



# Ballpark Estimate

This chart was designed to provide an estimate of daily food needs based on the recommendations at [www.mypyramid.gov](http://www.mypyramid.gov). On the following chart, find your gender, age to the nearest 10 years and activity level. Use this information to help plan your menus. Visit the Web site for more information.

Gender/Age/Activity Level	Grain	Vegetables	Fruit	Milk	Meat and Beans
<b>■ Male - Age 20</b>					
Less than 30 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	10 ounces	3.5 cups	2.5 cups	3 cups	7 ounces
<b>■ Female - Age 20</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
<b>■ Male - Age 30</b>					
Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
<b>■ Female - Age 30</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
<b>■ Male - Age 40</b>					
Less than 30 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
30 to 60 minutes of physical activity per day	9 ounces	3.5 cups	2 cups	3 cups	6.5 ounces
<b>■ Female - Age 40</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces

Gender/Age/Activity Level	Grain	Vegetables	Fruit	Milk	Meat and Beans
<b>■ Male – Age 50</b>					
Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
<b>■ Female – Age 50</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
<b>■ Male – Age 60</b>					
Less than 30 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
30 to 60 minutes of physical activity per day	8 ounces	3 cups	2 cups	3 cups	6.5 ounces
<b>■ Female – Age 60</b>					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
<b>■ Male – Age 70</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
<b>■ Female – Age 70</b>					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces
<b>■ Male – Age 80</b>					
Less than 30 minutes of physical activity per day	6 ounces	2.5 cups	2 cups	3 cups	5.5 ounces
30 to 60 minutes of physical activity per day	7 ounces	3 cups	2 cups	3 cups	6 ounces
<b>■ Female – Age 80</b>					
Less than 30 minutes of physical activity per day	5 ounces	2 cups	1.5 cups	3 cups	5 ounces
30 to 60 minutes of physical activity per day	6 ounces	2.5 cups	1.5 cups	3 cups	5 ounces