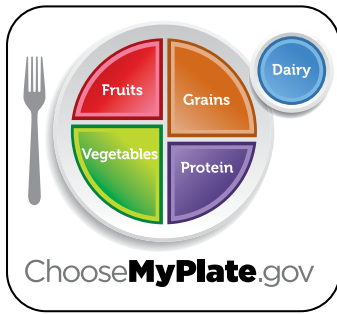


FN1500

(Revised February 2021)



MyPlate Plans for Adults

This chart was designed to provide an estimate of daily food needs based on the recommendations for an average-sized adult at www.choosemyplate.gov. On the following chart, find your gender, age to the nearest 10 years and activity level. Mark the row with your plan. Visit www.choosemyplate.gov for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Male – Age 20	Less than 30 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
	30 to 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Female – Age 20	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Male – Age 30	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
	30 to 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Female – Age 30	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Male – Age 40	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
	30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Female – Age 40	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Male – Age 50	Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
	30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Female – Age 50	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Male – Age 60	Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
	30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Female – Age 60	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Male – Age 70	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
	30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Female – Age 70	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Male – Age 80	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Female – Age 80	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces

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For more information on this and other topics, see www.ag.ndsu.edu

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