



Ballpark Estimate

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 to the nearest 10 years and activity level. Use this information to help plan your menus. Visit the website for more information.

Gender/Age/Activity Level	Grain	Vegetables	Fruit	Milk	Protein
Male – Age 20					
Less than 30 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Female – Age 20					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Male – Age 30					
Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Female – Age 30					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Male – Age 40					
Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Female – Age 40					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces

Gender/Age/Activity Level	Grain	Vegetables	Fruit	Milk	Protein
■ Male – Age 50					
Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
■ Female – Age 50					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
■ Male – Age 60					
Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
■ Female – Age 60					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
■ Male – Age 70					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
■ Female – Age 70					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
■ Male – Age 80					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
■ Female – Age 80					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces

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