

How many servings do you need each day?

	Many women, older adults	Children, teen girls, active women, most men	Teen boys, active men
Calorie level*	about 1,600	about 2,200	about 2,800
Bread group servings	6	9	11
Vegetable group servings	3	4	5
Fruit group servings	2	3	4
Milk group servings	2–3**	2–3**	2–3**
Meat group servings	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces
Total fat (grams)	53	73	93

*These are the recommended calorie levels if you choose low-fat, lean foods from the five major food groups and use fats, oils, and sweets sparingly.

**Teenagers, young adults to age 24, and women who are pregnant or breastfeeding need three servings from the milk group.

What counts as one serving?

Breads, cereals, rice, and pasta

- 1 slice of bread
- ½ cup of cooked cereal, rice, or pasta
- 1 ounce of dry cereal

Fruits

- 1 medium whole fruit
- ¾ cup of juice
- ½ cup of canned or cooked fruit

Vegetables

- 1 cup of raw leafy vegetables
- ½ cup of cooked vegetables
- 1 cup of tossed salad

Milk, yogurt, and cheese

- 1 cup of milk
- 8 ounces of yogurt
- 1½ to 2 ounces of cheese

Meat, poultry, fish, dry beans, eggs, and nuts

- 2–3 ounces of cooked lean meat, poultry, or fish
- ½ cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter counts as 1 ounce of lean meat (about ½ serving)

Fats, oils, and sweets

Use sparingly. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, and candy. Use these foods sparingly because they have many calories from fat and sugar, but few nutrients.