

Nutrients in Healthy Mediterranean-Style Eating Pattern at Each Calorie Level

Calorie Level	1000*	1200**	1400**	1600**	1600*	1800*	2000*	2200*	2400**	2600**	2800**	3000**	3200**
Macronutrients													
Calories , kcal	990	1204	1395	1683	1644	1802	1998	2203	2399	2602	2800	2999	3200
Protein, g	44	59	69	82	77	86	89	98	108	114	120	122	122
Carbohydrate, g	128	155	185	216	212	236	259	289	313	343	376	394	410
Fiber, total dietary, g	14	18	21	26	26	30	31	36	38	43	46	49	49
Total lipid (fat), g	36	41	45	59	58	62	72	78	85	92	97	111	126
Trans fatty acids, g	0.42	0.37	0.38	0.59	0.59	0.57	0.81	0.86	0.95	1.04	1.09	1.31	1.67
Saturated fats, g	9.3	10.1	11.0	14.6	14.3	14.7	18.0	19.4	21.4	23.0	24.3	27.5	32.2
Monounsaturated fats, g	12.8	14.8	16.3	21.1	21.0	22.3	26.0	28.3	30.7	33.2	35.1	39.9	45.4
Polyunsaturated fats, g	11.5	13.4	14.4	18.5	18.5	20.0	22.6	24.7	26.6	29.0	30.9	35.6	40.2
Linoleic acid (18:2), g	10.1	11.7	12.6	16.0	16.0	17.2	19.5	21.3	22.5	25.2	26.8	31.0	35.1
Linolenic acid (18:3), g	1.2	1.4	1.5	1.9	1.9	2.0	2.3	2.5	2.7	3.0	3.2	3.7	4.2
EPA (20:5 n-3), g	0.03	0.04	0.05	0.10	0.10	0.13	0.13	0.14	0.35	0.15	0.15	0.15	0.15
DHA (22:6 n-3), g	0.05	0.08	0.11	0.20	0.20	0.26	0.27	0.28	0.29	0.30	0.30	0.30	0.30
Stearic Acid (18:0), g	2.28	2.48	2.73	3.60	3.54	3.66	4.48	4.84	5.32	5.73	6.06	6.88	8.05
Cholesterol, mg	88	121	153	201	198	212	232	251	268	274	289	293	300
Minerals													
Calcium, mg	768	975	1030	1083	936	988	1001	1064	1250	1309	1358	1376	1376
Iron, mg	8	10	13	15	15	17	17	20	22	24	26	27	27
Magnesium, mg	169	223	262	315	305	337	352	396	429	469	502	519	520
Phosphorus, mg	900	1184	1331	1517	1401	1528	1572	1722	1929	2053	2157	2204	2204
Potassium, mg	1611	2102	2407	2941	2823	3158	3353	3701	3916	4242	4494	4721	4722
Sodium, mg	919	1221	1404	1558	1457	1634	1685	1847	2078	2210	2339	2368	2385
Zinc, mg	7	9	11	13	12	13	14	15	17	18	19	20	20
Copper, mg	0.62	0.83	0.99	1.23	1.21	1.39	1.46	1.64	1.74	1.90	2.03	2.12	2.12
Manganese, mg	2	2	3	4	4	4	4	5	5	6	6	6	6
Selenium, µg	51	70	86	102	99	114	118	130	143	152	161	162	162
Vitamins													
Vitamin A, µg_RAE	467	599	646	762	713	790	815	901	985	1083	1125	1161	1177
Vitamin E, mg AT	4.9	5.9	6.6	8.6	8.6	9.5	10.5	11.5	12.2	13.4	14.2	15.8	17.2
Vitamin D, IU	157	203	219	254	225	246	251	263	299	308	314	316	318
Vitamin C, mg	54	64	82	109	109	117	134	144	145	155	172	179	179
Thiamin, mg	0.8	1.1	1.3	1.5	1.4	1.7	1.7	2.0	2.2	2.4	2.6	2.7	2.7
Riboflavin, mg	1.1	1.5	1.7	1.8	1.7	1.8	1.9	2.0	2.3	2.4	2.6	2.6	2.6
Niacin, mg	10	14	18	21	21	24	25	28	30	33	35	36	36
Vitamin B-6, mg	1.1	1.4	1.7	2.1	2.1	2.3	2.4	2.7	2.9	3.1	3.4	3.5	3.5
Vitamin B-12, µg	3.4	4.6	5.3	6.7	6.3	7.2	7.4	7.9	8.7	9.1	9.4	9.4	9.5
Choline, mg	159	216	257	312	300	323	345	379	409	429	454	466	468
Vitamin K, µg	58	88	90	126	125	134	140	172	176	206	211	229	239
Folate, µg_DFE	274	363	437	500	495	579	592	693	757	853	924	956	956

*Includes 2 cup eq Dairy; **Includes 2.5 cup eq of Dairy

Comparison of nutrient content of each Healthy Mediterranean-Style Eating Pattern to the nutritional goals for that pattern

CALORIE LEVEL		1000*	1200**	1400**	1600**	1600*	1600*	1800*	1800*	1800*	2000*	2000*	2200*	2200*	2400**	2600**	2800**	3000**	3200**
Age/sex group for comparison		M/F	M/F	M/F	M/F	F	F	M	F	F	M	F	M	M	M	M	M	M	M
		1 to 3	4 to 8	4 to 8	4 to 8	9 to 13	51-70	9 to 13	14-18	31-50	51-70	19-30	14-18	31-50	19-30	19-30	14-18	19-30	14-18
Macronutrients																			
Energy	%goal	99%	100%	100%	105%	103%	103%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	337%	311%	364%	430%	228%	168%	252%	186%	186%	159%	194%	188%	175%	193%	203%	231%	218%	235%
Protein	%kcal	18%	20%	20%	19%	19%	19%	19%	19%	19%	18%	18%	18%	18%	18%	18%	17%	16%	15%
Carbohydrate	%RDA	98%	119%	142%	166%	163%	163%	181%	181%	181%	199%	199%	222%	222%	241%	264%	289%	303%	316%
Carbohydrate	%kcal	52%	52%	53%	51%	52%	52%	52%	52%	52%	52%	52%	52%	52%	52%	52%	53%	54%	53%
Dietary fiber	%AI	100%	107%	109%	118%	117%	117%	118%	118%	118%	112%	112%	117%	117%	114%	118%	118%	117%	110%
Total fat	%kcal	33%	31%	29%	31%	32%	32%	31%	31%	31%	32%	32%	32%	32%	32%	32%	32%	31%	33%
Trans fat	%kcal	0.4%	0.3%	0.2%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.5%
Saturated fat	%kcal	8%	8%	7%	8%	8%	8%	7%	7%	7%	8%	8%	8%	8%	8%	8%	8%	8%	9%
Monounsat. fat	%kcal	12%	11%	11%	11%	12%	12%	11%	11%	11%	12%	12%	12%	12%	12%	11%	11%	12%	13%
Polyunsat. fat	%kcal	10%	10%	9%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	11%	11%
Linoleic acid	%AI	144%	117%	126%	160%	160%	145%	143%	156%	143%	139%	163%	133%	125%	132%	148%	167%	182%	193%
Linolenic acid	%AI	173%	155%	162%	209%	188%	171%	171%	186%	186%	144%	210%	158%	158%	169%	186%	197%	232%	232%
Minerals																			
Calcium	%RDA	110%	98%	103%	108%	72%	78%	76%	76%	99%	83%	100%	82%	106%	125%	131%	104%	138%	106%
Iron	%RDA	110%	104%	126%	147%	183%	183%	208%	111%	93%	214%	95%	179%	246%	270%	301%	237%	335%	244%
Magnesium	%RDA	212%	172%	202%	243%	127%	95%	141%	94%	105%	84%	113%	96%	94%	107%	117%	122%	130%	127%
Phosphorus	%RDA	196%	237%	266%	303%	112%	200%	122%	122%	218%	225%	225%	138%	246%	276%	293%	173%	315%	176%
Potassium	%AI	54%	55%	63%	77%	63%	60%	70%	67%	67%	71%	71%	79%	79%	83%	90%	96%	100%	100%
Sodium	%UL	61%	64%	74%	82%	66%	63%	74%	71%	71%	73%	73%	80%	80%	90%	96%	102%	103%	104%
Zinc	%RDA	232%	186%	219%	257%	154%	154%	164%	146%	164%	124%	170%	138%	138%	153%	165%	176%	179%	179%
Copper	%RDA	183%	188%	225%	279%	173%	135%	199%	156%	154%	162%	162%	184%	182%	193%	212%	228%	236%	238%
Manganese	%AI	155%	164%	202%	242%	226%	201%	208%	247%	220%	177%	227%	214%	204%	224%	250%	286%	281%	294%
Selenium	%RDA	257%	234%	285%	341%	247%	180%	286%	208%	208%	215%	215%	237%	237%	259%	276%	293%	295%	295%
Vitamins																			
Vitamin A	%RDA	156%	150%	161%	191%	119%	102%	132%	113%	113%	91%	116%	100%	100%	109%	120%	125%	129%	131%
Vitamin E	%RDA	82%	84%	94%	123%	78%	57%	86%	63%	63%	70%	70%	77%	77%	82%	89%	95%	105%	115%
Vitamin D	%RDA	26%	34%	36%	42%	37%	37%	41%	41%	41%	42%	42%	44%	44%	50%	51%	52%	53%	53%
Vitamin C	%RDA	359%	258%	329%	437%	243%	146%	260%	180%	156%	149%	178%	192%	160%	161%	172%	230%	199%	239%
Thiamin	%RDA	167%	187%	222%	247%	161%	131%	187%	168%	153%	144%	157%	164%	164%	181%	199%	215%	222%	222%
Riboflavin	%RDA	226%	245%	276%	303%	186%	152%	200%	180%	164%	144%	170%	157%	157%	177%	188%	199%	202%	202%
Niacin	%RDA	171%	179%	223%	266%	177%	151%	200%	171%	171%	157%	179%	176%	176%	190%	206%	221%	226%	226%
Vitamin B-6	%RDA	213%	238%	287%	353%	208%	139%	230%	191%	177%	143%	187%	209%	209%	223%	242%	260%	269%	270%
Vitamin B-12	%RDA	379%	382%	445%	561%	351%	263%	402%	301%	301%	308%	308%	331%	331%	362%	378%	392%	393%	394%
Choline	%AI	80%	87%	103%	125%	80%	71%	86%	81%	76%	63%	81%	69%	69%	74%	78%	83%	85%	85%
Vitamin K	%AI	195%	160%	164%	228%	209%	139%	223%	178%	148%	117%	155%	230%	144%	147%	171%	281%	191%	319%
Folate	%RDA	183%	181%	218%	250%	165%	124%	193%	145%	145%	148%	148%	173%	173%	189%	213%	231%	239%	239%

*Includes 2 cup eq Dairy; **Includes 2.5 cup eq of Dairy

Available at www.cnpp.usda.gov/USDAFoodPatterns