

Recommended Daily Portion Guidelines: U.S. Standard Measurements

| FOOD GROUP                            | Calories/<br>Serving | 800 | 1000 | 1200 | 1400 | 1600 | 1800 | 2000 | 2200 | 2400 | 2600 | 2800 | 3000 |
|---------------------------------------|----------------------|-----|------|------|------|------|------|------|------|------|------|------|------|
| Vegetables (cups)                     | 25-50                | 2   | 2    | 3    | 3    | 3    | 3    | 3    | 4    | 4    | 4    | 5    | 5    |
| Fruits (cups)                         | 80                   | 1   | 1    | 1    | 1.5  | 1.5  | 2    | 2    | 2    | 2    | 2    | 2.5  | 2.5  |
| Whole Grains (1 oz)                   | 80                   | 2   | 3    | 3    | 3    | 3    | 3    | 3    | 3    | 4    | 5    | 5    | 5    |
| Starches (1 oz)                       | 80                   | 0   | 0    | 0    | 1    | 1    | 2    | 3    | 4    | 4    | 4    | 4    | 5    |
| High Calcium Foods<br>(1 oz or 1 cup) | 100                  | 1.5 | 1.5  | 2    | 2    | 3    | 3    | 3    | 3    | 3    | 3    | 3    | 3    |
| High Protein Foods (1<br>oz)          | 60-100               | 3   | 3    | 4    | 4    | 5    | 6    | 6    | 6    | 7    | 7    | 7    | 7    |
| Oils & Other Fats                     | 50                   | 1   | 2    | 3    | 4    | 5    | 5    | 6    | 7    | 7    | 8    | 9    | 10   |
| Water (8 oz)                          | 0                    | 5   | 5    | 6    | 6    | 7    | 7    | 8    | 8    | 9    | 9    | 10   | 10   |
| Core Food Calories                    |                      | 705 | 835  | 1035 | 1205 | 1420 | 1605 | 1735 | 1900 | 2045 | 2175 | 2295 | 2425 |
| Your Choice Calories                  |                      | 100 | 150  | 175  | 175  | 175  | 200  | 250  | 300  | 350  | 400  | 500  | 550  |
| Total Calories                        |                      | 805 | 985  | 1210 | 1380 | 1595 | 1805 | 1985 | 2200 | 2395 | 2575 | 2795 | 2975 |