



**USDA Food Guide 2010 at the 2,000-Calorie Level**

To follow the USDA Food Guide eating pattern, food choices over time should provide these amounts of food from each group on average.

Subgroups	USDA Food Guide Amount
-----------	------------------------

<b>Fruit Group</b>	<b>2 Cups</b>
--------------------	---------------

1 cup equivalent is:	1 c fresh, frozen, or canned fruit, 1 medium fruit, 1/2 c dried fruit, 1 cup 100% juice
----------------------	---

<b>Vegetable Group</b>	<b>2.5 cups</b>
------------------------	-----------------

Dark green vegetables	1 1/2 cups/week
Red and Orange Vegetables	5 1/2 cups/week
Legumes (dry beans)	1 1/2 cups/week
Starchy vegetables	5 cups/week
Other vegetables	4 cups/week

<b>Grain Group</b>	<b>6 ounce-equivalents</b>
--------------------	----------------------------

Whole grains	3 ounce-equivalents
Enriched grains	3 ounce-equivalents
1 ounce-equivalent is:	1/2 c cooked rice, pasta, cereal, 1 slice bread, 1 c dry cereal

<b>Proteins Group</b>	<b>5.5 ounce-equivalents</b>
-----------------------	------------------------------

1 ounce equivalent is:	1 oz. of cooked lean meats, poultry, fish, 1 egg, 1/4 c cooked dry beans or tofu, 1 Tbsp. peanut butter, 1/2 oz. nuts or seeds
------------------------	--

<b>Dairy Group</b>	<b>3 cups</b>
--------------------	---------------

1 cup equivalent is:	1 c of low-fat/fat-free milk, soy beverage, yogurt, 1 1/2 oz. of low-fat or fat-free natural cheese, 2 oz. low-fat or fat-free processed cheese
----------------------	---

## Oils

27 grams (6 tsp)

1 tsp equivalent is: 1 tsp. soft margarine, butter or oil, 1 Tbsp. low-fat mayo, 2 Tbsp. light salad dressing

## Maximum SoFAS

258 calories

Solid fat (d) 18 grams  
Added Sugars 2 Tbsp + 2 tsp This is equivalent to 1 oz. jelly beans, 16 oz. lemonade

The *Dietary Guidelines for Americans, 2010* is intended for Americans ages 2 years and older, including those who are at increased risk of chronic disease. The *Dietary Guidelines for Americans, 2010* includes recommendations based on the most recent evidence-based review of nutrition science. Two overarching concepts emerge from these recommendations: maintain calorie balance to achieve and sustain a healthy weight; and focus on nutrient-dense foods and beverages.



Pennington Nutrition Series Pub No 4

### Authors:

Heli Roy, PhD, RD

### Division of Education

Phillip Brantley, PhD, Director

### Pennington Biomedical Research Center

Steve Heymsfield, MD,  
Executive Director

3/06; Rev. 3/11

### Sources:

[www.dietaryguidelines.gov](http://www.dietaryguidelines.gov)

The Pennington Biomedical Research Center is a world-renowned nutrition research center.

#### Mission:

To promote healthier lives through research and education in nutrition and preventive medicine.

The Pennington Center has several research areas, including:

- Clinical Obesity Research
- Experimental Obesity
- Functional Foods
- Health and Performance Enhancement
- Nutrition and Chronic Diseases
- Nutrition and the Brain
- Dementia, Alzheimer's and healthy aging
- Diet, exercise, weight loss and weight loss maintenance

The research fostered in these areas can have a profound impact on healthy living and on the prevention of common chronic diseases, such as heart disease, cancer, diabetes, hypertension and osteoporosis.

The Division of Education provides education and information to the scientific community and the public about research findings, training programs and research areas, and coordinates educational events for the public on various health issues.

We invite people of all ages and backgrounds to participate in the exciting research studies being conducted at the Pennington Center in Baton Rouge, Louisiana. If you would like to take part, visit the clinical trials web page at [www.pbrc.edu](http://www.pbrc.edu) or call (225) 763-3000.