

How Many Servings Do You Need?

The number of calories you need depends on your health, activity level, genetic history, height, weight, gender, and age. While your registered dietitian can give you a specific meal plan based on your goals, use the calorie guide below to see approximately how many servings from each food group you need.

Serving size		Sedentary women, some older adults, & children	Sedentary men, moderately active women, & teen girls	Teen boys, active men & women	Choose more...	Choose less...
Food Group		about 1600 calories	about 2200 calories	about 2800 calories		
Starch/ Bread	1 slice bread; ½ cup cooked grain; 1 oz. cereal	6 servings	9 servings	11 servings	whole grains, high fiber cereal, whole grain bread	refined grains, sweetened cereal, white bread
Vegetable	½ cup cooked; 1 cup raw; 6 fluid oz. vegetable juice	3 servings	4 servings	5 servings	fresh and frozen vegetables, leafy greens	vegetables pre- pared in butter or cream sauce
Fruit	1 medium piece; ¼ cup dried; 6 fluid oz. fruit juice	2 servings	3 servings	4 servings	fresh and frozen fruits, 100% juices	fruits canned in syrup, sugar- added fruit drinks
Protein	4 oz meat; 1 egg; ½ cup beans; 1 oz. nuts; 4 oz. soy	2-3 servings	2-3 servings	2-3 servings	lean meats, soy products, beans, nuts, seeds	fatty meats, poul- try skin, pro- cessed meats
Dairy or Soy Substitute	1 cup milk; 1 oz. cheese; 1 cup yogurt	2-3 servings	2-3 servings	2-3 servings	low-fat, skim, or fortified soy milk and yogurt	full-fat cheeses, whole milk, cream, half & half
Total Fat		about 44 grams	about 61 grams	about 78 grams	unsaturated fats (plant or fish)	saturated and trans fats
Added Sugars		about 24 grams maximum (6 tsp.)	about 32 grams maximum (8 tsp.)	about 44 grams maximum (11 tsp.)		