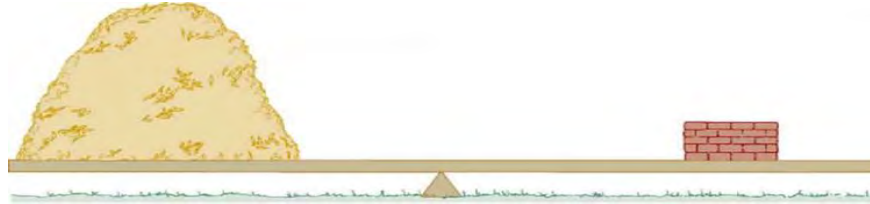


# Calculating Amounts

## Use CUPS for solid foods when recording **Amount Given**

You would need a lot of feathers to get them to weigh as much as one brick!



The same thought process applies when measuring foods.

Since all foods have different densities, we ask that you **use cups or other volume units to measure solid foods, NOT ounces** (unless you are using a scale)

### Messiness Tips:

We know it can be difficult to calculate amounts when peas are on the wall! But please try to give your best estimate of the amount of food consumed.



Amount Given	Amount Consumed
	?

Use the estimates table to get an educated guess

Hand Symbol	Equivalent	Foods
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies
	<b>Palm</b> 3 ounces	Meat Fish Poultry
	<b>Handful</b> 1 ounce	Nuts Raisins
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

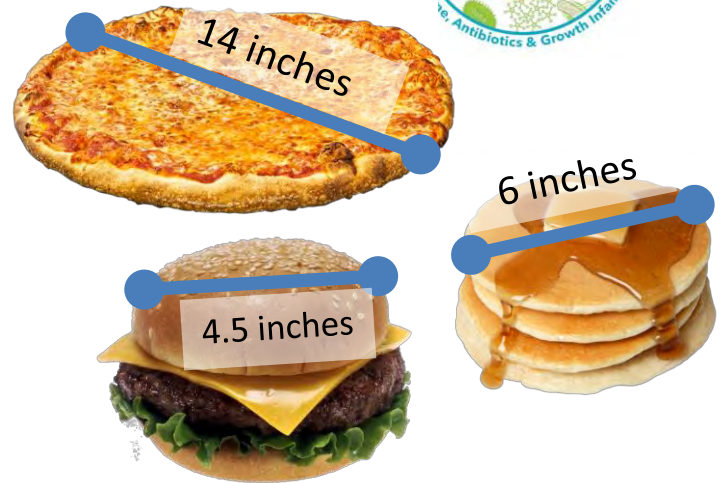


## Calculating Amounts

### Round Foods

When recording any round food items (pancakes, pizzas, and burgers) let us know the diameter (length across) of the whole food item.

If pizza, let us know how many slices it was cut into.



### Snack Tip: Prep for the day



When it comes to snacks, it can be helpful to **measure out more than enough snacks than you will need for the day**

At the end of the day, make a note of how much your child ate

### Tips for Completing the Food



- **Keep your notepad with you and write as you go** - record throughout the day
- **Take a Picture** – Send us your recipes or package labels.
- **Be Specific** – the more information we have, the better our research

**Important:** The more accurately you describe what your child eats/drinks, the better our research.

**Please do not change your child's usual eating habits** while completing the food log. Our goal is to collect an accurate representation of what infants are truly eating.

Email: [themagicstudy@email.chop.edu](mailto:themagicstudy@email.chop.edu)

Phone: 267-223-9730

Website: [magicstudy.research.chop.edu](http://magicstudy.research.chop.edu)