

TABLE 3: NUTRITIONAL GOALS FOR PROPOSED DAILY FOOD INTAKE PATTERNS

This table shows the nutritional goals for each proposed Pyramid food intake pattern. The patterns are listed in the leftmost column, identified by calorie level. The target age/gender group(s) for each pattern are shown and the goals for each nutrient for that group are then listed. The source of the goal for each nutrient is shown at the top of the column. See the Notes page for additional information.

Nutrient Source of Goal		VITAMIN A	VITAMIN E	VITAMIN C	THIAMIN	RIBOFLAVIN	NIACIN	VITAMIN B₆	FOLATE	VITAMIN B₁₂
		RDA³	RDA³	RDA³	RDA³	RDA³	RDA³	RDA³	RDA³	RDA³
Food Pattern (calories)	Target age/gender groups for pattern²	(µg RAE)	(mg AT)	(mg)	(mg)	(mg)	(mg)	(mg)	(µg)	(µg)
1000	child 1-3	300	6	15	0.5	0.5	6	0.5	150	0.9
1200	female 4-8	400	7	25	0.6	0.6	8	0.6	200	1.2
1400	male 4-8	400	7	25	0.6	0.6	8	0.6	200	1.2
1600	female 9-13	600	11	45	0.9	0.9	12	1.0	300	1.8
	female 51-70, 70+	700	15	75	1.1	1.1	14	1.5	400	2.4
1800	male 9-13	600	11	45	0.9	0.9	12	1.0	300	1.8
	female 14-18	700	15	65	1.0	1.0	14	1.2	400	2.4
	female 31-50	700	15	75	1.1	1.1	14	1.3	400	2.4
2000	male 51-70, 70+	900	15	90	1.2	1.3	16	1.7	400	2.4
	female 19-30	700	15	75	1.1	1.1	14	1.3	400	2.4
2200	male 14-18	900	15	75	1.2	1.3	16	1.3	400	2.4
	male 31-50	900	15	90	1.2	1.3	16	1.3	400	2.4
2400	male 19-30	900	15	90	1.2	1.3	16	1.3	400	2.4
2600 ⁷	male 19-30	900	15	90	1.2	1.3	16	1.3	400	2.4
2800 ⁷	male 14-18	900	15	75	1.2	1.3	16	1.3	400	2.4
3000 ⁷	male 19-30	900	15	90	1.2	1.3	16	1.3	400	2.4
3200 ⁷	male 14-18	900	15	75	1.2	1.3	16	1.3	400	2.4

TABLE 3 (cont'd.): NUTRITIONAL GOALS FOR PROPOSED DAILY FOOD INTAKE PATTERNS

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Nutrient Source of Goal		CALCIUM AI ³	PHOSPHORUS RDA ³	MAGNESIUM RDA ³	IRON RDA ³	ZINC RDA ³	COPPER RDA ³	SODIUM DV ³	POTASSIUM EMR ^{3,4}
Food Pattern (calories)	Target age/gender groups for pattern²	(mg)	(mg)	(mg)	(mg)	(mg)	(µg)	(mg)	(mg)
1000	child 1-3	500	460	80	7	3	340	2400	1400
1200	female 4-8	800	500	130	10	5	440	2400	1600
1400	male 4-8	800	500	130	10	5	440	2400	1600
1600	female 9-13	1300	1250	240	8	8	700	2400	2000
	female 51-70, 70+	1200	700	320	8	8	900	2400	2000
1800	male 9-13	1300	1250	240	8	8	700	2400	2000
	female 14-18	1300	1250	360	15	9	890	2400	2000
	female 31-50	1000	700	320	18	8	900	2400	2000
2000	male 51-70, 70+	1200	700	420	8	11	900	2400	2000
	female 19-30	1000	700	310	18	8	900	2400	2000
2200	male 14-18	1300	1250	410	11	11	890	2400	2000
	male 31-50	1000	700	420	8	11	900	2400	2000
2400	male 19-30	1000	700	400	8	11	900	2400	2000
2600 ⁷	male 19-30	1000	700	400	8	11	900	2400	2000
2800 ⁷	male 14-18	1300	1250	410	11	11	890	2400	2000
3000 ⁷	male 19-30	1000	700	400	8	11	900	2400	2000
3200 ⁷	male 14-18	1300	1250	410	11	11	890	2400	2000

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Nutrient Source of Goal		PROTEIN		CARBOHYDRATE		ADDED SUGARS	TOTAL FIBER	TOTAL FAT	SATURATED FAT	CHOLESTEROL	LINOLEIC ACID	α-LINOLENIC ACID		
		RDA ³	AMDR ³	RDA ³	AMDR ³	See Note 5	See Note 6	AMDR ³	DG ³	DV ³	AI ³	AMDR ³	AI ³	AMDR ³
Food Pattern (calories)	Target age/gender groups for pattern ²	(g)	(%)	(g)	(%)	(%)	(g)	(%)	(%)	(mg)	(g)	(%)	(g)	(%)
1000	child 1-3	13	5-20	130	45-65	<25%	14	30-40	<10%	<300	7	5-10	0.7	0.6-1.2
1200	female 4-8	19	10-30	130	45-65	<25%	17	25-35	<10%	<300	10	5-10	0.9	0.6-1.2
1400	male 4-8	19	10-30	130	45-65	<25%	20	25-35	<10%	<300	10	5-10	0.9	0.6-1.2
1600	female 9-13	34	10-30	130	45-65	<25%	22	25-35	<10%	<300	10	5-10	1.0	0.6-1.2
	female 51-70, 70+	46	10-35	130	45-65	<25%	22	20-35	<10%	<300	11	5-10	1.1	0.6-1.2
1800	male 9-13	34	10-30	130	45-65	<25%	25	25-35	<10%	<300	12	5-10	1.2	0.6-1.2
	female 14-18	46	10-30	130	45-65	<25%	25	25-35	<10%	<300	11	5-10	1.1	0.6-1.2
	female 31-50	46	10-35	130	45-65	<25%	25	20-35	<10%	<300	12	5-10	1.1	0.6-1.2
2000	male 51-70, 70+	56	10-35	130	45-65	<25%	28	20-35	<10%	<300	14	5-10	1.6	0.6-1.2
	female 19-30	46	10-35	130	45-65	<25%	28	20-35	<10%	<300	12	5-10	1.1	0.6-1.2
2200	male 14-18	52	10-30	130	45-65	<25%	31	25-35	<10%	<300	16	5-10	1.6	0.6-1.2
	male 31-50	56	10-35	130	45-65	<25%	31	20-35	<10%	<300	17	5-10	1.6	0.6-1.2
2400	male 19-30	56	10-35	130	45-65	<25%	34	20-35	<10%	<300	17	5-10	1.6	0.6-1.2
2600 ⁷	male 19-30	56	10-35	130	45-65	<25%	36	20-35	<10%	<300	17	5-10	1.6	0.6-1.2
2800 ⁷	male 14-18	52	10-30	130	45-65	<25%	31	25-35	<10%	<300	16	5-10	1.6	0.6-1.2
3000 ⁷	male 19-30	56	10-35	130	45-65	<25%	36	20-35	<10%	<300	17	5-10	1.6	0.6-1.2
3200 ⁷	male 14-18	52	10-30	130	45-65	<25%	31	25-35	<10%	<300	16	5-10	1.6	0.6-1.2

NOTES FOR TABLE 3:

1. Nutritional goals are from Institute of Medicine (IOM) Dietary Reference Intakes reports, 1997-2002 (RDA, AI, AMDR); from Food and Drug Administration Daily Values for Nutrition Facts Labels (DV); from Recommended Dietary Allowances, 1989 (EMR); and from the Dietary Guidelines for Americans, 2000 (DG).
2. Target groups are based on estimated energy requirements of sedentary individuals of reference height and weight from IOM Dietary Reference Intakes macronutrients report, 2002.
3. Nutritional goals based on Recommended Dietary Allowances (RDA); Adequate Intakes (AI); Daily Values (DV); Estimated Minimum Requirements (EMR); Acceptable Macronutrient Distribution Ranges (AMDR); or Dietary Guidelines (DG) recommendations. AMDR are shown as a percentage of total calories.
4. The Estimated Minimum Requirement (EMR) for potassium is from the 1989 Recommended Dietary Allowances.
5. Added sugars: The reference amount is based on the suggestion from the Dietary Reference Intakes macronutrients report. In determining Food Guide Pyramid daily food intake patterns, amounts of added sugars in each pattern are calculated based on the calories that remain available, up to the energy goal, after food group and fat calories are considered.
6. Estimated total fiber recommendation is based on 14 grams of total fiber per 1000 calories, the basis for the total fiber Adequate Intakes recommendation in the DRI macronutrients report. Additional explanation for this choice is found in the text of the Federal Register notice.
7. Food patterns at the 2600, 2800, 3000, and 3200 calorie levels are not target patterns for any age/gender group, but they are suggested patterns for more active men. Sample comparisons with the nutritional goals for males ages 14 to 18 and 19 to 30 are listed here.