

# HEALTHY GULF HEALTHY COMMUNITIES

*recovery and resiliency after the DWH oil spill*

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## Plated Fish <sup>and</sup> Shrimp Portion Guide



**Andrew S. Kane and Anne E. Mathews**

Aquatic Pathobiology Laboratory - University of Florida

Department of Environmental & Global Health, College of Public Health & Health Professions

**Developed to support assessment of fish and shrimp intake**

*Support for this project by the National Institute of Environmental Health Sciences*



# Preface

\*\*\* Do not print or include this page when implementing intake assessment

Plated fish and shrimp portions are presented in 2-ounce increments, from 2-16 ounces.

Letter designations for fish and shrimp portion sizes:

A = 2 oz	C = 6 oz	E = 10 oz	G = 14 oz
B = 4 oz	D = 8 oz	F = 12 oz	H = 16 oz

Cooked portion sizes are represented by pre-cooked mass. Photographic representations of cooked mass in this portion guide are approximately 7 and 11% less than stated pre-cooked mass for fish and shrimp, respectively.

**This print-resolution document is 6.0 inches high x 6.3 inches wide.  
A 1-inch border can be added to the top or left margin to facilitate coil binding.**

This portion guide is a supplement to Mathews AE, Al-Rajhi A and Kane AS. 2017. Validation of a photographic seafood portion guide to assess fish and shrimp intakes. Journal of Public Health Nutrition. doi:10.1017/S1368980017000945

Contact corresponding author (Andy Kane, [KANE@UFL.EDU](mailto:KANE@UFL.EDU)) for inquiries and updates.

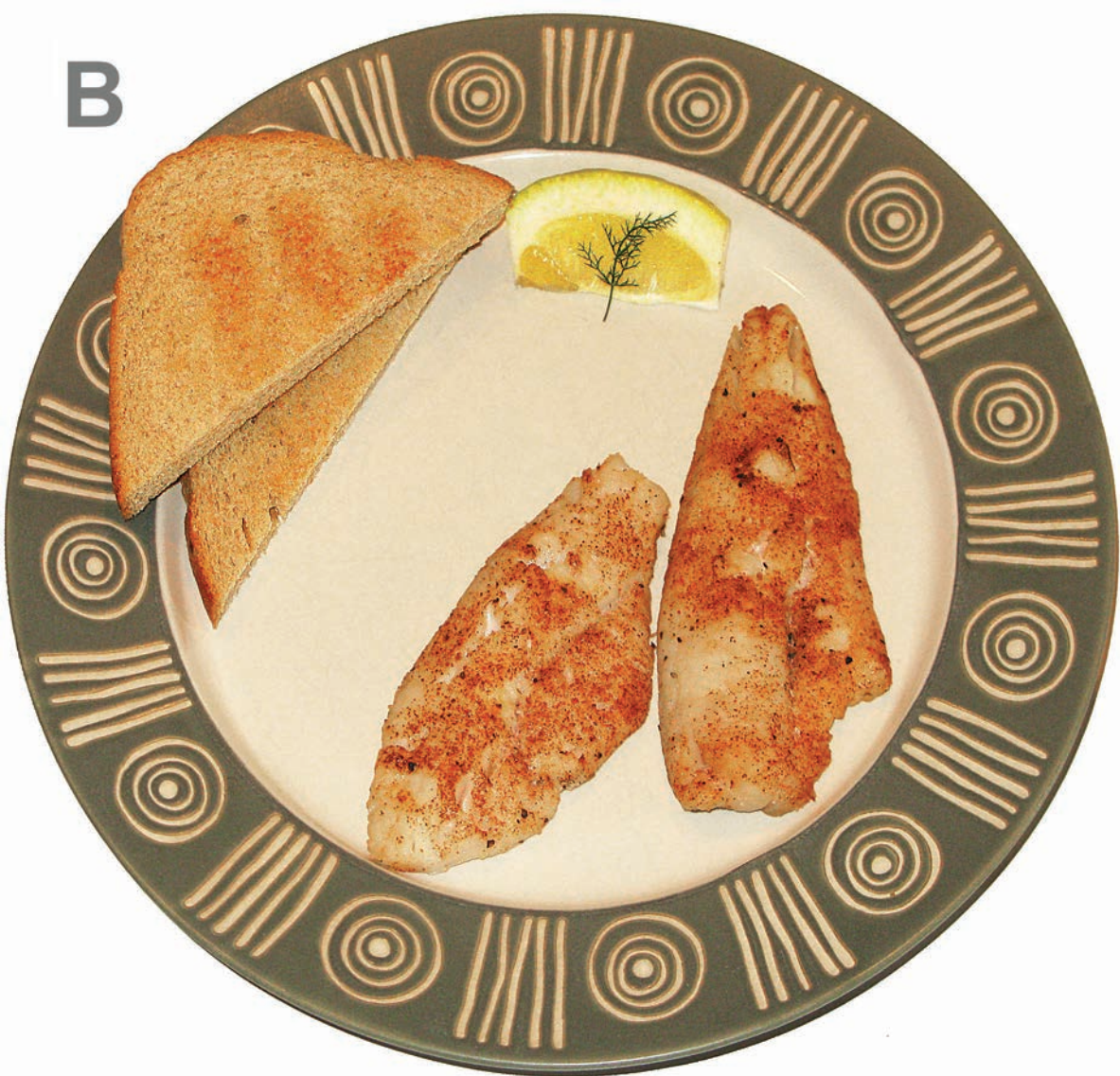
We thank Ross Brooks and Makyba Charles-Ayinde for their insights and support in developing and piloting this portion guide tool. This work was supported by the National Institute of Environmental Health Sciences (NIEHS; grant number U19 ES020683).

A

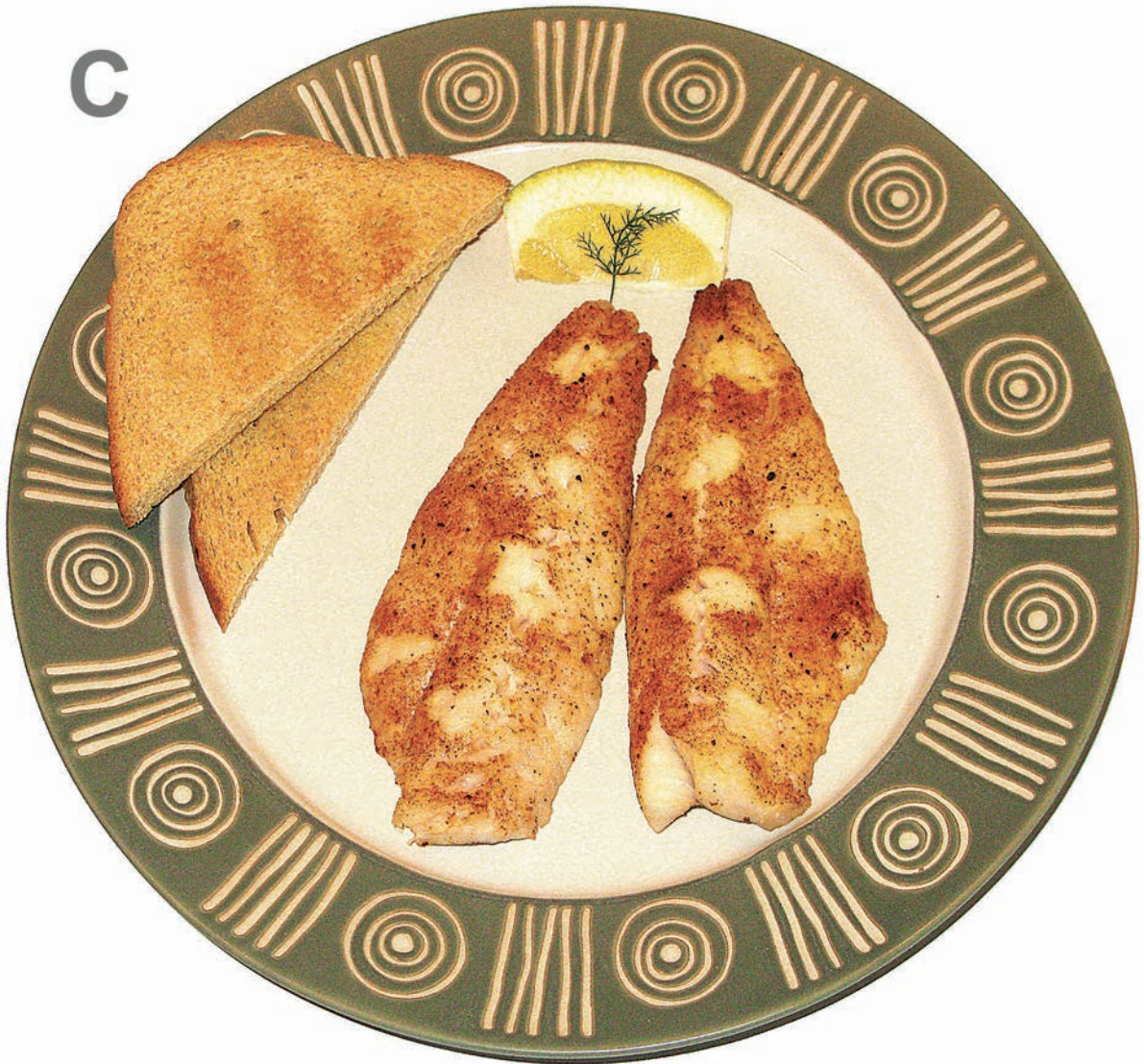




**B**

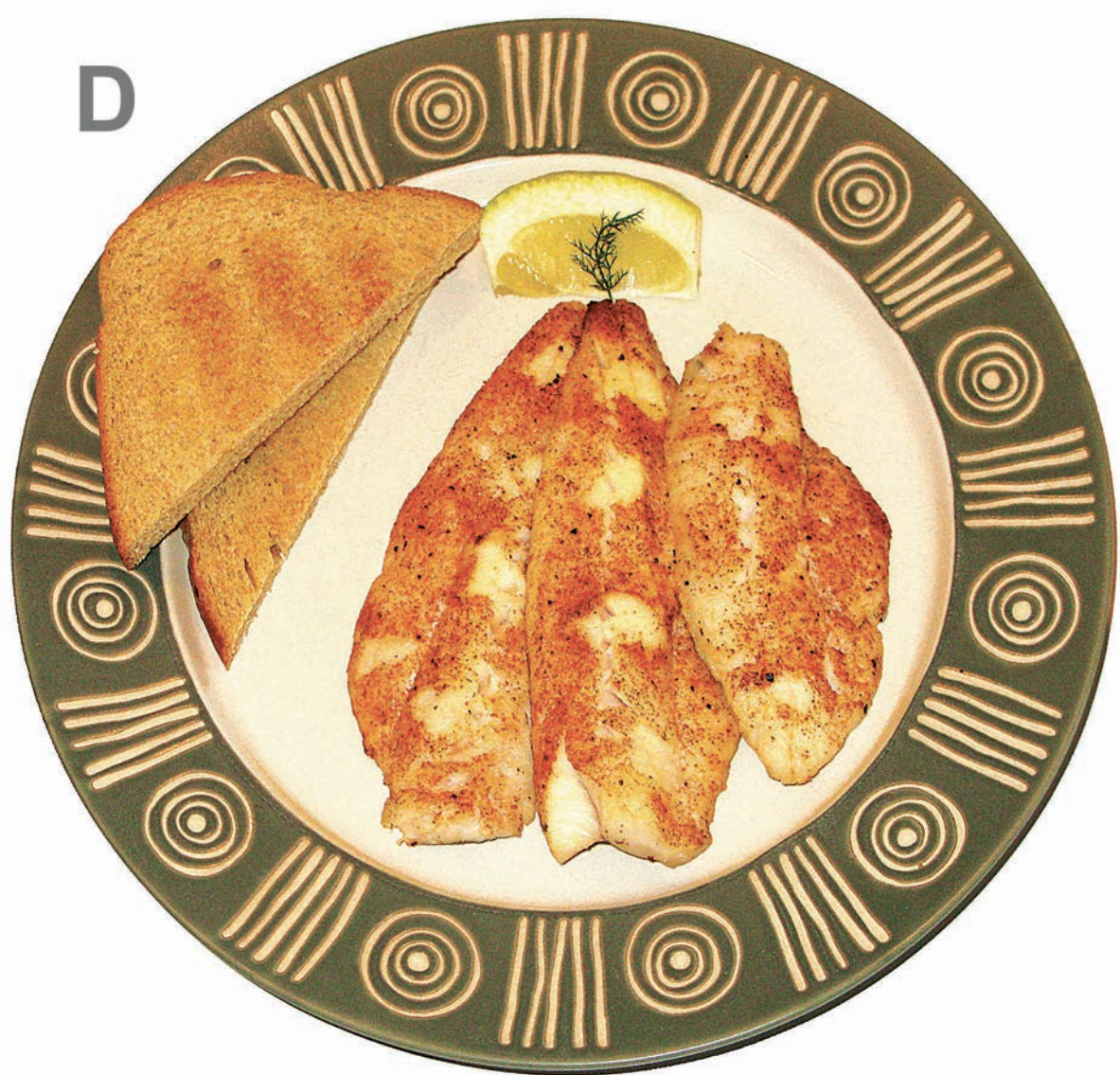


C

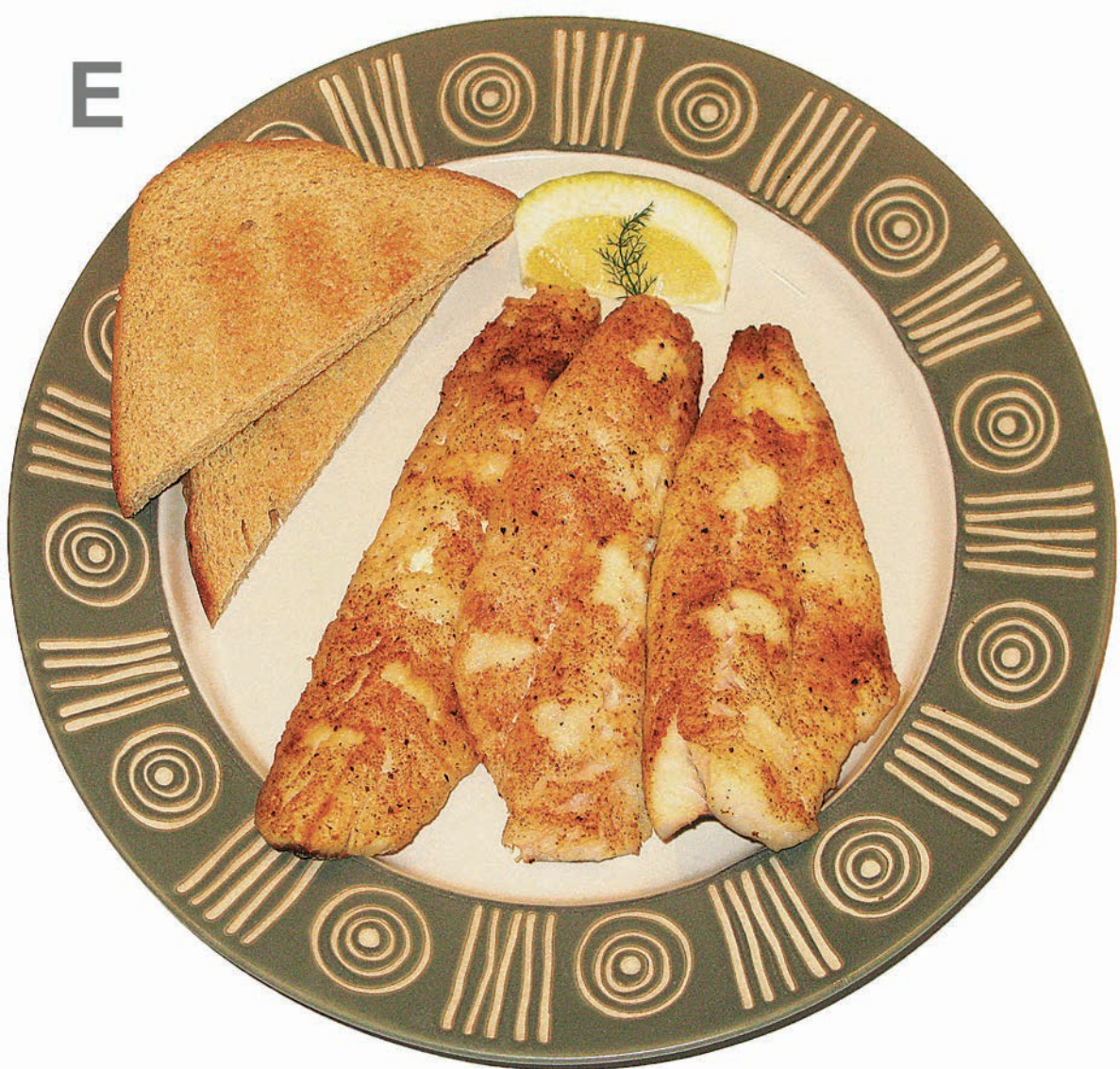




D

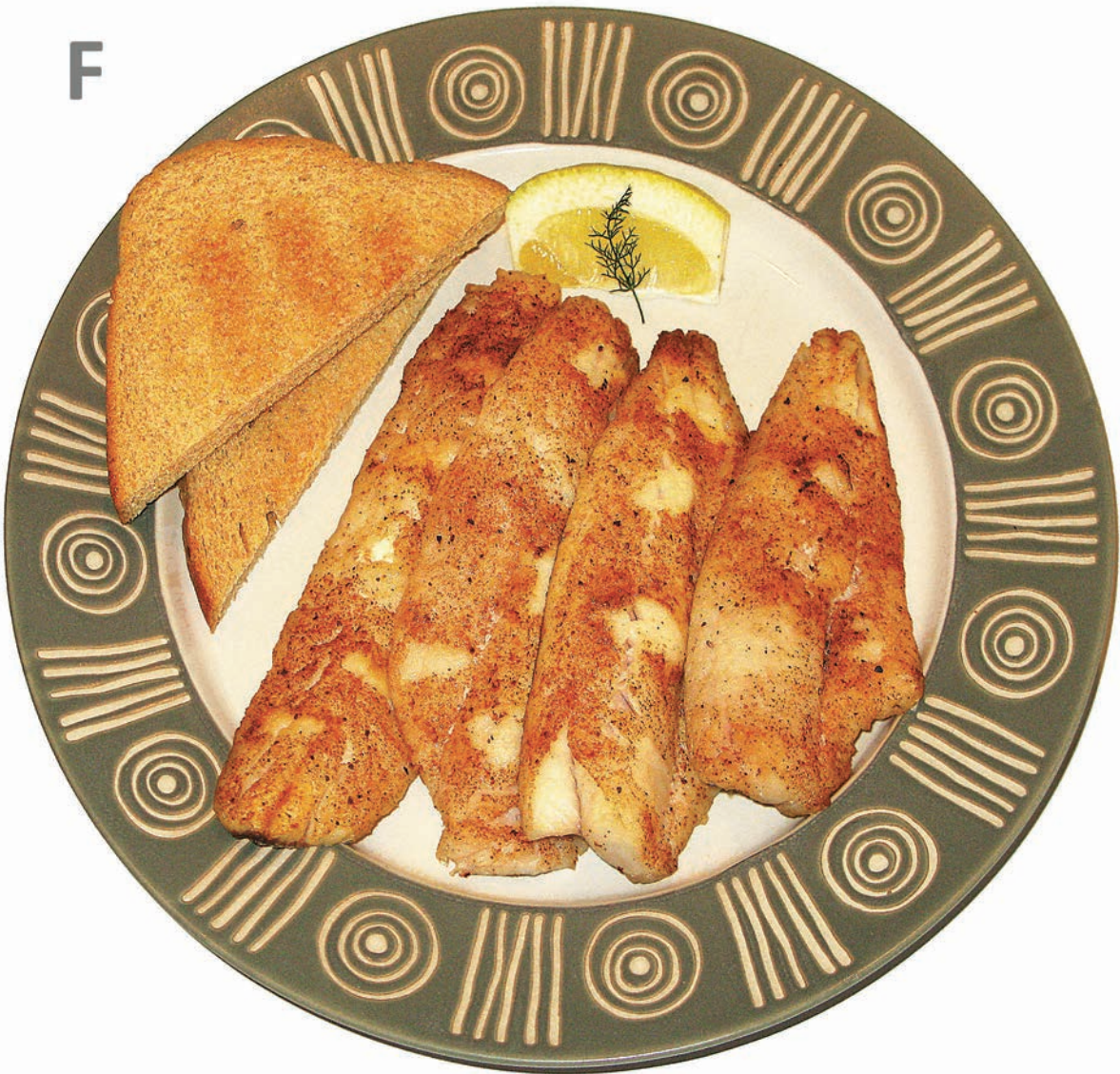


E



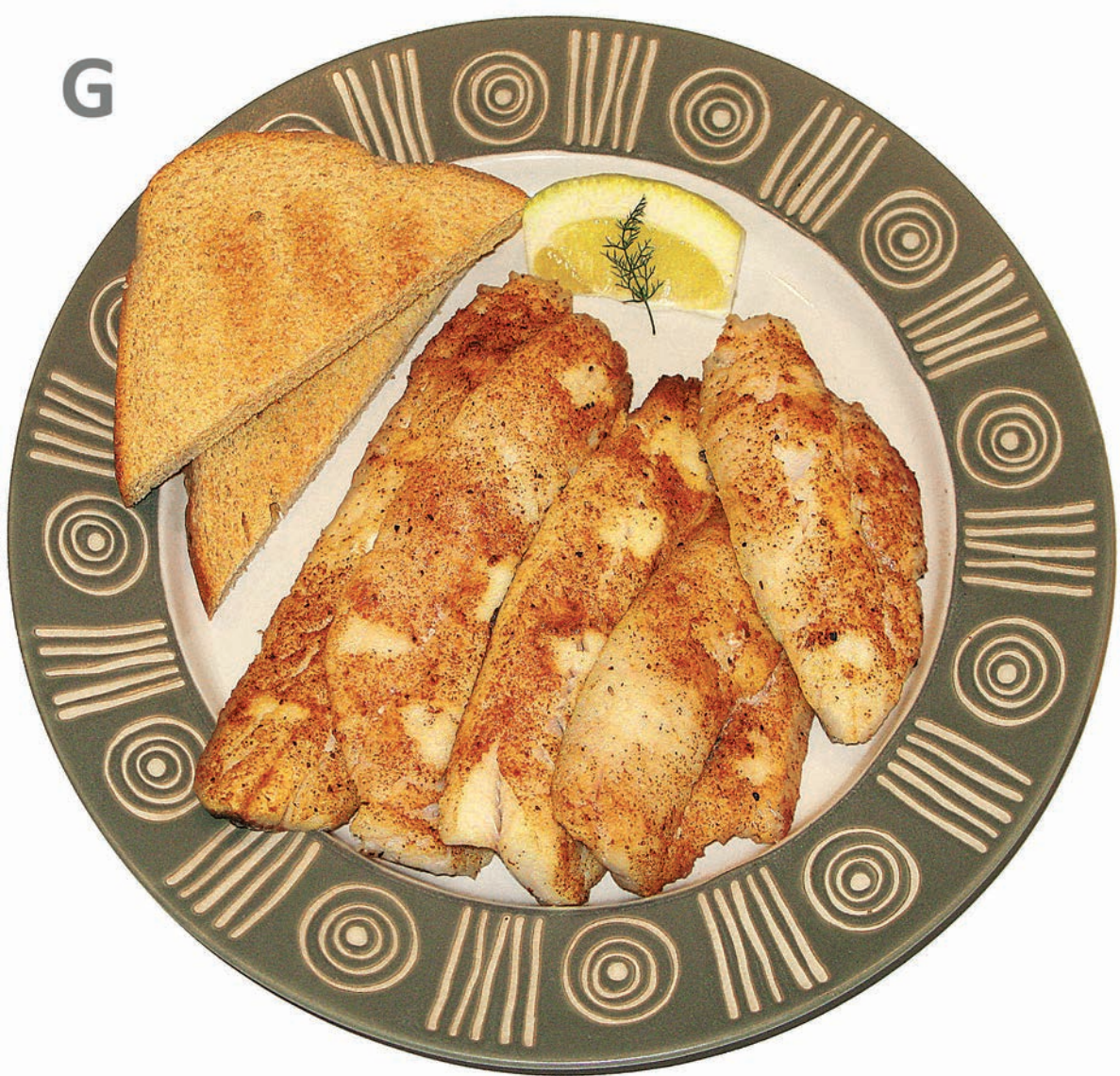


F



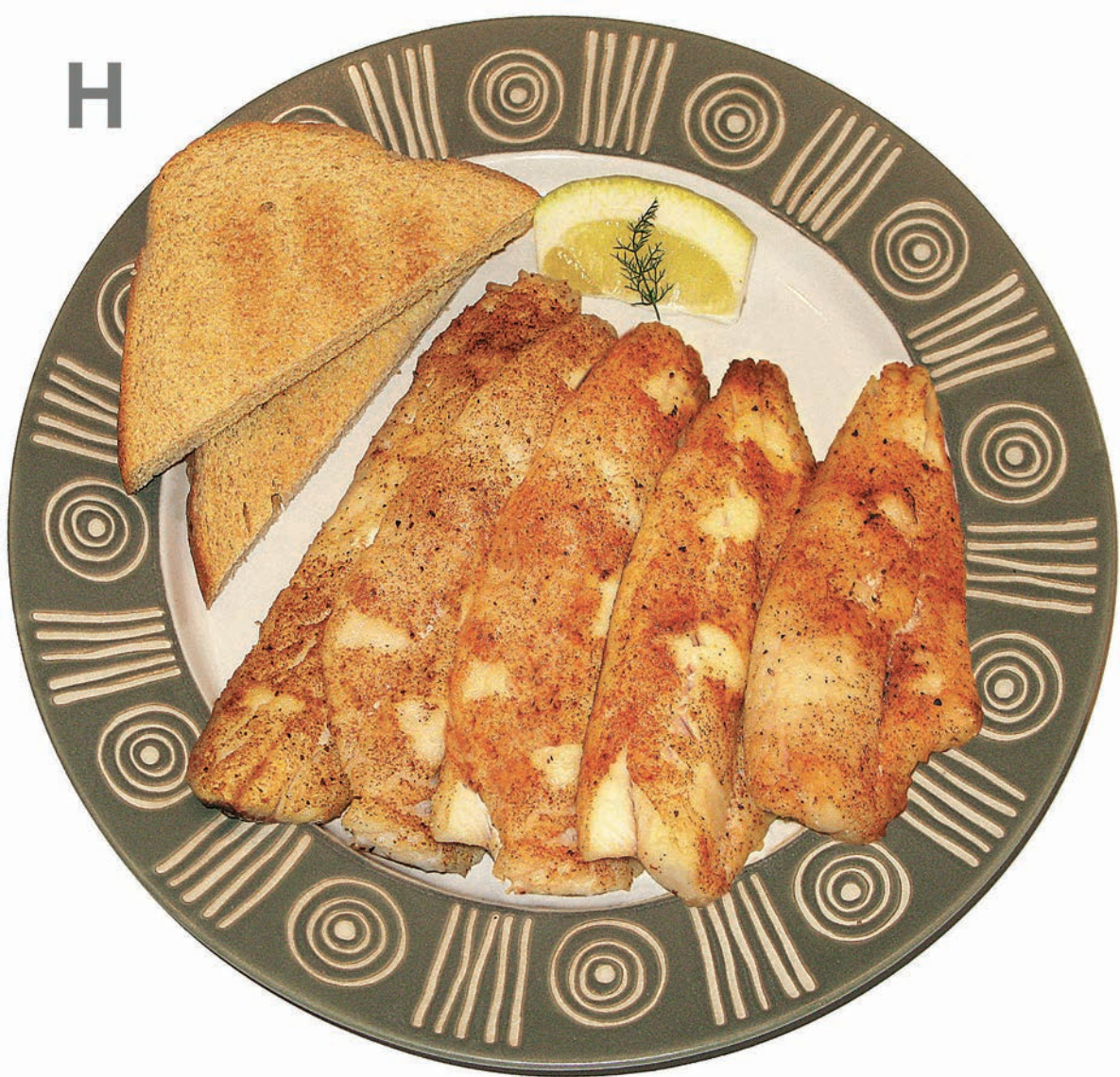


G



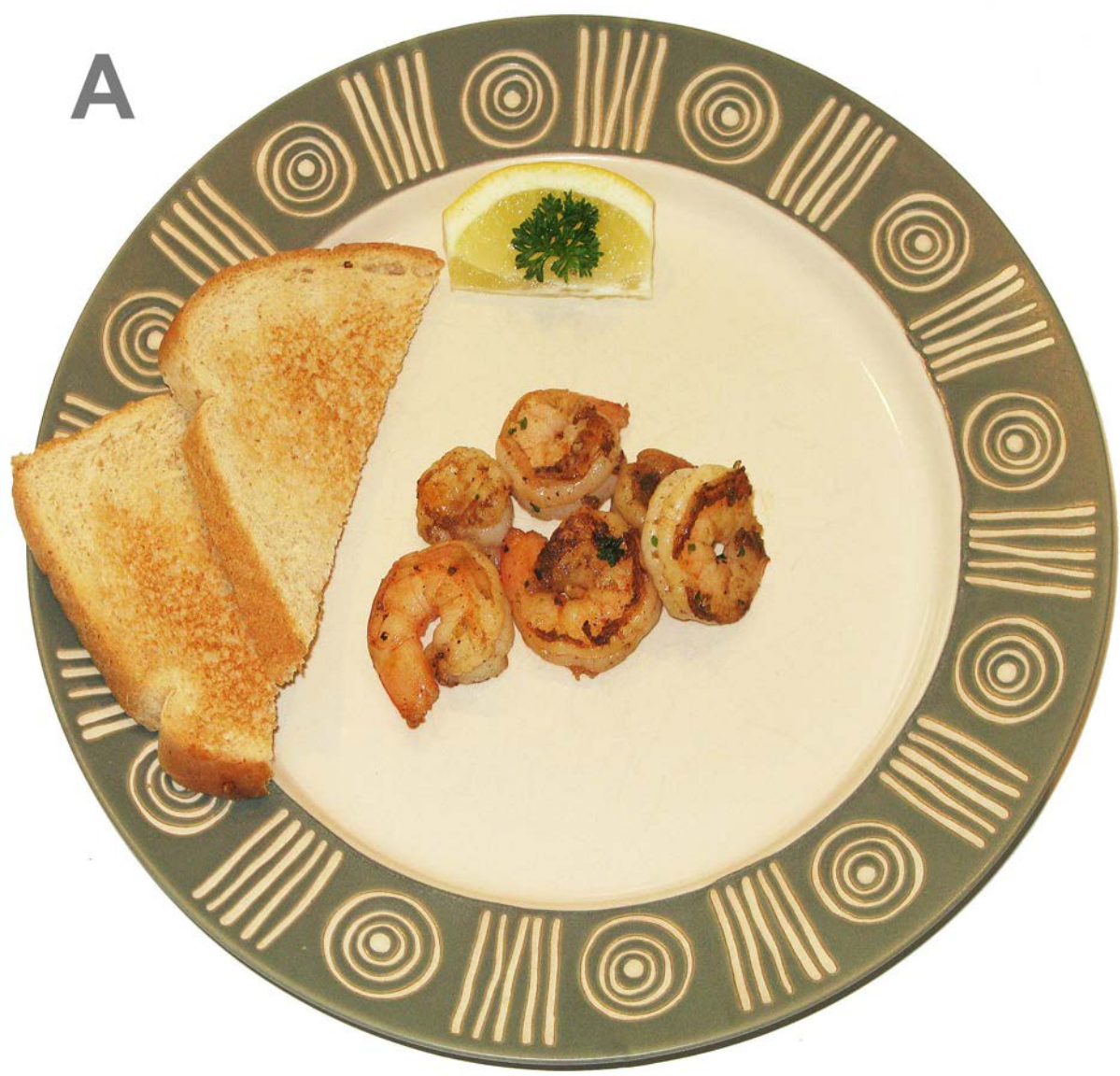


H

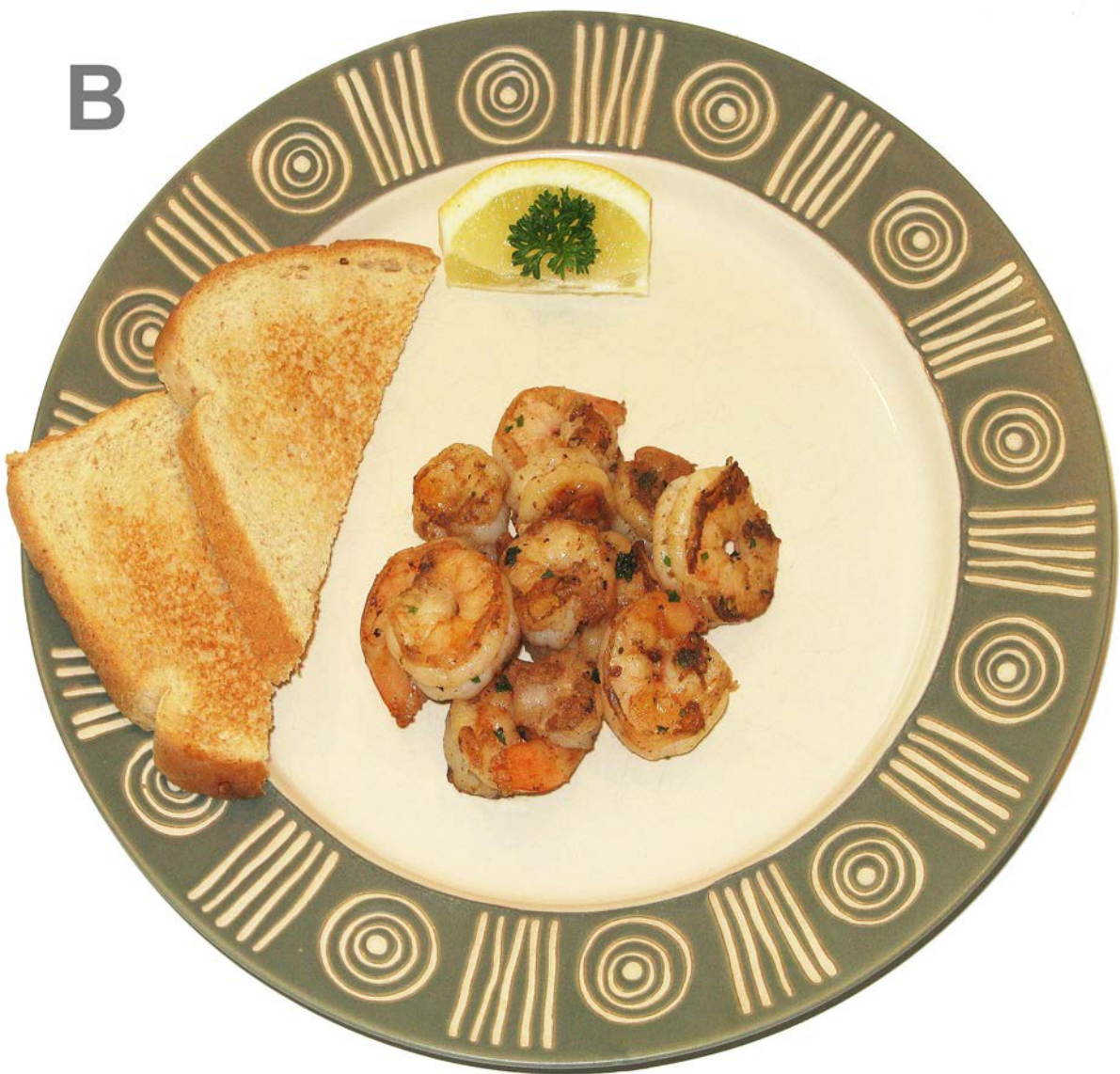




A

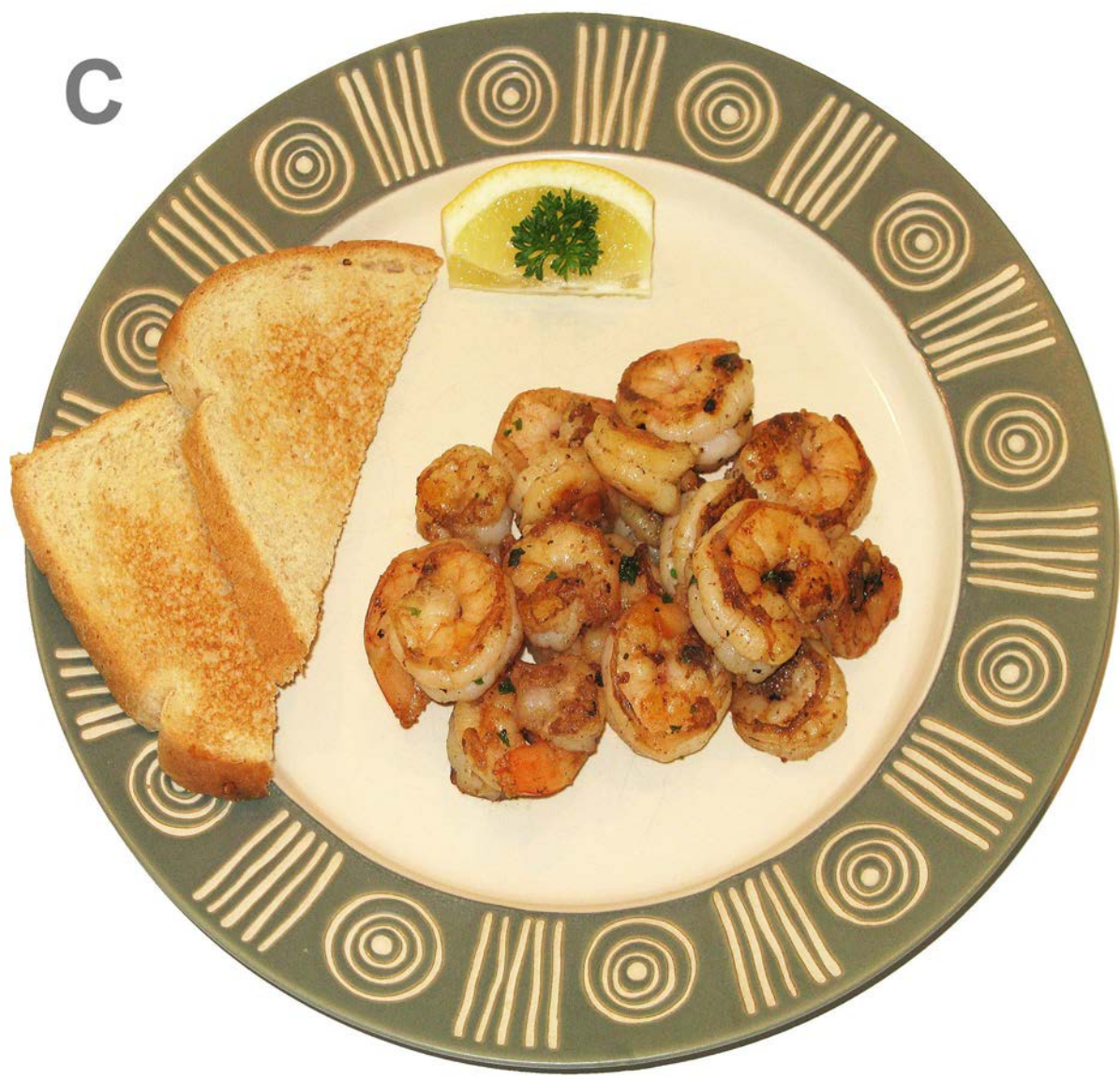


**B**

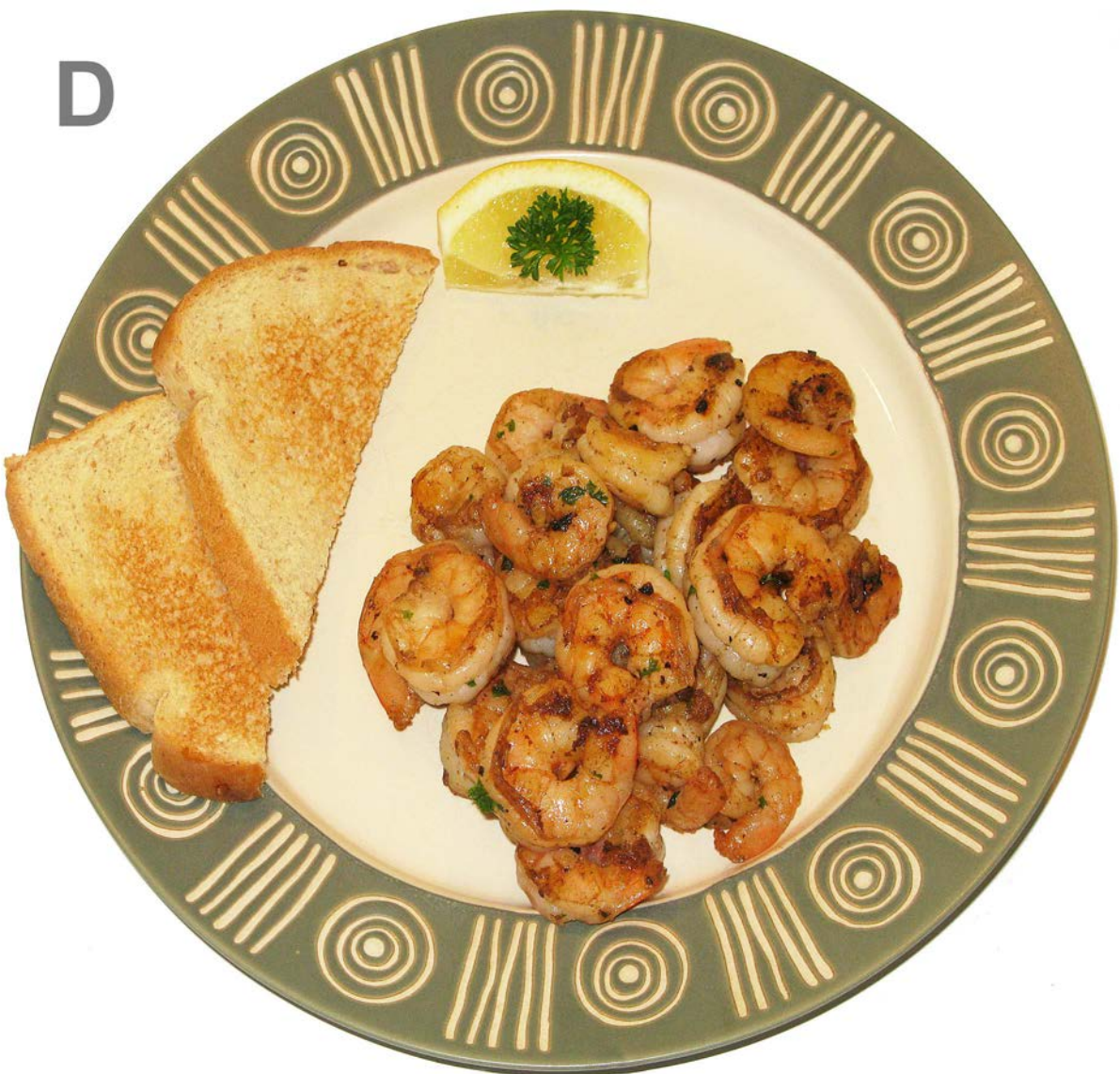




C



D





E



F





G



H

