

Sample USDA Food Guide and the DASH Eating Plan at the 2,000-Calorie Level^a

Amounts of various food groups that are recommended each day or each week in the USDA Food Guide and in the DASH Eating Plan (amounts are daily unless otherwise specified) at the 2,000-calorie level. Also identified are equivalent amounts for different food choices in each group. To follow either eating pattern, food choices over time should provide these amounts of food from each group on average.

Food Groups and Subgroups	USDA Food Guide Amount ^b	DASH Eating Plan Amount	Equivalent Amounts
Fruit Group	2 cups (4 servings)	2 to 2.5 cups (4 to 5 servings)	$\frac{1}{2}$ cup equivalent is: <ul style="list-style-type: none"> $\frac{1}{2}$ cup fresh, frozen, or canned fruit 1 medium fruit $\frac{1}{4}$ cup dried fruit USDA: $\frac{1}{2}$ cup fruit juice DASH: $\frac{3}{4}$ cup fruit juice
Vegetable Group	2.5 cups (5 servings) 3 cups/week 2 cups/week 3 cups/week 3 cups/week 6.5 cups/week	2 to 2.5 cups (4 to 5 servings)	$\frac{1}{2}$ cup equivalent is: <ul style="list-style-type: none"> $\frac{1}{2}$ cup of cut-up raw or cooked vegetable 1 cup raw leafy vegetable USDA: $\frac{1}{2}$ cup vegetable juice DASH: $\frac{3}{4}$ cup vegetable juice
Grain Group	6 ounce-equivalents 3 ounce-equivalents 3 ounce-equivalents	7 to 8 ounce-equivalents (7 to 8 servings)	1 ounce-equivalent is: <ul style="list-style-type: none"> 1 slice bread 1 cup dry cereal $\frac{1}{2}$ cup cooked rice, pasta, cereal DASH: 1 ounce dry cereal ($\frac{1}{2}$–$1\frac{1}{4}$ cup depending on cereal type—check label)
Meat and Beans Group	5.5 ounce-equivalents	6 ounces or less meat, poultry, fish 4 to 5 servings per week nuts, seeds, and dry beans	1 ounce-equivalent is: <ul style="list-style-type: none"> 1 ounce of cooked lean meats, poultry, fish 1 egg USDA: $\frac{1}{4}$ cup cooked dry beans or tofu, 1 Tbsp peanut butter $\frac{1}{2}$ ounce nuts or seeds DASH: $1\frac{1}{2}$ ounces nuts, $\frac{1}{2}$ ounce seeds, $\frac{1}{2}$ cup cooked dry beans



continued			
Food Groups and Subgroups	USDA Food Guide Amount ^b	DASH Eating Plan Amount	Equivalent Amounts
Milk Group	3 cups	2 to 3 cups	1 cup equivalent is: <ul style="list-style-type: none"> • 1 cup low-fat/fat-free milk, yogurt • 1¹/₂ ounces of low-fat or fat-free natural cheese • 2 ounces of low-fat or fat-free processed cheese
Oils	4 grams (6 tsp)	8 to 12 grams (2 to 3 tsp)	1 tsp equivalent is: <ul style="list-style-type: none"> • DASH: 1 tsp soft margarine • 1 Tbsp lowfat mayo • 2 Tbsp light salad dressing • 1 tsp vegetable oil
Discretionary Calorie Allowance <ul style="list-style-type: none"> • Example of distribution: Solid fat^d Added sugars 	267 calories 18 grams 8 tsp	18 grams ~2 tsp (5 Tbsp per week)	1 Tbsp added sugar equivalent is: <ul style="list-style-type: none"> • DASH: 1 Tbsp jelly or jam • 1/2 ounce jelly beans • 8 ounces lemonade

Source: HHS/USDA Dietary Guidelines, 2005

- a All servings are per day unless otherwise noted. USDA vegetable subgroup amounts and amounts of DASH nuts, seeds, and dry beans are per week.
- b The 2,000 calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age, and for some other gender/age groups who are more physically active. See table 3 for information about gender/age/activity levels and appropriate calorie intakes. See appendixes A2 and A3 for more information on the food groups, amounts, and food intake patterns at other calorie levels. The calorie requirements of children ages 8–13 range from 1,200–2,600 depending on their activity level. (See **Estimated Calorie Requirements** handout for more information.)
- c In the DASH Eating Plan, nuts, seeds, and dry beans are a separate food group from meat, poultry, and fish.
- d The oils listed in this table are not considered to be part of discretionary calories because they are a major source of the vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and trans fats) are listed separately as a source of discretionary calories.