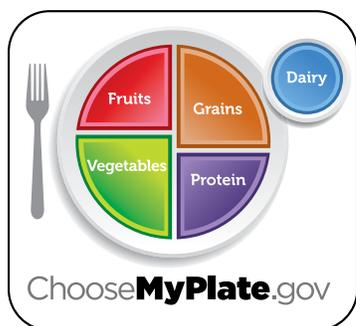


FN1498 (Reviewed January 2023)



# MyPlate Plans for 8- to 14-year-olds

This chart was designed to provide an estimate of daily food needs based on the recommendations at [www.choosemyplate.gov](http://www.choosemyplate.gov). On the following chart, find your gender, age and activity level.

Mark the row with your plan. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 8	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Boy – Age 8	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 8	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	2.5 cups	5.5 ounces
Girl – Age 8	Less than 30 minutes of physical activity per day	5 ounces	1.5 cups	1.5 cups	2.5 cups	4 ounces
Girl – Age 8	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	2.5 cups	5 ounces
Girl – Age 8	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	2.5 cups	5 ounces
Boy – Age 9	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 9	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 9	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5.5 ounces
Girl – Age 9	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 9	30 to 60 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 9	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 10	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 10	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 10	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 10	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 10	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 10	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 11	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Boy – Age 11	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 11	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 11	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 11	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 11	More than 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 12	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Boy – Age 12	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 12	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Girl – Age 12	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 12	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 12	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 13	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 13	30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 13	More than 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Girl – Age 13	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
Girl – Age 13	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 13	More than 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 14	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Boy – Age 14	30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 14	More than 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Girl – Age 14	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 14	30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 14	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces