

TABLE 1. SAMPLE USDA FOOD GUIDE AND THE DASH EATING PLAN AT THE 2,000-CALORIE LEVEL^a

Amounts of various food groups that are recommended each day or each week in the USDA Food Guide and in the DASH Eating Plan (amounts are daily unless otherwise specified) at the 2,000-calorie level. Also identified are equivalent amounts for different food choices in each group. To follow either eating pattern, food choices over time should provide these amounts of food from each group on average.

Food Groups and Subgroups	USDA Food Guide Amount^b	DASH Eating Plan Amount	Equivalent Amounts
Fruit Group	2 cups (4 servings)	2 to 2.5 cups (4 to 5 servings)	1/2 cup equivalent is: <ul style="list-style-type: none"> • 1/2 cup fresh, frozen, or canned fruit • 1 med fruit • 1/4 cup dried fruit • 1/2 cup fruit juice
Vegetable Group <ul style="list-style-type: none"> • Dark green vegetables • Orange vegetables • Legumes (dry beans) • Starchy vegetables • Other vegetables 	2.5 cups (5 servings) 3 cups/week 2 cups/week 3 cups/week 3 cups/week 6.5 cups/week	2 to 2.5 cups (4 to 5 servings)	1/2 cup equivalent is: <ul style="list-style-type: none"> • 1/2 cup of cut-up raw or cooked vegetable • 1 cup raw leafy vegetable • 1/2 cup vegetable juice
Grain Group <ul style="list-style-type: none"> • Whole grains • Other grains 	6 ounce-equivalents 3 ounce-equivalents 3 ounce-equivalents	6 to 8 ounce-equivalents (6 to 8 servings ^c)	1 ounce-equivalent is: <ul style="list-style-type: none"> • 1 slice bread • 1 cup dry cereal • 1/2 cup cooked rice, pasta, cereal • DASH: 1 oz dry cereal (1/2–1 1/4 cup depending on cereal type—check label)
Meat and Beans Group	5.5 ounce-equivalents	6 ounces or less meat, poultry, fish	1 ounce-equivalent is: <ul style="list-style-type: none"> • 1 ounce of cooked lean meats, poultry, fish
		4 to 5 servings per week nuts, seeds, and legumes ^d	<ul style="list-style-type: none"> • 1 egg^e • USDA: 1/4 cup cooked dry beans or tofu, 1 Tbsp peanut butter, 1/2 oz nuts or seeds • DASH: 1 1/2 oz nuts, 2 Tbsp peanut butter, 1/2 oz seeds, 1/2 cup cooked dry beans
Milk Group	3 cups	2 to 3 cups	1 cup equivalent is: <ul style="list-style-type: none"> • 1 cup low-fat/fat-free milk, yogurt • 1 1/2 oz of low-fat, fat-free, or reduced-fat natural cheese • 2 oz of low-fat or fat-free processed cheese

Oils	27 grams (6 tsp)	8 to 12 grams (2 to 3 tsp)	DASH: 1 tsp equivalent is: <ul style="list-style-type: none"> • 1 tsp soft margarine • 1 Tbsp low-fat mayo • 2 Tbsp light salad dressing • 1 tsp vegetable oil
Discretionary Calorie Allowance <ul style="list-style-type: none"> • Example of distribution: <ul style="list-style-type: none"> Solid fat^f Added sugars 	267 calories 18 grams 8 tsp	~2 tsp (5 Tbsp per week)	DASH: 1 Tbsp added sugar equivalent is: <ul style="list-style-type: none"> • 1 Tbsp jelly or jam • 1/2 cup sorbet and ices • 1 cup lemonade

^a All servings are per day unless otherwise noted. USDA vegetable subgroup amounts and amounts of DASH nuts, seeds, and dry beans are per week.

^b The 2,000-calorie USDA Food Guide is appropriate for many sedentary males 51 to 70 years of age, sedentary females 19 to 30 years of age, and for some other gender/age groups who are more physically active. See table 3 for information about gender/age/activity levels and appropriate calorie intakes. See appendixes A-2 and A-3 for more information on the food groups, amounts, and food intake patterns at other calorie levels.

^c Whole grains are recommended for most grain servings to meet fiber recommendations.

^d In the DASH Eating Plan, nuts, seeds, and legumes are a separate food group from meats, poultry, and fish.

^e Since eggs are high in cholesterol, limit egg yolk intake to no more than 4 per week; 2 egg whites have the same protein content as 1 oz of meat.

^f The oils listed in this table are not considered to be part of discretionary calories because they are a major source of the vitamin E and polyunsaturated fatty acids, including the essential fatty acids, in the food pattern. In contrast, solid fats (i.e., saturated and *trans* fats) are listed separately as a source of discretionary calories.

Source: Dietary Guidelines for Americans, 2005. <http://www.healthierus.gov/dietaryguidelines>