

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

