

Good Nutrition

	Women: 19-50 years	Men: 19-50 years
Fruit and Vegetable Servings		
Fruits	2 cups per day (14 cups per week) age 19-30 1.5 cups per day (10.5 cups per week) age 31-50	2 cups per day (14 cups per week)
Vegetables		
• <i>Dark green vegetables (broccoli, spinach, greens)</i>	3 cups or more per week	3 cups or more per week
• <i>Orange vegetables (carrots, sweet potatoes, winter squash)</i>	2 cups or more per week	2 cups or more per week
• <i>Legumes (dry beans, chickpeas, tofu)</i>	3 cups or more per week	3 cups or more per week
• <i>Starchy vegetables (corn, white, potatoes, green peas)</i>	3 cups or more per week	6 cups or more per week
• <i>Other vegetables (cabbage, onions, peppers, etc.)</i>	6.5 cups per week	7 cups per week
Grain Servings		
Whole grains	3 ounce-equivalents per day	4 ounce-equivalents per day (19-30 years old) 3.5 ounce-equivalents per day (31-50 years old)
Other grains	3 ounce-equivalents per day	4 ounce-equivalents per day (19-30 years old) 3.5 ounce-equivalents per day (31-50 years old)
Milk and Milk Products Servings		
Milk and milk products	3 cups per day	3 cups per day

Serving Information

- Fruits and Vegetables
 - A ½ cup serving of fruit consists of one of the following: ½ cup of fresh, frozen, or canned fruit; one piece of medium fruit; ¼ cup of dried fruit; or ½ cup to ¾ cup of fruit juice
 - A ½ cup serving of vegetables consists of one of the following: ½ cup of cut-up raw or cooked vegetable; 1 cup raw leafy vegetable; or ½ cup to ¾ cup of vegetable juice
- Grains
 - One ounce equivalent serving of grains consists of one of the following: one slice of bread, ½ cup cooked rice or pasta; or ½ cup to 1 ¼ cup of cereal, depending on the cereal type (read the food label for serving size).
 - Whole grains available in the United States include: Whole wheat, popcorn, whole-grain barley, quinoa, brown rice, wild rice, bulgur (cracked wheat), whole oats/oatmeal, whole-grain corn, whole rye, buckwheat, millet, triticale, and sorghum.
- Milk and Milk Products
 - A serving of milk or milk products that supplies adequate calcium consists of one of the following: 1 cup of low- or nonfat milk or yogurt; 1½ ounces of low- or nonfat natural cheese; or 2 ounces of low- or nonfat processed cheese.

For more information, visit:

<http://www.healthierus.gov/dietaryguidelines>

<http://www.mypyramid.gov/pyramid/index.html>