






How Much to Eat

Each person is different. The amount of food I need to eat is based on my age, gender, and level of physical activity.

This chart shows me how much to eat as a serving and how much to eat every day from each food group.

MyPlate food groups	Count as 1 serving		Total servings every day
GRAINS <i>Make half my grains whole</i> 	1 slice of bread or ½ a bun 1 cup ready-to-eat cereal ½ cup cooked cereal ½ cup cooked rice or pasta	1 (6-inch) corn or flour tortilla 2 (5-inch) taco shells 3 cups air-popped popcorn 6 saltine-type crackers	3 to 5 servings (3 to 5 ounce equivalents)
VEGETABLES <i>Vary my veggies</i> 	1 cup raw vegetables ½ cup cooked vegetables 6 baby carrots 1 medium boiled or baked potato		2 to 3 servings (2½ to 3 cups)
FRUITS <i>Focus on whole fruits</i> 	1 small piece fresh fruit ½ cup canned fruit (in own juice) ½ cup 100% fruit juice 2 Tablespoons dried fruit (like raisins)		1½ to 2 servings (1½ to 2 cups)
DAIRY <i>Eat calcium-rich foods</i> 	1 cup (8-ounce) lowfat milk 1 (6-ounce) container lowfat yogurt 1 ½ ounces hard cheese ½ cup cottage cheese		3 servings
PROTEIN <i>Go lean with protein</i> 	1 egg 2 tablespoons nut butter (like peanut) ½ cup cooked beans, lentils, or split peas 1 small (3-ounce) chicken breast 1 small (2–3 ounces) lean hamburger	3–4 ounces of fresh fish ¼ cup tuna, canned (½ of 5-ounce can) 1 (3-ounce) soy or bean burger patty ½ cup tofu ⅓ cup hummus	2 to 3 servings (5 to 6½ ounce equivalents)

Please go to www.choosemyplate.gov/tools-supertracker to find out what and how much to eat for my age, gender, height, weight and level of physical activity.