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| **SIZE OF ONE SERVING** **FOR CALCULATION IN RUBINA HAKEEMS’S AFFLUENT URBAN ADOLESCNET SURVERY 2000 IN KARACHI PAKISTAN** |
| sn.spss | Food Items | Quantity | Units |
| 1 | Beef pcs. | 1 | Large |
| 2 | Mutton pcs | 1 | Medium |
| 3 | Mince meat | 4 | Serving spoon |
| 4 | Chicken pcs | 1 | Medium |
| 5 | Fish pcs | 1 | Medium |
| 6 | Omelet | 1 | No. |
| 7 | Fried chicken | 1 | N0. |
| 8 | Fried fish | 1 | No. |
| 9 | Fried egg | 1 | No. |
| 10 | Curry/shorba | 4 | Serving spoon |
| 11 | Boiled egg | 1 | No. |
| 12 | khichri | 4 | Serving spoon |
| 13 | Meat biryani | 4 | Serving spoon |
| 14 | Chicken biryani | 4 | Serving spoon |
| 15 | Peanut butter | 1 | Tea spoon |
| 16 | tahiri | 4 | Serving spoon |
| 17 | Peas pulao | 4 | Serving spoon |
| 18 | Chinese rice | 4 | Serving spoon |
| 19 | Macaroni | 1 | Medium Plate |
| 20 | rice pulao | 4 | Serving spoon |
| 21 | fruit | 1 | Medium |
| 22 | apple | 1 | Medium |
| 23 | banana | 1 | Small |
| 24 | Orange | 1 | Medium |
| 25 | guava | 1 | Medium |
| 26 | Mango | 1 | Medium |
| 27 | Chickku | 2 | Medium |
| 28 | strawberry | 4 | Medium |
| 29 | cherry | 4 | Medium |
| 30 | pine apple | 1 | Slice |
| 31 | Apricots | 2 | Medium |
| 32 | water melon | 1 | Slice |
| 33 | melon | 1 | Slice |
| 34 | Pear | 1 | Medium |
| 35 | grapes | 15 | Medium |
| 36 | papaya | 1 | Slice |
| 37 | Fresh fruit juices | 250 | Millie liter |
| 38 | dried fruit | 1 | Table spoon |
| 39 | canned fruit | 0.5 | Can |
| 40 | Nuts | 1 | Table spoon |
| 41 | salads | 2 | Table spoon |
| 42 | Dals  | 4 | Serving spoon |
| 43 | Karhi | 4 | Serving spoon |
| 44 | Spinach/sag | 2 | Serving spoon |
| 45 | Loki | 2 | Serving spoon |
| 46 | Lady finger | 2 | Serving spoon |
| 47 | Peas | 1 | Medium Bowl |
| 48 | Turnip | 2 | Serving spoon |
| 49 | Beetroot | 2 | Serving spoon |
| 50 | Mixed vegetable | 2 | Serving spoon |
| 51 | Turai | 2 | Serving spoon |
| 52 | Potato | 2 | Serving spoon |
| 53 | Chappati | 1 | Medium |
| 54 | Nan | 0.5 | Medium |
| 55 | Bread | 2 | Medium |
| 56 | Rusk | 2 | Medium |
| 57 | Biscuits | 4 | Medium |
| 58 | Paratha | 0.5 | Medium |
| 59 | Corn flakes | 1 | Medium Bowl |
| 60 | Puri | 2 | Small |
| 61 | Bun | 1 | Medium |
| 62 | Burger | 1 | Medium |
| 63 | Pizza | 1 | Medium Slice |
| 64 | French fries | 15 | No. |
| 65 | Chips | 1 | Medium pack |
| 66 | Samosas | 1 | Medium |
| 67 | Sandwiches home | 1 | Medium |
| 68 | Sandwiches bought | 1 | Medium |
| 69 | Patties | 1 | Medium |
| 70 | Supari | 1 | No. |
| 71 | Chewing gum | 1 | No. |
| 72 | Sevian | 1 | Medium Bowl |
| 73 | Custard | 1 | Medium Bowl |
| 74 | Kheer | 1 | Medium Bowl |
| 75 | Ice cream | 1 | Medium Bowl |
| 76 | Mithai | 1 | Medium Piece |
| 77 | Cakes  | 1 | Medium Piece |
| 78 | Doughnut | 1 | No. |
| 79 | Chocolates | 1 | Medium bar |
| 80 | Toffees | 4 | Small |
| 81 | Halwa | 1 | Medium Bowl |
| 82 | Pudding | 1 | Medium Bowl |
| 83 | Pastry | 1 | Medium Piece |
| 84 | Eclairs | 1 | No. |
| 85 | Coffee | 1 | Cup |
| 86 | Tea | 1 | Cup |
| 87 | Cold drink | 250 | Millie liter  |
| 88 | Frooto | 250 | Millie liter |
| 89 | Milk | 250 | Millie liter |
| 90 | Skimmed milk | 250 | Millie liter |
| 91 | Lassi | 250 | Millie liter |
| 92 | Milk shake | 250 | Millie liter |
| 93 | Faluda | 1 | Glass |
| 94 | Jams | 1 | Tea spoon |
| 95 | Butter | 1 | Table spoon |
| 96 | Mayonnaise | 1 | Table spoon |
| 97 | Plain rice | 4 | Serving spoon |
| 98 | Sandwich Spread | 1 | Tea spoon |
| 99 | Sandwich Spread | 1 | Tea spoon |
| 100 | Tomato ketchup | 1 | Table spoon |
| 101 | Chutney | 1 | Table spoon |
| 102 | Yogurt | 0.5 | Bowl |
| 103 | Cheese | 1 | Table spoon |
| 104 | Jellies | 1 | Tea spoon |
| 105 | Achaar | 1 | Tea spoon |
| 106 | Brinjal | 2 | Serving spoon |
| 107 | Kebab | 1 | Medium |
| 108 | Cholay | 1 | Medium bowl |
| 109 | Dhansak | 1 | Medium bowl |
| 110 | Nihari | 4 | Serving spoon |
| 111 | French toast | 2 | Slice |
| 112 | Honey | 1 | Table spoon |
| 113 | Baby corn | 2 | No. |
| 114 | Dahi baray | 1 | Medium bowl |
| 115 | Roll | 1 | Medium |
| 116 | Haleem | 4 | Serving spoon |
| 117 | Cauliflower | 2 | Serving spoon |
| 118 | Paaey | 4 | Serving spoon |
| 119 | Soups | 1 | Medium Bowl |
| 120 | Yakhni | 1 | Medium Bowl |
| 121 | Brain curry | 2 | Serving spoon |
| 122 | Ice lolly | 1 | No. |
| 123 | Souffle | 1 | Medium |
| 124 | Ran roast | 4 | Serving spoon |
| 125 | Shawarma | 1 | No. |
| 126 | Prawns | 6 | Small |
| 127 | Apple Pie | 1 | PIECE |
| 128 | Pakora | 6 | No. |
| 129 | Hot dog | 1 | No. |