Learning the "REAL" Phe Content of Foods

Objective:
To improve your knowledge of portion sizes and phe values by comparing sizes and weights of selected foods

Directions:
For each of the foods on this worksheet:

1. Estimate the portion size, weight, and amount of phe in the *"Your Estimation"* column
2. Weigh and measure the food, then calculate the actual amount of phe and complete the *"Actual"* column
3. Compare your estimate to the actual values and complete the *"Difference"* column.
   (**Hint: Subtract the smaller amount from the larger amount to find the difference between your estimation and the actual amount.)

Then answer the questions in Part 2.

PART 1:

FOOD #1: Banana

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #2: Orange

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #3: Potato A

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #4: Potato B

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #5: French Fries

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #6: Chips

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

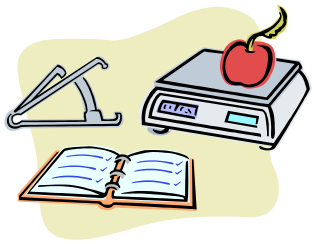
FOOD #7: Cereal A

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

FOOD #8: Cereal B

	Your Estimation	***Actual***	***Difference***
Portion size (circle your answer)	x-small small medium large x-large	x-small small medium large x-large	
Weight	_____ grams	_____ grams	_____ grams
Phe content	_____ milligrams	_____ milligrams	_____ milligrams

PART 2:



For which of the foods was your estimation MOST accurate?

_____

For which of the foods was your estimation LEAST accurate? _____

What was the difference between your estimation and the actual amount of phe? _____

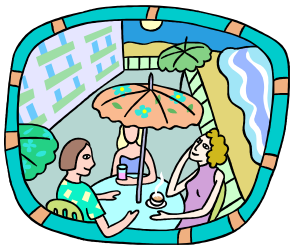
Did you over-estimate or under-estimate? _____

For which foods do you think it is most important to be accurate in estimating portion sizes?

_____

Why? _____

What would you do if…



- You are at McDonald's with some friends and know that you have 100 mg phe from food left. What do you order? _____

  _____

- You are going to go out to eat with your family. You've saved up 150 mg phe—enough to order French fries, and you're excited because the restaurant serves big steak fries. You only know how much phe is in a serving of small French fries. How will you know how many fries to eat? _____

  _____

  _____

- You are visiting your Auntie Annie's apple farm, and she offers you a GIGANTIC apple. You are excited about eating it because it looks delicious, but you aren't sure how much phe to record on your food record. What do you do? _____

  _____

- Every month at clinic, the nutritionist asks you how much cereal you ate for breakfast. Every month, your reply is, "a bowl, but I don't know how many cups or grams it was." You want to surprise her next month with the correct answer. How do you find out how much cereal you've eaten?

  _____

  _____

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