

## Nutrients in Healthy US-Style Food Pattern at Each Calorie Level

Calorie Level	1000*	1200**	1400**	1600**	1600***	1800	2000	2200	2400	2600	2800	3000	3200
<b>Macronutrients</b>													
Calories , kcal	1002	1204	1399	1556	1594	1797	2003	2198	2400	2603	2800	3000	3200
Protein, g	44	59	69	78	83	87	91	100	106	111	118	120	120
Carbohydrate, g	129	155	186	197	201	233	256	286	310	341	372	391	407
Fiber, total dietary, g	14	18	21	25	25	29	31	35	37	42	45	48	48
Total lipid (fat), g	37	41	45	54	55	61	72	78	87	94	99	113	128
Trans fatty acids, g	0.5	0.4	0.4	0.4	0.4	0.6	0.8	0.9	1.1	1.1	1.2	1.4	1.8
Saturated fats, g	9.7	10.1	11.0	12.9	13.1	15.0	18.7	19.7	22.6	24.2	25.5	28.8	33.4
Monounsaturated fats, g	13.1	14.8	16.3	19.6	19.7	22.2	26.2	28.2	31.6	34.0	35.9	40.8	46.2
Polyunsaturated fats, g	11.6	13.4	14.4	17.7	17.8	19.7	22.5	24.3	26.8	29.1	31.0	35.7	40.3
Linoleic acid (18:2), g	10.2	11.7	12.6	15.4	15.4	17.2	19.6	21.2	22.7	25.5	27.1	31.3	35.4
Linolenic acid (18:3), g	1.2	1.4	1.5	1.8	1.8	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	0.07	0.07	0.07	0.07	0.08	0.33	0.09	0.09	0.09	0.09
DHA (22:6 n-3), g	0.05	0.08	0.11	0.15	0.15	0.15	0.15	0.17	0.18	0.18	0.20	0.20	0.20
Stearic Acid (18:0), g	2.39	2.48	2.73	3.16	3.22	3.72	4.65	4.90	5.64	6.05	6.38	7.20	8.37
Cholesterol, mg	88	121	153	186	190	192	215	232	251	253	271	275	282
<b>Minerals</b>													
Calcium, mg	768	975	1030	1068	1215	1260	1274	1336	1377	1433	1483	1502	1502
Iron, mg	8	10	13	14	14	16	17	19	21	24	26	26	26
Magnesium, mg	169	223	262	301	311	337	352	395	420	459	493	510	510
Phosphorus, mg	900	1184	1331	1469	1585	1670	1717	1863	1964	2077	2188	2235	2236
Potassium, mg	1611	2102	2407	2745	2863	3149	3348	3691	3798	4113	4373	4600	4601
Sodium, mg	921	1221	1404	1502	1602	1729	1787	1943	2089	2207	2345	2375	2392
Zinc, mg	7	9	11	13	13	14	14	16	17	18	19	20	20
Copper, mg	0.6	0.8	1.0	1.2	1.2	1.3	1.4	1.6	1.7	1.8	1.9	2.0	2.0
Manganese, mg	2	2	3	4	4	4	4	5	5	6	6	6	6
Selenium, mg	51	70	86	95	99	106	110	122	132	140	151	152	152
<b>Vitamins</b>													
Vitamin A, mg_RAE	469	599	646	744	793	872	898	982	1023	1119	1163	1198	1215
Vitamin E, mg AT	5.0	5.9	6.6	8.1	8.2	9.1	10.2	11.2	12.0	13.1	13.9	15.6	17.0
Vitamin D, IU	157	203	219	237	267	269	274	284	295	299	310	311	314
Vitamin C, mg	54	64	82	92	92	100	117	127	128	138	155	162	162
Thiamin, mg	0.8	1.1	1.3	1.4	1.5	1.7	1.7	2.0	2.1	2.4	2.6	2.6	2.6
Riboflavin, mg	1.1	1.5	1.7	1.8	1.9	2.0	2.1	2.3	2.4	2.5	2.7	2.7	2.7
Niacin, mg	10	14	18	20	20	22	24	27	29	31	34	35	35
Vitamin B-6, mg	1.1	1.4	1.7	2.0	2.0	2.2	2.3	2.6	2.8	3.0	3.3	3.4	3.4
Vitamin B-12, mg	3.4	4.6	5.3	6.1	6.5	6.6	6.8	7.3	7.8	8.0	8.5	8.5	8.5
Choline, mg	160	216	257	299	311	326	349	382	402	420	447	458	460
Vitamin K, mg	59	88	90	123	124	132	139	171	175	205	210	228	238
Folate, mg_DFE	274	363	437	487	491	572	586	686	746	842	913	945	945

\*Includes 2 cup eq Dairy; \*\*Includes 2.5 cup eq of Dairy; \*\*\*Includes 3 cup eq Dairy; All patterns at 1800 or more calories include 3 cup eq of Dairy

## Comparison of nutrient content of each Healthy US-Style Food 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
<b>Macronutrients</b>																			
Energy	%goal	100%	100%	100%	97%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	337%	311%	364%	413%	243%	180%	257%	190%	190%	163%	198%	192%	178%	189%	198%	227%	214%	231%
Protein	%kcal	18%	20%	20%	20%	21%	21%	19%	19%	19%	18%	18%	18%	18%	18%	17%	17%	16%	15%
Carbohydrate	%RDA	99%	119%	143%	151%	154%	154%	179%	179%	179%	197%	197%	220%	220%	238%	262%	286%	301%	313%
Carbohydrate	%kcal	51%	52%	53%	51%	50%	50%	52%	52%	52%	51%	51%	52%	52%	52%	52%	53%	52%	51%
Dietary fiber	%AI	101%	107%	109%	112%	113%	113%	114%	114%	114%	109%	109%	114%	114%	111%	115%	115%	114%	108%
Total fat	%kcal	33%	31%	29%	31%	31%	31%	31%	31%	31%	33%	33%	32%	32%	33%	32%	32%	34%	36%
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%	1%
Saturated fat	%kcal	9%	8%	7%	7%	7%	7%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	9%	9%
Monounsatur. fat	%kcal	12%	11%	11%	11%	11%	11%	11%	11%	11%	12%	12%	12%	12%	12%	12%	12%	12%	13%
Polyunsatur. fat	%kcal	10%	10%	9%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	11%	11%
Linoleic acid	%AI	146%	117%	126%	154%	154%	140%	143%	156%	143%	140%	163%	133%	125%	134%	150%	170%	184%	196%
Linolenic acid	%AI	174%	155%	162%	203%	183%	166%	170%	185%	185%	144%	210%	157%	157%	170%	187%	198%	233%	233%
<b>Minerals</b>																			
Calcium	%RDA	110%	98%	103%	107%	93%	101%	97%	97%	126%	106%	127%	103%	134%	138%	143%	114%	150%	116%
Iron	%RDA	110%	104%	126%	144%	180%	180%	204%	109%	91%	209%	93%	176%	242%	265%	296%	234%	330%	240%
Magnesium	%RDA	212%	172%	202%	231%	130%	97%	141%	94%	105%	84%	114%	96%	94%	105%	115%	120%	128%	124%
Phosphorus	%RDA	196%	237%	266%	294%	127%	226%	134%	134%	239%	245%	245%	149%	266%	281%	297%	175%	319%	179%
Potassium	%AI	54%	55%	63%	72%	64%	61%	70%	67%	67%	71%	71%	79%	79%	81%	88%	93%	98%	98%
Sodium	%UL	61%	64%	74%	79%	73%	70%	79%	75%	75%	78%	78%	84%	84%	91%	96%	102%	103%	104%
Zinc	%RDA	232%	186%	219%	251%	164%	164%	171%	152%	171%	129%	177%	143%	143%	154%	164%	176%	179%	179%
Copper	%RDA	183%	188%	225%	262%	167%	130%	187%	147%	146%	153%	153%	175%	173%	184%	201%	218%	226%	228%
Manganese	%AI	155%	164%	202%	234%	220%	195%	202%	240%	213%	172%	220%	208%	199%	219%	245%	281%	276%	288%
Selenium	%RDA	257%	234%	285%	318%	247%	180%	265%	193%	193%	200%	200%	221%	221%	241%	254%	274%	276%	276%
<b>Vitamins</b>																			
Vitamin A	%RDA	156%	150%	161%	186%	132%	113%	145%	125%	125%	100%	128%	109%	109%	114%	124%	129%	133%	135%
Vitamin E	%RDA	83%	84%	94%	116%	74%	54%	83%	61%	61%	68%	68%	74%	74%	80%	88%	93%	104%	113%
Vitamin D	%RDA	26%	34%	36%	40%	44%	44%	45%	45%	45%	46%	46%	47%	47%	49%	50%	52%	52%	52%
Vitamin C	%RDA	359%	258%	329%	369%	205%	123%	222%	154%	133%	130%	155%	169%	141%	142%	153%	207%	180%	216%
Thiamin	%RDA	167%	187%	222%	239%	163%	134%	188%	169%	153%	145%	158%	165%	165%	179%	197%	213%	220%	220%
Riboflavin	%RDA	226%	245%	276%	296%	213%	175%	226%	203%	185%	162%	191%	175%	175%	184%	194%	206%	209%	209%
Niacin	%RDA	171%	179%	223%	255%	170%	146%	187%	160%	160%	148%	169%	166%	166%	181%	195%	212%	216%	216%
Vitamin B-6	%RDA	213%	238%	287%	333%	203%	135%	219%	183%	169%	137%	179%	201%	201%	213%	231%	250%	260%	260%
Vitamin B-12	%RDA	379%	382%	445%	506%	361%	270%	366%	274%	274%	284%	284%	304%	304%	325%	333%	352%	353%	355%
Choline	%AI	80%	87%	103%	119%	83%	73%	87%	81%	77%	63%	82%	69%	69%	73%	76%	81%	83%	84%
Vitamin K	%AI	195%	160%	164%	224%	206%	137%	220%	176%	147%	116%	154%	228%	142%	146%	171%	280%	190%	318%
Folate	%RDA	183%	181%	218%	243%	164%	123%	191%	143%	143%	146%	146%	172%	172%	187%	210%	228%	236%	236%

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