Plated Fish and Shrimp Portion Guide

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Developed to support assessment of fish and shrimp intake

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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
- B = 4 oz
- C = 6 oz
- D = 8 oz
- E = 10 oz
- F = 12 oz
- G = 14 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.


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

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