



How Much Food from the Protein Foods Group is Needed Daily?

The amount of food from the Protein Foods Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods.



Recommended daily amounts are shown in the chart.

Daily recommendation*		
Children	2-3 years old	2 ounce equivalents**
	4-8 years old	4 ounce equivalents**
Girls	9-13 years old	5 ounce equivalents**
	14-18 years old	5 ounce equivalents**
Boys	9-13 years old	5 ounce equivalents**
	14-18 years old	6 ½ ounce equivalents**
Women	19-30 years old	5 ½ ounce equivalents**
	31-50 years old	5 ounce equivalents**
	51+ years old	5 ounce equivalents**
Men	19-30 years old	6 ½ ounce equivalents**
	31-50 years old	6 ounce equivalents**
	51+ years old	5 ½ ounce equivalents**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.