



## How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in the chart. Most Americans consume enough grains, but few are whole grains. **At least half of all the grains eaten should be whole grains.**

		Daily recommendation*	Daily minimum amount of whole grains
<b>Children</b>	2-3 years old	3 ounce equivalents**	1 ½ ounce equivalents**
	4-8 years old	5 ounce equivalents**	2 ½ ounce equivalents**
<b>Girls</b>	9-13 years old	5 ounce equivalents**	3 ounce equivalents**
	14-18 years old	6 ounce equivalents**	3 ounce equivalents**
<b>Boys</b>	9-13 years old	6 ounce equivalents**	3 ounce equivalents**
	14-18 years old	8 ounce equivalents**	4 ounce equivalents**
<b>Women</b>	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**
<b>Men</b>	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**

\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

**Key Consumer Message:** *Make at least half your grains whole grains.*

From the USDA's MyPlate.gov website