

Table 1. USDA Food Guide
Daily Amount of food from each group (vegetable subgroup amounts are per week).

CALORIE LEVEL	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
FOOD GROUP	Food group amounts shown in cup [c] or ounce-equivalents [oz-eq], with number of servings [srv] in parentheses when it differs from the other units. Oils are shown in grams [g].											
FRUITS	1 c (2 srv)	1 c (2 srv)	1.5 c (3 srv)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2.5 c (5 srv)	2.5 c (5 srv)	2.5 c (5 srv)
VEGETABLES	1 c (2 srv)	1 c (2 srv)	1.5 c (3 srv)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2.5 c (5 srv)	2.5 c (5 srv)	2.5 c (5 srv)
Dark Green vegetables	1 c	1.5 c	1.5 c	2 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
Orange vegetables	.5 c	1 c	1 c	1.5 c	2 c	2 c	2 c	2 c	2.5 c	2.5 c	2.5 c	2.5 c
Legumes	.5 c	1 c	1 c	2.5 c	3 c	3 c	3 c	3 c	3.5 c	3.5 c	3.5 c	3.5 c
Starchy vegetables	1.5 c	2.5 c	2.5 c	2.5 c	3 c	3 c	6 c	6 c	7 c	7 c	9 c	9 c
Other vegetables	4 c	4.5 c	4.5 c	5.5 c	6.5 c	6.5 c	7 c	7 c	8.5 c	8.5 c	10 c	10 c
GRAINS	3 oz eq	4 oz eq	5 oz eq	5 oz eq	6 oz eq	6 oz eq	7 oz eq	8 oz eq	9 oz eq	10 oz eq	10 oz eq	10 oz eq
Whole grains	1.5	2	2.5	3	3	3	3.5	4	4.5	5	5	5
Other grains	1.5	2	2.5	3	3	3	3.5	4	4.5	5	5	5
LEAN MEAT AND BEANS	2 oz eq	3 oz eq	4 oz eq	5 oz eq	5 oz eq	5.5 oz eq	6 oz eq	6.5 oz eq	6.5 oz eq	7 oz eq	7 oz eq	7 oz eq
MILK	2 c	2 c	2 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
OILS	15 g	17 g	17 g	22 g	24 g	27 g	29 g	31 g	34 g	36 g	44 g	51 g
Discretionary calorie allowance	165	171	171	132	195	267	290	362	410	426	512	648