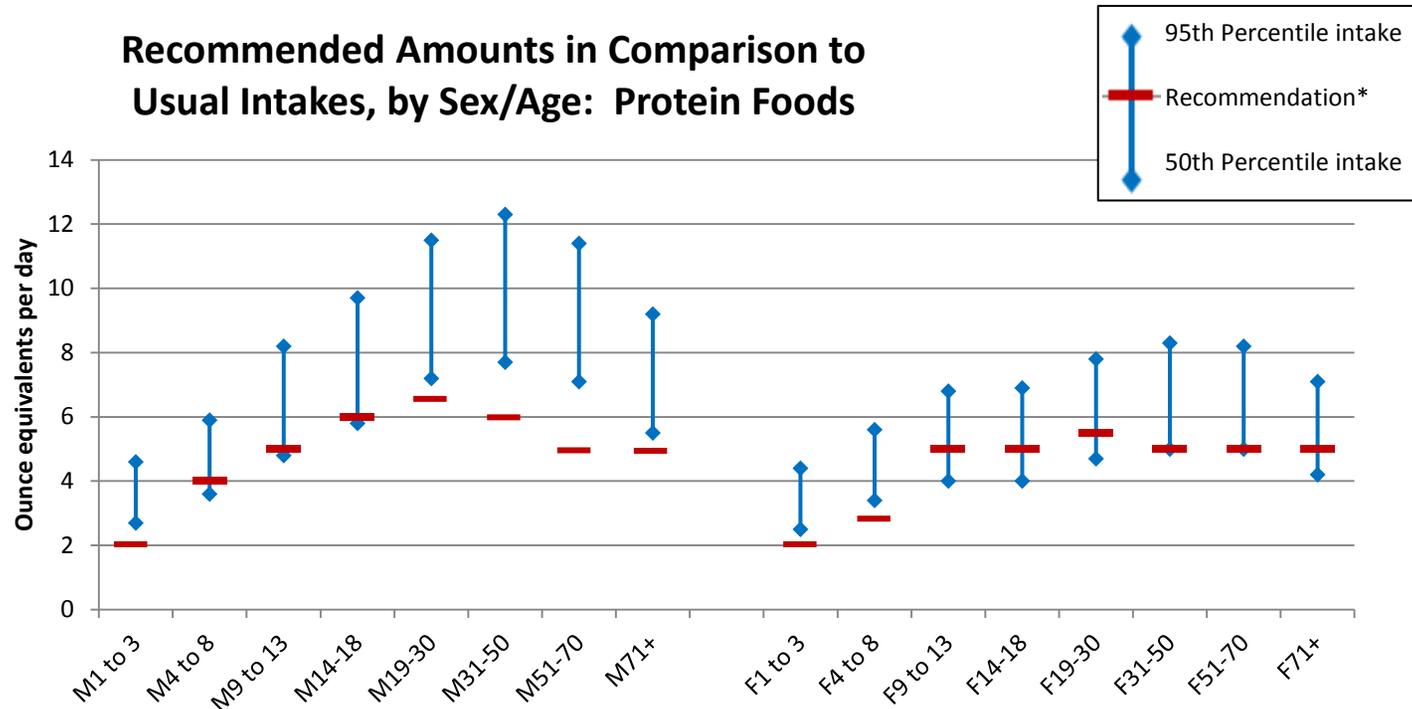


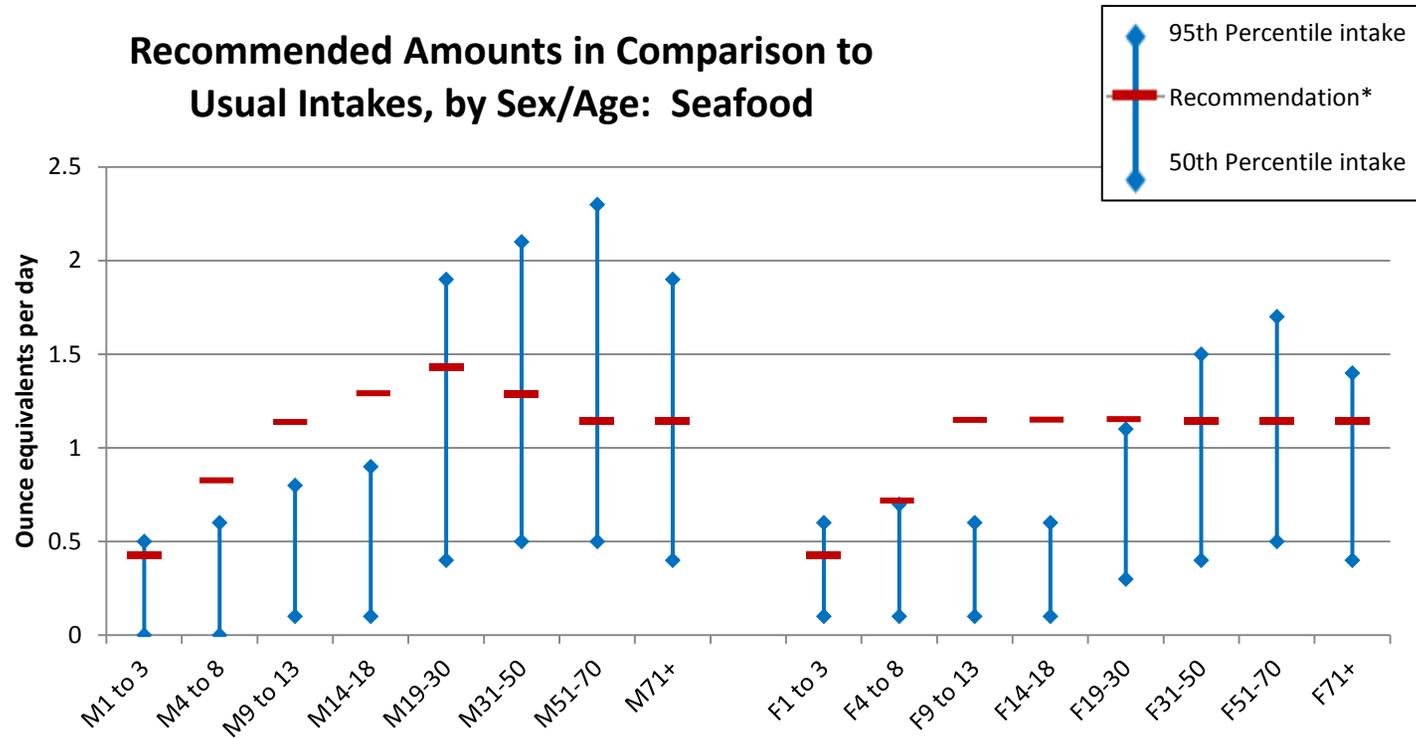
## Recommended Amounts in Comparison to Usual Intakes, by Sex/Age: Protein Foods



\* 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.