







MYPLATE SERVINGS CHART



Below are the amounts of each food group for young teens. The amounts you need vary based on gender, age, and activity level. Girls need about 1,800-2,200 calories depending on their activity level. Boys need about 2,000-2,400 calories depending on their activity level.

	1,800 calories	2,000 calories	2,200 calories	2,400 calories	Examples of 1 serving
	3 c.	3 c.	3 c.	3 c.	1 c. milk 1 c. yogurt 1.5 oz. cheese
	1.5 c.	2 c.	2 c.	2 c.	1 c. fresh fruit 1 c. canned fruit ½ c. dried fruit
	6 oz.	6 oz.	7 oz.	8 oz.	1 slice bread 1 oz. cereal ½ c. pasta/rice
	5 oz.	5.5 oz.	6 oz.	6.5 oz.	1 oz. meat/chicken 1 Tbsp. nut butter ¼ c. beans 1 egg
	2.5 c.	2.5 c.	3 c.	3 c.	1 c. raw or cooked veggies 2 c. leafy greens
	<2,200 mg	<2,200 mg	<2,200 mg	<2,200 mg	Sodium
	<20 g	<22 g	<24 g	<27 g	Saturated Fat
	<45 g	<50 g	<55 g	<60 g	Added Sugar

C = Cups; Oz. = Ounces; Mg = Milligrams; G = Grams

