



the market

Calories, Portions, and Daily Food Amounts

Learning about your calorie needs, correct portion sizes, and the number of servings from each food group can promote health. Once you learn this information, you can make better decisions about what and how much to eat. Use the following chart to determine your personal calorie level and the best food choices to promote a healthier you! Consider dividing your total calories between three meals and two snacks, eating every 3 hours - and NEVER skip breakfast! This is a great strategy for your metabolism and waist line!

USDA Food Patterns (2013)			Sedentary Women: 19-25 yr	Active Women: 31-60 yr	Active Women: 19-30 yr		
	Sedentary Women: 51+ yr	Sedentary Women: 26-50 yr	Active Women: 61+ yr	Sedentary Men: 41-60 yr	Sedentary Men 21-40 yr	Active Men: 36-55 yr	Active Men: 19-35 yr
			Sedentary Men: 61+ yr				
Calories	1600	1800	2000	2200	2400	2800	3000
Fruits	1.5 c	1.5 c	2 c	2 c	2 c	2.5 c	2.5 c
Veg.	2 c	2.5 c	2.5 c	3 c	3 c	3.5 c	4 c
Grains	5 oz	6 oz	6 oz	7 oz	8 oz	10 oz	10 oz
Protein	5 oz	5 oz	5.5 oz	6 oz	6.5 oz	7 oz	7 oz
Milk	3 c	3 c	3 c	3 c	3 c	3 c	3c
Oils	5 tsp	5 tsp	6 tsp	6 tsp	7 tsp	8 tsp	10 tsp

Healthy Plymouth was established in 2011 by Jordan Hospital, the Town of Plymouth, and the Plymouth Public Schools to focus on how to reduce obesity, improve nutrition, and promote active living in Plymouth. Recognizing Healthy Plymouth as an innovative collaboration and its potential for broad and lasting impact, the Center for Disease Control (CDC) and Massachusetts Department of Public Health (MDPH) awarded Plymouth a community transformation grant to help fund their work. Plymouth is now one of a select group of towns in the Commonwealth to be accepted into the Mass In Motion Municipal Wellness Program. www.healthyplymouth.org.