



Recommended Number of Food Guide Servings per Day

Children			Teens		Adults			
2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
Girls and Boys			Female	Male	Female	Male	Female	Male

Vegetables and Fruit

4	5	6	7	8	7-8	8-10	7	7
---	---	---	---	---	-----	------	---	---

Grain Products

3	4	6	6	7	6-7	8	6	7
---	---	---	---	---	-----	---	---	---

Milk and Alternatives

2	2	3-4	3-4	3-4	2	2	3	3
---	---	-----	-----	-----	---	---	---	---

Meat and Alternatives

1	1	1-2	2	3	2	3	2	3
---	---	-----	---	---	---	---	---	---