

Daily Servings By Calorie Level



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	Calorie Level of Pattern	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Food Group	Serving Size Examples	Daily Servings											
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy	1–1 ½	1 ½–2	2–2 ½	2 ½–3 ½	2 ½–3 ½	3–4	3 ½–4 ½	3 ½–4 ½	3 ½–4 ½	4–5	4–5	4–5
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese	2	2 ½	2 ½	3	3	3	3	3	3	3	3	3
Vegetables	1 cup raw or cooked; 2 cups leafy greens	1 ¼	1 ¾	1 ¾	2 ½	3	3	3 ½	3 ½	4 ¼	4 ¼	4 ¾	4 ¾
Fruits	1 cup raw; ½ cup dried	1	1	1 ½	1 ½	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla	1–2	1 ½–2 ¾	1 ¾–3 ¼	1 ¾–3 ¼	2–4	2–4	2 ¼–4 ½	2 ¾–5 ¼	3–6	3 ¼–6 ½	3 ¼–6 ½	3 ¼–6 ½
Healthy Fats	1 tsp olive oil or butter	2 ½	2 ½	2 ½	3 ½	4	4 ½	4 ½	5	5 ½	6	7	8

- These serving sizes should align with the recommendations in the *Dietary Guidelines for Americans, 2025–2030*; therefore, a variety of foods should be selected from each food group. Foods are assumed to be nutrient-dense, with no or limited added sugars, refined carbohydrates, or chemical additives. Individual food choices within each food group vary in calorie and nutrient content per serving, so attention to portion sizes is important. Smaller portions may be appropriate for individuals with lower calorie needs, such as young children or some older adults. Healthy fats are naturally present in many whole foods, and small amounts may also be used when cooking with or adding fats to meals.
 - **Protein Foods:** Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds, and soy.
 - **Dairy:** Whole, reduced-fat, low-fat, or nonfat dairy products, including fluid, dry, or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
 - **Vegetables:** Vegetables of all types—dark green; red and orange; beans, peas, lentils, and legumes; starchy; and other vegetables, including fresh, frozen, and canned, cooked, or raw vegetables.
 - **Fruits:** Fruits of all types, including fresh, frozen, canned, juiced, and dried fruits.
 - **Whole Grains:** All whole-grain foods and products made with whole grains as ingredients.
- The calories you need depend on your age, sex, height, weight, and level of physical activity.
 - [USDA Dietary Reference Intakes \(DRI\) Calculator for Healthcare Professionals](#)

FDA's "Healthy" Claim: Added Sugar Limits for Certain Food Groups

Food Group	Food Group Equivalent Minimum	Added Sugar Limit
Grain product	$\frac{3}{4}$ oz whole-grain equivalent	5 grams
Dairy product	$\frac{2}{3}$ cup equivalent	2.5 grams
Vegetable product	$\frac{1}{2}$ cup equivalent	1 gram
Fruit product	$\frac{1}{2}$ cup equivalent	1 gram
Game meat	1 $\frac{1}{2}$ oz equivalent	1 gram
Seafood	1 oz equivalent	1 gram
Eggs	1 egg	1 gram
Beans, peas, and lentils	1 oz equivalent	1 gram
Nuts, seeds, and soy products	1 oz equivalent	1 gram