

CALORIC INTAKE TABLE

Food Groups	1,600	2,000	2,600	3,100	Serving Sizes	Examples and Notes	Significance of Each Food Group
Grains	6 servings	7-8 servings	10-11 servings	12-13 servings	1 slice bread, 1 oz dry cereal, ½ cup cooked rice, pasta, or cereal	Whole wheat bread, English muffin, pita, bread, bagel, cereals, grits, oatmeal, crackers, unsalted pretzels, and popcorn	Major sources of energy and fiber
Vegetables	3-4 servings	4-5 servings	5-6 servings	6 servings	1 cup raw leafy vegetable ½ cup cooked vegetable, 6 oz vegetable juice	Tomatoes, potatoes, carrots, green peas, squash, broccoli, turnip greens, collards, kale, spinach, artichokes, green beans, lima beans, sweet potatoes	Rich sources of potassium, magnesium, and fiber
Fruits	4 servings	4-5 servings	5-6 servings	6 servings	6 oz fruit juice 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit	Apricots, bananas, dates, grapes, oranges, orange juice, grapefruit, grapefruit juice, mangoes, melons, peaches, pineapples, prunes, raisins, strawberries, tangerines	Important sources of potassium, magnesium, and fiber
Low-factor fat-free dairy foods	2-3 servings	2-3 servings	3 servings	3-4 servings	8 oz mil, 1 cup yogurt 1½ oz cheese	Fat-free or low-fat milk, fat-free or low-fat buttermilk, fat-free or low-fat regular or frozen yogurt, low-fat and fat-free cheese	Major sources of calcium and protein
Meat, poultry, fish	1-2 servings	2 or less servings	2 servings	2-3 servings	3 oz cooked meats, poultry, or fish	Select only lean; trim away visible fats; broil, roast, or boil instead of frying; remove skin from poultry	Rich sources of protein and magnesium
Nuts, seeds, legumes	3-4 servings/week	4-5 servings/week	1 serving	1 serving	1/3 cup or 1½ oz nuts 2 Tbsp or ½ oz seeds ½ cup cooked dry beans or peas	Almonds, filberts, mixed nuts, peanuts, walnuts, sunflower seeds, kidney beans, lentils	Rich sources of energy, magnesium, potassium, protein, and fiber
Fat and oils	2 servings	2-3 servings	3 servings	4 servings	1 tsp soft margarine 1 Tbsp low-fat mayonnaise 2 Tbsp light salad dressing, 1 tsp vegetable oil	Soft margarine, low-fat mayonnaise, light salad dressing, vegetable oil (such as olive, corn, canola, or safflower)	DASH has 27 percent of calories as fat (low in saturated fat), including fat in or added to foods
Sweets	0 servings	5 servings/week	2 servings	2 servings	1 Tbsp sugar, 1 Tbsp jelly or jam, ½ oz jelly beans, 8 oz lemonade	Maple syrup, sugar, jelly, jam, fruit-flavored gelatin, jelly beans, hard candy, fruit punch sorbet, ices	Sweets should be low in fat