



Recommended daily servings for a 3000 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 3000 calorie diet plan.

Fruits: 5 servings a day

(examples of 1 serving)

¾ cup 100 % juice	¼ cup dried fruit
¼ melon	½ grapefruit
½ cup cooked or canned	½ cup berries
½ banana	1 medium whole fruit

Vegetables: 8 servings a day

(examples of 1 serving)

1 cup green leafy	½ cup cooked or raw
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All vegetables aren't created equal. Every week eat at least this much of these for best health...

3 cups	dark green vegetables
2 ½ cups	orange vegetables
3 ½ cups	dried beans, peas, or legumes

Limit starchy vegetables like green peas or corn to 9 cups a week.



Grains: 10 servings a day

Make at least ½ of all your grains whole grains.

(examples of 1 serving)

½ cup cooked noodles, rice, or pasta,	1 medium potato
1 slice of bread	½ cup cooked cereal
½ cup couscous	½ roll or bagel
½ English muffin	¾ 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, ½ ounce nuts, ¼ cup of tofu, or ¼ 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	½ cup pudding
1 cup yogurt	½ cup ice cream
½ cup of cottage cheese	½ cup frozen yogurt
1 ½ ounces of dairy or soy cheese	

Oils: 3 tablespoons a day

Avoid trans-fats, hydrogenated fats, and saturated fats. Choose more monounsaturated and polyunsaturated fats.

Snack allowance: 512 calories