

My Plate's Recommended Servings

Calorie level	1,800 calories	2,000 calories	2,200 calories	2,400 calories
Grains	6 oz.	6 oz.	7 oz.	8 oz.
Vegetables	2 ½ cups	2 ½ cups	3 cups	3 cups
Fruits	1 ½ cups	2 cups	2 cups	2 cups
Dairy	3 cups	3 cups	3 cups	3 cups
Meat and beans	5 oz.	5 ½ oz.	6 oz.	6 ½ oz.
Extra calories	160	260	265	330