
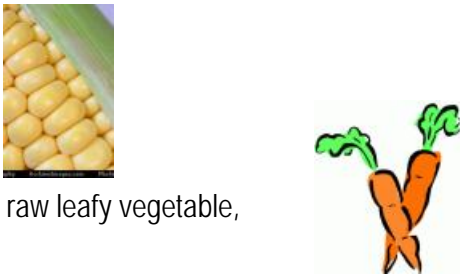





USDA Food Guide 2005 at the 2,000-Calorie Level

To follow the USDA Food Guide eating pattern, food choices over time should provide these amounts of food from each group on average.

Subgroups	USDA Food Guide Amount	
Fruit Group		
2 Cups (4 servings)		
1/2 cup equivalent is:	1/2 c fresh, frozen, or canned fruit, 1 medium fruit, 1/4 c dried fruit, 1/2 c fruit juice	
Vegetable Group		
2.5 cups (5 servings)		
Dark green vegetables	3 cups/week	
Orange Vegetables	2 cups/week	
Legumes (dry beans)	3 cups/week	
Starchy vegetables	3 cups/week	
Other vegetables	6.5 cups/week	
1/2 cup equivalent is:	1/2 cup of cut-up raw or cooked vegetable, 1 c raw leafy vegetable, 1/2 c vegetable juice	
Grain Group		
6 ounce-equivalents		
Whole grains	3 ounce-equivalents	
Other grains	3 ounce-equivalents	
1 ounce-equivalent is:	1/2 c cooked rice, pasta, cereal, 1 slice bread, 1 c dry cereal	
Meat and Beans Group		
5.5 ounce-equivalents		
1 ounce equivalent is:	1 oz. of cooked lean meats, poultry, fish, 1 egg, 1/4 c cooked dry beans or tofu, 1 Tbsp. peanut butter, 1/2 oz. nuts or seeds	
Milk Group		
3 cups		
1 c equivalent is:	1 c of low-fat/fat-free milk, yogurt, 1 1/2 oz. of low-fat or fat-free natural cheese, 2 oz. low-fat or fat-free processed cheese	
Oils		
24 grams (6 tsp)		
1 tsp equivalent is:	1 tsp. Soft margarine, 1 Tbsp. Low-fat mayo, 2 Tbsp. light salad	
Discretionary Calorie Allowance		
267 calories		
Solid fat (d)	18 grams	
Added Sugars	8 tsp	
		1 Tbsp. Added sugar equivalent is: 1/2 oz. jelly beans, 8 oz. lemonade