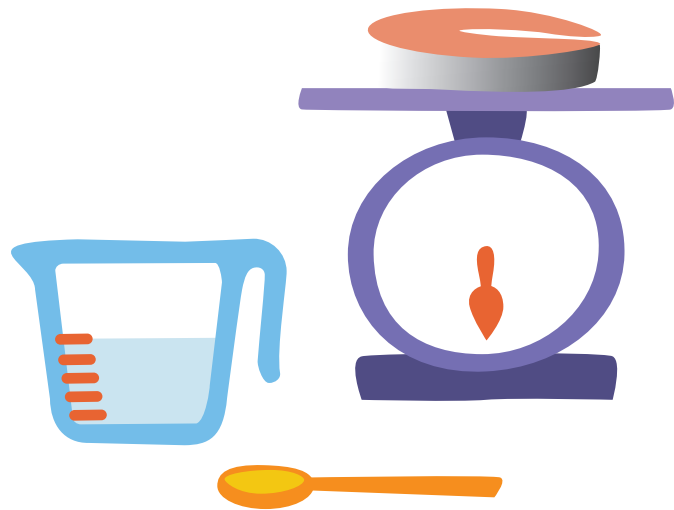


parent tips

USDA Food Pattern and the DASH Eating Plan

Do all of your meals add up to a healthy diet? Below you can find out what amount is healthy for you and your family.



This chart shows two different eating plans that can help you and your family eat healthy—the United States Department of Agriculture (USDA) Food Pattern and in the Dietary Approaches to Stop Hypertension (DASH) Eating Plan. Below you will see the amounts of each food group recommended by each plan (amounts are

daily unless otherwise specified) at the 2,000-calorie level. Also look for the comparable 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 | USDA Food Pattern Amount ^a | DASH Eating Plan Amount | Amounts to Compare |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fruits | 2 cups (4 servings) | 2 to 2.5 cups (4 to 5 servings) | 1/2 cup of fruit can be found in: <ul style="list-style-type: none"> • 1/2 cup fresh, frozen, or canned fruit • 1 medium fruit • 1/4 cup dried fruit |
| Vegetables <ul style="list-style-type: none"> • Dark green vegetables • Red and orange vegetables • Beans and peas • Starchy vegetables • Other vegetables | 2.5 cups (5 servings) <ul style="list-style-type: none"> 1.5 cups/week 5.5 cups/week 1.5 cups/week 5 cups/week 4 cups/week | 2 to 2.5 cups (4 to 5 servings) | 1/2 cup of vegetables can be found in: <ul style="list-style-type: none"> • 1/2 cup of cut-up raw or cooked vegetables • 1 cup raw leafy vegetables |

| Food Groups | USDA Food Pattern Amount ^a | DASH Eating Plan Amount | Amounts to Compare |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Grains <ul style="list-style-type: none"> Whole grains Enriched grains | 6 ounce-equivalents 3 ounce-equivalents 3 ounce-equivalents | 6 to 8 ounce equivalents (6 to 8 servings) ^b | 1 ounce of grains can be found in: <ul style="list-style-type: none"> 1 slice bread 1 cup dry cereal 1/2 cup cooked rice, pasta, or cereal |
| Protein Foods <ul style="list-style-type: none"> Seafood Meat, poultry, eggs Nuts, seeds, soy products | 5.5 ounce-equivalents 8 ounces/week 26 ounces/week 4 ounces/week | 6 ounces or less meat, poultry, fish 4 to 5 servings per week nuts, seeds, beans, peas, or lentils ^c | 1 ounce-of protein can be found in: <ul style="list-style-type: none"> 1 ounce of cooked lean meats, poultry, or fish 1 egg^d |
| Dairy | 3 cups | 2 to 3 cups | 1 cup of dairy can be found in: <ul style="list-style-type: none"> 1 cup fat-free or low-fat milk or yogurt 1.5 ounces of fat-free or low-fat natural cheese 2 ounces of fat-free or low-fat processed cheese |
| Oils^e | 27 grams | 8 to 12 grams (2 to 3 tsp.) | 1 tsp. of oil can be found in: <ul style="list-style-type: none"> 1 tbsp. low-fat mayo 2 tbsp. light salad dressing 1 tsp. vegetable oil |
| Maximum “Empty” Calories from Solid Fats and Added Sugars | 258 calories (13%) | 2 tsp (5 tbsp. or less per week) | 1 tbsp. added sugar can be found in: <ul style="list-style-type: none"> 1/2 ounce jelly beans 8 ounces lemonade |
| Maximum Sodium Limit | | 2,300 mg/day | |

Source: HHS/USDA Dietary Guidelines for Americans

- 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 the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/> for more information about gender/age/activity levels. You can also find out 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 the Calories Needed Each Day tip sheet for more information.)
- Whole grains are recommended for most grain servings to meet fiber recommendations.
- In the DASH Eating Plan, nuts, seeds, and dry beans are a separate food group from meat, poultry, and fish.
- Since eggs are high in cholesterol, limit egg yolk intake to no more than 4 per week; 2 egg whites have the same protein content as 1 oz. of meat.
- The oils listed in this table are not considered to be part of empty calories because they are a major source of the vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. Solid fats (like saturated and trans fats) are listed separately as a source of empty calories.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children’s Activity & Nutrition, **We Can!**, and the **We Can!** logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).

