

## Nutrient Profiles for Food Groups and Subgroups in the 2015 USDA Food Patterns

Consumption-weighted average nutrient content of a group or subgroup for a standardized amount from each group.

Based on NHANES 2009-10 consumption data, 2 days of food intake, SR26 nutrient data.

Food Groups	FRUIT	VEGETABLES					GRAINS		PROTEIN FOODS							DAIRY			
Subgroups		Dark Green	Red-Orange	Beans & Peas	Starchy	Other	Whole Grains	Refined Grains	Meats	Poultry	Fish- Hi n3	Fish- Lo n3	Eggs	Soy Prdts	Nuts/ Seeds		Oils	Solid Fats	Added Sugars
Amount	1 cup eq	1 cup eq	1 cup eq	1 cup eq	1 cup eq	1 cup eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 oz eq	1 cup eq	1 gram	1 gram	1 gram
<b>Macronutrients</b>																			
Calories , kcal	98	33	43	243	179	48	92	85	49	51	53	31	78	47	87	77	9	8	4
Protein, g	1.1	2.7	1.6	15.7	4.0	1.9	3.3	2.4	7.1	7.8	6.5	6.1	6.3	10.2	3.1	8.7	0.0	0.0	0.0
Carbohydrate, g	24.6	6.4	10.1	43.5	34.8	9.2	17.4	15.9	0.1	0.2	0.0	0.2	0.6	1.0	3.2	8.4	0.0	0.0	1.0
Fiber, dietary, g	2.3	3.3	2.4	15.4	3.7	2.6	2.4	0.7	0.0	0.0	0.0	0.0	0.0	0.7	1.2	0.2	0.0	0.0	0.0
Total lipid (fat), g	0.3	0.4	0.3	1.3	3.2	1.1	1.3	1.2	2.0	1.9	2.8	0.5	5.3	0.9	7.5	0.9	1.0	0.9	0.0
Trans fatty acids, g	0.00	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.04	0.00
Saturated fats, g	0.06	0.07	0.04	0.25	0.42	0.16	0.27	0.28	0.76	0.52	0.58	0.14	1.63	0.15	1.08	0.55	0.14	0.41	0.00
Monounsaturated fats, g	0.04	0.03	0.03	0.22	1.81	0.56	0.34	0.44	0.87	0.70	0.98	0.13	2.04	0.22	3.67	0.25	0.34	0.34	0.00
Polyunsaturated fats, g	0.09	0.18	0.11	0.58	0.63	0.21	0.56	0.37	0.12	0.44	0.96	0.15	0.71	0.41	2.43	0.07	0.48	0.14	0.00
Linoleic acid, g	0.07	0.05	0.11	0.36	0.54	0.16	0.52	0.34	0.10	0.35	0.16	0.03	0.59	0.36	2.31	0.04	0.42	0.13	0.00
Linolenic acid, g	0.03	0.13	0.01	0.22	0.08	0.05	0.03	0.03	0.01	0.02	0.03	0.00	0.02	0.04	0.11	0.01	0.06	0.01	0.00
EPA, g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.16	0.03	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DHA, g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.01	0.33	0.05	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Stearic Acid, g	0.00	0.01	0.01	0.02	0.14	0.01	0.04	0.10	0.26	0.12	0.08	0.03	0.41	0.04	0.22	0.10	0.03	0.10	0.00
Cholesterol, mg	0	0	0	0	0	0	1	0	20	24	18	28	187	0	0	7	0	1	0
<b>Minerals</b>																			
Calcium, mg	19	75	24	83	17	38	44	29	2	4	8	14	25	45	13	295	0	0	0
Iron, mg	0.4	1.5	1.3	4.3	1.0	0.7	2.2	1.1	0.5	0.3	0.2	0.3	0.6	1.9	0.4	0.1	0.0	0.0	0.0
Magnesium, mg	20	38	22	95	37	18	31	8	6	7	9	10	5	9	29	20	0	0	0
Phosphorus, mg	28	62	44	269	100	46	91	39	65	60	73	74	86	103	65	232	0	0	0
Potassium, mg	311	377	443	739	604	266	94	33	93	76	104	82	63	27	96	235	0	0	0
Sodium, mg	4	46	34	3	74	30	84	101	127	59	41	118	62	116	20	202	0	2	0
Zinc, mg	0.2	0.5	0.3	1.9	0.6	0.4	1.4	0.3	1.2	0.6	0.2	0.6	0.5	0.6	0.5	1.1	0.0	0.0	0.0
Copper, mg	0.1	0.1	0.2	0.4	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0
Manganese, mg	0.20	0.41	0.21	0.87	0.25	0.23	0.69	0.16	0.00	0.01	0.02	0.02	0.01	0.25	0.29	0.01	0.00	0.00	0.00
Selenium, µg	0.5	1.4	0.5	6.0	1.3	1.6	6.2	6.4	8.2	6.1	13.4	14.6	15.4	1.3	1.4	6.6	0.0	0.0	0.0

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<b>Vitamins</b>																			
Vitamin A, µg_RAE	16	324	284	0	7	20	43	10	11.45	3.83	4.20	10.42	74.50	0.00	0.08	98	0	2	0
Vitamin E, mg AT	0.34	1.44	1.56	0.69	0.38	0.36	0.30	0.06	0.09	0.07	0.15	0.27	0.52	0.00	1.36	0.04	0.14	0.05	0.00
Vitamin D, IU	0.0	0.0	0.0	0.0	0.0	0.5	6.0	1.0	4.14	1.40	98.69	19.50	43.50	0.00	0.00	59.3	0.0	0.3	0.0
Vitamin C, mg	33.5	47.5	20.0	1.1	11.9	17.0	1.3	0.2	0.04	0.00	0.74	0.34	0.00	0.02	0.05	0.1	0.0	0.0	0.0
Thiamin, mg	0.07	0.08	0.05	0.35	0.23	0.07	0.14	0.14	0.06	0.02	0.07	0.02	0.03	0.03	0.04	0.07	0.00	0.00	0.00
Riboflavin, mg	0.06	0.15	0.07	0.11	0.06	0.08	0.10	0.08	0.06	0.05	0.04	0.03	0.26	0.02	0.04	0.29	0.00	0.00	0.00
Niacin, mg	0.55	0.61	1.36	0.75	2.62	0.73	1.84	1.24	1.66	2.59	2.03	1.17	0.03	0.18	1.27	0.15	0.00	0.00	0.00
Vitamin B-6, mg	0.16	0.20	0.17	0.29	0.33	0.15	0.18	0.05	0.11	0.13	0.15	0.07	0.06	0.02	0.06	0.06	0.00	0.00	0.00
Vitamin B-12, µg	0.00	0.00	0.00	0.00	0.00	0.00	0.29	0.09	0.60	0.10	0.91	1.57	0.56	0.00	0.00	0.83	0.00	0.00	0.00
Choline, mg	10	31	16	41	24	14	8	4	26	22	5	19	147	25	7	24	0	0	0
Vitamin K, µg	3	285	9	5	7	29	1	0	0	1	0	0	0	0	0	0	1	0	0

Available at [www.cnpp.usda.gov/USDAFoodPatterns](http://www.cnpp.usda.gov/USDAFoodPatterns)