

Easy to Use Charts:

Photocopy and use as handout (can also be found at www.mypyramid.gov).

Estimated Daily calorie needs					
	Calorie range:			Calorie range:	
Children	Sedentary	---> Active		Sedentary	---> Active
2-3 years	1,000	1,400			
Females			Males		
4-8 years	1,200	1,800	4-8 years	1,400	2,200
9-13	1,600	2,200	9-13	1,800	2,600
14-18	1,800	2,400	14-18	2,200	3,200
19-30	2,000	2,400	19-30	2,400	3,000
31-50	1,800	2,200	31-50	2,200	3,000
51+	1,600	2,200	51+	2,000	2,800

DAILY amounts from each food group						
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000
Fruit	1 cup	1 cup	1.5 cup	1.5 cups	1.5 cups	2 cups
Veggies	1 cup	1.5 cups	1.5 cups	2 cups	2.5 cups	2.5 cups
Grains	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq
Meat & Altern.	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5.5 oz-eq
Milk & Altern.	2 cups	2 cups	2 cups	3 cups	3 cups	3 cups
Oils	3 tsp	4 tsp	4 tsp	5 tsp	5 tsp	6 tsp
Calorie Level	2,200	2,400	2,600	2,800	3,000	3,200
Fruit	2 cups	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups
Veggies	3 cups	3 cups	3.5 cups	3.5 cups	4 cups	4 cups
Grains	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Meat & Altern.	6 oz-eq	6.5 oz-eq	6.5 oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Milk & Altern.	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils	6 tsp	7 tsp	8 tsp	8 tsp	10 tsp	11 tsp

WEEKLY amounts from veggie subgroups						
Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000
Dark green veg.	1 cup	1.5 cups	1.5 cups	2 cups	3 cups	3 cups
Orange veg.	.5 cups	1 cup	1 cup	1.5 cups	2 cups	2 cups
Legumes	.5 cups	1 cup	1 cup	2.5 cups	3 cups	3 cups
Starchy veg.	1.5 cups	2.5 cups	2.5 cups	2.5 cups	3 cups	3 cups
Other veg.	3.5 cups	4.5 cups	4.5 cups	5.5 cups	6.5 cups	6.5 cups
Calorie Level	2,200	2,400	2,600	2,800	3,000	3,200
Dark green veg.	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Orange veg.	2 cups	2 cups	2.5 cups	2.5 cups	2.5 cups	2.5 cups
Legumes	3 cups	3 cups	3.5 cups	3.5 cups	3.5 cups	3.5 cups
Starchy veg.	6 cups	6 cups	7 cups	7 cups	9 cups	9 cups
Other veg.	7 cups	7 cups	8.5 cups	8.5 cups	10 cups	10 cups