



How many vegetables are needed daily or weekly?

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

The amount of vegetables you need to eat depends on your age, sex and level of physical activity. Recommended total daily amounts are shown in the first chart. Recommended weekly amounts from each vegetable subgroup are shown in the second chart.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2½ cups**
Boys	9-13 years old	2½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2½ cups**
	31-50 years old	2½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2½ cups**

*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.

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

		Dark green vegetables	Red and orange vegetables	Beans and peas	Starchy vegetables	Other vegetables
AMOUNT PER WEEK**						
Children	2-3 yrs old	½ cup	2½ cups	½ cup	2 cups	1½ cups
	4-8 yrs old	1 cup	3 cups	½ cup	3½ cups	2½ cups
Girls	9-13 yrs old	1½ cups	4 cups	1 cup	4 cups	3½ cups
	14-18 yrs old	1½ cups	5½ cups	1½ cups	5 cups	4 cups

Boys	9–13 yrs old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	14–18 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups
Women	19–30 yrs old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	31–50 yrs old	1½ cups	5½ cups	1½ cups	5 cups	4 cups
	51+ yrs old	1½ cups	4 cups	1 cup	4 cups	3½ cups
Men	19–30 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups
	31–50 yrs old	2 cups	6 cups	2 cups	6 cups	5 cups
	51+ yrs old	1½ cups	5½ cups	1½ cups	5 cups	4 cups

Key Consumer Message: *Make half your plate fruits and vegetables.*

From the USDA's MyPlate.gov website

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