

MyPyramid Amounts of Foods—for You



Smart eating is part of growing and staying healthy. Use MyPyramid as your guide for making daily food choices. Pay attention to the recommended amounts of food for each food group. This can help you find out if you eat enough or too much of some foods.

How much you or your child needs is based on age, gender, body size, and physical activity level. See MyPyramid.gov for more information on how much food each of you needs.

The recommended amounts of food from each food group vary depending on calories needed.

For 2,000 calories, the amounts needed for 1 day are listed below along with measures of food and common objects you can use for comparison:

Food Group Recommendations	Measures of Food	Common Object Comparisons
Grains Group – 6 ounces or equivalent	1 slice bread = 1 ounce 1 cup dry cereal, flakes or rounds, or 1 ¼ cup puffed cereal = 1 ounce ½ cup cooked rice, pasta, or cereal = 1 ounce	CD (to equal about ½ inch thickness) Baseball Small computer mouse
Vegetables Group – 2½ cups	½ cup vegetables, cooked 1 cup vegetables, raw 10 medium length French fries	Small computer mouse Baseball Deck of cards
Fruits Group – 2 cups	1 small apple or medium pear ½ cup 100% fruit juice ½ cup fruit, chopped or canned	Baseball 4-fluid-ounce juice box Small computer mouse
Milk Group – 3 cups or equivalent of lowfat or fat-free milk or milk products	1 cup lowfat or fat-free milk 1½ ounce lowfat or fat-free natural cheese = 1 cup equivalent 1 cup lowfat yogurt (8 oz)	8-fluid-ounce carton of milk 2 (9-volt) batteries Baseball
Meat and Beans Group – 5½ ounces or equivalent	2 to 3 ounces meat, poultry, or fish ½ cup cooked dry beans = 2 ounces 1 tablespoon peanut butter = 1 ounce	Deck of cards Small computer mouse 1 (9-volt) battery

Provided by _____

MyPyramid Amounts of Foods—for You

How Much do Kids Need To Eat Every Day?

The chart below shows *average* caloric needs for children, roughly based on age and gender. The needs of individual children differ according to their gender, age, body size, and activity level. Your child's needs may differ from the average. Select the calorie level that seems best for your child, depending on those factors.

Be sure to see a health care provider who can track your child's height and weight over time to confirm that his or her progress is appropriate.

Children should be physically active at least 60 minutes on most, preferably all, days of the week. If your child is less active, his or her caloric needs are probably toward the lower end of the range shown.

Calorie Ranges for Young Children

Age	Boys Calories	Girls Calories
2	1,000	1,000
3	1,000-1,400	1,000-1,400
4	1,200-1,600	1,200-1,400
5	1,200-1,600	1,200-1,600

Daily Amount of Food From Each Food Group for Children Ages 2-5

Calorie Level	1,000	1,200	1,400	1,600
Grains	3 oz-eq.*	4 oz-eq.*	5 oz-eq.*	5 oz-eq.*
Vegetables	1 cup	1½ cups	1½ cups	2 cups
Fruits	1 cup	1 cup	1½ cups	1½ cups
Milk	2 cups	2 cups	2 cups	2 cups
Meat and Beans	2 oz-eq.*	3 oz-eq.*	4 oz-eq.*	5 oz-eq.*

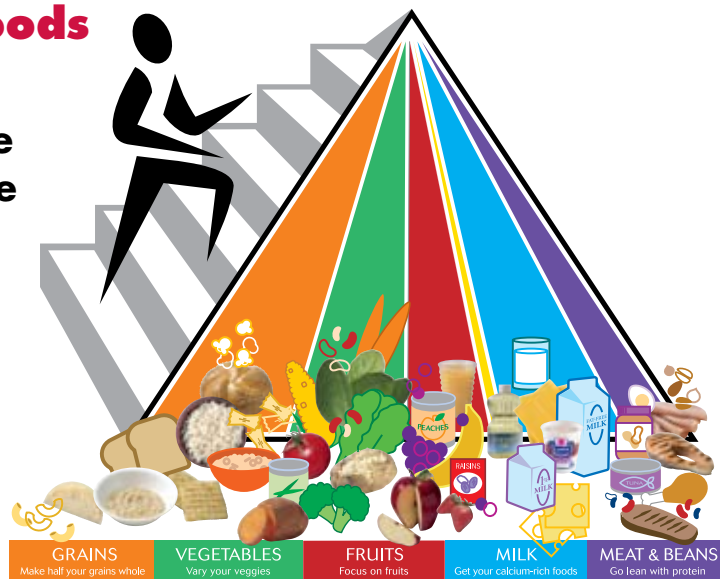
* oz-eq. means ounce equivalents

Provided by _____

MyPyramid Amounts of Foods—for You

Estimate Amounts of Foods

When you shop, eat out, or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the amounts of foods you need.



Baseball = 1 cup

- = 8 fluid ounces lowfat or fat-free milk or yogurt
- = 1 cup raw vegetables
- = 1 small apple
- = 1 medium pear
- = 1 cup ready-to-eat cereal, flakes or rounds

Here are actual size outlines of common objects. Use them to estimate the amount you eat, compared to the amount you need. (Baseball, small computer mouse, deck of cards, and others.)

Small computer mouse

- = ½ cup
- = ½ cup cooked vegetables
- = ½ cup rice, pasta, or cooked cereal
- = ½ cup fruit, canned or chopped
- = ½ cup cooked dry beans

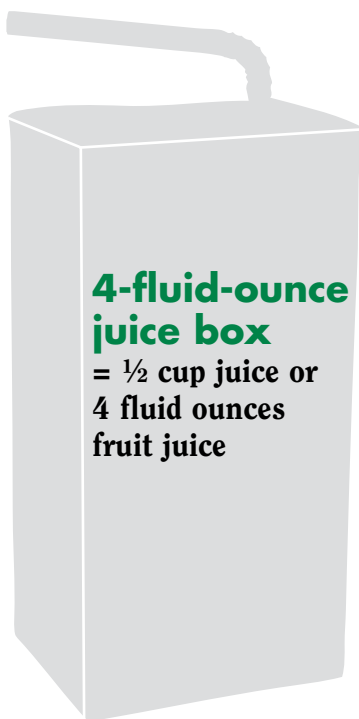
Deck of cards

- = about ½ cup
- = 2 to 3 ounces of meat, poultry, or fish
- = 10 medium length French fries (about ½ cup)

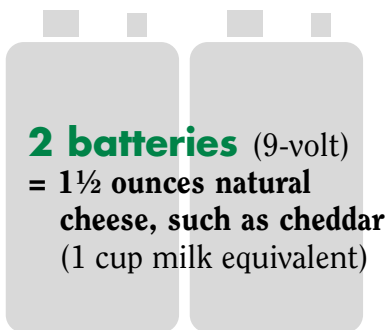
Provided by _____

MyPyramid Amounts of Foods—for You

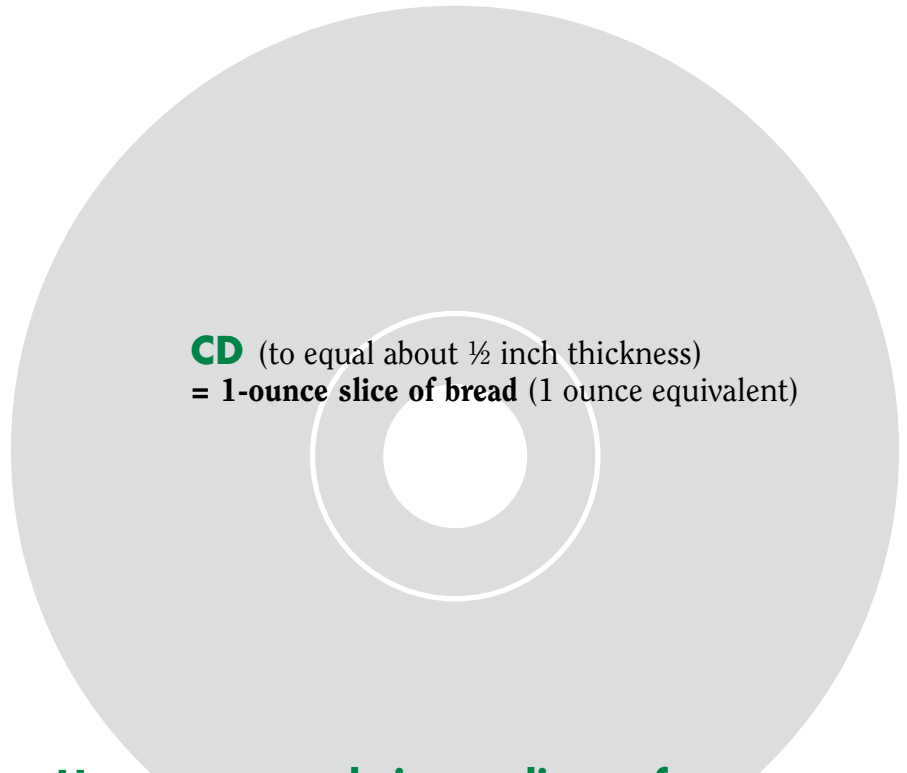
1 (9-volt) battery
= 1 tablespoon peanut butter
(1 ounce meat equivalent)



**4-fluid-ounce
juice box**
= ½ cup juice or
4 fluid ounces
fruit juice

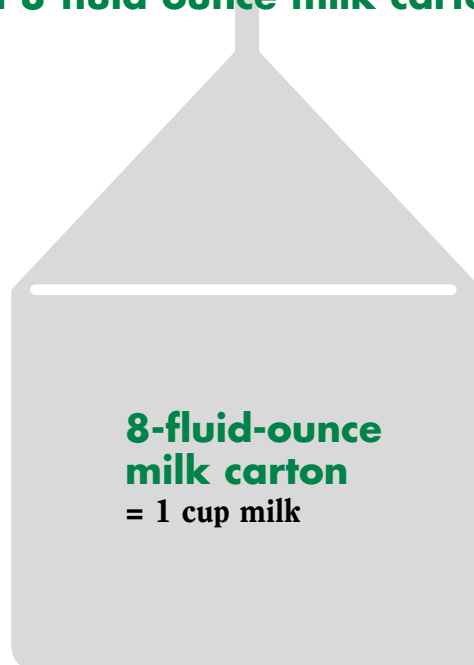


2 batteries (9-volt)
= 1½ ounces natural
cheese, such as cheddar
(1 cup milk equivalent)



CD (to equal about ½ inch thickness)
= 1-ounce slice of bread (1 ounce equivalent)

Here are actual size outlines of common objects. Use them to estimate the amount you eat, compared to the amount you need. [9-volt battery, 4-fluid-ounce juice box, 2 (9-volt) batteries, CD (to equal about ½ inch thickness), and 8-fluid-ounce milk carton.]



**8-fluid-ounce
milk carton**
= 1 cup milk

Provided by _____