Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Protein Foods

* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.
Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Seafood

* Recommended daily amount for each sex/age group at a sedentary activity level. Recommended amounts for active individuals are higher.

Data Source: Recommended amounts from the 2015 USDA Food Patterns. Usual intake distributions for What We Eat in America/National Health and Nutrition Examination Survey 2007-10 from the National Cancer Institute.

Available at www.cnpp.usda.gov/USDAFoodPatterns