

Recommended Daily Portion Guidelines: U.S. Standard Measurements

FOOD GROUP	Calories/ Serving	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000
Vegetables (cups)	25-50	2	2	3	3	3	3	3	4	4	4	5	5
Fruits (cups)	80	1	1	1	1.5	1.5	2	2	2	2	2	2.5	2.5
Whole Grains (1 oz)	80	2	3	3	3	3	3	3	3	4	5	5	5
Starches (1 oz)	80	0	0	0	1	1	2	3	4	4	4	4	5
High Calcium Foods (1 oz or 1 cup)	100	1.5	1.5	2	2	3	3	3	3	3	3	3	3
High Protein Foods (1 oz)	60-100	3	3	4	4	5	6	6	6	7	7	7	7
Oils & Other Fats	50	1	2	3	4	5	5	6	7	7	8	9	10
Water (8 oz)	0	5	5	6	6	7	7	8	8	9	9	10	10
Core Food Calories		705	835	1035	1205	1420	1605	1735	1900	2045	2175	2295	2425
Your Choice Calories		100	150	175	175	175	200	250	300	350	400	500	550
Total Calories		805	985	1210	1380	1595	1805	1985	2200	2395	2575	2795	2975