



# Nutrition for Older Adults: USDA MyPlate Plan

April 2021

## EXTENSION

Janice Hermann,  
Extension Nutrition Specialist

Oklahoma Cooperative Extension Fact Sheets  
are also available on our website at:  
[facts.okstate.edu](https://facts.okstate.edu)

## USDA MyPlate Plan

The USDA MyPlate Plan is a guide to help you plan a healthful diet. The USDA MyPlate Plan is based on the Dietary Guidelines for Americans.

The USDA MyPlate Plan provides the amount of foods you can eat each day for a healthful diet. The USDA MyPlate Plan also provides limits for sodium, saturated fat, and added sugars.

## Amount from Each USDA MyPlate Food Group

The amount of food you need to eat from each USDA MyPlate food group each day is based on your estimated calorie needs. Your estimated calorie needs are based on your gender, age and level of physical activity.

For 2,000 calories the USDA MyPlate recommends:

- Grains 6 oz.
- Vegetables 2½ cups
- Fruits 2 cups
- Dairy 3 cups
- Protein foods 5½ oz
- Oils 6 teaspoons
- Limit on calories for other uses 240 calories
- Limit sodium to less than 2,300 milligram a day
- Limit saturated fat to less than 10% of calories a day
- Limit added sugars to less than 10% of calories a day

Adults also need adequate fluid. Recommendations are 13 cups of fluid a day for males and 9 cups a day for females.

## Sources

United States Department of Agriculture. Dietary Guidelines for Americans 2020-2024.

United States Department of Agriculture. ChooseMyPlate.gov. Accessed at: [www.choosemyplate.gov](http://www.choosemyplate.gov)

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/ expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of 20 cents per copy. Revised 04/2021 GH.