



## Balancing ENERGY IN: Food Intake Guidelines

The *Dietary Guidelines for Americans* includes two eating plans that illustrate the amounts from each food group that are recommended each day or each week. The USDA Food Guide and Dietary Approaches to Stop Hypertension (DASH) Eating Plan can serve as basic guides for balanced nutrition for you and your family. Amounts are

also provided for different foods within each food group.

Both eating plans are based on a 2,000 calorie daily intake (ENERGY IN). You will need to adjust the basic guide up or down depending on the individual needs for every family member. Use it with the [Estimated Calorie Requirements](#) to determine how much of these foods to eat to maintain your energy balance.

[Download the eating plans](#) from the *Dietary Guidelines for Americans*.

PDF Format, 249K [Download Adobe Reader](#).

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