Healthy Vegetarian Pattern—Recommended Intake Amounts

Calorie Level of Pattern[a]	**1,000**	**1,200**	**1,400**	**1,600**	**1,800**	**2,000**	**2,200**	**2,400**	**2,600**	**2,800**	**3,000**	**3,200**
Food Group[b]	**Daily Amount**[c] of Food from Each Group (vegetable and protein foods subgroup amounts are per week)											
Fruits	**1 c-eq**	**1 c-eq**	**1½ c-eq**	**1½ c-eq**	**1½ c-eq**	**2 c-eq**	**2 c-eq**	**2 c-eq**	**2 c-eq**	**2½ c-eq**	**2½ c-eq**	**2½ c-eq**
Vegetables	**1 c-eq**	**1½ c-eq**	**1½ c-eq**	**2 c-eq**	**2½ c-eq**	**2½ c-eq**	**3 c-eq**	**3 c-eq**	**3½ c-eq**	**3½ c-eq**	**4 c-eq**	**4 c-eq**
Dark-green veg (c-eq/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red/Orange veg (c-eq/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans and peas (c-eq/wk)[d]	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy veg (c-eq/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other veg (c-eq/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
Grains	**3 oz-eq**	**4 oz-eq**	**5 oz-eq**	**5½ oz-eq**	**6½ oz-eq**	**6½ oz-eq**	**7½ oz-eq**	**8½ oz-eq**	**9½ oz-eq**	**10½ oz-eq**	**10½ oz-eq**	**10½ oz-eq**
Whole grains (oz-eq/day)[e]	1½	2	2½	3	3½	3½	4	4½	5	5½	5½	5½
Refined grains (oz-eq/day)	1½	2	2½	2½	3	3	3½	4	4½	5	5	5
Protein Foods	**1 oz-eq**	**1½ oz-eq**	**2 oz-eq**	**2½ oz-eq**	**3 oz-eq**	**3½ oz-eq**	**3½ oz-eq**	**4 oz-eq**	**4½ oz-eq**	**5 oz-eq**	**5½ oz-eq**	**6 oz-eq**
Beans and peas (oz-eq/wk)[d]	1	2	4	4	6	6	6	8	9	10	11	12
Eggs (oz-eq/wk)	2	3	3	3	3	3	3	3	3	4	4	4
Nuts and seeds (oz-eq/wk)	2	2	3	5	6	7	7	8	9	10	12	13
Soy products (oz-eq/wk)	2	3	4	6	6	8	8	9	10	11	12	13
Dairy	**2 c-eq**	**2.5 c-eq**	**2.5 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**
Oils	**15 g**	**17 g**	**17 g**	**22 g**	**24 g**	**27 g**	**29 g**	**31 g**	**34 g**	**36 g**	**44 g**	**51 g**
Limit on Calories for Other Uses[f,g]												
Calories	190	170	190	180	190	290	330	390	390	400	440	550
% of Calories	19%	14%	14%	11%	11%	15%	15%	16%	15%	14%	15%	17%

[a] Food intake patterns at 1000, 1200, and 1400 calories are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1600 to 3200 calories are designed to meet the nutritional needs of children 9 years and older and adults. If a child 4 to 8 years of age needs more calories and, therefore, is following a pattern at 1600 calories or more, his/her recommended amount from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the 1000-, 1200-, or 1400-calorie patterns.

[b] Foods in each group and subgroup are:

Vegetables

- Dark-green vegetables: All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, turnip, and mustard greens.
- Red and orange vegetables: All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, tomatoes, tomato juice, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
- Legumes (beans and peas): All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas, and edamame (green soybeans). Does not include green beans or green peas.

(cont.) Healthy Vegetarian Pattern—Recommended Intake Amounts

[b] Foods in each group and subgroup are:

(cont.) Vegetables

- Starchy vegetables: All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas, green lima beans, plantains, and cassava.
- Other vegetables: All other fresh, frozen, and canned vegetables, cooked or raw: for example, iceberg lettuce, green beans, onions, cucumbers, cabbage, celery, zucchini, mushrooms, and green peppers.

Fruits

- All fresh, frozen, canned, and dried fruits and fruit juices: for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, and raisins.

Grains

- Whole grains: All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, popcorn, and brown rice.
- Refined grains: All refined-grain products and refined grains used as ingredients: for example, white breads, refined grain cereals and crackers, pasta, and white rice. Refined grain choices should be enriched.

Protein Foods

- All seafood, meats, poultry, eggs, soy products, nuts, and seeds. Meats and poultry should be lean or low-fat and nuts should be unsalted. Legumes (beans and peas) can be considered part of this group as well as the vegetable group, but should be counted in one group only.

Dairy

- All milk, including lactose-free and lactose-reduced products and fortified soy beverages (soymilk), yogurt, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

[c] Food group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Oils are shown in grams (g). Quantity equivalents for each food group are:

- Fruits and Vegetables, 1 cup-equivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens, ½ cup dried fruit or vegetable.
- Grains, 1 ounce-equivalent is: ½ cup cooked rice, pasta, or cereal; 1 ounce dry pasta or rice; 1 medium (1 ounce) slice bread; 1 ounce of ready-to-eat cereal (about 1 cup of flaked cereal).
- Protein Foods, 1 ounce-equivalent is: 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts or seeds.
- Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1½ ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese.

[d] About half of total legumes (beans and peas) are shown as vegetables, in cup-eq, and half as protein foods, in oz-eq. Total beans and peas in the Patterns, in cup-eq, is the amount in the vegetable group plus the amount in protein foods group (in oz-eqs) divided by 4:

Calorie Level of Pattern[a]	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Total Beans & Peas (c-eq/wk)	1	1	1½	2	3	3	3½	4	5	5	6	6

(cont.) Healthy Vegetarian Pattern—Recommended Intake Amounts

[e] Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults.

[f] All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared without added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendations are in nutrient-dense forms, a small number of calories remain within the overall calorie limit of the Pattern (i.e., limit on calories for other uses). The number of these calories depends on the overall calorie limit in the Pattern and the amounts of food from each food group required to meet nutritional goals. Nutritional goals are higher for the 1,200- to 1,600-calorie Patterns than for the 1,000-calorie Pattern, so the limit on calories for other uses is lower in the 1,200- to 1,600-calorie Patterns. Calories up to the specified limit can be used for added sugars, added refined starches, solid fats, alcohol, or to eat more than the recommended amount of food in a food group. The overall eating Pattern also should not exceed the limits of less than 10 percent of calories from added sugars and less than 10 percent of calories from saturated fats. At most calorie levels, amounts that can be accommodated are less than these limits. For adults of legal drinking age who choose to drink alcohol, a limit of up to 1 drink per day for women and up to 2 drinks per day for men within limits on calories for other uses applies (see Appendix 9. Alcohol in the 2015-2020 Dietary Guidelines for Americans for additional guidance); and calories from protein, carbohydrate, and total fats should be within the Acceptable Macronutrient Distribution Ranges (AMDRs).

[g] Values are rounded.

Available at www.cnpp.usda.gov/USDAFoodPatterns