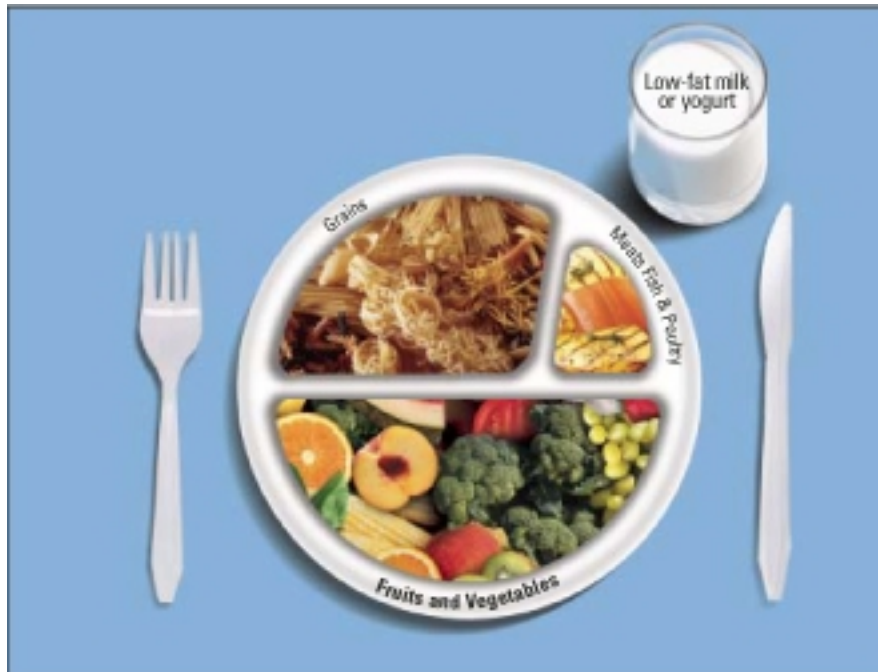


Visualizing How Much:
**Make Fruits and Vegetables Half Your Plate...
 Every Meal**



Percentage of total volume of food on plate:

Fruits & Vegetables	2 cups 3 cups	54%
Grains	3.5 cups	38%
Meat, Fish, and Poultry	<u>0.75 cup</u>	<u>8%</u>
Total	9.25 cups	100%

**Based on 2,200 calorie-level and total volume of food on plate, which assumes low-fat milk or yogurt is consumed in separate glass or cup.*

How Much Is “Half Your Plate?”

Quantity recommendations vary by individual depending on calorie needs (age, activity level and gender).

Cups of Fruits and Vegetables Recommended Per Day By Age & Gender

	Cups of Fruits and Vegetables a Day	Daily Calorie Level
Person		
All kids aged 1-3, Girls aged 4-8	2 ½ cups	1,200
Boys aged 4-8	3 cups	1,400
Girls aged 9-13, Women aged 51+	3 ½ cups	1,600
Boys aged 9-13, Girls aged 14-18, Women aged 31-50	4 cups	1,800
Women aged 19-30, Men aged 51+	4 ½ cups	2,000
Boys aged 14-18, Men aged 19-50	5 cups	2,200
Active Boys and Men aged 14-30	5 ½ cups to 6 ½ cups	2,600 – 3,200

2000 vs. 2005 Dietary Guidelines for Americans: What's Expected to Change?

2,200 Calorie Level	2000 Dietary Guidelines	Expected 2005 Dietary Guidelines
Grains	4½ cups	3½ cups
Fruits and Vegetables	3½ cups	5 cups
Milk and Milk Products	2 to 3 cups	3 cups
Meat, Fish, and Poultry	6 ounces (about ¾ cup)	6 ounces (about ¾ cup)

Based on 2,200-calorie diet; The 2,200 calorie level applies to many people including active girls and boys aged 9-13, boys aged 14-18, most men, and active women.

The Dietary Guidelines for Americans is a report issued by law every 5 years from the secretaries of Health and Human Services and Agriculture that “shall contain nutritional and dietary information and guidelines for the general public.” The recommendations are based on the preponderance of scientific and medical knowledge on food and health current at the time of publication of the committee’s report. By law, the Dietary Guidelines form the basis of Federal food, nutrition education, and information programs.