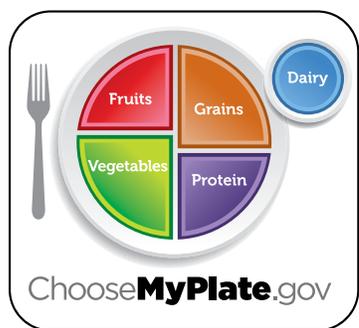


FN1499 (Reviewed January 2023)



MyPlate Plans for 15- to 19-year-olds

This chart was designed to provide an estimate of daily food needs based on the recommendations at www.choosemyplate.gov. On the following chart, find your gender, age and activity level. Mark the row with your plan. Visit www.choosemyplate.gov for more information.

Gender/Age/Activity Level		Grain	Vegetables	Fruits	Dairy	Protein
Boy – Age 15	Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Boy – Age 15	30-60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Boy – Age 15	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cup	3 cups	7 ounces
Girl – Age 15	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 15	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 15	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 16	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 16	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 16	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 16	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
Girl – Age 16	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 16	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 17	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 17	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 17	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 17	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cup	3 cups	5 ounces
Girl – Age 17	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 17	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 18	Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 18	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 18	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 18	Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cup	3 cups	5 ounces
Girl – Age 18	30-60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 18	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
Boy – Age 19*	Less than 30 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
Boy – Age 19*	30-60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
Boy – Age 19*	More than 60 minutes of physical activity per day	10 ounces	4 cups	2.5 cups	3 cups	7 ounces
Girl – Age 19**	Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
Girl – Age 19**	30-60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
Girl – Age 19**	More than 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces

* Based on 5-foot, 10-inch 160-pound male
 ** Based on 5-foot, 4-inch 130-pound female