

# Dietary Guidelines for Adults

## Ages 19-30



**How much fruit should I eat everyday?**

*Both men & women should eat at least 2 cups*

**How many vegetables should I eat everyday?**

*Men should eat at least 3 cups*

*Women should eat at least 2.5 cups*



**How much grains should I eat everyday?**

*Men should eat 8 ounces*

*Women should eat 6 ounces*

*What counts as an ounce of grains? Visit this chart:*

[http://www.choosemyplate.gov/food-groups/grains\\_amount\\_table.html](http://www.choosemyplate.gov/food-groups/grains_amount_table.html)

**How much protein (meat, fish, beans, nuts, eggs) should I eat everyday?**

*Men should eat 6.5 ounces*

*Women should eat 5.5 ounces*

*What counts as an ounce of protein? Visit this chart:*

[http://www.choosemyplate.gov/food-groups/proteinfoods\\_amount\\_table.html](http://www.choosemyplate.gov/food-groups/proteinfoods_amount_table.html)



**How much dairy should I have everyday?**

*Both men & women should have at least 3 cups*

For more information go to: <http://choosemyplate.gov>