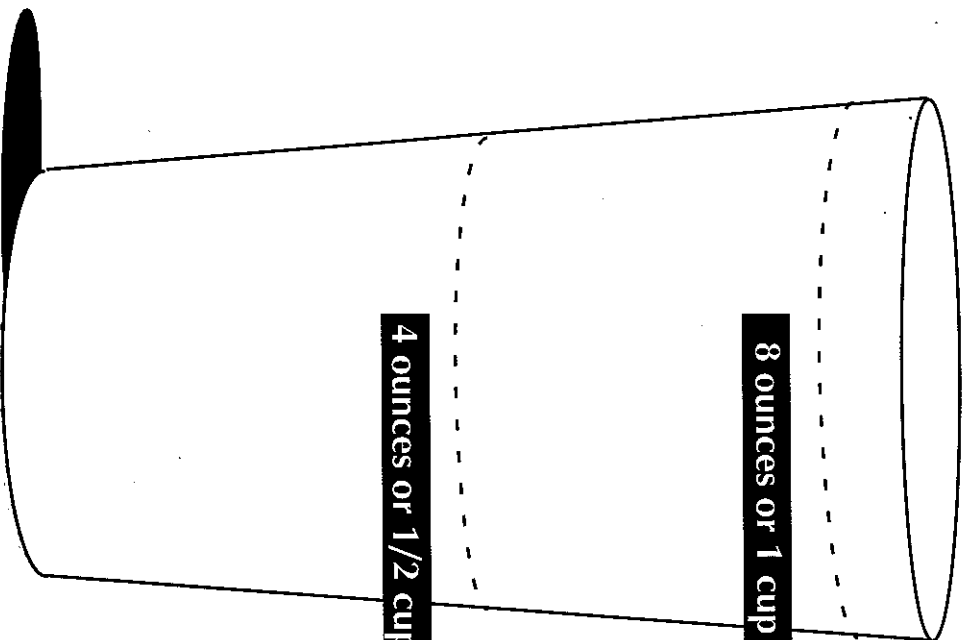
5



8 OUNCE GLASS

8 ounces or 1 cup

4 ounces or 1/2 cup



1"	
2"	
3"	
4"	
5"	
6"	
7"	
8"	