

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>