

# MYPLATE RECOMMENDED SERVINGS

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: recommended number of servings for each food group by age and gender

## RECOMMENDED INTAKE TARGETS

Recommended intake targets are based on caloric needs, which are determined by age, gender and activity level.

Note: The amounts in this chart are for individuals who get less than 30 minutes per day of moderate exercise in addition to normal daily activities. Individuals who are active may be able to eat more while staying within their calorie needs.

PROFILE	AGE	FRUIT	VEG	GRAINS*		PROTEIN	DAIRY	OILS
CHILDREN	2-3	1 C	1 C	3 oz.	1½ oz.	2 oz.	2 C	3 tsp.
	4-8	1-1½ C	1½ C	5 oz.	2½ oz.	4 oz.	2½ C	3 tsp.
GIRLS	9-13	1½ C	2 C	5 oz.	3 oz.	5 oz.	3 C	5 tsp.
	14-18	1½ C	2½ C	6 oz.	3 oz.	5 oz.	3 C	5 tsp.
BOYS	9-13	1½ C	2½ C	6 oz.	3 oz.	5 oz.	3 C	5 tsp.
	14-18	2 C	3 C	8 oz.	4 oz.	6½ oz.	3 C	6 tsp.
WOMEN	19-30	2 C	2½ C	6 oz.	3 oz.	5½ oz.	3 C	6 tsp.
	31-50	1½ C	2½ C	6 oz.	3 oz.	5 oz.	3 C	5 tsp.
	51+	1½ C	2 C	5 oz.	3 oz.	5 oz.	3 C	5 tsp.
MEN	19-30	2 C	3 C	8 oz.	4 oz.	6½ oz.	3 C	7 tsp.
	31-50	2 C	3 C	7 oz.	3½ oz.	6 oz.	3 C	6 tsp.
	51+	2 C	2½ C	6 oz.	3 oz.	5½ oz.	3 C	6 tsp.

\*shaded column indicates *minimum* for whole grains

## PORTION SIZE EQUIVALENTS

Examples of foods equivalent to 1 cup (Fruit, Vegetables, Dairy) or 1 oz. (Grains, Protein).

fruit	vegetables	grains	protein	dairy
1 sm. apple	3 broccoli spears	1 mini bagel	1 oz. lean beef	1 1/2 oz. hard cheese
1 lg. banana	2 C raw spinach	7 sq. crackers	1 egg	1/3 C shredded cheese
1/4 cantaloupe	2 med. carrots	1 sm. muffin	3 egg yolks	2 C cottage cheese
32 grapes	1 lg. pepper	1 pancake	1 sandwich slice turkey	1/2 C ricotta
1 med. grapefruit	1 lg. tomato	3 C popcorn	12 almonds	1 1/2 C ice cream
2 lg. plums	1 lg. ear corn	1/2 C cooked rice	1/4 C beans	
8 strawberries	1 lg. sweet potato	1/2 C pasta	1/4 C tofu	
1/2 C dried fruit	2 stalks celery	1 sm. tortilla		

