

Attachment 2: IDATA Interactive Diet and Activity Tracking in AARP Serving Size Booklet



IDATA

| Interactive Diet & Activity Tracking in AARP



Serving Size Booklet

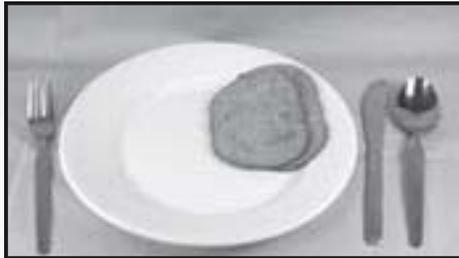
This booklet will help you estimate your serving sizes.

We appreciate your help with this important research project.

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 cups



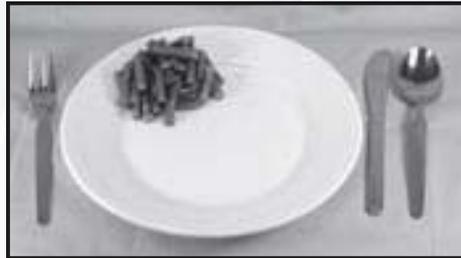
2 cups



Vegetables such as Green Beans, Corn and Potatoes



1/4 cup



1/2 cup



1 cup



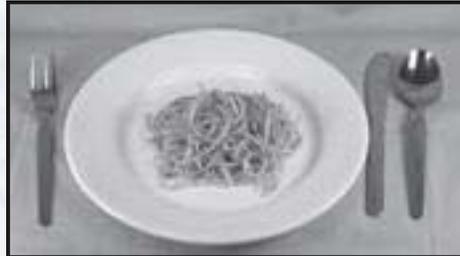
1-1/2 cups

Spaghetti and Casseroles

1/2 cup



1 cup



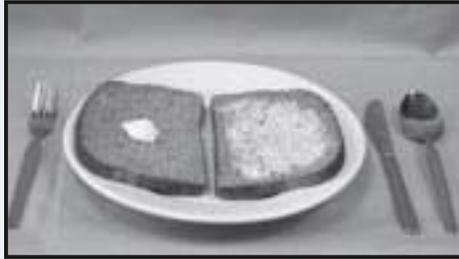
2 cups



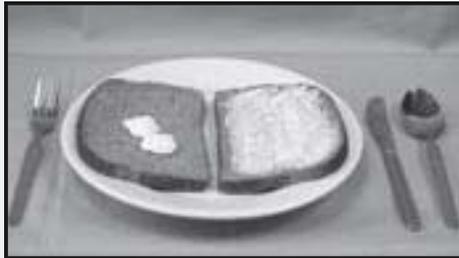
3 cups



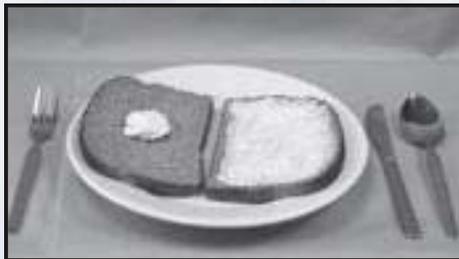
Spreads such as Butter, Margarine, Mayonnaise, or Peanut Butter



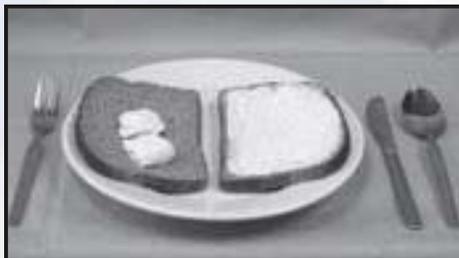
1 teaspoon (tsp)



2 teaspoons



3 teaspoons
= 1 Tablespoon



2 Tablespoons

Salad Dressing

1 Tablespoon (Tbsp)



2 Tablespoons



3 Tablespoons



4 Tablespoons
= 1/4 cup



Salads



1/2 cup



1 cup



1-1/2 cups



2 cups

Ice Cream, Mashed Potatoes, or Cottage Cheese

1/2 cup



1 cup



1-1/2 cups



2 cups



Five Ways to Size Up Your Servings

1 **3 ounces** of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.

3 oz.



2 **1 ounce** of cheese is about the size of 4 stacked dice.

1 oz.



3 **1/2 cup** of ice cream is about the size of a racquetball or tennis ball.

1/2 c.



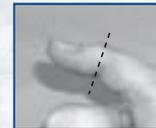
4 **1 cup** of mashed potatoes or broccoli is about the size of your

1 c.



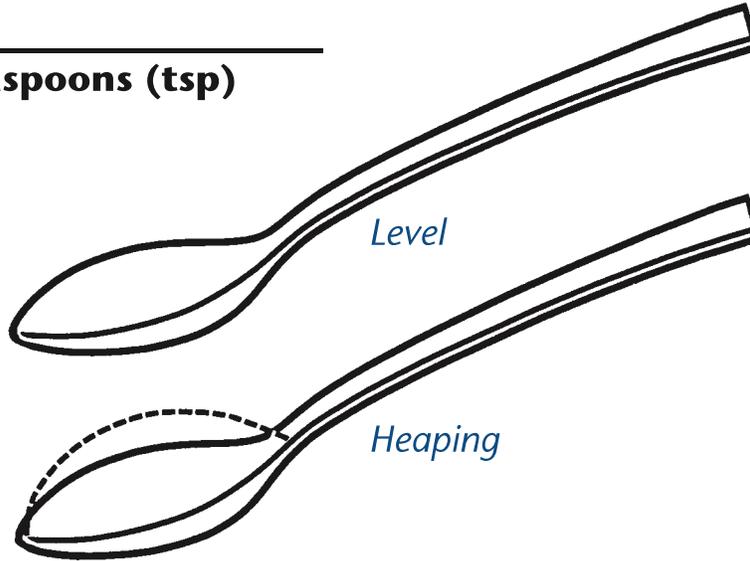
5 **1 teaspoon** of butter or peanut butter is about the size of the tip of your thumb.

1 tsp.

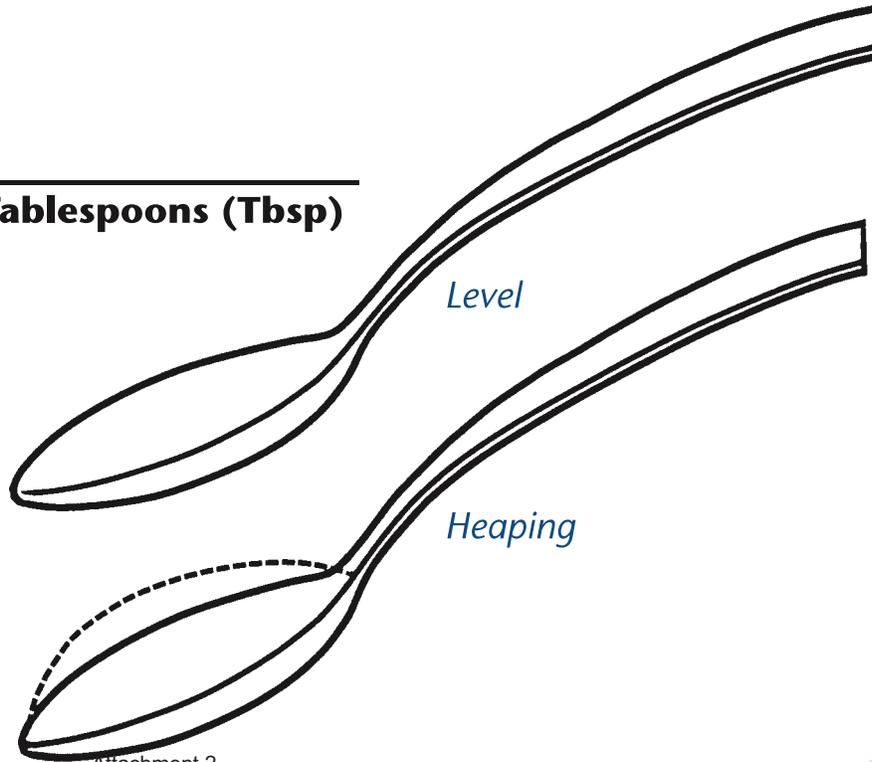


Eating and Serving Spoons

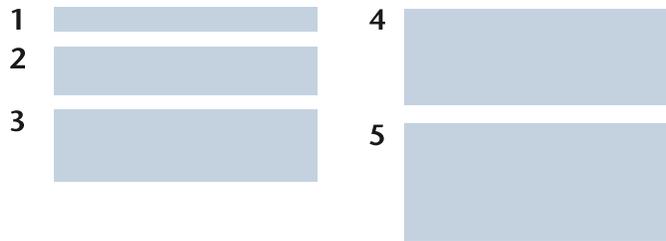
teaspoons (tsp)



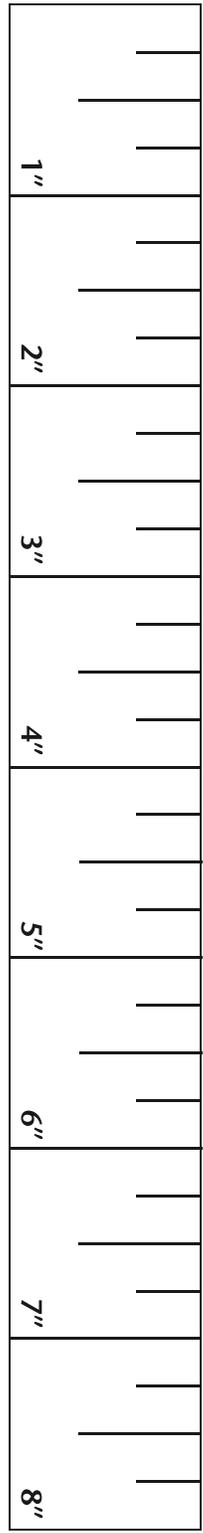
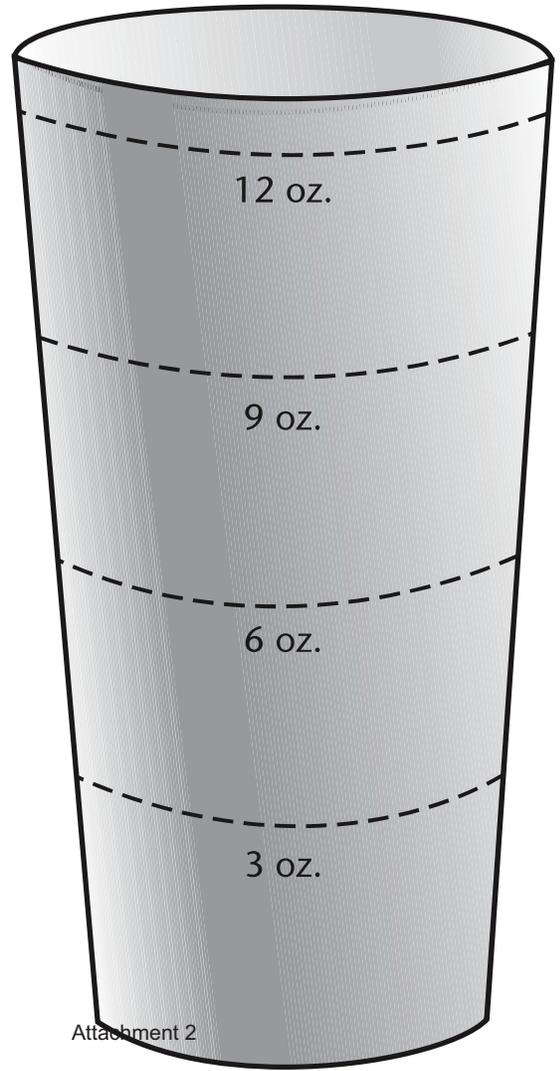
Tablespoons (Tbsp)



Thickness



12 fluid ounces



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