

How many vegetables are needed daily or weekly?

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown in the first chart. Recommended weekly amounts from each vegetable subgroup are shown in the second chart.

Daily recommendation*		
Children	2-3 years old	1 cup**
	4-8 years old	1 ½ cups**
Girls	9-13 years old	2 cups**
	14-18 years old	2 ½ cups**
Boys	9-13 years old	2 ½ cups**
	14-18 years old	3 cups**
Women	19-30 years old	2 ½ cups**
	31-50 years old	2 ½ cups**
	51+ years old	2 cups**
Men	19-30 years old	3 cups**
	31-50 years old	3 cups**
	51+ years old	2 ½ cups**

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs. [Click here for more information about physical activity.](#)

** [Click here to see what counts as a cup of vegetables.](#)

Vegetable subgroup recommendations are given as amounts to eat WEEKLY. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation.

		Dark green vegetables	Orange Vegetables	Dry beans and peas	Starchy vegetables	Other vegetables
AMOUNT PER WEEK**						
Children	2-3 years old	1 cup	½ cup	½ cup	1 ½ cups	4 cups
	4-8 years old	1 ½ cups	1 cup	1 cup	2 ½ cups	4 ½ cups
Girls	9-13 years old	2 cups	1 ½ cups	2 ½ cups	2 ½ cups	5 ½ cups
	14-18 years old	3 cups	2 cups	3 cups	3 cups	6 ½ cups
Boys	9-13 years old	3 cups	2 cups	3 cups	3 cups	6 ½ cups
	14-18 years old	3 cups	2 cups	3 cups	6 cups	7 cups
Women	19-30 years old	3 cups	2 cups	3 cups	3 cups	6 ½ cups
	31-50 years old	3 cups	2 cups	3 cups	3 cups	6 ½ cups
	51+ years old	2 cups	1 ½ cups	2 ½ cups	2 ½ cups	5 ½ cups
Men	19-30 years old	3 cups	2 cups	3 cups	6 cups	7 cups
	31-50 years old	3 cups	2 cups	3 cups	6 cups	7 cups
	51+ years old	3 cups	2 cups	3 cups	3 cups	6 ½ cups

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