

USDA FOOD GUIDE

The suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes of 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

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. See note for quantity equivalents for foods in each group. 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)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2.5 c (5 srv)	2.5 c (5 srv)	3 c (6 srv)	3 c (6 srv)	3.5 c (7 srv)	3.5 c (7 srv)	4 c (8 srv)	4 c (8 srv)
Dark green veg.	1 (c/wk)	1.5 (c/wk)	1.5 (c/wk)	2 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)
Orange veg.	.5 (c/wk)	1 (c/wk)	1 (c/wk)	1.5 (c/wk)	2 (c/wk)	2 (c/wk)	2 (c/wk)	2 (c/wk)	2.5 (c/wk)	2.5 (c/wk)	2.5 (c/wk)	2.5 (c/wk)
Legumes	.5 (c/wk)	1 (c/wk)	1 (c/wk)	2.5 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3 (c/wk)	3.5 (c/wk)	3.5 (c/wk)	3.5 (c/wk)	3.5 (c/wk)
Starchy veg.	1.5 (c/wk)	2.5 (c/wk)	2.5 (c/wk)	2.5 (c/wk)	3 (c/wk)	3 (c/wk)	6 (c/wk)	6 (c/wk)	7 (c/wk)	7 (c/wk)	9 (c/wk)	9 (c/wk)
Other veg.	3.5 (c/wk)	4/5 (c/wk)	4/5 (c/wk)	5.5 (c/wk)	6/5 (c/wk)	6/5 (c/wk)	7 (c/wk)	7 (c/wk)	8.5 (c/wk)	8.5 (c/wk)	10 (c/wk)	10 (c/wk)
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	2	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	2c	3c	3c	3c	3c	3c	3c	3c	3c	3c
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