

Menu Planning and Nutrient Sources

Food Group Components and Serving Sizes¹

The food group information provided are listed from the 2015-2020 Dietary Guidelines for Americans and MyPlate.

Grains: In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cook rice, cook pasta, or cooked cereal can be considered as **1 ounce-eq** from the Grains group.

- ½ bagel
- ½ cup pasta, noodles, rice
- 3 cups popcorn
- 2 small pancakes (4 ½" diameter)
- ½ cup cooked oatmeal
- ½ English Muffin
- 1 small tortilla (6" diameter)
- 5 whole wheat crackers

Vegetables: In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as **1 cup** from the Vegetable group.

- 1 cup chopped broccoli
- 1 cup cooked spinach
- 2 cups raw spinach
- 1 cup tomato juice
- 1 large baked sweet potato
- 1 medium boiled or baked potato
- 1 cup cooked bean sprouts

Fruits: In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as **1 cup** from the Fruit group.

- 1 small apple
- 32 seedless grapes
- 1 large orange
- 8 large strawberries
- ½ cup raisins
- 1 cup orange juice

Dairy: In general, 1 cup of milk, yogurt or soymilk, 1 ½ ounces of natural cheese, or 2 ounces or processed cheese can be considered as **1 cup** from the Dairy group.

- 1 regular container yogurt (8 fluid ounces)
- 1½ ounces hard cheese
- ½ cup ricotta cheese
- 2 cups cottage cheese
- 1 cup soymilk
- 1½ cups ice cream

Protein Foods: In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon peanut butter, or ½ ounce of nuts or seeds is considered as **1 ounce-eq** from the Protein group.

- 1 ounce cooked lean beef
- 1 egg
- ¼ cup cooked black beans
- ¼ cup cooked baked beans
- ¼ cup tofu
- 1 Tablespoon peanut butter
- ½ ounce of sunflowers seeds
- 1 ounce cooked shellfish
- 1 sandwich slice of turkey

Menu Standards²

Food Group	Servings per meal	Servings per Day for 2000 kcal/day
Grains	2 servings; 1 oz- eq 1 slice bread 1 oz. dry cereal ½ cup cook rice, pasta or cereal	6 oz- eq/day (6 servings) At least ½ of grain servings should be whole grain (3 oz-eq/day)
Vegetables	2-3 servings; ½ cup- eq 1 cup raw leafy vegetables ½ cup cut-up raw or cooked vegetables ½ cup vegetable juice	2½ cup- eq/day (5 servings) Eat a variety of colors and types
Fruits	1-2 servings; ½ cup- eq 1 medium fruit ¼ cup dried fruit ½ cup fresh, frozen, or canned fruit ½ cup fruit juice	2 cup- eq/day (4 servings) Eat a variety of color and types
Dairy	1 serving; 1 cup- eq 1 cup fat-free or low-fat milk 1 cup fat-free or low-fat yogurt 1½ oz fat-free or low-fat cheese	3 cup- eq/day (3 servings) Select low or nonfat products
Protein Foods	1 serving: 3 oz- eq 3 oz cooked meat= 3 oz 1 egg= 1 oz 2 Tbsp. peanut butter= 2 oz ½ cup black beans= 2 oz	5 ½ oz- eq/day (2 servings) Include lean/lower fat choices of meat

Table 1-1.
Healthy U.S.-Style Eating Pattern at the 2,000-Calorie Level, With Daily or Weekly Amounts From Food Groups, Subgroups, & Components

Food Group*	Amount ¹ in the 2,000-Calorie-Level Pattern
Vegetables	2½ c-eq/day
Dark Green	1½ c-eq/wk
Red & Orange	5½ c-eq/wk
Legumes (Beans & Peas)	1½ c-eq/wk
Starchy	5 c-eq/wk
Other	4 c-eq/wk
Fruits	2 c-eq/day
Grains	6 oz-eq/day
Whole Grains	≥ 3 oz-eq/day
Refined Grains	≤ 3 oz-eq/day
Dairy	3 c-eq/day
Protein Foods	5½ oz-eq/day
Seafood	8 oz-eq/wk
Meats, Poultry, Eggs	26 oz-eq/wk
Nuts, Seeds, Soy Products	5 oz-eq/wk

Reference Intakes³
Nutrient Values for Meal Planning and Evaluation

Nutrient	Target Values (33.33%)	DRI (100%)
Calories	650-750	Varies by age and gender; 2000-2500
Protein (gram)	19	56
Carbohydrate (gram)	43	130

Fat (gram)	15-23 (<30% calories averaged over one week)	Not determined; No one meal may be more than 35% fat
Fiber (gram)	10	30
Vitamin A (ug)	300	900
Vitamin D (ug)	7	20
Vitamin C (mg)	30	90
Vitamin E (ug)	5	15
Vitamin K (ug)	40	120
Thiamin	.4	1.2
Riboflavin	.43	1.3
Niacin (mg)	5.4	16
Vitamin B6 (mg)	.6	1.7
Folate (ug)	133	400
Vitamin B12 (ug)	.8	2.4
Pantothenic Acid (mg)	1.7	5
Biotin (ug)	10	30
Choline (mg)	184	550
Calcium (mg)	400	1200
Chromium (ug)	10	30
Copper (ug)	300	900
Fluoride (mg)	1.33	4

Iodine (ug)	50	150
Iron (mg)	2.66	8
Magnesium (mg)	140	420
Manganese (ug)	.77	2.3
Molybdenum (ug)	15	45
Phosphorus (mg)	233	700
Selenium (ug)	18	55
Zinc (mg)	3.7	11
Potassium (g)	1.6	4.7
Sodium (g)	.4	1.2
Chloride (g)	.6	1.8

Specific Nutrient Sources⁴

USDA National Nutrient Database for Standard Reference, Release 18

For additional nutrients visit the Database here: <https://ndb.nal.usda.gov/ndb/nutrients/index>

Vitamin A target- 300ug/ meal

Good sources

- Carrots
- Sweet potato
- Spinach
- Apricots
- Squash

Calcium target- 400mg/ meal

Good Sources

- Cheese
- Tofu
- Milk
- Yogurt
- Soybeans

Vitamin C target - 30mg/ meal

Good Sources

- Tomato juice
- Orange juice
- Kiwi fruit
- Oranges Broccoli
- Papayas
- Soybeans
- Brussels sprouts

Magnesium target- 140mg/ meal

Good Sources

- Pumpkin seeds
- Almonds
- Black beans, raw
- Soybeans
- Spinach

Vitamin B6 target- .6mg/ meal

Good Sources

- Rice
- Sunflower seeds
- Potato, with skin
- Ready-to-eat cereals
- Pork
- Beef

Zinc target- 3.7mg/ meal

Good Sources

- Fish
- Beef
- Pumpkin seeds
- Black beans
- Sunflower seeds
- Pork

Vitamin B12 target- .8mg/ meal

Good Sources

- Fish
- Cheese
- Poultry
- Lamb
- Beef
- Milk

Fiber target- 10g/ meal

Good Sources

- Black beans
- Seeds
- Nuts
- Soybeans
- Dried fruits

Sources

1. <https://www.choosemyplate.gov/MyPlate>
2. <https://health.gov/dietaryguidelines/2015/guidelines/>
3. https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx
4. <https://ndb.nal.usda.gov/ndb/nutrients/index>