

Healthy Eating Plan recommended by the USDA
(2,000-calorie diet.)

Note - These amounts can be divided up into meals and snacks throughout the day.

*Eat 2 cups of fruit each day.

*Eat 2 1/2 cups of vegetables each day.

*Eat 6 oz. of grains each day.

*Eat 5 1/2 oz. of meat and legumes each day.

*Eat 3 cups from the milk group each day.

*Limit yourself to 6 tsp. from the oils group each day.

*Eat 267 calories of discretionary (meaning you choose!) each day.

Of course, there are other recommendations that would enhance this healthy eating plan, such as choosing fresh fruits and vegetables, whole grains, and good quality fats, but this is the basic structure of a healthy diet.

If you are an active person, and need more than 2,000 calories, you can use this healthy eating plan as a basis and just add some servings across the board to each group. Conversely, if you need fewer calories because you are sedentary, you can limit the discretionary calories and be sure to choose low-fat versions of dairy products and meat.