



# Igniting Healthy Trends

## Menu Planning: Recommendations

### Daily Recommendations:

#### Fruits:

Men		Women	
Age (years)	DRI	Age (years)	DRI
19-30	2 cups	19-30	2 cups
31-50	1 ½ cups	31-50	2 cups
51+	1 ½ cups	51+	2 cups

#### Vegetables:

Men		Women	
Age (years)	DRI	Age (years)	DRI
19-30	3 cups	19-30	2 ½ cups
31-50	3 cups	31-50	2 ½ cups
51+	2 ½ cups	51+	2 cups

#### How much is 1 cup?

- 1 cup of 100% fruit juice
- ½ cup dried fruit
- 1 large orange, peach or banana

For specific recommendations talk to the dietitian!

#### How much is 1 cup?

- 1 cup of raw veggies
- 2 cups of leafy greens
- 1 large sweet potato



### Grains:

Men		Women	
Age (years)	DRI	Age (years)	DRI
19-30	8 oz.	19-50	6 oz.
31-50	7 oz.	51+	5 oz.
51+	6 oz.		

### Protein:

Men		Women	
Age (years)	DRI	Age (years)	DRI
19-30	6 ½ oz.	19-30	5 ½ oz.
31-50	6 oz.	31-50	5 oz.
51+	5 ½ oz.	51+	5 oz.

### Dairy:

Men		Women	
Age (years)	DRI	Age (years)	DRI
19-51+	3 cups	19-51+	3 cups

DRI = daily recommended intake