



MyPyramid Amounts of Foods and Calories—for a Day

Chart for Women

The *MyPyramid Amounts of Foods* charts identify the amounts of foods needed from the MyPyramid food groups, based on different ages, gender, and physical activity levels. The charts are based on: Table 3 (page 12) and Appendix A-2 (page 53), 2005 Dietary Guidelines for Americans. Amounts of foods for age and activity levels represent the estimated amounts for each category.

Go to MyPyramid.gov for your personal plan. The numbers shown below are estimated amounts.

Where do you fit?	Women 19-30 years			Women 31-50 years			Women 51+ years		
	Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
Fruits Group	2 cups	2 cups	2 cups	1½ cups	2 cups	2 cups	1½ cups	1½ cups	2 cups
Vegetables Group	2½	3 cups	3 cups	2½ cups	2½ cups	3 cups	2 cups	2½ cups	2½ cups
Milk Group	3 cups or equivalent								
Meat and Beans Group	5½ ounces or equivalent	6 ounces or equivalent	6½ ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent	6 ounces or equivalent	5 ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent
Grains Group	6 ounces or equivalent	7 ounces or equivalent	8 ounces or equivalent	6 ounces or equivalent	6 ounces or equivalent	7 ounces or equivalent	5 ounces or equivalent	6 ounces or equivalent	6 ounces or equivalent
Calories	2,000	2,200	2,400	1,800	2,000	2,200	1,600	1,800	2,000
Key	Less Food	Amounts for about 2,000 calories	More Food						

WHERE DO YOU FIT?

Inactive Lifestyle includes only the light physical activity of typical, day-to-day life.

Somewhat Active Lifestyle includes physical activities equal to walking about 1½ to 3 miles at 3 to 4 miles per hour, in addition to typical activities of day-to-day life.

Active Lifestyle includes physical activities equal to walking more than 3 miles at 3 to 4 miles per hour, in addition to typical activities of day-to-day life.



MyPyramid Amounts of Foods and Calories—for a Day

Chart for Men

The *MyPyramid Amounts of Foods* charts identify the amounts of foods needed from the MyPyramid food groups, based on different ages, gender, and physical activity levels. The charts are based on: Table 3 (page 12) and Appendix A-2 (page 53), 2005 Dietary Guidelines for Americans. Amounts of foods for age and activity levels represent the estimated amounts for each category.

Go to MyPyramid.gov for your personal plan. The numbers shown below are estimated amounts.

Where do you fit?	Men 19-30 years			Men 31-50 years			Men 51+ years		
	Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active	Inactive	Somewhat Active	Active
Fruits Group	2 cups	2 cups	2½ cups	2 cups	2 cups	2½ cups	2 cups	2 cups	2 cups
Vegetables Group	3 cups	3½ cups	4 cups	3 cups	3 cups	3½ cups	2½ cups	3 cups	3 cups
Milk Group	3 cups or equivalent								
Meat & Beans Group	6½ ounces or equivalent	6½ ounces or equivalent	7 ounces or equivalent	6 ounces or equivalent	6½ ounces or equivalent	7 ounces or equivalent	5½ ounces or equivalent	6 ounces or equivalent	6½ ounces or equivalent
Grains Group	8 ounces or equivalent	9 ounces or equivalent	10 ounces or equivalent	7 ounces or equivalent	8 ounces or equivalent	10 ounces or equivalent	6 ounces or equivalent	7 ounces or equivalent	8 ounces or equivalent
Calories	2,400	2,600	3,000	2,200	2,400	2,800	2,000	2,200	2,400
Key	Less food	Amounts for about 2,000 calories	More food						

WHERE DO YOU FIT?

Inactive Lifestyle includes only the light physical activity of typical, day-to-day life.

Somewhat Active Lifestyle includes physical activities equal to walking about 1½ to 3 miles at 3 to 4 miles per hour), in addition to typical activities of day-to-day life.

Active Lifestyle includes physical activities equal to walking more than 3 miles at 3 to 4 miles per hour, in addition to typical activities of day-to-day life.