Dietary Guidelines for Adults
Ages 51+

How much fruit should I eat everyday?

*Men should eat at least 2 cups*

*Women should eat at least 1.5 cups*

How many vegetables should I eat everyday?

*Men should eat at least 2.5 cups*

*Women should eat at least 2 cups*

How much grains should I eat everyday?

*Men should eat 6 ounces*

*Women should eat 5 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