

## Male: Activity Level

Males	Sedentary	Moderately Active	Active
51-55	2200	2400	2800
56-60	2200	2400	2600
61-65	2000	2400	2600
66-70	2000	2200	2600
71+	2000	2200	2400

## Calorie Intake and Serving Sizes

### Males: Daily Amount of Food from Each Group

Calorie Level	2000	2200	2400	2600
Fruits	2 cups	2 cups	2 cups	2 cuos
Vegetables	2.5 cups	3 cups	3 cups	3.5 cups
Grains	6 oz eq	7 oz eq	8 oz eq	9 oz eq
Meat & Beans	5.5 oz eq	6 oz eq	6.5 oz eq	6.5 oz eq
Milk	3 cups	3 cups	3 cups	3 cups
Oils	6 tsp	6 tsp	7 tsp	8 tsp
Discretionary Calorie Allowance	267	290	362	410

## Female: Active Level

Females	Sedentary	Moderately Active	Active
51-55	1600	1800	2200
56-60	1600	1800	2200
61-65	1600	1800	2000
66-70	1600	1800	2000
71+	1600	1800	2000

## Calorie Intake and Serving Sizes

### Females: Daily Amount of Food from Each Group

Calorie Level	1600	1800	2000	2200
Fruits	1.5 cups	1.5 cups	2 cups	2 cups
Vegetables	2 cups	2.5 cups	2.5 cups	3 cups
Grains	5 oz eq	6 oz eq	6 oz eq	7 oz eq
Meat & Beans	5 oz eq	5 oz eq	5.5 oz eq	6 oz eq
Milk	3 cups	3 cups	3 cups	3 cups
Oils	5 tsp	5 tsp	6 tsp	6 tsp
Discretionary Calorie Allowance	132	195	267	290