

Chart B

Recommended Daily Food Amounts from MyPyramid.gov

Highlight the calorie row you will be following.

Calories	Grains	Vegetables	Fruits	Milk	Meat/Bean	Oils
1000	3 ounces	1 cup	1 cup	2 cups	2 ounces	3 tsp
1200	4 ounces	1 ½ cups	1 cup	2 cups	3 ounces	4 tsp
1400	5 ounces	1 ½ cups	1 ½ cups	2 cups	4 ounces	4 tsp
1600	5 ounces	2 cups	1 ½ cups	3 cups	5 ounces	5 tsp
1800	6 ounces	2 ½ cups	1 ½ cups	3 cups	5 ounces	5 tsp
2000	6 ounces	2 ½ cups	2 cups	3 cups	5 ½ ounces	6 tsp
2200	7 ounces	3 cups	2 cups	3 cups	6 ounces	6 tsp
2400	8 ounces	3 cups	2 cups	3 cups	6 ½ ounces	7 tsp
2600	9 ounces	3 ½ cups	2 cups	3 cups	6 ½ ounces	8 tsp
2800	10 ounces	3 ½ cups	2 ½ cups	3 cups	7 ounces	8 tsp
3000	10 ounces	4 cups	2 ½ cups	3 cups	7 ounces	10 tsp
3200	10 ounces	4 cups	2 ½ cups	3 cups	7 ounces	11 tsp

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