

Recommended Dietary Allowance Chart

Food Group	Suggested Daily Servings
Breads, cereals and other grains	6-11 servings; include several servings of whole-grain products daily
Fruits (citrus, melons, berries, other fruits)	2-4 servings
Vegetables (dark green leafy, deep yellow, dry beans and peas, starchy vegetables)	3-5 servings; include all types regularly; use dark green leafy vegetables and dry beans and peas several times a week
Meat, poultry, fish and alternatives (eggs, dry beans and peas, nuts, seeds)	2-3 servings
Milk, cheese, and yogurt (low or non-fat types)	2-3 servings
Fats, sweets, and alcoholic beverages	Avoid too many fats and sweets, Drink in moderation.