

**Table A1. USDA Food Patterns: Healthy Vegetarian Patterns—recommended intake amounts.**

Calorie Level of Pattern <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Food Group</b>	<b>Daily Amount<sup>b</sup> of Food From Each Group (vegetable and protein foods subgroup amounts are per week)</b>											
<b>Fruits</b>	1 c	1 c	1½ c	1½ c	1½ c	2 c	2 c	2 c	2 c	2½ c	2½ c	2½ c
<b>Vegetables</b>	1 c	1½ c	1½ c	2 c	2½ c	2½ c	3 c	3 c	3½ c	3½ c	4 c	4 c
Dark green veg (c/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red/Orange veg (c/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans and peas (c/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy veg (c/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other veg (c/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
<b>Grains</b>	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	1½ oz eq	2 oz eq	2½ oz eq	3½ oz eq	3½ oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5½ oz eq	5½ oz eq	5½ oz eq
Other grains	1½ oz eq	2 oz eq	2½ oz eq	2 oz eq	3 oz eq	3 oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5 oz eq	5 oz eq
<b>Protein Foods</b>	1½ oz eq	1½ oz eq	2 oz eq	2½ oz eq	3 oz eq	3½ oz eq	4 oz eq	4 oz eq	5 oz eq	5 oz eq	5½ oz eq	5½ oz eq
Beans and peas (oz eq/wk) <sup>c</sup>	2	2	4	4	6	6	8	8	10	10	12	12
Eggs (oz eq/wk)	1	2	2	3	3	3	3	3	3	4	4	4
Nuts and seeds (oz eq/wk)	3	3	4	5	6	7	8	9	10	11	12	13
Tofu/processed soy (oz eq/wk)	3	3	4	5	6	7	8	9	10	11	12	13
<b>Dairy</b>	2 c	2.5 c	2.5 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
Oils (g)	15	17	17	22	24	27	29	31	34	36	44	51
Limits for solid fats and added sugars												
Solid fats (g)	11	11	12	12	12	19	19	23	23	23	27	34
Added Sugars (g)	19	19	20	21	20	32	32	39	40	40	46	59

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 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 recommended amount from the milk group should be 2.5 cups per day. Children 9 and older and adults should not use the 1000, 1200, or 1400 calorie patterns.

b. Food group amounts shown in cup (c) or ounce equivalents (oz eq). Oils, solid fats, and added sugars are shown in grams (g).

Quantity equivalents for each food group are:

- Grains, 1 ounce equivalent is: ½ cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta or rice; 1 slice bread; 1 cup RTE cereal flakes.
- 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.
- Protein Foods, 1 ounce eq. is: 1 oz lean meat, poultry, seafood; 1 egg; ¼ cup cooked beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts/seeds.
- Dairy, 1 cup equivalent is: 1 cup milk or yogurt, 1½ ounces natural cheese (e.g. Cheddar cheese) or 2 ounces of processed cheese.

c. About half of total beans and peas are shown as vegetables, in cup eqs, and half as protein foods, in ounce eqs. Total beans and peas in cup eq is amount in vegetables plus the amount in protein foods/4:

	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	4	4	5	5	6	6

**Table A2. USDA Food Patterns: Healthy Mediterranean-Style Patterns—recommended intake amounts.**

Calorie Level of Pattern <sup>a</sup>	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200	
<b>Food Group</b>	<b>Daily Amount<sup>b</sup> of Food From Each Group (vegetable and protein foods subgroup amounts are per week)</b>												
<b>Fruits</b>	1 c	1 c	1½ c	1½ c	2 c	2½ c	2½ c	2½ c	2½ c	2½ c	3 c	3 c	3 c
<b>Vegetables</b>	1 c	1½ c	1½ c	2 c	2½ c	2½ c	3 c	3 c	3½ c	3½ c	4 c	4 c	
Dark green veg (c/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½	
Red/Orange veg (c/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½	
Beans and peas (c/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3	
Starchy veg (c/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8	
Other veg (c/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7	
<b>Grains</b>	3 oz eq	4 oz eq	5 oz eq	5 oz eq	6 oz eq	6 oz eq	7 oz eq	8 oz eq	9 oz eq	10 oz eq	10 oz eq	10 oz eq	
Whole grains	1½ oz eq	2 oz eq	2½ oz eq	3 oz eq	3 oz eq	3 oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5 oz eq	5 oz eq	
Other grains	1½ oz eq	2 oz eq	2½ oz eq	2 oz eq	3 oz eq	3 oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5 oz eq	5 oz eq	
<b>Protein Foods</b>	2 oz eq	3 oz eq	4 oz eq	5½ oz eq	6 oz eq	6½ oz eq	7 oz eq	7½ oz eq	7½ oz eq	8 oz eq	8 oz eq	8 oz eq	
Meat, poultry, eggs (oz eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33	
Seafood (oz eq/wk)	4	4	6	11	15	15	16	16	17	17	17	17	
Nuts seeds, soy (oz eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6	
<b>Dairy</b>	2 c	2½ c	2½ c	2 c	2 c	2 c	2 c	2 c	2½ c	2½ c	2½ c	2½ c	
<b>Oils (g)</b>	15	17	17	22	24	27	29	31	34	36	44	51	
Limits for solid fats and added sugars													
Solid fats (g)	9	7	7	12	11	17	18	20	22	23	28	37	
Added Sugars (g)	16	12	12	21	18	29	31	34	37	40	48	64	

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 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 recommended amount from the milk group should be 2.5 cups per day. Children 9 and older and adults should not use the 1000, 1200, or 1400 calorie patterns.

b. Food group amounts shown in cup (c) or ounce equivalents (oz eq). Oils, solid fats, and added sugars are shown in grams (g).

Quantity equivalents for each food group are:

- Grains, 1 ounce equivalent is: ½ cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta or rice; 1 slice bread; 1 cup RTE cereal flakes.
- 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.
- 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/seeds.
- Dairy, 1 cup equivalent is: 1 cup milk or yogurt, 1½ ounces natural cheese such as Cheddar cheese or 2 ounces of processed cheese.

**Table B1 . Nutrients in the USDA Healthy Vegetarian 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	997	1202	1404	1561	1600	1797	1999	2202	2401	2602	2799	2996	3201
Protein, g	36	47	53	58	62	68	71	76	82	89	95	100	102
Carbohydrate, g	135	166	199	215	220	250	274	306	332	363	393	413	427
Fiber, total dietary, g	15	19	24	28	28	33	35	40	43	49	53	56	58
Total lipid (fat), g	38	42	48	57	57	64	75	82	90	96	103	115	131
Trans fatty acids, g	0.5	0.5	0.5	0.7	0.7	0.7	0.9	1.0	1.2	1.2	1.2	1.3	2
Saturated fats, g	10.0	10.8	12.0	14.1	14.4	15.1	18.6	20.5	22.6	23.8	24.7	27.2	31.4
Monounsaturated fats, g	13.4	15.0	17.1	20.4	20.5	22.9	26.9	29.4	32.4	34.8	37.1	41.6	47.4
Polyunsaturated fats, g	12.0	13.7	15.8	18.8	18.9	21.6	24.6	26.6	29.5	31.7	34.6	38.8	44.2
Linoleic acid (18:2), g	10.7	12.2	14.0	16.8	16.8	19.2	21.9	23.7	25.5	28.3	30.8	34.6	39.4
Linolenic acid (18:3), g	1.27	1.46	1.68	1.98	1.99	2.30	2.60	2.82	3.10	3.34	3.64	4.11	4.7
EPA (20:5 n-3), g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DHA (22:6 n-3), g	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01
Stearic Acid (18:0), g	2.43	2.62	2.90	3.38	3.43	3.63	4.50	4.97	5.50	5.81	6.01	6.63	7.67
Cholesterol, mg	78	107	109	111	115	114	120	122	125	126	152	154	160
<b>Minerals</b>													
Calcium, mg	781	995	1057	1105	1253	1306	1333	1391	1443	1513	1575	1607	1621
Iron, mg	8	10	13	14	14	17	17	20	22	25	27	28	28
Magnesium, mg	169	221	264	307	317	355	374	413	446	496	536	568	579
Phosphorus, mg	842	1092	1210	1320	1437	1551	1596	1710	1815	1959	2079	2164	2196
Potassium, mg	1551	2013	2315	2633	2751	3105	3311	3613	3760	4135	4420	4718	4778
Sodium, mg	786	1017	1122	1153	1254	1377	1405	1524	1631	1755	1865	1901	1923
Zinc, mg	6	8	9	10	11	12	12	13	14	15	17	17	17
Copper, mg	0.6	0.8	1.0	1.2	1.3	1.5	1.6	1.7	1.9	2.1	2.3	2.5	2.5
Manganese, mg	2.0	2.6	3.3	3.9	3.9	4.3	4.6	5.2	5.7	6.5	7.1	7.4	7.5
Selenium, µg	40	53	61	63	67	71	76	83	91	99	108	110	111
<b>Vitamins</b>													
Vitamin A, µg_RAE	469	601	638	727	776	800	869	951	984	1079	1124	1155	1169
Vitamin E, mg AT	5	6	7	8	8	10	11	12	13	14	15	17	18
Vitamin D, IU	145	184	188	191	221	192	223	228	232	236	245	246	248
Vitamin C, mg	54	64	82	92	92	100	116	127	127	138	155	162	162
Thiamin, mg	0.8	1.1	1.3	1.4	1.4	1.6	1.7	1.9	2.1	2.4	2.6	2.7	2.7
Riboflavin, mg	1.1	1.4	1.6	1.6	1.8	1.8	2.0	2.1	2.2	2.3	2.5	2.6	2.6
Niacin, mg	7	10	12	13	13	16	16	18	20	23	25	26	26
Vitamin B-6, mg	0.9	1.2	1.4	1.6	1.7	1.8	2.0	2.2	2.3	2.6	2.8	3.0	3.0
Vitamin B-12, µg	2.4	3.1	3.3	3.4	3.8	3.5	4.0	4.2	4.4	4.6	4.8	4.9	4.9
Choline, mg	150	202	219	240	252	258	283	301	313	336	372	389	395
Vitamin K, µg	59	88	94	125	125	136	142	175	180	209	216	233	244
Folate, µg_DFE	290	391	484	539	544	642	667	765	846	958	1044	1093	1108

\*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

**Table B2 . Nutrients in the USDA Healthy Mediterrean-Style Patterns at each calorie level.**

<b>CALORIE LEVEL</b>	<b>1000*</b>	<b>1200**</b>	<b>1400**</b>	<b>1600**</b>	<b>1600*</b>	<b>1800*</b>	<b>2000*</b>	<b>2200*</b>	<b>2400**</b>	<b>2600**</b>	<b>2800**</b>	<b>3000**</b>	<b>3200**</b>
<b>Macronutrients</b>													
Calories , kcal	996	1202	1395	1634	1595	1802	1998	2203	2399	2602	2800	2999	3200
Protein, g	45	59	69	81	77	86	89	98	108	114	120	122	122
Carbohydrate, g	128	155	185	204	199	236	259	289	313	343	376	394	410
Fiber, total dietary, g	14	18	21	25	25	30	31	36	38	43	46	49	49
Total lipid (fat), g	36	41	45	58	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	10.0	11.1	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	13.3	14.4	18.5	18.4	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	15.9	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	0.04	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	0.07	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	2.29	2.48	2.73	3.59	3.54	3.66	4.48	4.84	5.32	5.73	6.06	6.88	8.05
Cholesterol, mg	92	120	154	201	198	212	232	251	268	274	289	293	300
<b>Minerals</b>													
Calcium, mg	770	975	1030	1074	926	988	1001	1064	1250	1309	1358	1376	1376
Iron, mg	8	10	13	15	14	17	17	20	22	24	26	27	27
Magnesium, mg	171	223	262	305	295	337	352	396	429	469	502	519	520
Phosphorus, mg	912	1179	1332	1503	1387	1528	1572	1722	1929	2053	2157	2204	2204
Potassium, mg	1625	2097	2409	2785	2667	3158	3353	3701	3916	4242	4494	4721	4722
Sodium, mg	935	1215	1405	1555	1455	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	0.63	0.82	0.99	1.18	1.17	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	54	70	86	102	99	114	118	130	143	152	161	162	162
<b>Vitamins</b>													
Vitamin A, µg_RAE	468	599	646	754	705	790	815	901	985	1083	1125	1161	1177
Vitamin E, mg AT	5.0	5.9	6.6	8.5	8.4	9.5	10.5	11.5	12.2	13.4	14.2	15.8	17.2
Vitamin D, IU	163	200	219	254	225	246	251	263	299	308	314	316	318
Vitamin C, mg	54	64	82	92	92	117	134	144	145	155	172	179	179
Thiamin, mg	0.8	1.1	1.3	1.4	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	1.6	1.8	1.9	2.0	2.3	2.4	2.6	2.6	2.6
Niacin, mg	11	14	18	21	21	24	25	28	30	33	35	36	36
Vitamin B-6, mg	1.1	1.4	1.7	2.0	2.0	2.3	2.4	2.7	2.9	3.1	3.4	3.5	3.5
Vitamin B-12, µg	3.6	4.5	5.4	6.7	6.3	7.2	7.4	7.9	8.7	9.1	9.4	9.4	9.5
Choline, mg	162	215	257	307	295	323	345	379	409	429	454	466	468
Vitamin K, µg	58	88	90	124	124	134	140	172	176	206	211	229	239
Folate, µg_DFE	275	363	437	489	484	579	592	693	757	853	924	956	956

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

**Table C1. Comparison of nutrient content of each USDA Healthy Vegetarian 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 1 to 3	M/F 4 to 8	M/F 4 to 8	M/F 4 to 8	F 9 to 13	F 51-70	M 9 to 13	F 14-18	F 31-50	M 51-70	F 19-30	M 14-18	M 31-50	M 19-30	M 19-30	M 14-18	M 19-30	M 14-18
<b>Macronutrients</b>																			
Energy	%goal	100%	100%	100%	98%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	275%	246%	277%	305%	183%	135%	201%	149%	149%	127%	155%	147%	136%	146%	159%	183%	178%	195%
Protein	%kcal	14%	16%	15%	15%	16%	16%	15%	15%	15%	14%	14%	14%	14%	14%	14%	14%	13%	13%
Carbohydrate	%RDA	104%	127%	153%	166%	169%	169%	192%	192%	192%	211%	211%	235%	235%	256%	279%	303%	317%	328%
Carbohydrate	%kcal	54%	55%	57%	55%	55%	55%	56%	56%	56%	55%	55%	56%	56%	55%	56%	56%	55%	53%
Dietary fiber	%AI	107%	115%	122%	125%	126%	126%	132%	132%	132%	126%	126%	129%	129%	128%	133%	134%	134%	129%
Total fat	%kcal	34%	32%	31%	33%	32%	32%	32%	32%	32%	34%	34%	33%	33%	34%	33%	33%	34%	37%
Trans fat	%kcal	0.5%	0.4%	0.3%	0.4%	0.4%	0.4%	0.3%	0.3%	0.3%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0%
Saturated fat	%kcal	9%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	9%
Monounsatur. fat	%kcal	12%	11%	11%	12%	12%	12%	11%	11%	11%	12%	12%	12%	12%	12%	12%	12%	13%	13%
Polyunsatur. fat	%kcal	11%	10%	10%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	12%	12%
Linoleic acid	%AI	152%	122%	140%	168%	168%	153%	160%	174%	160%	157%	183%	148%	140%	150%	166%	192%	204%	216%
Linolenic acid	%AI	181%	163%	186%	220%	199%	181%	192%	209%	209%	163%	237%	177%	177%	194%	209%	228%	257%	257%
<b>Minerals</b>																			
Calcium	%RDA	112%	100%	106%	111%	96%	104%	100%	100%	131%	111%	133%	107%	139%	144%	151%	121%	161%	125%
Iron	%RDA	109%	102%	126%	144%	180%	180%	208%	111%	93%	216%	96%	179%	246%	273%	308%	245%	351%	259%
Magnesium	%RDA	212%	170%	203%	236%	132%	99%	148%	98%	111%	89%	121%	101%	98%	112%	124%	131%	142%	141%
Phosphorus	%RDA	183%	218%	242%	264%	115%	205%	124%	124%	222%	228%	228%	137%	244%	259%	280%	166%	309%	176%
Potassium	%AI	52%	53%	61%	69%	61%	59%	69%	66%	66%	70%	70%	77%	77%	80%	88%	94%	100%	102%
Sodium	%UL	52%	54%	59%	61%	57%	55%	63%	60%	60%	61%	61%	66%	66%	71%	76%	81%	83%	84%
Zinc	%RDA	199%	156%	180%	203%	134%	134%	144%	128%	144%	107%	147%	118%	118%	128%	140%	151%	156%	158%
Copper	%RDA	189%	191%	234%	284%	181%	140%	208%	164%	162%	176%	176%	195%	193%	209%	234%	257%	273%	284%
Manganese	%AI	165%	175%	220%	260%	244%	217%	228%	270%	240%	198%	253%	235%	224%	249%	280%	322%	322%	342%
Selenium	%RDA	201%	178%	203%	211%	166%	121%	186%	135%	135%	138%	138%	151%	151%	165%	179%	197%	201%	202%
<b>Vitamins</b>																			
Vitamin A	%RDA	156%	150%	160%	182%	129%	111%	141%	121%	121%	97%	124%	106%	106%	109%	120%	125%	128%	130%
Vitamin E	%RDA	85%	85%	98%	119%	76%	56%	88%	64%	64%	72%	72%	78%	78%	85%	93%	100%	111%	123%
Vitamin D	%RDA	24%	31%	31%	32%	37%	37%	37%	37%	37%	37%	37%	38%	38%	39%	39%	41%	41%	41%
Vitamin C	%RDA	358%	257%	328%	368%	205%	123%	221%	153%	133%	129%	155%	169%	141%	142%	153%	207%	180%	216%
Thiamin	%RDA	162%	180%	215%	230%	157%	129%	185%	166%	151%	143%	156%	162%	162%	177%	197%	214%	223%	225%
Riboflavin	%RDA	219%	236%	259%	272%	198%	162%	212%	191%	174%	150%	178%	161%	161%	169%	180%	194%	198%	199%
Niacin	%RDA	124%	124%	150%	166%	111%	95%	130%	112%	112%	101%	115%	115%	115%	126%	142%	155%	161%	163%
Vitamin B-6	%RDA	183%	200%	238%	272%	166%	111%	186%	155%	143%	115%	151%	168%	168%	180%	200%	217%	229%	231%
Vitamin B-12	%RDA	271%	260%	277%	286%	214%	160%	219%	164%	164%	165%	165%	173%	173%	181%	190%	201%	202%	203%
Choline	%AI	75%	81%	88%	96%	67%	59%	72%	68%	64%	51%	66%	55%	55%	57%	61%	68%	71%	72%
Vitamin K	%AI	196%	161%	171%	227%	208%	139%	226%	181%	151%	119%	158%	233%	146%	150%	174%	289%	194%	325%
Folate	%RDA	194%	195%	242%	270%	181%	136%	215%	162%	162%	167%	167%	191%	191%	212%	239%	261%	273%	277%

\*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

**Table C2. Comparison of nutrient content of each USDA Healthy Mediterranean-Style 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%	102%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	345%	309%	365%	428%	226%	167%	252%	186%	186%	159%	194%	188%	175%	193%	203%	231%	218%	235%
Protein	%kcal	18%	20%	20%	20%	19%	19%	19%	19%	19%	18%	18%	18%	18%	18%	18%	17%	16%	15%
Carbohydrate	%RDA	98%	119%	142%	157%	153%	153%	181%	181%	181%	199%	199%	222%	222%	241%	264%	289%	303%	316%
Carbohydrate	%kcal	51%	52%	53%	50%	50%	50%	52%	52%	52%	52%	52%	52%	52%	52%	53%	54%	53%	51%
Dietary fiber	%AI	100%	107%	109%	113%	112%	112%	118%	118%	118%	112%	112%	117%	117%	114%	118%	118%	117%	110%
Total fat	%kcal	33%	31%	29%	32%	33%	33%	31%	31%	31%	32%	32%	32%	32%	32%	32%	31%	33%	35%
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%	0.3%	0.3%	0.4%	0.4%	0.3%	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%	12%	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%	159%	145%	143%	156%	143%	139%	163%	133%	125%	132%	148%	167%	182%	193%
Linolenic acid	%AI	173%	155%	162%	208%	187%	170%	171%	186%	186%	144%	210%	158%	158%	169%	186%	197%	232%	232%
<b>Minerals</b>																			
Calcium	%RDA	110%	97%	103%	107%	71%	77%	76%	76%	99%	83%	100%	82%	106%	125%	131%	104%	138%	106%
Iron	%RDA	111%	103%	126%	145%	181%	181%	208%	111%	93%	214%	95%	179%	246%	270%	301%	237%	335%	244%
Magnesium	%RDA	214%	171%	202%	235%	123%	92%	141%	94%	105%	84%	113%	96%	94%	107%	117%	122%	130%	127%
Phosphorus	%RDA	198%	236%	266%	301%	111%	198%	122%	122%	218%	225%	225%	138%	246%	276%	293%	173%	315%	176%
Potassium	%AI	54%	55%	63%	73%	59%	57%	70%	67%	67%	71%	71%	79%	79%	83%	90%	96%	100%	100%
Sodium	%UL	62%	64%	74%	82%	66%	63%	74%	71%	71%	73%	73%	80%	80%	90%	96%	102%	103%	104%
Zinc	%RDA	234%	186%	220%	256%	153%	153%	164%	146%	164%	124%	170%	138%	138%	153%	165%	176%	179%	179%
Copper	%RDA	185%	187%	225%	269%	167%	130%	199%	156%	154%	162%	162%	184%	182%	193%	212%	228%	236%	238%
Manganese	%AI	155%	164%	202%	235%	220%	196%	208%	247%	220%	177%	227%	214%	204%	224%	250%	286%	281%	294%
Selenium	%RDA	269%	232%	286%	340%	247%	180%	286%	208%	208%	214%	214%	237%	237%	259%	276%	293%	295%	295%
<b>Vitamins</b>																			
Vitamin A	%RDA	156%	150%	161%	189%	118%	101%	132%	113%	113%	91%	116%	100%	100%	109%	120%	125%	129%	131%
Vitamin E	%RDA	83%	84%	94%	121%	77%	56%	86%	63%	63%	70%	70%	77%	77%	82%	89%	95%	105%	115%
Vitamin D	%RDA	27%	33%	37%	42%	37%	37%	41%	41%	41%	42%	42%	44%	44%	50%	51%	52%	53%	53%
Vitamin C	%RDA	360%	258%	329%	370%	205%	123%	260%	180%	156%	149%	178%	192%	160%	161%	172%	230%	199%	239%
Thiamin	%RDA	168%	187%	223%	241%	157%	129%	187%	168%	153%	144%	157%	164%	164%	181%	199%	215%	222%	222%
Riboflavin	%RDA	227%	244%	276%	298%	182%	149%	200%	180%	164%	144%	170%	157%	157%	177%	188%	199%	202%	202%
Niacin	%RDA	175%	178%	223%	262%	174%	149%	200%	171%	171%	157%	179%	176%	176%	190%	206%	221%	226%	226%
Vitamin B-6	%RDA	215%	237%	287%	339%	200%	134%	230%	191%	177%	143%	187%	209%	209%	223%	242%	260%	269%	270%
Vitamin B-12	%RDA	403%	375%	447%	561%	351%	263%	402%	301%	301%	308%	308%	331%	331%	362%	378%	392%	393%	394%
Choline	%AI	81%	86%	103%	123%	79%	69%	86%	81%	76%	63%	81%	69%	69%	74%	78%	83%	85%	85%
Vitamin K	%AI	195%	160%	164%	226%	206%	138%	223%	178%	148%	117%	155%	230%	144%	147%	171%	281%	191%	319%
Folate	%RDA	183%	181%	218%	244%	161%	121%	193%	145%	145%	148%	148%	173%	173%	189%	213%	231%	239%	239%

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