



Food and Activity Record

ABBREVIATIONS

Teaspoon	=	tsp.
Tablespoon	=	Tbsp.
Fluid Ounces	=	fl. oz.
Ounces	=	oz.
Grams	=	g.
Cup	=	c.
Slice	=	sl.

EQUIVALENT MEASURES

1 tablespoon	=	3 teaspoons
1 cup	=	8 fluid ounces
2 tablespoons	=	1 fluid ounce

You can estimate amounts using the following guide:

- 1 teaspoon of margarine ~ tip of thumb to first joint
- 1 cup (example: pasta) ~ size of a fist or size of a tennis ball
- 2 tablespoons (example: peanut butter) ~ size of a ping pong
- 3 ounces of meat ~ size of four dice
- 1 ounce of cheese ~ size of four dice
- 1 ounce of snack food (example: pretzels) ~ a large handful

- * Use ounces for: meat, fish, poultry and cheese.
- * Use cups for potato / rice / noodles / pasta / sliced fruits / cereals / soups / stews / casseroles / ice-cream / jello and beverages.

