

Eating plan		Plan A	Plan B	Plan C
		NUMBER OF SERVINGS TO ACHIEVE WEIGHT LOSS		
Food Groups (approx. calories)	Serving Size (examples)	For most women	Active women, most men	Active men
Bread/Grains/Pasta (80 calories/serving) whole grains are best	1 slice bread; $\frac{2}{3}$ C dry cereal; $\frac{1}{2}$ C cooked cereal, rice, or pasta	5	6	7
Vegetables (30 calories/serving)	$\frac{1}{2}$ C cooked; 1 C fresh; 2 C salad; $\frac{3}{4}$ C vegetable juice	3	3	4
Fruits (70 calories/serving) fresh fruits are best	1 C fresh or frozen; $\frac{1}{2}$ C chopped, cooked or canned fruit; $\frac{3}{4}$ C fruit juice	2	3	4
Milk/Dairy (125 calories/serving) skim or low-fat	1 C of milk or yogurt; 1 oz cheese	2	2	2
Proteins (including meats) (225 calories/serving) 12–15 grams of protein/serving	3 oz cooked lean meat, poultry or fish; 3 oz tofu; 1 veggie burger; 3 oz meat alternates; $\frac{1}{2}$ C beans, lentils, split peas; 2 Tbs peanut butter; 1 oz nuts; 2 eggs or egg substitute	2	2	2
Fats and Oils (120 calories/serving)	1 Tbs butter; 1 Tbs of oil or trans fat- free margarine; 5 olives; $\frac{1}{2}$ avocado	1	2	3
Sweets (100 calories/serving)	$\frac{1}{2}$ C nonfat frozen yogurt or sherbet; 1 small cookie; $\frac{1}{2}$ C gelatin or pudding; 1 C soft drink or lemonade	$\frac{1}{2}$	1	2
Total Fat Grams	Based on 25% of calories from fat	39	44	55
Total Sugar (teaspoons)	Upper limit, including sugar already added to foods	6	12	18
Calorie Levels (Approximate)		1,400	1,600	2,000

Burning Calories	Approximate Calories Burned Per Hour*
Moderate Physical Activity	
Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (walking/carrying clubs)	330
Bicycling (<10 mph)	290
Walking (3.5 mph)	280
Weight lifting (general light workout)	220
Stretching	180

	Approximate Calories Burned Per Hour*
Vigorous Physical Activity	
Running/jogging (5 mph)	590
Bicycling (>10 mph)	590
Swimming (slow freestyle laps)	510
Aerobics	480
Walking (4.5 mph)	460
Heavy yard work (chopping wood)	440
Weight lifting (vigorous effort)	440
Basketball (vigorous)	440

* Based on a person who weighs 154 lbs (70 kg). Calories burned will be higher for people who weigh more and lower for people who weigh less.

Adapted from the 2005 Dietary Guidelines Advisory Committee Report to the USDA.