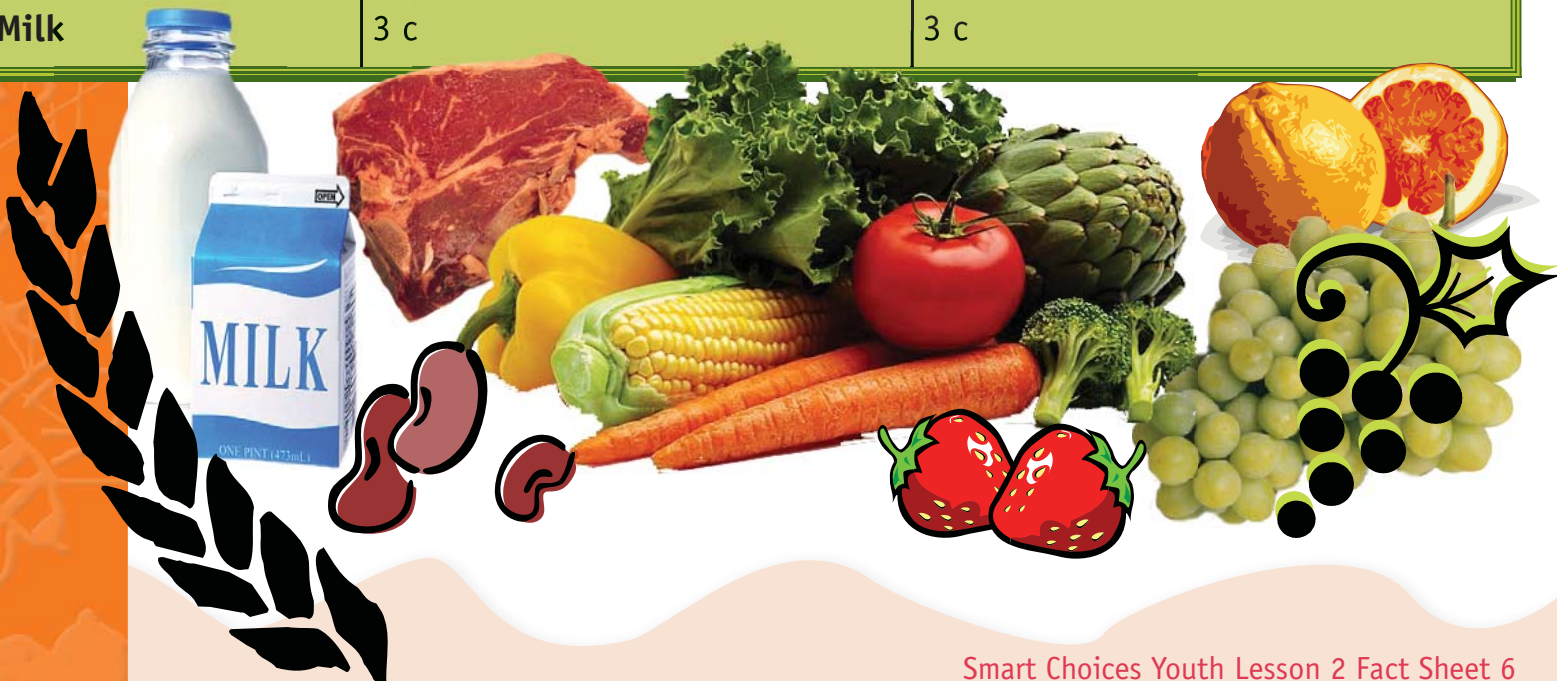


USDA Food Guide for 1,800 and 2,000 calories

	1,800 calories/day	2,000 calories/day
Fruits	3 servings (1.5 cups)	4 serving (2 cups)
Vegetables	5 servings (2.5 cups)	5 serving (2.5 cups)
Dark Green	3 c/wk	3 c/wk
Orange	2 c/wk	2 c/wk
Legumes	3 c/wk	3 c/wk
Starchy	3 c/wk	3 c/wk
Other vegetables	6.5 c/wk	6.5 c/wk
Grains	6 servings (6-ounce equivalent)	6 servings (6-ounce equivalent)
Whole grains	3 servings	3 servings
Other grains	3 servings	3 servings
Lean meat & beans	5 servings (5-ounce equivalent)	5.5 serving (5.5-ounce equivalent)
Milk	3 c	3 c



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