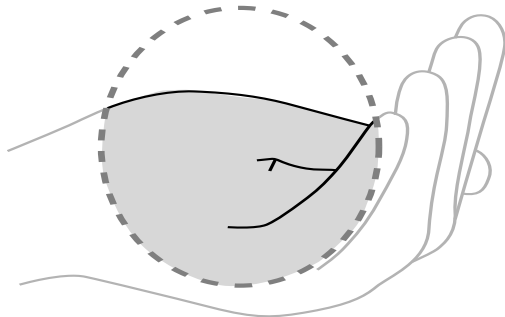
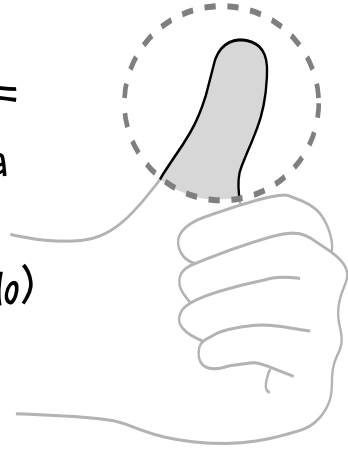


Mga Sukat ng Bahagi



Tikom na Kamay = 1 Tasa

Hinalaki =
1 Kutsara
o
1 oz. (likido)



Sandakot = 1 o 2 oz. (tuyo) Pagkain sa
miryenda

Dulo ng Daliri
= 1 Kutsarita



Palad = 3 oz.
1 lutong pagdudulot ng
Manok, Isda o Karne

