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

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

How much dairy should I have everyday?

Both men & women should have at least 3 cups

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