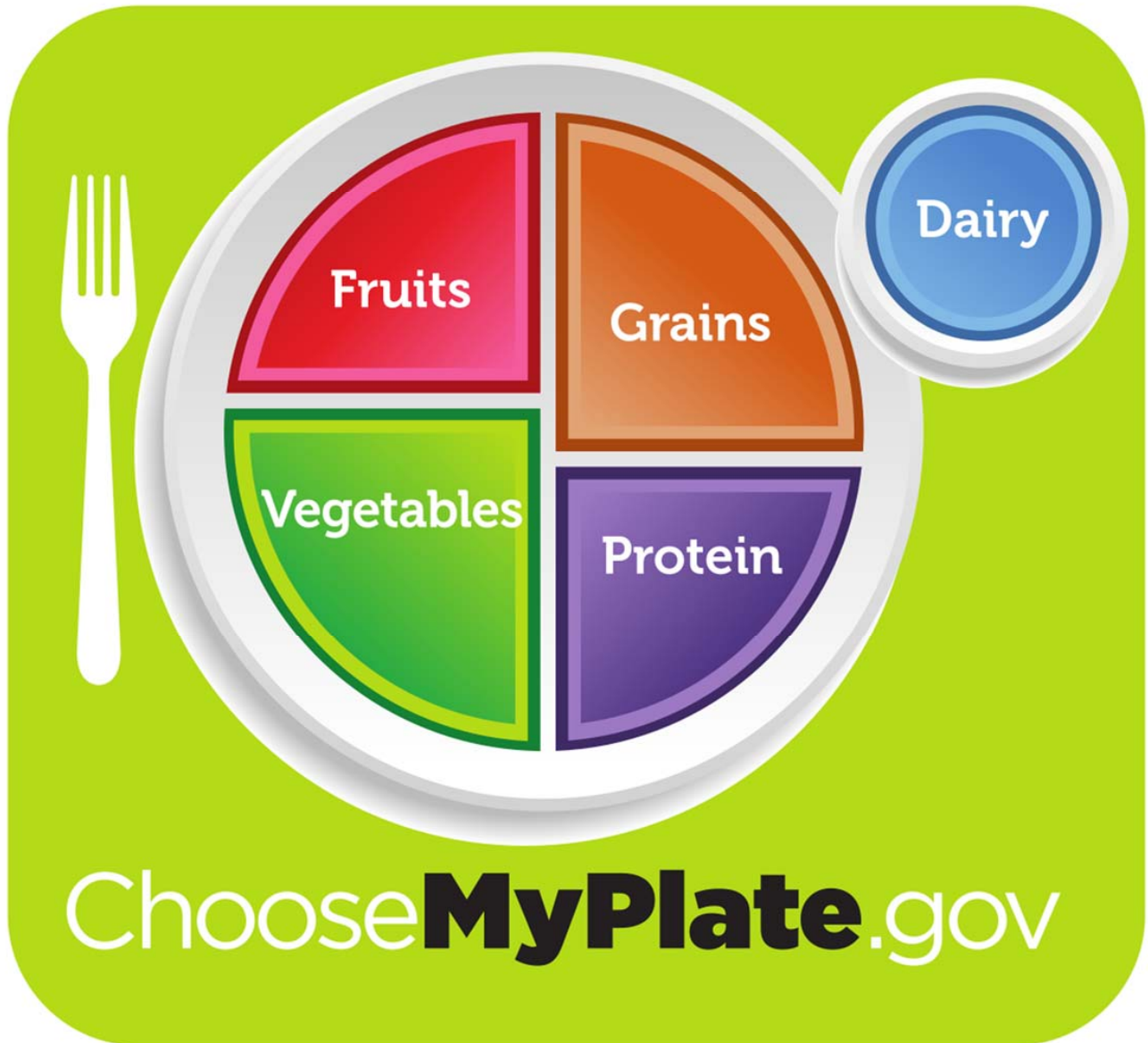


Healthy Eating Using MyPlate

What is MyPlate? MyPlate is a tool created by the USDA to show how much of each food group Americans should eat to maintain a healthy lifestyle.



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Healthy Eating Using MyPlate

How much of each food group should I eat? Below are tables to show how much of each food is needed by men and women of different age groups.

Take a look to see how much you need!

DAILY FRUIT TABLE		
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

DAILY DAIRY TABLE					
DAILY RECOMMENDATION					
Children	2-3 years old	2 cups	Women	19-30 years old	3 cups
	4-8 years old	2 ½ cups		31-50 years old	3 cups
Girls	9-13 years old	3 cups	Men	51+ years old	3 cups
	14-18 years old	3 cups		19-30 years old	3 cups
Boys	9-13 years old	3 cups		31-50 years old	3 cups
	14-18 years old	3 cups		51+ years old	3 cups

DAILY GRAIN TABLE			
		DAILY RECOMMENDATION*	DAILY MINIMUM AMOUNT OF WHOLE GRAINS
Children	2-3 years old	3 ounce equivalents	1 ½ ounce equivalents
	4-8 years old	5 ounce equivalents	2 ½ 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	8 ounce equivalents	4 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 ½ ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

DAILY VEGETABLE TABLE		
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

DAILY PROTEIN FOODS TABLE		
DAILY RECOMMENDATION*		
Children	2-3 years old	2 ounce equivalents
	4-8 years old	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 ½ 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



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