

# Dietary management of obesity

Recommended daily amounts of food from each food group<sup>1</sup>



Healthy Mediterranean-Style Eating Pattern		
1400 calories		1800 calories
Daily amount from each food group		
1 ½ cups		2 ½ cups
1 ½ cups		2 cups
5 oz		6 oz
2 ½ cups		2 cups
4 oz		6 oz
17 g		24 g

Vegetables	Fruits	Grains	Dairy	Proteins	Oils
<p>All fresh, frozen, and canned vegetables.</p> <p>Choose a variety, including dark green vegetables, red and orange vegetables, legumes, and starchy vegetables.</p> <p>A serving or 1 cup-equivalent for vegetables is: 1 cup raw or cooked vegetables, 1 cup vegetable juice, and 2 cups salad greens</p>	<p>All fresh, frozen, canned, and dried fruits and fruit juices.</p> <p>A serving or 1 cup-equivalent for fruits is: 1 cup raw or cooked fruit, 1 cup fruit juice, or ½ cup dried fruit</p>	<p>Choose whole grains for at least half of the grain servings.</p> <p>A serving or 1 ounce-equivalent for grains is: ½ cup cooked grain, 1 medium slice of bread, or 1 cup of ready-to-eat-cereal</p>	<p>Includes all milk and fortified soy beverages, yogurt, frozen yogurt, dairy desserts, and cheeses.</p> <p>Most choices should be fat-free or low-fat.</p> <p>A serving or 1 cup-equivalent for dairy is: 1 cup of milk or yogurt or 1 ½ ounces of cheese</p>	<p>All seafood, meats, poultry, eggs, soy products, nuts, and seeds.</p> <p>Meats and poultry should be lean or low-fat.</p> <p>A serving or 1 ounce-equivalent of protein is: 1 ounce lean meat, poultry, or seafood, 1 egg, ¼ cup cooked beans or tofu, 1 tablespoon peanut butter, or ½ ounce nuts or seeds.</p>	<p>Shifts should also be made to decrease the amount of solid fats, which contain saturated and trans fat</p> <p>higher amounts of fat (30–40% of total energy), especially from olive oil, are recommended</p>

**Disclaimer:** Talk with your health care professional about an eating pattern and physical activity program that is right for you.

**Reference:**  
1. DIETARY MANAGEMENT OF OBESITY: CORNERSTONES OF HEALTHY EATING PATTERNS - PMC (nih.gov)