



MyPyramid Plan

“Ballpark Estimate” for 15- to 19-year-olds

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

Gender/Age/Activity Level	Grain	Vegetables	Fruit	Milk	Meat & Beans
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