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| **SIZE OF ONE SERVING** | | | | | | | |
| **FOR CALCULATION IN RUBINA HAKEEMS’S AFFLUENT URBAN ADOLESCNET SURVERY 2000 IN KARACHI PAKISTAN** | | | | | | | |
|  |  | Serving size | | Wt (g) one Serving | Sn. Variables | Variable name | Wt. unit of serving |
| sn1 | Food Items |  | Units |
| 1 | Beef pcs. | 1 | Large | 25 | 7 | beefpcs | 25 |
| 2 | Mutton pcs | 1 | Medium | 25 | 81 | muttonpc | 25 |
| 3 | Mince meat | 4 | small Serving spoon | 70 | 77 | mincemt | 17.5 |
| 4 | Chicken pcs | 1 | Medium | 30 | 25 | chicken | 30 |
| 5 | Fish pcs | 1 | Medium | 40 | 46 | fishpcs | 40 |
| 6 | Omelet | 1 | No. | 70 | 86 | omelete | 70 |
| 7 | Fried chicken | 1 | N0. | 120 | 51 | frychk | 120 |
| 8 | Fried fish | 1 | No. | 127 | 53 | fryfish | 127 |
| 9 | Fried egg | 1 | No. | 65 | 52 | fryegg | 65 |
| 10 | Curry/shorba | 4 | small Serving spoon | 125 | 37 | curry | 31.25 |
| 11 | Boiled egg | 1 | No. | 54 | 11 | boilegg | 54 |
| 12 | khichri | 4 | small Serving spoon | 100 | 70 | khichari | 25 |
| 13 | Meat biryani | 4 | small Serving spoon | 100 | 80 | mtpulao | 25 |
| 14 | Chicken biryani | 4 | small Serving spoon | 100 | 28 | chkpulao | 25 |
| 15 | Potato | 2 | round Serving spoon | 100 | 100 | potato | 50 |
| 16 | Tea | 1 | Cup | 166 | 124 | tea | 166 |
| 17 | Pear | 1 | Medium | 120 | 96 | pears | 120 |
| 18 | Chinese rice | 4 | flat Serving spoon | 150 | 26 | chineser | 37.5 |
| 19 | Macaroni | 1 | Medium Plate | 150 | 73 | macroni | 150 |
| 20 | water melon | 1 | Slice | 100 | 127 | wtrmelon | 100 |
| 21 | fruit | 1 | Medium | 100 | 50 | fruit | 100 |
| 22 | apple | 1 | Medium | 90 | 3 | apples | 90 |
| 23 | banana | 1 | Small | 65 | 6 | banana | 65 |
| 24 | Orange | 1 | Medium | 130 | 87 | orange | 130 |
| 25 | guava | 1 | Medium | 75 | 55 | guava | 75 |
| 26 | Mango | 1 | Medium | 160 | 74 | mango | 160 |
| 27 | Chickku | 2 | Medium |  | 131 |  | 0 |
| 28 | Supari | 1 | No. | 5 | 121 | supari | 5 |
| 29 | cherry | 4 | Medium | 40 | 24 | cherry | 10 |
| 30 | Pizza | 1 | Medium Slice | 140 | 98 | pizza | 140 |
| 31 | Apricots | 2 | Medium | 60 | 4 | apricots | 30 |
| 32 | Yakhni | 1 | Full Bowl | 200 | 128 | yakhni | 200 |
| 33 | melon | 1 | Slice | 45 | 75 | melon | 45 |
| 34 | pine apple | 1 | Slice | 16 | 97 | pineappl | 16 |
| 35 | grapes | 15 | Medium | 45 | 54 | grapes | 3 |
| 36 | papaya | 1 | Slice | 100 | 90 | papaya | 100 |
| 37 | Fresh fruit juices | 250 | Millie liter | 200 | 65 | juices | 0.8 |
| 38 | dried fruit | 1 | Table spoon | 9 | 43 | dryfruit | 9 |
| 39 | canned fruit | 0.5 | Can | 124 | 20 | canfruit | 248 |
| 40 | Nuts | 1 | Table spoon | 10 | 85 | nuts | 10 |
| 41 | Samosas | 1 | Medium | 45 | 111 | samosa | 45 |
| 42 | Dals | 4 | small Serving spoon | 100 | 40 | dals | 25 |
| 43 | Karhi | 4 | small Serving spoon | 100 | 67 | karhi | 25 |
| 44 | Sandwich Spread | 1 | Tea spoon | 10 | 118 | spreadch | 10 |
| 45 | Loki | 2 | round Serving spoon | 100 | 72 | lokitori | 50 |
| 46 | Lady finger | 2 | round Serving spoon | 100 | 9 | bhindi | 50 |
| 47 | Peas | 1 | Medium Bowl |  | 130 |  | 0 |
| 48 | rice pulao | 4 | round Serving spoon | 200 | 126 | vegpulao | 50 |
| 49 | Beetroot | 2 | round Serving spoon | 100 | 8 | beetroot | 50 |
| 50 | Mixed vegetable | 2 | round Serving spoon | 100 | 78 | mixveges | 50 |
| 51 | Puri | 2 | Small | 100 | 104 | puri | 50 |
| 52 | Prawns | 6 | Small | 36 | 101 | prawns | 6 |
| 53 | Chappati | 1 | Medium | 90 | 22 | chapati | 90 |
| 54 | Nan | 0.5 | Medium | 120 | 83 | nan | 240 |
| 55 | Bread | 2 | Medium | 60 | 13 | bread | 30 |
| 56 | salads | 2 | Table spoon | 62 | 110 | salads | 31 |
| 57 | Biscuits | 4 | Medium | 74 | 10 | biscuits | 18.5 |
| 58 | Paratha | 0.5 | Medium | 150 | 91 | paratha | 300 |
| 59 | Corn flakes | 1 | in one Medium Bowl | 28 | 36 | cornflke | 28 |
| 60 | Ran roast | 4 | round Serving spoon | 175 | 105 | ranroast | 43.75 |
| 61 | Bun | 1 | Medium | 50 | 16 | buns | 50 |
| 62 | Burger | 1 | Medium | 100 | 17 | burger | 100 |
| 63 | Peanut butter | 1 | Tea spoon | 8 | 99 | pnutbttr | 8 |
| 64 | French fries | 15 | No. | 130 | 47 | frnchfry | 8.666667 |
| 65 | Chips | 1 | Medium pack | 60 | 27 | chips | 60 |
| 66 | Sevian | 1 | Small Bowl | 100 | 112 | sevian | 100 |
| 67 | Sandwiches home | 1 | Medium | 150 | 60 | hsandwch | 150 |
| 68 | Sandwiches bought | 1 | Medium | 100 | 15 | bsandwch | 100 |
| 69 | Peas pulao | 4 | small Serving spoon | 100 | 95 | peapulao | 25 |
| 70 | Toffees | 4 | Small | 20 | 122 | sweets | 5 |
| 71 | Chewing gum | 1 | No. | 5 | 33 | chweingg | 5 |
| 72 | Shawarma | 1 | No. | 105 | 113 | shawarma | 105 |
| 73 | Custard | 1 | Small Bowl | 100 | 38 | custard | 100 |
| 74 | Kheer | 1 | Medium Bowl | 150 | 69 | kheer | 150 |
| 75 | Ice cream | 1 | Small Bowl | 60 | 61 | icecream | 60 |
| 76 | Mithai | 1 | Medium Piece | 50 | 79 | mtihai | 50 |
| 77 | Cakes | 1 | Medium Piece | 40 | 19 | cakes | 40 |
| 78 | Doughnut | 1 | No. | 60 | 42 | donuts | 60 |
| 79 | Chocolates | 1 | Medium bar | 40 | 29 | choclate | 40 |
| 80 | tahiri | 4 | round Serving spoon | 200 | 123 | tahiri | 50 |
| 81 | Halwa | 1 | Small Bowl | 100 | 57 | halwa | 100 |
| 82 | Turai | 2 | round Serving spoon | 100 | 103 | pumpkin | 50 |
| 83 | Patties | 1 | Medium | 75 | 94 | patties | 75 |
| 84 | Eclairs | 1 | No. | 60 | 44 | eclairs | 60 |
| 85 | Coffee | 1 | Cup | 166 | 34 | coffee | 166 |
| 86 | Turnip | 2 | round Serving spoon | 100 | 125 | trnpcbge | 50 |
| 87 | Cold drink | 250 | Millie liter | 275 | 35 | colddrnk | 1.1 |
| 88 | Frooto | 250 | Millie liter | 150 | 49 | frooto | 0.6 |
| 89 | Plain rice | 4 | small Serving spoon | 100 | 107 | ricepln | 25 |
| 90 | Souffle | 1 | Medium | 61 | 115 | soufle | 61 |
| 91 | Lassi | 250 | Millie liter | 200 | 71 | lassi | 0.8 |
| 92 | Milk shake | 250 | Millie liter | 250 | 76 | milkshke | 1 |
| 93 | Faluda | 1 | Glass | 250 | 45 | faluda | 250 |
| 94 | Jams | 1 | Tea spoon | 15 | 63 | jam | 15 |
| 95 | Butter | 1 | Table spoon | 10 | 18 | butter | 10 |
| 96 | Mayonnaise | 1 | Table spoon | 33 | 82 | myonaise | 33 |
| 97 | Roll | 1 | Medium | 20 | 108 | rolls | 20 |
| 98 | Sandwich Spread | 1 | Tea spoon | 20 | 119 | spreadsw | 20 |
| 99 | strawberry | 4 | Medium | 40 | 120 | strawbry | 10 |
| 100 | Tomato ketchup | 1 | Table spoon | 15 | 68 | ketchup | 15 |
| 101 | Chutney | 1 | Table spoon | 5 | 32 | chutney | 5 |
| 103 | Cheese | 1 | Table spoon | 30 | 23 | cheese | 30 |
| 104 | Jellies | 1 | Tea spoon | 15 | 64 | jelly | 15 |
| 105 | Achaar | 1 | Tea spoon | 5 | 1 | achar | 5 |
| 106 | Brinjal | 2 | round Serving spoon | 100 | 14 | brinjal | 50 |
| 107 | Kebab | 1 | Medium | 85 | 66 | kabab | 85 |
| 108 | Cholay | 1 | Medium bowl | 164 | 30 | cholay | 164 |
| 109 | Dhansak | 1 | Medium bowl | 150 | 41 | dhansak | 150 |
| 110 | Nihari | 3 | round Serving spoon | 150 | 84 | nihari | 50 |
| 111 | French toast | 2 | Slice | 110 | 48 | frnchtst | 55 |
| 112 | Honey | 1 | Table spoon | 17 | 58 | honey | 17 |
| 113 | Baby corn | 2 | No. | 70 | 5 | babycorn | 35 |
| 114 | Dahi baray | 1 | Medium bowl | 100 | 39 | dahibara | 100 |
| 115 | Rusk | 2 | Medium | 48 | 109 | rusks | 24 |
| 116 | Haleem | 4 | small Serving spoon | 120 | 56 | haleem | 30 |
| 117 | Cauliflower | 2 | Serving spoon |  | 132 |  | 0 |
| 118 | Paaey | 4 | Serving spoon | 150 | 88 | paey | 37.5 |
| 119 | Spinach/sag | 2 | flat Serving spoon | 70 | 117 | spinach | 35 |
| 120 | Yogurt | 0.5 | Bowl | 100 | 129 | yoghurt | 200 |
| 121 | Brain curry | 2 | Oval Serving spoon | 125 | 12 | brain | 62.5 |
| 122 | Ice lolly | 1 | No. | 124 | 62 | icelolly | 124 |
| 123 | Soups | 1 | Full Bowl | 200 | 116 | soup | 200 |
| 124 | Milk | 250 | Millie liter | 215 | 106 | rawmilk | 0.86 |
| 125 | Skimmed milk | 250 | Millie liter | 200 | 114 | skimmilk | 0.8 |
| 126 | Pudding | 1 | Medium Bowl | 150 | 102 | pudding | 150 |
| 127 | Apple Pie | 1 | PIECE | 150 | 2 | applepie | 150 |
| 128 | Pakora | 6 | No. | 100 | 89 | pakora | 16.66667 |
| 129 | Hot dog | 1 | No. | 100 | 59 | hotdog | 100 |
|  | Briskets mutton | 1 | Medium | 150 | 21 | champ | 150 |
|  | Meat Chops | 1 | Medium | 160 | 31 | chops | 160 |
|  | Pastry | 1 | Medium Piece | 60 | 93 | pastry | 60 |