



Recommended daily servings for a 2800 calorie diet

More than ever, food guidelines promote eating for life-long health. Choose a variety of "good for you foods" with a little leeway for an occasional treat.

The USDA Food Guide suggests the following food types and serving amounts for a 2800 calorie diet plan.

Fruits: 5 servings a day

(examples of 1 serving)

| | |
|--------------------------|----------------------|
| 3/4 cup 100 % juice | 1/4 cup dried fruit |
| 1/4 melon | 1/2 grapefruit |
| 1/2 cup cooked or canned | 1/2 cup berries |
| 1/2 banana | 1 medium whole fruit |

Vegetables: 7 servings a day

(examples of 1 serving)

| | |
|-------------------|-----------------------|
| 1 cup green leafy | 1/2 cup cooked or raw |
|-------------------|-----------------------|

All vegetables aren't created equal. Every week eat at least this much of these for best health...

| | |
|------------|-------------------------------|
| 3 cups | dark green vegetables |
| 2 1/2 cups | orange vegetables |
| 3 1/2 cups | dried beans, peas, or legumes |

Limit starchy vegetables like green peas or corn to 7 cups a week.



Grains: 10 servings a day

Make at least 1/2 of all your grains whole grains.

(examples of 1 serving)

| | |
|---|-----------------------|
| 1/2 cup cooked noodles, rice, or pasta, | 1 medium potato |
| 1 slice of bread | 1/2 cup cooked cereal |
| 1/2 cup couscous | 1/2 roll or bagel |
| 1/2 English muffin | 3/4 cup dry cereal |

Fish, Poultry, Lean Meat : 7 ounces a day

Beans, Eggs, Nuts, Peas

One ounce of meat, fish or poultry equals 1 egg, 1/2 ounce nuts, 1/4 cup of tofu, or 1/4 cup cooked dried beans, lentils, or peas. A 2 ounce portion of meat, fish or poultry is slightly smaller than a deck of cards.



Milk or other Calcium source: 3 cups a day

(examples of 1 serving)

| | |
|-------------------------------------|-----------------------|
| 1 cup dairy or soy milk | 1/2 cup pudding |
| 1 cup yogurt | 1/2 cup ice cream |
| 1/2 cup of cottage cheese | 1/2 cup frozen yogurt |
| 1 1/2 ounces of dairy or soy cheese | |

Oils: 2 1/2 tablespoons a day

Avoid trans-fats, hydrogenated fats, and saturated fats.

Choose more monounsaturated and polyunsaturated fats.

Snack allowance: 426 calories