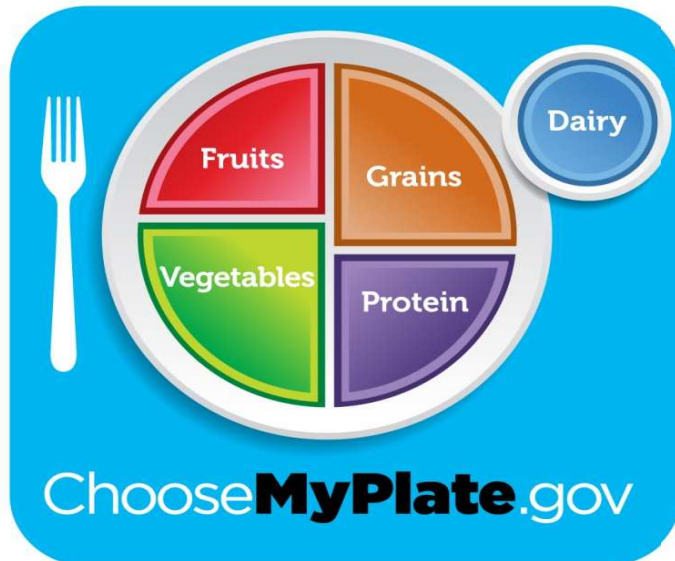


How Many Servings Do I Need?

		Fruits	Vegetables	Grains	Protein	Dairy	Oils
Children	2-3 years old	1 cup	1 cup	3 ounce equivalents	2 ounce equivalents	2 cups	3 teaspoons
	4-8 years old	1 to 1 ½ cups	1½ cups	5 ounce equivalents	4 ounce equivalents	2 ½ cups	4 teaspoons
Girls	9-13 years old	1 ½ cups	2 cups	5 ounce equivalents	5 ounce equivalents	3 cups	5 teaspoons
	14-18 years old	1 ½ cups	2½ cups	6 ounce equivalents	5 ounce equivalents	3 cups	5 teaspoons
Boys	9-13 years old	1 ½ cups	2½ cups	6 ounce equivalents	5 ounce equivalents	3 cups	5 teaspoons
	14-18 years old	2 cups	3 cups	8 ounce equivalents	6 ½ ounce equivalents	3 cups	6 teaspoons
Women	19-30 years old	2 cups	2½ cups	6 ounce equivalents	5 ½ ounce equivalents	3 cups	6 teaspoons
	31-50 years old	1 ½ cups	2½ cups	6 ounce equivalents	5 ounce equivalents	3 cups	5 teaspoons
	51+ years old	1 ½ cups	2 cups	5 ounce equivalents	5 ounce equivalents	3 cups	5 teaspoons
Men	19-30 years old	2 cups	3 cups	8 ounce equivalents	6 ½ ounce equivalents	3 cups	7 teaspoons
	31-50 years old	2 cups	3 cups	7 ounce equivalents	6 ounce equivalents	3 cups	6 teaspoons
	51+ years old	2 cups	2½ cups	6 ounce equivalents	5 ½ ounce equivalents	3 cups	6 teaspoons



5 FRUITS & VEGGIES

1 HOUR OR MORE OF PHYSICAL ACTIVITY

2 HOURS OR LESS OF RECREATIONAL SCREEN TIME

0 SWEETENED DRINKS

10 HOURS OF SLEEP