FN1499 (Reviewed January 2023)

NDSU EXTENSION

Fruits Grains Dairy Vegetables Protein Choose MyPlate.gov

MyPlate Plans for 15- to 19-year-olds

This chart was designed to provide an estimate of daily food needs based on the recommendations at *www.choosemyplate.gov*. On the following chart, find your gender, age and activity level. Mark the row with your plan. Visit *www.choosemyplate.gov* for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 15	Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 15	30-60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Boy – Age 15	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cup	3 cups	7 ounces
Girl – Age 15	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 15	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 15	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 16	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 16	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 16	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 16	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 16	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 16	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 17	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 17	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 17	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 17	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cup	3 cups	5 ounces
Girl – Age 17	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 17	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 18	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 18	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 18	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 18	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cup	3 cups	5 ounces
Girl – Age 18	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 18	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 19*	Less than 30 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Boy – Age 19*	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 19*	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 19**	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 19**	30-60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 19**	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces

* Based on 5-foot, 10-inch 160-pound male

** Based on 5-foot, 4-inch 130-pound female

EXTENSION

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For more information on this and other topics, see www.ndsu.edu/education

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