



How Many Servings Do I Need?

Eat a variety of foods to obtain the nutrients that you need to stay healthy. Use the table below to estimate how many servings you need. To begin, determine how many calories you need to lose or maintain a healthy body weight on pages 1:25-1:26. Then, use the chart below to determine how many servings of each food group you need according to your calorie goals.

Example: If you need 1600 calories per day to lose weight then you should aim for at least 5 servings of vegetables, 5 servings of fruits, 6 servings of whole grains, 5 servings of lean protein or low-fat dairy, 3 servings of healthy fats, and no more than 75 calories from sweets each day.

Food Group	1200 calorie diet	1400 calorie diet	1600 calorie diet	1800 calorie diet	2000 calorie diet
Vegetables ½ cup chopped or cooked, 1 cup raw dark leafy, or 4 oz. juice	4+	4+	5+	5+	5+
Fruits ½ cup chopped, 1 medium piece, or 4 oz. juice	3+	4+	5+	5+	5+
Whole Grains ½ cup cooked whole grain, rice, or pasta; 1 oz. cereal or bread	4	5	6	7	8
Lean Protein/ Low-Fat Dairy 3 oz. cooked skinless poultry, fish, 1 cup low-fat milk or yogurt; 1 egg 1 oz. reduced-fat or low-fat cheese	3	4	5	6	7
Healthy Fats 1 teaspoon oil, 2 tablespoons chopped nuts or avocado	3	3	3	4	5
Sweets Up to 75 calories	<75	<75	<75	<75	<75