



How much food does a family need for 7 Days?

The chart below shows how many pounds of food from each food group a person needs for seven days. Needs vary by age and gender. Totals have been rounded to the nearest 1/2 pound.

CATEGORY	Children		Males			Females		
	1-5 Years	6-11 Years	12-18 Years	19-70 Years	71+ Years	12-18 Years	19-70 Years	71+ Years
Grains	2	2.5	4	6.5	3	3	3	2.5
Vegetables	4	7.5	8.5	9.5	8	6.5	8	11
Fruits	3.5	5	7	8.5	5.5	5.5	7	4.5
Milk Products	7.5	9.5	12.5	11.5	11.5	12.5	11.5	11
Meat and Beans	1	2.5	2.5	3	4.5	2	4.5	3
Other Foods	1	1	2.5	2	1.5	2.5	1.5	0.5
Totals #	19	28	37	41	34	32	35.5	32.5

See the following page for examples of food portions that are approximately 1 pound.

Examples of Foods Weighing Approximately 1 Pound

1 POUND OF GRAINS:

- Box of Dry Pasta
- Small Container of Oats
- Bag of Uncooked Rice
- 16 Oz Box Dry Cereal

1 POUND OF VEGETABLES:

- 16 Oz Bag of Frozen Vegetables
- 2 Medium Baking Potatoes
- Can of Vegetables
- 3-4 Tomatoes

1 POUND OF FRUIT:

- 3 Medium Apples or Bananas
- Can of Fruit
- 16 Oz Bag of Frozen Fruit
- 16 Oz Bottle/Can Juice

1 POUND OF MILK PRODUCTS:

- 16 oz Box/Bag Dry Milk
- 16 oz Fluid Milk
- 16 oz Block/Bag of Cheese
- 2 Single Serve Yogurt Containers
- Container of Cottage Cheese

1 POUND OF PROTEIN:

- Bag of Dry Beans
- 16 oz Jar of Peanut Butter
- 16 Oz Ground Beef
- 2 Large Chicken Breasts
- 16 Oz Liquid Egg Substitute

1 POUND OF "OTHER" FOODS:

- 4 Sticks of Butter
- 16 Oz of Oil
- 1 Medium Frozen Pizza
- 2 Individual Frozen Dinners
- Can of Soup

Prepared by the Nutrition Education Department at the North Texas Food Bank with help from Dietetic Interns from Presbyterian Hospital in Dallas, June 2009.

