

**FOOD QUESTIONNAIRE**  
**Serving Size Choices**

Keep this in front of you while you are filling out The Food Questionnaire.  
You may use either the plates or the bowls to help you choose your serving size.

Choose A, B, C or D: **A** = 1/4 Cup of Food   **B** = 1/2 Cup of Food   **C** = 1 Cup of Food   **D** = 2 Cups of Food



**A**



**B**



**C**



**D**

1/4 cup  
of food

1/2 cup  
of food

1 cup  
of food

2 cups  
of food



**B**



**C**



**D**

1/2 cup  
of food

1 cup  
of food

2 cups  
of food