

Balance Diet Chart

Patient name: _____ Date: _____ Age: _____ Sex: _____ Calorie level of pattern: _____

Toddlers ages 12 through 23 months who are no longer receiving human milk or infant formula.				
Calorie level of pattern	700	800	900	1,000
Food group or subgroup	Daily amount of food from each group (vegetable and protein foods subgroup amounts are per week).			
Vegetables (cup eq/day)	$\frac{2}{3}$	$\frac{3}{4}$	1	1
Vegetable subgroups in weekly amounts				
Dark-green vegetables (cup eq/wk)	1	$\frac{1}{3}$	$\frac{1}{2}$	$\frac{1}{2}$
Red and orange vegetables (cup eq/wk)	1	1	2½	2½
Beans, peas, lentils (cup eq/wk)	$\frac{3}{4}$	$\frac{1}{3}$	$\frac{1}{2}$	$\frac{1}{2}$
Starchy vegetables (cup eq/wk)	1	1½	2	2
Other vegetables (cup eq/wk)	$\frac{3}{4}$	1¼	1½	1½
Fruits (cup eq/day)	$\frac{1}{2}$	$\frac{3}{4}$	1	1
Grains (ounce eq/day)	1¾	2¼	2½	3
Whole grains (ounce eq/day)	1	$\frac{1}{2}$	2	2
Refined grains (ounce eq/day)	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{2}$	1
Dairy (cup eq/day)	1⅔	1¾	2	2
Protein foods (ounce eq/day)	2	2	2	2
Protein foods subgroups in weekly amounts				
Meats, poultry (ounce eq/wk)	8¾	7	7	7¾
Eggs (ounce eq/wk)	2	2¾	2¼	2¼
Seafood (ounce eq/wk)e	2 – 3	2 – 3	2 – 3	2 – 3
Nuts, seeds, soy products (ounce eq/wk)	1	1	1¼	1¼
Oils (grams/day)	9	9	8	13

Ages 2 and older, with daily or weekly amounts from food groups, subgroups, and component												
Calorie level or pattern	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Food group or subgroup	Daily amount of food from each group (vegetable and protein foods subgroup amounts are per week).											
Vegetables (cup eq/day)	1	1½	1½	2	2½	2½	3	3	3½	3½	4	4
Vegetable subgroups in weekly amounts												
Dark-green vegetables (cup eq/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red and orange vegetables (cup eq/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans, peas, lentils (cup eq/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy vegetables (cup eq/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other vegetables (cup eq/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
Fruits (cup eq/day)	1	1	1½	1½	1½	2	2	2	2	2	2½	2½
Grains (ounce eq/day)	3	4	5	5	6	6	7	8	9	10	10	10
Whole grains (ounce eq/day)	1½	2	2½	2	3	3	3½	4	4½	5	5	5
Refined grains (ounce eq/day)	1½	2	2½	2	3	3	3½	4	4½	5	5	5
• Dairy (cup eq/day)	2	2½	2½	3	3	3	3	3	3	3	3	3
• Protein foods (ounce eq/day)	2	3	4	5	5	5½	6	6½	6½	7	7	7
Protein foods subgroups in weekly amounts												
Meats, poultry (ounce eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33
Eggs (ounce eq/wk)	2 – 3	4	6	8	8	8	9	10	10	10	10	10
Seafood (ounce eq/wk)e	1 – 2	1 – 2	1 – 3	1 – 4	4	5	5	5	5	6	6	6
• Oils (grams/day)	15	17	17	22	24	27	29	31	34	36	44	51
Protein foods subgroups in weekly amounts												
Kcal/day	130	80	90	100	140	240	250	320	350	370	440	580
%/day	13%	7%	6%	6%	8%	12%	11%	13%	13%	13%	15%	18%

These charts are designed around the healthy U.S.-style dietary pattern, reflecting the types and proportions of foods that Americans generally consume, but presented in nutrient-dense forms and appropriate quantities.

Patient's dietary needs

--

Additional notes

--

Healthcare professional's information

Name:	License number:	Signature:
-------	-----------------	------------

Reference: United States Department of Agriculture. (2020). Dietary guidelines for Americans 2020 – 2025. *In Dietary Guidelines for Americans*. https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf