



How Much Food is Needed Daily from the Food Groups?

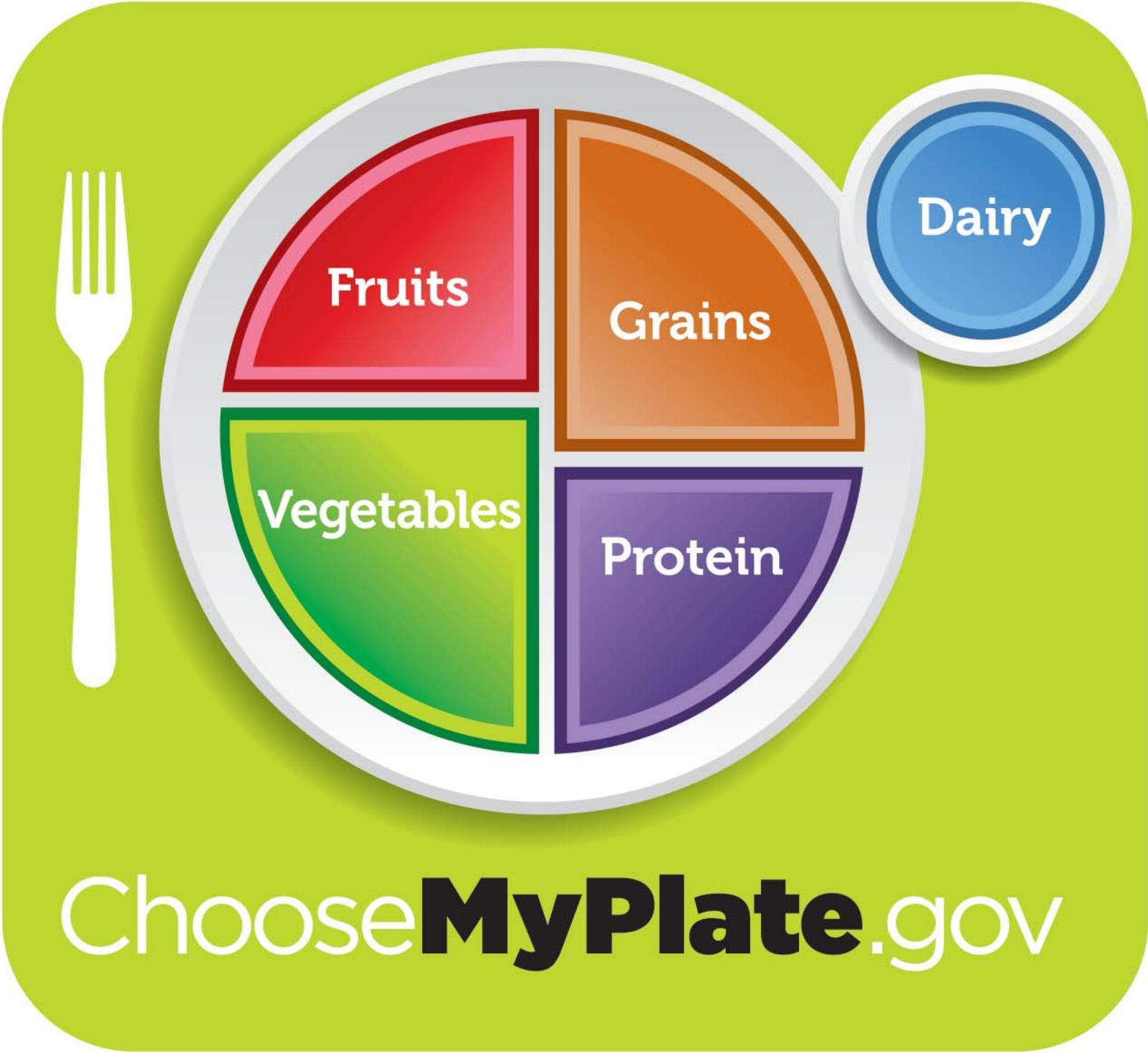
The amount of food you need to eat depends on your age, sex, and level of physical activity.



	Age in years	Grains (ounces equivalent)	Vegetables (cups)	Fruit (cups)	Dairy (cups)	Protein (ounces equivalent)
Children	2-3	3	1	1	2	2
	4-8	5	1 ½	1 to 1 ½	2 ½	4
Girls	9-13	5	2	1 ½	3	5
	14-18	6	2 ½	1 ½	3	5
Boys	9-13	6	2 ½	1 ½	3	5
	14-18	8	3	2	3	6 ½
Women	19-30 **	6	2 ½	2	3	5 ½
	31-50	6	2 ½	1 ½	3	5
	51 +	5	2	1 ½	3	5
Men	19-30	8	3	2	3	6 ½
	31-50	7	3	2	3	6
	51 +	6	2 ½	2	3	5 ½

** This line in the chart represents recommended daily amounts for 2,000 calories.

<p>The amounts in this chart are appropriate for individuals who get less than 30 minutes per day of moderate physical activity beyond normal daily activity. People who are more physically active may consume more calories while staying within calorie needs.</p>	<p>What counts as an ounce?</p> <p>1 slice of bread or a 6" tortilla</p> <p>½ cup of cooked rice, cereal, or pasta</p> <p>1 cup of ready to eat cereal</p>	<p>What counts as a cup?</p> <p>1 cup of raw or cooked vegetables or vegetable juice</p> <p>2 cups of raw leafy greens</p>	<p>What counts as a cup?</p> <p>1 cup of fruit or 100% juice</p> <p>½ cup of dried fruit</p>	<p>What counts as a cup?</p> <p>1 cup of milk, yogurt, or soy beverage</p> <p>1 ½ oz of natural cheese or 2 oz of processed cheese</p>	<p>What counts as an ounce?</p> <p>1 oz of meat, poultry, or seafood</p> <p>¼ cup of cooked beans</p> <p>1 egg</p> <p>1 Tbsp of peanut butter</p> <p>½ oz of nuts or seeds</p>
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