

How Much Should I Eat?

The amount of food you should eat each day depends on many things: your sex, your age, your weight and how physically active you are. A visit with a registered dietitian (RD) is the best way to find out how much and what kind of foods you should be eating.



How do I get started?

Until you are able to make an appointment with a dietitian, use these guidelines to get you started:

You need about **1,200 to 1,600 calories** a day if you are:

- a small-framed woman who exercises
- a small- or medium-framed woman who wants to lose weight
- a medium-framed woman who does very little exercise

You need about **1,600 to 2,000 calories** a day if you are:

- a large-framed woman who wants to lose weight
- a small-framed man at a healthy weight
- a medium-framed man who does very little exercise
- a medium- to large-framed man who wants to lose weight

You need about **2,000 to 2,400 calories** a day if you are:

- a medium- to large-framed man who does a lot of exercise or has a physically active job
- a large-framed man at a healthy weight
- a large-framed woman who exercises a lot or has a physically active job

How much do I need from each food group*?

Food Group	1600 calories	2000 calories	2200 calories	2400 calories	2800 calories
<i>Grains</i>	5 ounces	6 ounces	7 ounces	8 ounces	10 ounces
<i>Vegetables</i>	2 cups	2.5 cups	3 cups	3 cups	3.5 cups
<i>Fruit</i>	1.5 cups	2 cups	2 cups	2 cups	2.5 cups
<i>Milk</i>	3 cups	3 cups	3 cups	3 cups	3 cups
<i>Meat & Beans</i>	5 ounces	5.5 ounces	6 ounces	6.5 ounces	7 ounces
<i>Oils</i>	5 teaspoons	5 teaspoons	6 teaspoons	6 teaspoons	7 teaspoons

* Information obtained from <http://www.mypyramid.gov>

Try to space out the servings from each group throughout the day. Remember to leave some servings for snacks.

A meal plan for 2000 calories could be divided like this:

Food Group	Breakfast	Lunch	Dinner	Daily Total
<i>Grains</i>	2 Grain	2 Grain	2 Grain	6 ounces
<i>Vegetables</i>		1 Vegetable	1.5 Vegetable	2.5 cups
<i>Fruit</i>	1 Fruit	1 Fruit		2 cups
<i>Milk</i>	1 Milk	1 Milk	1 Milk	3 cups
<i>Meat & Beans</i>	1.5 Protein	2 Protein	2 Protein	5.5 ounces
<i>Oils</i>	1 Oil	3 Oil	1 Oil	5 teaspoons

Where to learn more?

Visit our website: www.dagc.org and our Aronoff Library and Resource Center, from 10:00 a.m. to 4:00 p.m. Monday through Friday.



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