



MyPlate Plans

for Adults

This chart was designed to provide an estimate of daily food needs based on the recommendations 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	9 ounces	3.5 cups	2 cups	3 cups	6.5 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	7 ounces	3 cups	2 cups	3 cups	6 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	8 ounces	3 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	7 ounces	3 cups	2 cups	3 cups	6 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

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

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

NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, sex, sexual orientation, status as a U.S. veteran, race or religion. Direct inquiries to the Vice President for Equity, Diversity and Global Outreach, 205 Old Main, (701) 231-7708.

County Commissions, NDSU and U.S. Department of Agriculture Cooperating. This publication will be made available in alternative formats for people with disabilities upon request. (701) 231-7881.