

Inside The Food Pyramid...



How many vegetables are needed daily or weekly?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown in the first chart. Recommended weekly amounts from each vegetable subgroup are shown in the second chart.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 ½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2 ½ cups**
Boys	9-13 years old	2 ½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2 ½ cups**
	31-50 years old	2 ½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2 ½ cups**

Examples of what is considered a cup...

1 cup = 1 large ear of corn (8" - 9")

1 cup = 12 baby or 2 medium carrots

1 cup = 1 large sweet potato

http://mypyramid.gov/pyramid/vegetables_counts_table.html

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the chart. Recommended amounts are shown in the table below.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 to 1 ½ cups**
Girls	9-13 years old	1 ½ cups**
	14-18 years old	1 ½ cups**
Boys	9-13 years old	1 ½ cups**
	14-18 years old	2 cups**
Women	19-30 years old	2 cups**
	31-50 years old	1 ½ cups**
	51+ years old	1 ½ cups**
Men	19-30 years old	2 cups**
	31-50 years old	2 cups**
	51+ years old	2 cups**

Examples of what is considered a cup...

1 cup = 1 small apple

1 cup = 1 medium pear

1 cup = 1 cup of 100% fruit juice

http://mypyramid.gov/pyramid/fruits_counts_table.html

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How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in the chart. Most Americans consume enough grains, but few are whole grains. At least 1/2 of all the grains eaten should be whole grains.

		Daily recommendation*	Daily minimum amount of whole grains
Children	2-3 years old	3 ounce equivalents**	1 1/2 ounce equivalents**
	4-8 years old	4 - 5 ounce equivalents**	2 - 2 1/2 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**	3 ounce equivalents**
	14-18 years old	6 ounce equivalents**	3 ounce equivalents**
Boys	9-13 years old	6 ounce equivalents**	3 ounce equivalents**
	14-18 years old	7 ounce equivalents**	3 1/2 ounce equivalents**
Women	19-30 years old	6 ounce equivalents**	3 ounce equivalents**
	31-50 years old	6 ounce equivalents**	3 ounce equivalents**
	51+ years old	5 ounce equivalents**	3 ounce equivalents**
Men	19-30 years old	8 ounce equivalents**	4 ounce equivalents**
	31-50 years old	7 ounce equivalents**	3 1/2 ounce equivalents**
	51+ years old	6 ounce equivalents**	3 ounce equivalents**

Examples of what is considered an ounce...

1 large bagel = 4 ounce equivalents

2 regular slices of bread = 2 ounce equivalents

1 cup cooked rice = 2 ounce equivalents

http://mypyramid.gov/pyramid/grains_counts_table.html

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

How much food from the milk group is needed daily?

The amount of food from the Milk Group you need to eat depends on age. Recommended daily amounts are shown in the chart.

	Daily recommendation	
Children	2-3 years old	2 cups
	4-8 years old	2 cups
Girls	9-13 years old	3 cups
	14-18 years old	3 cups
Boys	9-13 years old	3 cups
	14-18 years old	3 cups
Women	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	3 cups

Examples of what is considered a cup...

1/2 cup cottage cheese = 1/4 cup milk equivalents

1 small container of yogurt (6 ounces) = 3/4 cup equivalents

1 slice of processed cheese = 1/3 cup milk equivalents

http://mypyramid.gov/pyramid/milk_counts_table.html

How much food from the meat & beans group is needed daily?

The amount of food from the Meat and Beans Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. Recommended daily amounts are shown in the chart.

Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	3 - 4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

Examples of what is considered an ounce...

1 small steak (eye of round, filet) = 3 ½ to 4 ounce equivalents







1 can of tuna, drained = 3 to 4 ounce equivalents

1 cup split pea soup = 2 oz equivalents

http://mypyramid.gov/pyramid/meat_counts.html#

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

Visual Cue for Portion Sizes:

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15