United States Department of Agriculture

Food Pattern Modeling: Ages 2 Years and Older

2020 Dietary Guidelines Advisory Committee

Food Pattern Modeling Report

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The food pattern modeling exercises were conducted by the 2020 Dietary Guidelines Advisory Committee in collaboration with the food pattern modeling team at the Center for Nutrition Policy and Promotion, Food and Nutrition Service, U.S. Department of Agriculture (USDA). All Food Pattern Modeling reports from the 2020 Advisory Committee Project are available at: https://www.dietaryguidelines.gov/2020-advisory-committee-report/food-pattern-modeling/FPM-2-and-older.

The food pattern modeling analyses help explain how changes to food-based dietary recommendations could potentially affect Americans' ability to meet their nutrient needs. The exercises help inform USDA's development of relevant dietary patterns for the American population that reflect health-promoting patterns identified in systematic reviews and meet nutrient recommendations, set by the National Academies of Sciences, Engineering, and Medicine. The results should not be interpreted as dietary guidance. This report provides the documentation for the food pattern modeling exercises conducted for individuals ages 2 years and older. To view the results in the context of the 2020 Advisory Committee's Scientific Report visit https://www.dietaryguidelines.gov/2020-advisory-committee-report

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INTRODUCTION

This report describes the results for Food Pattern Modeling: Ages 2 Years and Older. The analyses were conducted by the 2020 Dietary Guidelines Advisory Committee, supported by USDA's food pattern modeling team, to answer the following question:

- Are changes to the USDA Food Patterns needed based on the relationships identified in the systematic reviews? If so, how well do USDA Food Pattern variations meet nutrient recommendations for each stage of life? If nutrient needs are not met, is there evidence to support supplementation and/or consumption of fortified foods to meet nutrient adequacy

The food pattern modeling team supporting the Committee's work included nutrition scientists and data analysts on the Nutrition and Economic Analysis Team at the USDA Center for Nutrition Policy and Promotion within the Food and Nutrition Service. To answer the food pattern modeling questions, the Committee, with support from Federal staff, developed a protocol, or plan, that described the food pattern exercises that would be conducted to answer the question. The protocol included an *analytic framework* that described the overall scope and the approach used to answer the question and an *analytic plan* that described the data and subsequent analyses to be considered.

More information about the 2020 Dietary Guidelines Advisory Committee is available at the following website: www.DietaryGuidelines.gov.

The Committee developed conclusion statements for each question answered using food pattern modeling. The conclusion statements describe the results of the analyses used to answer the specific question examined. The conclusion statements are contained in the 2020 Dietary Guidelines Advisory Committee's Scientific Report, available at: https://www.dietaryguidelines.gov/2020-advisory-committee-report.

OVERVIEW

The Food Pattern Modeling: Ages 2 Years and Older relied on data from the U.S. Department of Agriculture Food and Nutrient Database for Dietary Studies (FNDDS) 2015-2016. The Food Patterns Equivalents Database (FPED) 2015-2016 and the National Nutrient Database for Standard Reference, Release 28 (2016 version) provided supporting data. The U.S. population ages 2 years and older, including women who are pregnant or lactating, was considered. The following are key definitions for this exercise:

- **Food Groups and Subgroups:** USDA Food Patterns provide amounts from the 5 major food groups and subgroups, including:
  - Fruits
  - Vegetables: Dark green, red and orange, beans and peas, starchy, and other
  - Dairy, including calcium-fortified soy beverages
  - Grains: Whole grains and refined grains
  - Protein Foods: Meats, poultry, and eggs; seafood; nuts, seeds, and soy products
- **Food Pattern Components:** Oils, solid fats, added sugars
- **Nutrient Profiles:** The anticipated nutrient content for each food group and subgroup that could be obtained by eating a variety of foods in each food group in nutrient-dense forms. The nutrient profiles are based on a weighted average of nutrient-dense forms of foods. The weighted average calculation considers a range of American food choices, but in nutrient-dense forms and results in a food pattern that can be tailored to fit an individual's preferences.
- **Item Cluster:** Identified groupings of the same or similar foods within each food group and subgroup. Item clusters are used to calculate the composite nutrient profile for each food group and subgroup used to define the USDA Food Pattern.
- **Nutrient-Dense Representative Food**: The food within an item cluster with the least amount of added sugars, sodium, and solid fats. For some item clusters, the nutrient dense representative food contains some added sugars, solid fats, and/or sodium.
- **Typical Choice Representative Food:** The most frequently consumed food within an item cluster of foods and inclusive of any added sugars, solid fats, and/or sodium
- **Essential Calories:** The energy associated with the foods and beverages ingested to meet nutritional goals through choices that align with the USDA Food Patterns in forms with the least amounts of saturated fat, added sugars and sodium.
- **Solid fats:** The food category called "solid fat" includes a variety of fats, but predominantly saturated fat and to a small extent, *trans* fat. This category includes the saturated fats naturally found in animal products (e.g., meats, dairy) as well as vegetable sources with high saturated fat content, like tropical oils, e.g., coconut oil and hydrogenated vegetable shortenings
- **Added Sugars:** Sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables

The overall food pattern modeling methodology used to develop and update the USDA Food Patterns includes the following steps: (1) identifying appropriate energy levels for the Patterns, (2) identifying nutritional goals for the Patterns based on sex and life stage, (3) establishing food groups and food group amounts, (4) determining the amounts of nutrients that would be obtained by consuming various foods within each group, (5) evaluating nutrient levels in each Pattern against nutritional goals, and (6) adjusting and re-evaluating the Patterns to align with current or potential recommendations.

This report includes the detailed results for steps 1-5. Step 6 includes details on exercises that apply to women who are pregnant or lactating. For more information about the food pattern modeling methodology, including the 2020 Dietary Guidelines Advisory Committee's analyses and resulting conclusions, visit: https://www.dietaryguidelines.gov/2020-advisory-committee-report.

LIST OF INCLUDED RESULTS

The report for Food Pattern Modeling: Ages 2 Years and Older includes 5 sections, organized as follow:

Section 1: Establish Energy Levels pg. 7

Section 2: Establish Nutritional Goals pg. 9

Section 3: Establish Food Groupings and Food Group Amounts pg.13

Section 4: Determine the Amounts of Nutrients that would be Obtained by Consuming Various Foods Within Each Group pg. 17

Section 5: Evaluate Nutrient Level in Each Pattern Against Nutritional Goals pg. 53

Section 6: Adjust and Re-evaluate the Patterns to Align with Current or Potential Recommendations pg. 72

SECTION 1: ESTABLISH ENERGY LEVELS

The Dietary Reference Intakes (DRIs) use formulas to calculate Estimated Energy Requirements (EER) for age-sex groups. Three age groups are specific to women who are pregnant or lactating: women ages 14 to 18 years, 19 to 30 years, and 31 to 50 years. The EER is based on sex, age, height, weight, and physical activity level. Median height and body weight for normal body mass index (BMI) are used to calculate appropriate energy levels for each age-sex group to be represented in the USDA Food Patterns. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds.

The EERs for pregnancy account for additional energy expenditure and deposition that includes the products of conception and accretion of maternal tissues. The EERs specific to lactation were used to estimate appropriate energy levels for women in this life stage.

The USDA Food Patterns include 12 energy levels from 1,000 to 3,200 kilocalories (kcal) at 200 kcal "step" intervals intended to cover energy needs for the majority of the population ages 2 years and older.

The information is shown on the following page.

Table 1.1: Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level

	Males				Females		
Age	*Sedentary*[1]	*Moderately Active*[2]	*Active*[3]		*Sedentary*[1]	*Moderately Active*[2]	*Active*[3]
2	1,000	1,000	1,000		1,000	1,000	1,000
3	1,000	1,400	1,400		1,000	1,200	1,400
4	1,200	1,400	1,600		1,200	1,400	1,400
5	1,200	1,400	1,600		1,200	1,400	1,600
6	1,400	1,600	1,800		1,200	1,400	1,600
7	1,400	1,600	1,800		1,200	1,600	1,800
8	1,400	1,600	2,000		1,400	1,600	1,800
9	1,600	1,800	2,000		1,400	1,600	1,800
10	1,600	1,800	2,200		1,400	1,800	2,000
11	1,800	2,000	2,200		1,600	1,800	2,000
12	1,800	2,200	2,400		1,600	2,000	2,200
13	2,000	2,200	2,600		1,600	2,000	2,200
14	2,000	2,400	2,800		1,800	2,000	2,400
15	2,200	2,600	3,000		1,800	2,000	2,400
16	2,400	2,800	3,200		1,800	2,000	2,400
17	2,400	2,800	3,200		1,800	2,000	2,400
18	2,400	2,800	3,200		1,800	2,000	2,400
19-20	2,600	2,800	3,000		2,000	2,200	2,400
21-25	2,400	2,800	3,000		2,000	2,200	2,400
26-30	2,400	2,600	3,000		1,800	2,000	2,400
31-35	2,400	2,600	3,000		1,800	2,000	2,200
36-40	2,400	2,600	2,800		1,800	2,000	2,200
41-45	2,200	2,600	2,800		1,800	2,000	2,200
46-50	2,200	2,400	2,800		1,800	2,000	2,200
51-55	2,200	2,400	2,800		1,600	1,800	2,200
56-60	2,200	2,400	2,600		1,600	1,800	2,200
61-65	2,000	2,400	2,600		1,600	1,800	2,000
66-70	2,000	2,200	2,600		1,600	1,800	2,000
71-75	2,000	2,200	2,600		1,600	1,800	2,000
76 and up	2,000	2,200	2,400		1,600	1,800	2,000

1. Sedentary means a lifestyle that includes only the physical activity of independent living.
2. Moderately Active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.
3. Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

SECTION 2: ESTABLISH NUTRITIONAL GOALS

Specific nutritional goals for each food intake pattern (i.e., energy level) were selected based on the age-sex group(s) for which the pattern is appropriate. If a food intake pattern at an energy level aims to meet the nutritional needs of more than 1 age-sex group, the pattern is evaluated against the nutrient goals for all those groups. Goals for energy, 3 macronutrients, 3 fatty acids, dietary cholesterol, 12 vitamins, 9 minerals, and fiber are based on Dietary Reference Intake (DRI) reports released between 1997 and 2019 and on quantitative recommendations in the current *2015-2020 Dietary Guidelines for Americans*. When evaluating the dietary intakes of a group, the Estimated Average Requirement (EAR) is used as a benchmark for meeting the needs of at least 50 percent of the population. Because the USDA Food Patterns are designed as plans for individuals to follow, the goals were the Recommended Dietary Allowance (RDA) amounts for nutrients having an RDA, which are notably higher than the EAR (i.e., 2 standard deviations above the EAR, meeting the needs of 98% of a population). The Adequate Intake (AI) was used when an RDA is not published.

The lowest energy level (for sedentary individuals [see Section 1]), rounded to the nearest energy level is determined for each age-sex group and used in evaluating the patterns against nutritional goals.

TABLE 2.1: NUTRITIONAL GOALS BY AGE-SEX GROUP

	Source of goal	Age Sex Groups												
		M/F 1 to 3 years	**F 4 to 8 years**	**M 4 to 8 years**	**F 9 to 13 years**	**F 51+ years**	**M 9 to 13 years**	**F 14 to 18 years**	**F 31 to 50 years**	**F 19 to 30 years**	**M 51+ years**	**M 14 to 18 years**	**M 31 to 50 years**	**M 19 to 30 years**
Energy (kcal)	EER[1]	1000	1200	1400	1600	1600	1800	1800	1800	2000	2000	2200	2200	2400
Total lipid (% kcal)	AMDR	30-40	25-35	25-35	25-35	20-35	25-35	25-35	20-35	20-35	20-35	25-35	20-35	20-35
Protein (% kcal)	AMDR	5-20	10-30	10-30	10-30	10-35	10-30	10-30	10-35	10-35	10-35	10-30	10-35	10-35
Carbohydrate (%kcal)	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Protein (g)	RDA	13	19	19	34	46	34	46	46	56	46	52	56	56
Carbohydrate (g)	RDA	130	130	130	130	130	130	130	130	130	130	130	130	130
Fiber (g)	14g/ 1000kcal	14	17	20	22	22	25	25	25	28	28	31	31	34
Calcium (mg)	RDA	700	1000	1000	1300	1200	1300	1300	1000	1200	1000	1300	1000	1000
Iron (mg)	RDA	7	10	10	8	8	8	15	18	8	18	11	8	8
Magnesium (mg)	RDA	80	130	130	240	320	240	360	320	420	310	410	420	400
Phosphorus (mg)	RDA	460	500	500	1250	700	1250	1250	700	700	700	1250	700	700
Potassium (mg)	AI	2000	2300	2300	2300	2600	2500	2300	2600	3400	2600	3000	3400	3400
Sodium (mg)	CDRR	1200	1500	1500	1800	2300	1800	2300	2300	2300	2300	2300	2300	2300
Zinc (mg)	RDA	3	5	5	8	8	8	9	8	11	8	11	11	11
Copper (mg)	RDA	0.3	0.4	0.4	0.7	0.9	0.7	0.9	0.9	0.9	0.9	0.9	0.9	0.9
Selenium (mcg)	RDA	20	30	30	40	55	40	55	55	55	55	55	55	55
Vitamin A (mcg RAE)	RDA	300	400	400	600	700	600	700	700	900	700	900	900	900
Vitamin E (mg AT)	RDA	6	7	7	11	15	11	15	15	15	15	15	15	15
Vitamin D (IU)	RDA	600	600	600	600	600	600	600	600	600	600	600	600	600
Vitamin C (mg)	RDA	15	25	25	45	75	45	65	75	90	75	75	90	90
Thiamin (mg)	RDA	0.5	0.6	0.6	0.9	1.1	0.9	1.0	1.1	1.2	1.1	1.2	1.2	1.2
Riboflavin (mg)	RDA	0.5	0.6	0.6	0.9	1.1	0.9	1.0	1.1	1.3	1.1	1.3	1.3	1.3
Niacin (mg)	RDA	6	8	8	12	14	12	14	14	16	14	16	16	16
Vitamin B-6 (mg)	RDA	0.5	0.6	0.6	1.0	1.5	1.0	1.2	1.3	1.7	1.3	1.3	1.3	1.3
Vitamin B-12 (mcg)	RDA	0.9	1.2	1.2	1.8	2.4	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline (mg)	AI	200	250	250	375	425	375	400	425	550	425	550	550	550
Vitamin K (mcg)	AI	30	55	55	60	90	60	75	90	120	90	75	120	120
Folate (mcg DFE)	RDA	150	200	200	300	400	300	400	400	400	400	400	400	400
Cholesterol (mg)	<300 mg	300	300	300	300	300	300	300	300	300	300	300	300	300
Saturated Fatty Acids (% energy)	<10% energy	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
18:2 Linoleic acid, g	AI	7	10	10	10	11	12	11	12	14	12	16	17	17
18:3 Linolenic acid, g	AI	0.7	0.9	0.9	1.0	1.1	1.2	1.1	1.1	1.6	1.1	1.6	1.6	1.6

TABLE 2.2: NUTRITIONAL GOALS FOR WOMEN WHO ARE PREGNANT, BY AGE GROUP AND TRIMESTER

		14 to 18 years			19 to 30 years			31 to 50 years		
	Source of goal	1st trimester	2nd trimester	3rd trimester	1st trimester	2nd trimester	3rd trimester	1st trimester	2nd trimester	3rd trimester
Energy Level	EER[1]	1800	2200	2400	2000	2400	2600	1800	2200	2400
Total lipid (% kcal)	AMDR	25-35	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Protein (% kcal)	AMDR	10-30	10-30	10-30	20-35	20-35	20-35	20-35	20-35	20-35
Carbohydrate (%kcal)	AMDR	45-65	45-65	45-65	10-35	10-35	10-35	10-35	10-35	10-35
Protein (g)	RDA	71	71	71	71	71	71	71	71	71
Carbohydrate (g)	RDA	175	175	175	175	175	175	175	175	175
Fiber (g)	14g/1000kcal	25.2	29.96	31.528	28	32.76	34.328	25.2	29.96	31.528
Calcium (mg)	RDA	1300	1300	1300	1000	1000	1000	1000	1000	1000
Iron (mg)	RDA	27	27	27	27	27	27	27	27	27
Magnesium (mg)	RDA	400	400	400	350	350	350	360	360	360
Phosphorus (mg)	RDA	1250	1250	1250	700	700	700	700	700	700
Potassium (mg)	AI	2600	2600	2600	2900	2900	2900	2900	2900	2900
Sodium (mg)	CDRR	2300	2300	2300	2300	2300	2300	2300	2300	2300
Zinc (mg)	RDA	12	12	12	11	11	11	11	11	11
Copper (mg)	RDA	1	1	1	1	1	1	1	1	1
Vitamin A (mcg RAE)	RDA	750	750	750	770	770	770	770	770	770
Vitamin E (mg AT)	RDA	15	15	15	15	15	15	15	15	15
Vitamin D (IU)	RDA	600	600	600	600	600	600	600	600	600
Vitamin C (mg)	RDA	80	80	80	85	85	85	85	85	85
Thiamin (mg)	RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4
Riboflavin (mg)	RDA	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4
Niacin (mg)	RDA	18	18	18	18	18	18	18	18	18
Vitamin B-6 (mg)	RDA	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9
Vitamin B-12 (mcg)	RDA	2.6	2.6	2.6	2.6	2.6	2.6	2.6	2.6	2.6
Choline (mg)	AI	450	450	450	450	450	450	450	450	450
Vitamin K (mcg)	AI	75	75	75	90	90	90	90	90	90
Folate (mcg DFE)	RDA	600	600	600	600	600	600	600	600	600
Cholesterol (mg)	<300 mg	300	300	300	300	300	300	300	300	300
Saturated Fatty Acids (% energy)	<10% energy	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
18:2 Linoleic acid, g	AI	13	13	13	13	13	13	13	13	13
18:3 Linolenic acid, g	AI	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4	1.4

TABLE 2.3: NUTRITIONAL GOALS FOR WOMEN WHO ARE LACTATING, BY AGE GROUP AND MONTHS POST-PARTUM

		14 to 18 years		19 to 30 years		31 to 50 years	
	Source of goal	0-6 mo post partum	7-12 mo post partum	0-6 mo post partum	7-12 mo post partum	0-6 mo post partum	7-12 mo post partum
Energy Level	EER[1]	2200	2200	2400	2400	2200	2200
Total lipid (% kcal)	AMDR	25-35	25-35	20-35	20-35	20-35	20-35
Protein (% kcal)	AMDR	10-30	10-30	20-35	20-35	20-35	20-35
Carbohydrate (%kcal)	AMDR	45-65	45-65	10-35	10-35	10-35	10-35
Protein (g)	RDA	71	71	71	71	71	71
Carbohydrate (g)	RDA	210	210	210	210	210	210
Fiber (g)	14g/ 1000kcal	29.82	30.8	32.62	33.6	29.82	30.8
Calcium (mg)	RDA	1300	1300	1000	1000	1000	1000
Iron (mg)	RDA	10	10	9	9	9	9
Magnesium (mg)	RDA	360	360	310	310	320	320
Phosphorus (mg)	RDA	1250	1250	700	700	700	700
Potassium (mg)	AI	2500	2500	2800	2800	2800	2800
Sodium (mg)	CDRR	2300	2300	2300	2300	2300	2300
Zinc (mg)	RDA	13	13	12	12	12	12
Copper (mg)	RDA	1.3	1.3	1.3	1.3	1.3	1.3
Vitamin A (mcg RAE)	RDA	1200	1200	1300	1300	1300	1300
Vitamin E (mg AT)	RDA	19	19	19	19	19	19
Vitamin D (IU)	RDA	600	600	600	600	600	600
Vitamin C (mg)	RDA	115	115	120	120	120	120
Thiamin (mg)	RDA	1.4	1.4	1.4	1.4	1.4	1.4
Riboflavin (mg)	RDA	1.6	1.6	1.6	1.6	1.6	1.6
Niacin (mg)	RDA	17	17	17	17	17	17
Vitamin B-6 (mg)	RDA	2	2	2	2	2	2
Vitamin B-12 (mcg)	RDA	2.8	2.8	2.8	2.8	2.8	2.8
Choline (mg)	AI	550	550	550	550	550	550
Vitamin K (mcg)	AI	75	75	90	90	90	90
Folate (mcg DFE)	RDA	500	500	500	500	500	500
Cholesterol (mg)	<300 mg	300	300	300	300	300	300
Saturated Fatty Acids (% energy)	<10% energy	0.1	0.1	0.1	0.1	0.1	0.1
18:2 Linoleic acid, g	AI	13	13	13	13	13	13
18:3 Linolenic acid, g	AI	1.3	1.3	1.3	1.3	1.3	1.3

2020 Dietary Guidelines Advisory Committee
Food Pattern Modeling: Ages 2 Years and Older
https://www.dietaryguidelines.gov/2020-advisory-committee-report/food-pattern-modeling/FPM-2-and-older

SECTION 3: ESTABLISH FOOD GROUPINGS AND FOOD GROUP AMOUNTS

Existing food groups and subgroups in the USDA Food Patterns published in the *2015-2020 Dietary Guidelines for Americans* were used in this exercise. The food groups and subgroups included in the Healthy U.S.-Style Pattern, the Healthy Mediterranean Style Pattern, and the Healthy Vegetarian Style Pattern were applied. The information is shown in tables 1-3 on the following pages.

TABLE 3.1: HEALTHY U.S.-STYLE PATTERN: RECOMMENDED AMOUNTS OF FOOD FROM EACH FOOD GROUP AT 12 CALORIE LEVELS

Energy Level[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]												
Vegetables (c eq/day)	1	1.5	1.5	2	2.5	2.5	3	3	3.5	3.5	4	4
	Vegetable Subgroups in Weekly Amounts											
Dark-green vegetables (c-eq/wk)	0.5	1	1	0.5	1.5	1.5	2	2	2.5	2.5	2.5	2.5
Red and orange vegetables (c-eq/wk)	2.5	3	3	4	5½	5½	6	6	7	7	7½	7½
Legumes (beans and peas) (c-eq/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy vegetables (c-eq/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other vegetables (c-eq/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
Fruits	1	1	1.5	1.5	1.5	2	2	2	2	2.5	2.5	2.5
Grains	3	4	5	5	6	6	7	8	9	10	10	10
Whole grains (oz-eq/day)	1.5	2	2.5	3	3	3	3.5	4	4.5	5	5	5
Refined grains (oz-eq/day)	1.5	2	2.5	2	3	3	3.5	4	4.5	5	5	5
Dairy	2	2.5	2.5	3	3	3	3	3	3	3	3	3
Protein Foods	2	3	4	5	5	5.5	6	6.5	6.5	7	7	7
	Protein Foods Subgroups in Weekly Amounts											
Seafood (oz-eq/wk)	3	4	6	8	8	8	9	10	10	10	10	10
Meats, poultry, eggs (oz-eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33
Nuts seeds, soy products (oz-eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6
Oils	15	17	17	22	24	27	29	31	34	36	44	51
Limit on Energy for Other Uses[c] (kcal/day)	132	80	90	104	143	241	253	321	349	369	441	580

[a] Patterns at 1,000, 1,200, and 1,400 kcal are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1,600 to 3,200 kcal 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 energy and, therefore, is following a pattern at 1,600 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 1,000-, 1,200-, or 1,400-calorie patterns.

[b] Foods in each group and subgroup are documented in the Food Patterns Equivalents Database 2015-2016: Methodology and User Guide. Bowman SA, Clemens JC, Shimizu M, Friday JE, and Moshfegh AJ. 2018. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. September 2018. Available at: http://www.ars.usda.gov/nea/bhnrc/fsrg

[e] All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared with minimal added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendations are in nutrient-dense forms, energy remains within the overall limit of the Pattern (i.e., limit on energy for other uses). The amount of energy depends on the overall energy in the Pattern and the amounts of food from each food group required to meet nutritional goals. Energy 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.

TABLE 3.2: HEALTHY VEGETARIAN STYLE PATTERN: RECOMMENDED AMOUNTS OF FOOD FROM EACH FOOD GROUP AT 12 CALORIE LEVELS

Energy Level	**1000**	**1200**	**1400**	**1600**	**1800**	**2000**	**2200**	**2400**	**2600**	**2800**	**3000**	**3200**
Food Group[b]												
Vegetables (c eq/day)	1	1.5	1.5	2	2.5	2.5	3	3	3.5	3.5	4	4
	Vegetable Subgroups in Weekly Amounts											
Dark-green vegetables (c-eq/wk)	0.5	1	1	1.5	1.5	1.5	2	2	2.5	2.5	2.5	2.5
Red and orange vegetables (c-eq/wk)	2.5	3	3	4	5.5	5.5	6	6	7	7	7.5	7.5
Legumes (beans and peas) (c-eq/wk)	0.5	0.5	0.5	1	1.5	1.5	2	2	2.5	2.5	3	3
Starchy vegetables (c-eq/wk)	2	3.5	3.5	4	5	5	6	6	7	7	8	8
Other vegetables (c-eq/wk)	1.5	2.5	2.5	3.5	4	4	5	5	5.5	5.5	7	7
Fruits	1	1	1.5	1.5	1.5	2	2	2	2	2.5	2.5	2.5
Grains	3	4	5	5.5	6.5	6.5	7.5	8.5	9.5	10.5	10.5	10.5
Whole grains (oz-eq/day)	1.5	2	2.5	3	3.5	3.5	4	4.5	5	5.5	5.5	5.5
Refined grains (oz-eq/day)	1.5	2	2.5	2.5	3	3	3.5	4	4.5	5	5	5
Dairy	2	2.5	2.5	3	3	3	3	3	3	3	3	3
Protein Foods	1	1.5	2	2.5	3	3.5	3.5	4	4.5	5	5.5	6
	Protein Foods Subgroups in Weekly Amounts											
Eggs (oz-eq/wk)	2	3	3	3	3	3	3	3	3	4	4	4
Legumes (beans and peas) (oz-eq/wk)[c]	1	2	4	4	6	6	6	8	9	10	11	12
Soy products (oz-eq/wk)	2	3	4	6	6	8	8	9	10	11	12	13
Nuts and seeds (oz-eq/wk)	2	2	3	5	6	7	7	8	9	10	12	13
Oils	15	17	17	22	24	27	29	31	34	36	44	51
Limit on Energy for Other Uses (kcal)[d]	165	138	164	147	153	252	289	346	346	352	385	495

[a] Patterns at 1,000, 1,200, and 1,400 kcal are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1,600 to 3,200 kcal 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 energy and, therefore, is following a pattern at 1,600 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 1,000-, 1,200-, or 1,400-calorie patterns.

[b] Foods in each group and subgroup are documented in the Food Patterns Equivalents Database 2015-2016: Methodology and User Guide. Bowman SA, Clemens JC, Shimizu M, Friday JE, and Moshfegh AJ. 2018. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. September 2018. Available at: http://www.ars.usda.gov/nea/bhnrc/fsrg

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

[d] All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared with minimal added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendations are in nutrient-dense forms, energy remains within the overall limit of the Pattern (i.e., limit on energy for other uses). The amount of energy depends on the overall energy in the Pattern and the amounts of food from each food group required to meet nutritional goals. Energy 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.

TABLE 3.3: HEALTHY MEDITERRANEAN STYLE PATTERN: RECOMMENDED AMOUNTS OF FOOD FROM EACH FOOD GROUP AT 12 CALORIE LEVEL

Energy Level	**1000**	**1200**	**1400**	**1600**	**1800**	**2000**	**2200**	**2400**	**2600**	**2800**	**3000**	**3200**
Food Group[b]												
Vegetables (c eq/day)	1	1.5	1.5	2	2.5	2.5	3	3	3.5	3.5	4	4
	Vegetable Subgroups in Weekly Amounts											
Dark-green vegetables (c-eq/wk)	0.5	1	1	1.5	1.5	1.5	2	2	2.5	2.5	2.5	2.5
Red and orange vegetables (c-eq/wk)	2.5	3	3	4	5.5	5.5	6	6	7	7	7.5	7.5
Legumes (beans and peas) (c-eq/wk)	0.5	0.5	0.5	1	1.5	1.5	2	2	2.5	2.5	3	3
Starchy vegetables (c-eq/wk)	2	3.5	3.5	4	5	5	6	6	7	7	8	8
Other vegetables (c-eq/wk)	1.5	2.5	2.5	3.5	4	4	5	5	5.5	5.5	7	7
Fruits	1	1	1.5	2	2	2.5	2.5	2.5	2.5	3	3	3
Grains	3	4	5	5	6	6	7	8	9	10	10	10
Whole grains (oz-eq/day)	1.5	2	2.5	3	3	3	3.5	4	4.5	5	5	5
Refined grains (oz-eq/day)	1.5	2	2.5	2	3	3	3.5	4	4.5	5	5	5
Dairy	2	2.5	2.5	2	2	2	2	2.5	2.5	2.5	2.5	2.5
Protein Foods	2	3	4	5.5	6	6.5	7	7.5	7.5	8	8	8
	Protein Foods Subgroups in Weekly Amounts											
Seafood (oz-eq/wk)	3	4	6	11	15	15	16	16	17	17	17	17
Meats, poultry, eggs (oz-eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33
Nuts seeds, soy products (oz-eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6
Oils	15	17	17	22	24	27	29	31	34	36	44	51
Limit on Energy for Other Uses (kcal/day)[c]	132	80	90	123	141	240	250	279	303	326	399	537

[a] Patterns at 1,000, 1,200, and 1,400 kcal are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1,600 to 3,200 kcal 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 energy and, therefore, is following a pattern at 1,600 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 1,000-, 1,200-, or 1,400-calorie patterns.

[b] Foods in each group and subgroup are documented in the Food Patterns Equivalents Database 2015-2016: Methodology and User Guide. Bowman SA, Clemens JC, Shimizu M, Friday JE, and Moshfegh AJ. 2018. Food Surveys Research Group, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture, Beltsville, Maryland. September 2018. Available at: http://www.ars.usda.gov/nea/bhnrc/fsrg

[e] All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared with minimal added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendations are in nutrient-dense forms, energy remains within the overall limit of the Pattern (i.e., limit on energy for other uses). The amount of energy depends on the overall energy in the Pattern and the amounts of food from each food group required to meet nutritional goals. Energy 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.

SECTION 4: DETERMINE AMOUNTS OF NUTRIENTS THAT WOULD BE OBTAINED BY CONSUMING VARIOUS FOODS WITHIN EACH GROUP

A “composite” system was used to determine the anticipated energy and nutrient content, or nutrient profile, of each food group, as described below. To create nutrient profiles, all foods reported by individuals ages 2 years and older as part of WWEIA, NHANES 2015-2016 were disaggregated into their ingredients. Similar ingredients were aggregated into food item clusters (see online Food Pattern Modeling report: https://www.dietaryguidelines.gov/2020-advisory-committee-report/food-pattern-modeling/FPM-2-and-older). A nutrient-dense form of the food was selected as the representative food for each cluster. The proportional intake of each item cluster within each food group or subgroup was calculated and used to compute a weighted average of nutrient-dense forms of foods representing each food item cluster. The proportional intake was calculated based on intakes for ages 2 years and older, as had been done in previous updates.

To account for variation in eating patterns across different age groups, the Committee employed a new approach. Proportions by life stage were calculated for ages 2 to 3 years, 4 to 18 years, 19 to 70 years, and 71 years and older. Using the nutrients in each representative food and the item cluster’s proportional intake using the life-stage approach, a nutrient profile was calculated for each food group or subgroup. Thus, a nutrient profile specific to each life stage was developed and then used to estimate the anticipated nutrients and other food components in the patterns. Nutrient profiles also were calculated for oils and solid fats using food supply data to determine proportional intakes because NHANES does not specify the type of oil or solid fat for most foods, and therefore those data cannot be used to determine proportional consumption.

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Fruit Group											
Whole Fruit	**72.7**		**61.2**		**65.4**		**75.2**		**77.0**		
Apples, cooked or canned	0.5	0.7	0.1	0.2	0.3	0.4	0.5	0.6	1.1	1.4	Applesauce, stewed apples, unsweetened
Apples, dried	0.3	0.4	0.1	0.1	0.1	0.2	0.4	0.5	0.0	0.1	Apple, dried, uncooked
Apples, raw	19.5	26.9	17.0	27.9	23.9	36.5	19.3	25.6	13.6	17.6	Apple, raw
Applesauce	1.1	1.5	3.5	5.7	1.8	2.7	0.7	0.9	1.1	1.4	Applesauce, stewed apples, unsweetened
Apricot, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	Apricot, ckd or cnd, unswtnd, water pack
Apricot, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	Apricot, dried, uncooked
Apricot, raw	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	Apricot, raw
Bananas, cooked or canned (Incl. red type)	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.0	0.1	Banana, raw
Bananas, dried	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	Banana flakes, dehydr.
Bananas, raw (Incl. white, red, Chinese, and apple types)	13.0	17.9	11.2	18.3	8.3	12.7	14.4	19.1	15.1	19.7	Banana, raw
Blackberries, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Blackberries, raw
Blackberries, raw	0.3	0.4	0.1	0.2	0.1	0.2	0.4	0.5	0.3	0.4	Blackberries, raw
Blueberries, cooked or canned	0.2	0.2	0.1	0.1	0.2	0.3	0.2	0.2	0.2	0.2	Blueberries, raw
Blueberries, dried	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	Blueberries, dried
Blueberries, raw	2.7	3.7	1.0	1.7	1.1	1.7	3.0	3.9	4.5	5.9	Blueberries, raw
Boysenberries, raw	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	Boysenberries, raw
Cantaloupe, raw	1.5	2.1	1.2	1.9	1.2	1.8	1.3	1.7	3.3	4.2	Cantaloupe, raw
Casaba Melon, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Casaba melon, raw
Cherries, cooked or canned (Incl. maraschino)	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.3	0.4	Cherries, sour, red, ckd, unswtnd
Cherries, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Cherries, dried
Cherries, raw	0.6	0.8	0.1	0.2	0.3	0.4	0.8	1.0	0.3	0.4	Cherries, sweet, raw (Queen Anne, Bing)
Cranberries, cooked or canned	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.4	0.5	Cranberries, cooked or canned
Cranberries, dried	0.5	0.7	0.1	0.1	0.3	0.5	0.7	0.9	0.2	0.2	Cranberries, dried
Cranberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Cranberries, raw

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Fruit Group											
Whole Fruit, Continued	**72.7**		**61.2**		**65.4**		**75.2**		**77.0**		
Dates, raw and cooked	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	Date
Dewberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Dewberries, raw
Figs, cooked or canned	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	Fig, ckd or cnd, unswtnd, water pack
Figs, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	Fig, dried, uncooked
Figs, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Fig, raw
Grapefruit, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	Grapefruit, cnd or frz, unsweetened, water pack
Grapefruit, raw	0.4	0.6	0.1	0.1	0.1	0.1	0.6	0.8	0.4	0.5	Grapefruit, raw
Grapes, cooked or canned	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.0	0.1	0.1	Grapes, seedless, ckd/cnd, unswtnd, water pack
Grapes, raw	4.5	6.1	6.5	10.6	4.2	6.4	4.4	5.9	4.7	6.1	Grapes, European type, adherent skin, raw
Guava, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Guava, raw
Guava, raw	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	Guava, raw
Honeydew Melon, raw	0.3	0.5	0.0	0.0	0.1	0.1	0.5	0.7	0.0	0.0	Honeydew melon, raw
Huckleberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	Huckleberries, raw
Japanese Pears, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Pear, Japanese, raw
Juneberry, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Juneberry, raw
Kiwifruit, raw	0.3	0.4	0.2	0.3	0.3	0.5	0.4	0.5	0.1	0.1	Kiwifruit, raw
Kumquat, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Kumquat, raw
Kumquat, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Kumquat, raw
Lemons, raw or cooked (Incl. citron)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Lemon, raw
Lime, raw (Incl. calamondin)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Lime, raw
Loganberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Loganberries, raw
Longans, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Longans, raw
Lychee, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Lychee, raw
Lychee, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Lychee, dried (lychee nuts)
Lychee, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	Lychee, raw
Mango, cooked or canned	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	Mango, cooked
Mango, dried	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	Mango, dried

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Fruit Group											
Whole Fruit, Continued	**72.7**		**61.2**		**65.4**		**75.2**		**77.0**		
Mango, raw	0.9	1.2	0.2	0.2	0.8	1.3	0.9	1.2	1.1	1.4	Mango, raw
Mixed Other Fruit (NOT citrus)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Applesauce, stewed apples, unsweetened
Mulberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Mulberries, raw
Nectarine, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Nectarine, cooked
Nectarine, raw	0.3	0.4	0.1	0.1	0.2	0.3	0.3	0.5	0.0	0.0	Nectarine, raw
Oranges, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Orange, sections, canned, juice pack
Oranges, raw	3.5	4.8	3.1	5.1	3.7	5.7	3.4	4.5	4.0	5.2	Orange, raw
Papaya, cooked or canned (Incl.	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Papaya, green, cooked
Papaya, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Papaya, dried
Papaya, raw	0.3	0.4	0.0	0.0	0.0	0.0	0.4	0.5	0.3	0.3	Papaya, raw
Passion Fruit, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Passion Fruit, raw
Peaches, cooked or canned	0.7	0.9	1.2	2.0	0.8	1.3	0.4	0.5	1.6	2.1	Peach, ckd/cnd, unsweetened, water pack
Peaches, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Peach, dried, uncooked
Peaches, raw	1.4	1.9	0.6	1.0	0.7	1.1	1.5	1.9	2.8	3.6	Peach, raw
Pears, cooked or canned	0.3	0.4	0.9	1.5	0.3	0.5	0.2	0.3	0.6	0.7	Pear, ckd/cnd, unswtnd, water pack
Pears, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Pear, dried, unckd
Pears, raw	1.6	2.2	1.2	2.0	1.2	1.8	1.7	2.3	1.6	2.0	Pear, raw
Persimmons, raw	0.2	0.2	0.0	0.0	0.0	0.0	0.2	0.3	0.3	0.4	Persimmon, raw
Pineapple, cooked or canned	0.4	0.6	0.6	0.9	0.7	1.0	0.3	0.4	0.3	0.4	Pineapple, ckd/cnd, unsweetened, water pack
Pineapple, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Pineapple, dried
Pineapple, raw	0.8	1.1	0.0	0.0	1.0	1.5	0.8	1.1	0.7	0.9	Pineapple, raw
Plums, dried (include dried prunes)	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.3	0.4	Prune, dried, unckd
Plums, raw	0.4	0.5	0.1	0.2	0.3	0.4	0.4	0.6	0.4	0.5	Plum, raw
Plums/Prunes, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Plum, ckd/cnd, unswtnd, water pack
Pomegranate, raw	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	Pomegranate, raw
Raisins, cooked or canned	0.3	0.4	0.1	0.1	0.2	0.2	0.4	0.5	0.4	0.5	Raisins, cooked
currants)	1.4	1.9	0.5	0.9	0.5	0.7	1.7	2.3	1.5	1.9	Raisins

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Fruit Group											
Whole Fruit, Continued	**72.7**		**61.2**		**65.4**		**75.2**		**77.0**		
Raspberries, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Raspberries, raw, NS as to color
Raspberries, raw (incl. black & red)	0.5	0.7	0.2	0.4	0.2	0.3	0.7	0.9	0.1	0.2	Raspberries, raw, NS as to color
Rhubarb, cooked or canned	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	Rhubarb, ckd or cnd, unswtnd
Rhubarb, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Rhubarb, raw
Star Fruit (Carambola), cooked	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Carambola (starfruit), raw
Star Fruit (Carambola), raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Carambola (starfruit), raw
Strawberries, cooked or canned (Incl. dried)	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	Strawberries, ckd or cnd, unsweetened, water pack
Strawberries, raw	4.2	5.8	2.6	4.3	4.8	7.4	3.9	5.2	5.2	6.8	Strawberries, raw
Tamarind, dried	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Tamarind pulp, dried, sweetened
Tamarind, raw or cooked	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	Tamarind, raw
Tangerine, raw or canned/cooked	1.2	1.7	3.5	5.7	1.0	1.5	1.2	1.6	1.3	1.7	Tangerine, raw
Unknown Citrus Fruit	0.5	0.6	0.5	0.8	0.5	0.7	0.5	0.6	0.5	0.6	Strawberries, ckd or cnd, unsweetened, water pack
Unknown Dried Fruit	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	Raisins
Unknown Other Fruit	0.8	1.0	0.6	1.0	0.7	1.0	0.8	1.1	0.6	0.8	Applesauce, stewed apples, unsweetened
Watermelon, raw	6.2	8.6	3.5	5.7	5.1	7.8	6.7	8.9	7.0	9.1	Watermelon, raw
Youngberries, raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Youngberries, raw
Fruit Group											
Fruit Juice	**27.3**		**38.8**		**34.6**		**24.8**		**23.0**		
Apple Juice	7.2	26.3	25.0	64.5	14.5	41.8	4.3	17.4	3.1	13.7	Apple juice
Apricot Juice/Nectar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Apricot nectar
Banana Juice/Nectar	0.1	0.4	0.1	0.2	0.1	0.3	0.1	0.6	0.0	0.0	Banana nectar
Blackberry Juice	0.1	0.5	0.0	0.0	0.2	0.5	0.1	0.5	0.2	1.0	Blackberry juice
Cantaloupe Juice/Nectar	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	Cantaloupe nectar
Cherry Juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Grape juice, 100%

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Cranberry Juice	0.6	2.1	0.1	0.2	0.2	0.6	0.7	2.9	0.5	2.2	Cranberry jce, 100%, not a blend
Grape Juice	2.7	9.8	4.5	11.7	3.6	10.4	2.2	8.9	2.9	12.6	Grape juice, 100%
Grapefruit Juice	0.2	0.9	0.0	0.0	0.0	0.1	0.3	1.4	0.2	0.8	Grapefruit juice, cnd, unswt.
Guava Juice/Nectar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Guava nectar
Lemon Juice	0.8	3.1	0.1	0.2	0.5	1.4	1.1	4.4	0.4	1.6	Lemon juice, cnd or bottled
Lime Juice	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.5	0.0	0.0	Lime juice, cnd or bottled
Mango Juice/Nectar	0.2	0.7	0.1	0.2	0.2	0.7	0.2	0.7	0.1	0.5	Mango nectar
Mixed Fruit Juice (Citrus)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Orange jce, frz, unswt., recons.
Mixed Fruit Juice (NOT citrus)	0.2	0.7	0.1	0.3	0.2	0.5	0.2	0.8	0.2	0.8	Apple juice
Orange Juice (Incl. tangerine & acerola jces)	12.9	47.2	6.6	17.1	12.3	35.7	13.2	53.2	14.1	61.5	Orange jce, frz, unswt., recons.
Papaya Juice/Nectar	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	Papaya juice
Passion Fruit Juice/Nectar	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	Passion fruit juice
Peach Juice/Nectar	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	Peach nectar
Pear Juice/Nectar	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.2	Pear juice, baby Food
Pineapple Juice	0.9	3.4	0.3	0.8	0.7	1.9	1.2	4.7	0.2	1.0	Pineapple juice
Plum Juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Prune juice
Fruit Group											
Fruit Juice, Continued	**27.3**		**38.8**		**34.6**		**24.8**		**23.0**		
Pomegranate Juice	0.1	0.4	0.0	0.1	0.0	0.1	0.1	0.4	0.3	1.2	Pomegranate juice
Prune Juice	0.1	0.5	0.0	0.0	0.0	0.0	0.2	0.7	0.2	0.9	Prune juice
Raspberry Juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Blackberry juice
Soursop Juice/Nectar	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Soursop (Guanabana) nectar
Strawberry Juice	0.1	0.4	0.1	0.3	0.1	0.3	0.1	0.5	0.0	0.0	Strawberry juice
Unknown Citrus Fruit Juice	0.3	1.0	0.6	1.6	0.8	2.2	0.1	0.5	0.1	0.3	Orange jce, frz, unswt., recons.
Unknown Other Fruit Juice	0.5	1.9	1.0	2.5	1.1	3.2	0.3	1.4	0.3	1.3	Apple juice
Watermelon Juice	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	Watermelon juice
Vegetable Group											

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Dark Green Vegetables	**9.3**		**5.7**		**5.6**		**10.3**		**8.1**		
Arugula Lettuce	0.2	1.9	0.0	0.0	0.0	0.0	0.2	2.3	0.1	0.8	Lettuce, arugula, raw
Bak Choy (Chinese Cabbage)	0.3	2.7	0.0	0.0	0.0	0.6	0.3	3.1	0.1	1.1	Cabbage, Chinese, cooked, fat not added in cooking
Broccoli, cooked	3.1	33.6	3.8	66.7	2.7	47.5	3.4	32.8	2.0	25.0	Broccoli, cooked, NS as to form, fat not added in cooking
Broccoli, raw	0.5	5.4	0.6	10.4	0.6	10.9	0.5	5.1	0.2	2.6	Broccoli, raw
Butterhead Lettuce (Boston, Bibb)	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.8	Lettuce, Boston, raw
Chard, raw and cooked (Incl. escarole, ckd)	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	Chard, cooked, fat not added in cooking
Cilantro, raw and ckd	0.1	1.1	0.0	0.6	0.1	1.1	0.1	1.2	0.0	0.1	Cilantro, raw
Collard Greens, raw and cooked	0.3	2.8	0.1	1.1	0.3	4.7	0.2	2.3	0.5	6.2	Collards, cooked, NS as to form, fat not added in cooking
Grape Leaves, raw and ckd	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	Cilantro, raw
Kale (Incl. lambsquarters, mustard cabbage, beet greens, bitter melon, horseradish, and jute leaves)	0.4	4.5	0.0	0.0	0.1	1.1	0.5	4.8	0.4	5.2	Kale, raw
Kale, cooked (Incl. lambsquarters, mustard cabbage, raw & ckd beet greens, bitter melon leaves, horseradish leaves, jute leaves, rad, sweet potato leaves)	0.2	1.8	0.0	0.4	0.1	1.6	0.1	1.4	0.5	6.4	Kale, cooked, NS as to form, fat not added in cooking
Mixed Dark Leafy Greens (includes Romaine, Chicory, Escarole, Endive, and Basil)	1.9	20.7	0.6	10.4	0.7	12.2	2.1	20.9	2.2	27.5	Endive, chicory, escarole, or romaine lettuce, raw
Mustard Greens, raw and ckd (Incl. dandelion and poke greens)	0.1	1.0	0.0	0.0	0.0	0.3	0.1	0.8	0.3	3.1	Mustard greens, cooked, NS as to form, fat not added in cooking
Parsley, raw and ckd (Incl. epazote)	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	Parsley, raw
Seaweed (Laver)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Seaweed, raw

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Dark Green Vegetables, Continued	**9.3**		**5.7**		**5.6**		**10.3**		**8.1**		
Spinach, cooked (Incl. taro leaves)	0.7	7.1	0.4	6.5	0.4	7.8	0.7	6.9	0.7	8.4	Spinach, cooked, NS as to form, fat not added in cooking
Spinach, raw	1.4	15.0	0.1	2.4	0.6	10.2	1.7	16.1	0.9	10.5	Spinach, raw
Turnip Greens, cooked	0.1	0.6	0.0	0.6	0.0	0.6	0.0	0.5	0.1	1.7	Turnip greens, cooked, NS as to form, fat not added in cooking
Unknown dark green veg.	0.1	1.2	0.1	1.0	0.1	1.1	0.1	1.3	0.0	0.4	Parsley, raw
Watercress (Incl. thistle leaves)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Watercress, raw
Beans and Peas (Legumes)	**7.7**		**9.4**		**7.0**		**8.1**		**5.4**		
Black beans	1.1	14.3	3.0	32.1	1.2	17.0	1.1	13.8	0.6	11.1	Black, brown, or Bayo beans, dry, cooked, fat not added in cooking
Chickpeas	0.4	5.4	0.4	3.9	0.1	1.9	0.5	6.2	0.2	3.4	Chickpeas, dry, cooked, fat not added in cooking
Cowpeas	0.0	0.3	0.1	1.0	0.0	0.2	0.0	0.4	0.0	0.0	Cowpeas, dry, cooked, fat not added in cooking
Kidney Beans	0.9	12.1	0.3	3.6	0.6	8.4	1.0	12.3	1.0	19.5	cooking
Lentils	0.6	7.6	0.8	8.6	0.4	6.4	0.7	8.1	0.2	4.1	Lentils, dry, cooked, fat not added in cooking
Lima beans (mature) (Incl. fava and mung beans)	0.0	0.5	0.1	0.6	0.1	0.7	0.0	0.3	0.1	2.5	Lima beans, dry, cooked, fat not added in cooking
Pinto beans (Incl. pink beans, yellow beans)	3.2	41.9	3.1	32.5	3.4	48.5	3.4	42.2	1.5	28.7	Pinto, calico, or red Mexican beans, dry, cooked, fat not added in cooking
Soybeans/Edamame	0.1	1.3	0.3	3.7	0.0	0.6	0.1	1.4	0.0	0.1	Soybeans, cooked, fat not added in cooking
Split Peas	0.1	0.8	0.0	0.0	0.1	1.7	0.1	0.6	0.1	1.1	Green or yellow split peas, dry, cooked, fat not added in cooking
Unknown legume	0.2	2.7	0.1	1.2	0.1	1.9	0.2	2.9	0.1	1.9	White beans, dry, cooked, fat not added in cooking
White beans (Incl. navy and pea beans)	1.0	13.0	1.2	12.8	0.9	12.7	0.9	11.7	1.5	27.5	White beans, dry, cooked, fat not added in cooking
Vegetable Group											

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Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Red and Orange Vegetables	**24.2**		**25.9**		**27.8**		**23.2**		**26.0**		
Carrot Juice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Carrot juice
Carrots, cooked	2.1	8.8	2.0	7.9	1.7	6.1	2.1	9.2	2.7	10.5	Carrots, cooked, NS as to form, fat not added in cooking
Carrots, raw	2.0	8.3	4.1	15.7	3.5	12.8	1.7	7.4	1.7	6.4	Carrots, raw
Chili Pepper, hot, red, (Incl. color NS)	0.1	0.5	0.0	0.1	0.1	0.4	0.1	0.6	0.0	0.2	Peppers, hot, cooked, NS as to form, fat not added in cooking
Ckd Sweet Potatoes/orange yams	0.7	2.9	1.1	4.1	0.4	1.3	0.7	2.9	1.2	4.7	Sweetpotato, baked, peel not eaten, fat not added in cooking
Ckd Winter Squash	0.1	0.4	0.1	0.2	0.0	0.0	0.1	0.5	0.1	0.5	Squash, winter type, baked, no fat or sugar added in cooking
Pumpkin	0.1	0.5	0.1	0.4	0.1	0.3	0.1	0.6	0.1	0.3	Pumpkin, cooked, from canned, fat not added in cooking
Red Peppers (sweet, bell), ckd and raw (Incl. pimentos)	0.3	1.2	0.1	0.5	0.2	0.8	0.3	1.3	0.4	1.4	Peppers, red, cooked, fat not added in cooking
Tomato Juice	0.9	3.7	0.8	3.1	0.3	1.0	0.9	3.8	2.0	7.7	Tomato juice
Tomatoes, cooked	10.4	43.2	13.9	53.6	15.3	55.0	9.7	41.6	9.1	34.9	Tomatoes, cooked, NS as to form, NS as to method
Tomatoes, raw	6.8	28.2	2.8	10.6	5.7	20.5	6.9	29.8	8.1	31.1	Tomatoes, raw
Unknown red/orange veg.	0.6	2.3	1.0	3.8	0.5	1.9	0.6	2.4	0.6	2.4	Carrots, cooked, NS as to form, fat not added in cooking
Vegetable Group											
Starchy Vegetables	**27.8**		**35.6**		**35.9**		**25.8**		**29.8**		
Cassava (Tapioca) (Incl. taro, burdock root, and white yam)	0.1	0.5	0.0	0.0	0.0	0.1	0.2	0.6	0.1	0.4	Cassava (yuca blanca), cooked, fat not added in cooking
Corn (white) (Incl. hominy)	0.3	1.2	0.5	1.3	0.3	0.8	0.4	1.4	0.2	0.7	Corn, white, cooked, from fresh, fat not added in cooking
Corn (yellow)	2.3	8.4	4.7	13.3	3.3	9.1	2.1	7.9	2.8	9.3	Corn, yellow, cooked, from fresh, fat not added in cooking

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Cowpeas, Field Peas, Blackeye Peas, not dried (Incl. pigeon peas)	0.1	0.2	0.0	0.0	0.1	0.3	0.0	0.2	0.1	0.3	Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from fresh, fat not added in cooking
French Fries	3.8	13.5	6.3	17.6	6.8	19.0	3.5	13.4	1.4	4.8	White potato, french fries, from frozen, oven baked
Green Peas, ckd and raw	1.0	3.7	1.9	5.3	1.1	3.2	0.9	3.6	1.6	5.3	Peas, green, cooked, from fresh, fat not added in cooking
Home Fries/Hash Browns	2.4	8.5	0.9	2.6	1.2	3.3	2.5	9.8	2.9	9.7	Potato, home fries, from fresh
Lima Beans, immature	0.2	0.6	0.1	0.2	0.1	0.3	0.1	0.5	0.5	1.5	Beans, lima, immature, cooked, from fresh, fat not added in cooking
Plantains (incl. green banana)	0.3	1.2	0.6	1.6	0.1	0.4	0.4	1.5	0.2	0.5	Ripe plantains, boiled
Potato Chips/Puffs/Sticks	5.2	18.8	6.0	16.7	10.3	28.7	4.5	17.5	3.5	11.6	Potato chips, fat free
Potatoes, baked	4.3	15.6	2.6	7.4	3.9	10.8	4.0	15.5	7.5	25.3	Potato, baked, peel not eaten
Potatoes, boiled (Incl. breadfruit)	7.4	26.5	11.8	33.0	8.4	23.5	6.9	26.7	8.8	29.7	White potato, boiled, without peel, fat not added in cooking
Vegetable starches and unknown starchy veg.	0.3	1.0	0.3	0.8	0.2	0.5	0.3	1.1	0.3	0.9	Potato flour
Waterchestnuts (Incl. lotus root)	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.2	Water chestnut
Vegetable Group											
Other Vegetables	**31.1**		**23.3**		**23.7**		**32.6**		**30.8**		
Artichoke	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.4	Artichoke, globe (French), cooked, from fresh, fat not added in cooking
Asparagus, ckd and raw	0.3	1.0	0.3	1.1	0.1	0.6	0.3	1.0	0.2	0.6	Asparagus, cooked, from fresh, fat not added in cooking
Avocado	1.6	5.2	1.6	6.8	0.8	3.6	1.8	5.4	1.5	4.8	Avocado, raw
Bamboo Shoots, cooked	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	Bamboo shoots, cooked, fat not added in cooking

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Beets, raw and ckd	0.1	0.3	0.0	0.0	0.0	0.2	0.1	0.3	0.2	0.6	Beets, cooked, from fresh, fat not added in cooking
Brussels Sprouts	0.2	0.6	0.0	0.0	0.1	0.6	0.2	0.6	0.2	0.7	Brussels sprouts, cooked, from fresh, fat not added in cooking
Cactus (Nopales), ckd and raw	0.1	0.2	0.1	0.3	0.0	0.0	0.1	0.2	0.0	0.0	Cactus, cooked, fat not added in cooking
Cauliflower, ckd and raw (Incl. broccoflower)	0.8	2.5	0.4	1.8	0.3	1.1	0.8	2.4	1.4	4.5	Cauliflower, cooked, from fresh, fat not added in cooking
Celery, cooked	0.3	1.0	0.2	0.9	0.3	1.2	0.3	0.9	0.5	1.7	Celery, cooked, fat not added in cooking
Celery, raw	0.6	2.1	0.6	2.5	0.4	1.8	0.7	2.0	0.9	2.9	Celery, raw
Chili Pepper, hot, green, ckd and raw (Incl. serrano and dwarf green)	0.3	1.1	0.2	0.8	0.4	1.6	0.4	1.2	0.1	0.5	Peppers, hot, cooked, from canned, fat not added in cooking
Chives, ckd and raw	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Chives, raw
Cucumber (Incl. flowers of sesbania, squash, lily, pumpkin)	2.2	6.9	2.7	11.7	2.1	8.8	2.2	6.7	1.8	6.0	Cucumber, raw
Cucumber Pickles (Incl. relish and capers)	1.3	4.3	0.8	3.3	1.9	7.9	1.3	4.1	0.7	2.3	Cucumber pickles, dill, reduced salt
Edible-pod Green Peas, ckd and raw (Incl. snowpeas, fern shoots)	0.2	0.5	0.6	2.4	0.2	0.8	0.2	0.5	0.1	0.3	Snowpea (pea pod), cooked, from fresh, fat not added in cooking
Eggplant (Incl. hearts of palm), raw and ckd	0.2	0.5	0.1	0.3	0.1	0.2	0.2	0.6	0.1	0.2	Eggplant, cooked, fat not added in cooking
Garlic, ckd and raw	0.1	0.4	0.0	0.2	0.1	0.5	0.1	0.4	0.1	0.2	Garlic, raw
Green Beans, ckd and raw (Incl. snap and yellow beans)	3.2	10.2	6.2	26.6	3.0	12.5	3.0	9.3	4.1	13.3	Beans, string, green, cooked, from fresh, fat not added in cooking
Vegetable Group											
Other Vegetables, Continued	**31.1**		**23.3**		**23.7**		**32.6**		**30.8**		
Green Cabbage, cooked	0.9	3.0	1.9	8.0	0.7	3.0	1.0	3.0	0.9	2.9	Cabbage, green, cooked, fat not added in cooking
Green Cabbage, raw (Incl. savoy cabbage; squash & pumpkin leaves)	1.4	4.6	0.4	1.7	0.4	1.6	1.5	4.5	2.7	8.7	Cabbage, green, raw

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Green Peppers, cooked, sweet, bell	0.9	3.0	0.3	1.5	0.7	3.1	1.0	3.1	0.7	2.4	Peppers, green, cooked, fat not added in cooking
Green Peppers, raw, sweet, bell (Incl. color NS)	0.5	1.6	0.1	0.5	0.3	1.4	0.5	1.6	0.4	1.4	Pepper, sweet, green, raw
Horseradish (Incl. ginger root, wasabi)	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	Horseradish
Lettuce (Incl. Iceberg, manoa)	5.6	17.9	1.5	6.3	3.8	16.0	6.0	18.4	5.2	16.8	Lettuce, raw
Miscellaneous Additional Vegetables	0.1	0.2	0.0	0.0	0.1	0.2	0.1	0.2	0.0	0.0	Seaweed, raw (includes blanched)
Mungbeans Sprouts, ckd and raw (Incl. alfalfa and buckwheat sprouts)	0.1	0.4	0.0	0.0	0.0	0.2	0.2	0.5	0.0	0.0	Bean sprouts, cooked, from fresh, fat not added in cooking
Mushrooms, ckd and raw (Incl. shiitake)	0.8	2.4	0.3	1.3	0.4	1.6	0.9	2.6	0.6	1.9	Mushrooms, cooked, from fresh, fat not added in cooking
Okra, cooked (Incl. horseradish pods)	0.2	0.6	0.0	0.0	0.3	1.2	0.2	0.5	0.2	0.6	Okra, cooked, from fresh, fat not added in cooking
Olives (raw or ckd)	0.3	1.0	0.4	1.7	0.2	0.7	0.3	1.0	0.3	1.1	Olives, black
Onions, mature, cooked (includes Leeks)	2.4	7.8	1.7	7.5	2.0	8.6	2.5	7.6	2.6	8.4	Onions, mature, cooked, from fresh, fat not added in cooking
Onions, mature, raw	3.1	10.0	1.1	4.6	3.3	13.8	3.3	10.1	1.6	5.3	Onions, mature, raw
Radish, daikon, cooked	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Radish, daikon, cooked, fat not added in cooking
Radishes	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.4	Radish, raw
Red Cabbage (Incl. radicchio), raw and ckd	0.1	0.4	0.0	0.0	0.0	0.2	0.2	0.5	0.0	0.2	Cabbage, red, raw
Spring Onions/Scallions, ckd and raw	0.2	0.5	0.0	0.2	0.1	0.3	0.2	0.5	0.1	0.4	Onions, young green, raw
Summer Squash, ckd and raw, yellow and zucchini (Incl. spaghetti squash, chayote, bitter and winter melons)	0.8	2.5	0.4	1.6	0.2	0.9	0.8	2.4	1.3	4.4	Squash, summer, cooked, from fresh, fat not added in cooking
Vegetable Group											
Other Vegetables, Continued	**31.1**		**23.3**		**23.7**		**32.6**		**30.8**		

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Tomatillos, ckd and raw (Incl. green tomatoes)	0.1	0.2	0.0	0.0	0.1	0.3	0.1	0.2	0.0	0.0	Tomatoes, raw
Turnips, ckd and raw (Incl. rutabaga, kohlrabi, celeriac, fennel bulb)	0.2	0.5	0.0	0.0	0.0	0.0	0.2	0.6	0.1	0.4	Turnip, cooked, from fresh, fat not added in cooking
Unknown other veg.	1.9	6.0	1.5	6.3	1.3	5.5	2.0	6.1	1.8	5.9	Onions, mature, cooked, from fresh, fat not added in cooking
Grain Group											
Whole Grains	**14.9**		**15.5**		**13.7**		**14.7**		**19.5**		
Bars Containing Whole Grains	0.4	2.9	0.4	2.6	0.4	2.9	0.5	3.2	0.2	0.9	Oats, raw
Brown Rice	0.9	5.7	0.5	3.4	0.5	3.4	1.0	7.0	0.5	2.8	Rice, brown, cooked, fat not added in cooking
Oatmeal and other cooked cereals	1.5	10.1	2.6	16.5	0.8	6.2	1.6	10.7	2.4	12.4	Oatmeal, ckd, NS as to reg, quick or instant, fat not added in ckg
Other Foods Containing Whole Grains	0.1	0.8	0.2	1.2	0.1	0.4	0.1	1.0	0.1	0.3	Rice cake
Popcorn	0.8	5.6	0.5	3.0	0.9	6.3	0.9	5.8	0.7	3.3	Popcorn, air-popped (no butter or oil)
Whole Grain Bagels & Eng. Muffins	0.2	1.5	0.0	0.2	0.2	1.2	0.2	1.7	0.2	1.1	Bagel, whole wheat
Whole Grain Bread	5.0	33.4	3.9	25.2	3.4	25.2	5.1	34.9	8.0	40.8	Bread, whole wheat
Whole Grain Breading	0.1	0.7	0.0	0.2	0.3	2.5	0.0	0.2	0.1	0.4	Bread, whole wheat
Whole Grain Chips	0.8	5.1	0.7	4.8	0.7	4.9	0.8	5.5	0.7	3.7	Corn chips, plain
Whole Grain Crackers	0.4	2.4	0.7	4.6	0.3	2.0	0.4	2.5	0.5	2.6	Crackers, woven wheat, reduced sodium
Whole Grain Pasta	0.6	3.7	1.1	7.3	0.8	5.7	0.5	3.3	0.4	1.9	Pasta, whole grain, cooked
Whole Grain Pizza Crust	0.4	2.7	0.0	0.2	1.0	7.3	0.3	1.8	0.1	0.3	Bread, pita, whole wheat
Whole Grain Quick Bread	0.2	1.6	0.3	1.8	0.3	2.2	0.2	1.4	0.2	1.0	Pancakes, whole grain, reduced fat
Whole Grain Rolls (not sweet)	0.5	3.2	0.2	1.3	0.9	6.9	0.3	2.2	0.5	2.8	Roll, whole wheat, hot dog bun
Whole Grains in other Foods, incl desserts	0.1	0.6	0.1	0.7	0.0	0.3	0.1	0.6	0.2	1.2	Oats, raw
Whole Oat RTE Cereals	1.4	9.6	2.6	16.5	1.5	10.9	1.3	8.8	2.2	11.2	Cheerios
Whole Wheat RTE Cereals	1.5	10.3	1.6	10.5	1.6	11.9	1.4	9.4	2.6	13.3	Shredded wheat, 100%

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Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Grain Group											
Refined Grains	**85.1**		**84.5**		**86.3**		**85.3**		**80.5**		
Bagel, English Muffin	3.4	4.0	1.4	1.7	2.7	3.1	3.7	4.4	3.3	4.1	Bagels, plain, enriched
Bars Containing Refined Grains	0.2	0.3	0.2	0.3	0.2	0.2	0.3	0.3	0.1	0.1	Cookie, animal
Biscuit	1.7	2.0	1.7	2.0	1.5	1.7	1.7	2.0	2.2	2.8	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked
Breading, Stuffing	3.8	4.4	4.1	4.8	4.6	5.4	3.6	4.2	2.9	3.6	Bread, white, commerically prepared
Cooked Cereal	0.4	0.4	0.4	0.5	0.2	0.2	0.4	0.5	0.8	1.0	Cereals, corn grits, white, regular and quick, enriched, cooked without salt
Corn Tortilla	6.6	7.8	6.0	7.1	7.0	8.1	6.9	8.1	3.3	4.1	Tortillas, ready-to-bake or -fry, corn
Flour-based Desserts (cakes, cookies, etc)	7.9	9.3	11.0	13.1	9.1	10.6	7.1	8.3	11.0	13.7	Cookies, animal crackers
French Bread	2.2	2.6	0.7	0.8	1.6	1.8	2.4	2.8	2.7	3.3	Bread, french or vienna
Other Foods Containing Refined	0.5	0.6	0.6	0.7	0.4	0.5	0.6	0.7	0.6	0.7	Rice, white, long-grain, regular, cooked
Pasta & Noodles	7.5	8.9	12.4	14.7	7.2	8.3	7.5	8.8	7.8	9.7	Spaghetti, cooked, enriched, without salt
Pie and Pastry Crusts	1.6	1.9	0.5	0.7	1.0	1.2	1.8	2.1	1.8	2.3	Pie crust, standard-type, frozen, ready-to-bake, enriched
Pizza Crust	7.6	8.9	6.2	7.3	10.5	12.2	7.1	8.4	4.1	5.1	Bread, pita, white, enriched
Pretzels and Crackers	3.9	4.6	9.4	11.2	4.4	5.1	3.5	4.1	4.4	5.4	Pretzels, hard, plain, made with enriched flour, unsalted
Quick Breads	3.3	3.9	4.9	5.8	5.0	5.8	2.7	3.2	3.7	4.7	Pancakes, plain, reduced fat
Refined Grain as Thickener	0.5	0.6	0.1	0.1	0.3	0.3	0.5	0.6	0.6	0.8	Bread, white, commerically prepared
Refined grain RTE Cereal	1.9	2.2	2.0	2.4	2.7	3.1	1.6	1.9	2.0	2.5	Cereals ready-to-eat, Corn Flakes
Wheat Flour Tortilla	9.3	10.9	6.1	7.2	8.2	9.5	10.3	12.0	4.7	5.8	Tortillas, ready-to-bake or -fry, flour
White Bread	8.2	9.6	7.6	9.0	8.1	9.4	7.7	9.0	13.0	16.1	Bread, white, commerically prepared
White Rice	5.9	7.0	5.2	6.2	4.3	5.0	6.7	7.9	3.8	4.7	Rice, white, long-grain, regular, cooked
White Roll	8.6	10.1	3.8	4.5	7.4	8.6	9.2	10.8	7.7	9.6	Rolls, hamburger or hotdog, plain
Dairy											

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Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Milk	**49.6**		**72.4**		**58.3**		**44.2**		**56.6**		
Unflavored cow milks, whole	8.3	16.6	21.5	29.8	10.0	17.2	6.9	15.7	7.7	13.5	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, 2%	11.3	22.7	22.2	30.7	14.3	24.5	9.2	20.7	14.3	25.2	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, 1%	4.8	9.6	9.6	13.2	6.7	11.5	3.9	8.7	3.9	6.9	Milk, nonfat, fluid, added vitamin A and D
Unflavored cow milks, fat-free	3.6	7.3	2.7	3.8	2.6	4.4	3.6	8.2	6.9	12.1	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat's milk & imitation milks, whole and NFS	0.2	0.3	0.1	0.1	0.1	0.2	0.2	0.4	0.2	0.4	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat's milk & imitation milks, 2%	0.3	0.6	1.8	2.5	0.2	0.3	0.2	0.5	0.2	0.3	Milk, nonfat, fluid, added vitamin A and D
Low lactose, calcium-fortified, acidopholus, buttermilk, goat's milk & imitation milks, 1% and fat-free	0.2	0.4	0.3	0.4	0.0	0.1	0.3	0.6	0.5	0.9	Milk, nonfat, fluid, added vitamin A and D
Dry & evaporated milks, whole, reduced fat, and NFS	0.1	0.2	0.3	0.4	0.0	0.0	0.1	0.2	0.3	0.5	Milk, dry, nonfat, instant, added vitamin A and D
Dry & evaporated milks, 1% and fat-	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	Milk, dry, nonfat, instant, added vitamin A and D
Milk NFS	0.5	1.0	1.0	1.4	1.2	2.1	0.2	0.5	0.5	0.9	Milk, nonfat, fluid, added vitamin A and D
whole	0.8	1.6	1.3	1.9	1.8	3.0	0.5	1.0	0.5	0.9	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), 2%	1.1	2.1	2.3	3.1	2.8	4.9	0.4	0.9	0.4	0.6	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), 1%	0.5	1.1	0.5	0.7	1.4	2.4	0.3	0.6	0.0	0.1	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), fat-free	0.3	0.5	0.0	0.0	0.9	1.5	0.0	0.1	0.3	0.5	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), NFS	0.5	1.0	0.4	0.6	1.5	2.6	0.2	0.4	0.2	0.3	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), reduced sugar, milk whole and NS	0.4	0.9	0.2	0.2	1.2	2.0	0.2	0.5	0.1	0.1	Milk, nonfat, fluid, added vitamin A and D

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Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Flavored milks (chocolate milk, cocoa), no sugar, 1%	0.0	0.1	0.0	0.0	0.2	0.3	0.0	0.0	0.0	0.1	Milk, nonfat, fluid, added vitamin A and D
Dairy											
Milk, Continued	**49.6**		**72.4**		**58.3**		**44.2**		**56.6**		
Flavored milks (chocolate milk, cocoa), reduced sugar, 2% milk	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), no sugar, whole milk	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), no sugar, 2% milk	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), no sugar, fat-free	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), reduced sugar, 1% milk	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Flavored milks (chocolate milk, cocoa), reduced sugar, fat-free milk	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Milk in coffee drinks, lattes, and other bev., etc.	1.5	3.1	0.1	0.1	0.4	0.8	2.2	4.9	0.3	0.4	Milk, nonfat, fluid, added vitamin A and D
Skim milk in coffee drinks, lattes, etc.	0.3	0.5	0.0	0.0	0.0	0.0	0.4	0.9	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, fat-free	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, NFS	1.8	3.7	1.1	1.6	1.4	2.4	2.0	4.6	1.9	3.3	Milk, nonfat, fluid, added vitamin A and D
Milk shakes, malted milk drinks, fruit-milk drinks/smoothies, light	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	Milk, nonfat, fluid, added vitamin A and D
Meal supplements/replacement drinks/diet drinks	0.1	0.3	0.0	0.0	0.1	0.1	0.2	0.4	0.2	0.3	Milk, dry, nonfat, instant, added vitamin A and D
Milk powder drinks (recon+not recon), milk in eggnog or other bev.	0.1	0.2	0.2	0.2	0.1	0.1	0.1	0.2	0.2	0.3	Milk, dry, nonfat, instant, added vitamin A and D

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Milk in soups	0.5	1.0	0.0	0.0	0.1	0.3	0.5	1.1	1.8	3.2	Milk, nonfat, fluid, added vitamin A and D
Dairy											
Milk, Continued	**49.6**		**72.4**		**58.3**		**44.2**		**56.6**		
Milk in cream, sour cream	0.4	0.8	0.0	0.0	0.1	0.2	0.5	1.2	0.5	0.8	Milk, nonfat, fluid, added vitamin A and D
Milk in casseroles, “mixtures,” coatings/batters, frozen meals, main dishes & other dishes	2.5	5.0	1.9	2.6	2.7	4.7	2.5	5.7	1.9	3.3	Milk, nonfat, fluid, added vitamin A and D
Milk in scrambled eggs/omelets	2.2	4.5	1.0	1.3	1.4	2.3	2.6	5.9	2.5	4.4	Milk, nonfat, fluid, added vitamin A and D
Milk in mashed potatoes, creamed/sauced veg., sauces, gravies, salad dressings	1.3	2.5	0.4	0.5	1.1	1.8	1.3	2.9	1.9	3.4	Milk, nonfat, fluid, added vitamin A and D
Milk in puddings (caloric & low cal sweeteners), custards, milk-based desserts, other desserts, sweetened condensed milk	0.6	1.1	0.4	0.5	0.4	0.7	0.6	1.3	0.9	1.6	Milk, nonfat, fluid, added vitamin A and D
Milk in candies and “bars” and cookies	0.7	1.5	0.4	0.5	0.6	1.0	0.8	1.9	0.9	1.6	Milk, dry, nonfat, instant, added vitamin A and D
Milk in bread, baked products and cereals	2.3	4.6	1.8	2.4	2.5	4.3	2.1	4.8	3.1	5.4	Milk, nonfat, fluid, added vitamin A and D
Ice cream (caloric and low cal sweeteners), light and fat-free	0.3	0.6	0.2	0.2	0.3	0.6	0.2	0.5	0.5	0.8	Ice creams, vanilla, fat-free
Ice cream (caloric sweeteners), regular and rich	1.6	3.2	0.5	0.6	1.4	2.4	1.5	3.4	3.5	6.1	Ice creams, vanilla, fat-free
Ice cream sundaes, cones, sticks/bars/novelties (caloric+low cal sweeteners), light and lowfat	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.3	0.2	0.3	Ice creams, vanilla, fat-free
Ice cream sundaes, cones, sticks/bars/novelties (caloric+low cal sweeteners), regular, rich, and NFS	0.3	0.5	0.1	0.1	0.3	0.5	0.2	0.5	0.6	1.0	Ice creams, vanilla, fat-free

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Dairy											
Yogurt	**4.5**		**4.5**		**2.6**		**5.1**		**5.8**		
Frozen yogurt (caloric+low cal sweeteners) and sherbet, regular, lowfat, fat-free, and NFS	0.4	8.5	0.1	1.7	0.3	10.0	0.4	7.6	0.9	15.1	Frozen yogurts, flavors other than chocolate, nonfat milk, with low-calorie sweetener
Unflavored Yogurts, kefir, whole and NFS	0.3	7.2	0.1	1.9	0.1	5.3	0.4	8.7	0.1	1.4	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Unflavored Yogurts, lowfat	0.1	2.8	0.1	1.2	0.0	1.0	0.2	3.5	0.1	0.9	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Unflavored Yogurts, fat-free	0.0	1.1	0.0	0.0	0.0	0.2	0.0	0.9	0.2	3.5	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Flavored Yogurts (caloric sweeteners), lowfat	0.1	3.0	0.5	10.2	0.2	6.3	0.1	2.1	0.2	2.7	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (caloric sweeteners), fat-free	0.1	2.0	0.1	1.5	0.1	3.2	0.1	1.4	0.3	4.6	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (caloric sweeteners), NFS	0.1	2.6	0.3	6.2	0.0	0.5	0.1	2.5	0.3	5.5	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (low calorie sweeteners), fat-free	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Flavored Yogurts (low calorie sweeteners), lowfat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) incl.yogurt NS, whole	0.1	3.0	0.5	11.0	0.2	7.2	0.1	2.1	0.0	0.1	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners), incl. yogurt NS, lowfat	0.7	15.2	1.4	31.7	0.7	29.2	0.6	11.2	1.0	18.1	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) incl.yogurt NS, fat-free	0.4	8.0	0.0	0.7	0.1	4.4	0.4	8.7	0.6	10.4	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Fruit Yogurts (caloric sweeteners) incl.yogurt NS, fat NFS	0.3	6.1	0.9	20.4	0.3	11.7	0.2	4.4	0.3	5.9	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Fruit Yogurts (low calorie sweeteners), lowfat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Dairy											
Yogurt, Continued	**4.5**		**4.5**		**2.6**		**5.1**		**5.8**		
Fruit Yogurts (low calorie sweeteners), fat-free	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Yogurt, vanilla or lemon, nonfat milk, low calorie sweetener, fortified with vitamin D
Yogurt in other Foods	0.1	1.3	0.0	0.1	0.0	0.7	0.1	1.6	0.1	1.0	Yogurt, plain, skim milk, 13 grams protein per 8 oz
Greek yogurt, unflavored, whole and NFS	0.0	1.0	0.0	0.0	0.0	1.1	0.1	1.1	0.0	0.5	Yogurt, Greek, plain, nonfat milk
Greek yogurt, unflavored, lowfat	0.2	3.7	0.1	1.4	0.1	3.1	0.2	4.4	0.0	0.0	Yogurt, Greek, plain, nonfat milk
Greek yogurt, unflavored, nonfat	0.2	3.4	0.0	0.0	0.0	0.3	0.2	3.9	0.3	5.0	Yogurt, Greek, plain, nonfat milk
Greek yogurt, flavored, whole and NFS	0.1	2.7	0.0	0.3	0.0	1.1	0.1	2.7	0.3	5.7	Yogurt, Greek, nonfat milk, flavors other than fruit
Greek yogurt, flavored, lowfat	0.2	4.2	0.1	2.8	0.0	1.8	0.3	4.9	0.2	3.3	Yogurt, Greek, nonfat milk, flavors other than fruit
Greek yogurt, flavored, nonfat	0.2	4.0	0.0	0.0	0.0	0.6	0.3	5.3	0.0	0.5	Yogurt, Greek, nonfat milk, flavors other than fruit
Greek yogurt, fruit, whole and NFS	0.1	2.4	0.0	0.4	0.0	1.5	0.1	2.5	0.2	3.5	Yogurt, Greek, nonfat milk, flavors other than fruit
Greek yogurt, fruit, lowfat	0.3	7.4	0.3	6.9	0.2	8.1	0.4	7.6	0.3	4.8	Yogurt, Greek, nonfat milk, flavors other than fruit
Greek yogurt, fruit, nonfat	0.5	10.5	0.1	1.6	0.1	2.8	0.7	12.8	0.4	7.5	Yogurt, Greek, nonfat milk, flavors other than fruit
Cheese	**44.8**		**22.3**		**38.5**		**49.4**		**37.1**		
Natural cheeses (incl low sodium cheeses), regular	8.4	18.7	4.4	20.0	4.8	12.4	9.9	20.1	8.6	23.3	Cheese, mozzarella, nonfat or fat free
Natural cheeses (incl low sodium cheeses), reduced-fat	1.4	3.1	2.5	11.1	1.4	3.6	1.4	2.9	0.7	2.0	Cheese, mozzarella, nonfat or fat free

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Natural cheeses (incl low sodium cheeses), lowfat and fat-free	0.2	0.4	0.0	0.0	0.1	0.3	0.2	0.3	0.5	1.4	Cheese, mozzarella, nonfat or fat free
Natural cheeses (incl low sodium cheeses), fat NFS	0.5	1.1	0.4	2.0	0.4	1.1	0.6	1.2	0.1	0.2	Cheese, mozzarella, nonfat or fat free
Cottage cheeses, regular	0.2	0.4	0.0	0.1	0.0	0.1	0.2	0.4	0.6	1.6	Cheese, cottage, lowfat, (1% milkfat) no sodium added
Cottage cheeses, lowfat and fat NFS	0.4	0.9	0.1	0.4	0.1	0.1	0.5	1.0	0.6	1.6	Cheese, cottage, lowfat, (1% milkfat) no sodium added
Dairy											
Cheese, Continued	**44.8**		**22.3**		**38.5**		**49.4**		**37.1**		
Processed cheeses (incl low sodium cheeses), regular	3.2	7.2	3.5	15.5	2.7	7.0	3.4	6.9	3.3	8.9	Cheese, American, nonfat or fat free
Processed cheeses (incl low sodium cheeses), reduced-fat	0.1	0.3	0.0	0.1	0.2	0.4	0.1	0.3	0.2	0.5	Cheese, American, nonfat or fat free
Processed cheeses (incl low sodium cheeses), lowfat and fat-free	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	Cheese, American, nonfat or fat free
Cheese spreads, dips, sauces, soups	0.6	1.4	0.1	0.6	0.5	1.3	0.6	1.2	1.0	2.8	Cheese, American, nonfat or fat free
Cheese on sandwiches	4.4	9.9	0.8	3.5	3.9	10.1	4.9	9.9	4.0	10.9	Cheese, American, nonfat or fat free
Cheese in grains products, snacks (incl breads and cereals), desserts/sweets, regular and NFS	0.6	1.3	0.4	2.0	0.8	2.1	0.5	1.0	0.5	1.5	Cheese, American, nonfat or fat free
Cheese in grains products (incl fried cheese, gnocchi), desserts/sweets, reduced fat, lowfat, nonfat	0.4	0.9	0.1	0.3	0.8	1.9	0.4	0.7	0.1	0.3	Cheese, mozzarella, nonfat or fat free
Cheese in Mexican dishes	7.8	17.4	2.5	11.4	6.1	15.8	9.2	18.7	3.8	10.3	Cheese, Mexican blend, reduced fat
Cheese in egg or meat dishes and frozen meals	2.0	4.4	0.6	2.7	1.1	2.8	2.4	4.9	1.6	4.4	Cheese, Mexican blend, reduced fat
Cheese on pizza and calzone, regular and NFS	8.5	18.9	3.6	16.4	11.4	29.6	8.1	16.4	4.6	12.3	Cheese, mozzarella, nonfat or fat free
Cheese on pizza and calzone, reduced-fat and lowfat	0.3	0.6	0.0	0.2	0.3	0.7	0.3	0.6	0.1	0.3	Cheese, mozzarella, nonfat or fat free

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	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Cheese in pasta and Italian dishes, regular and NFS	3.1	6.9	2.5	11.3	2.4	6.3	3.3	6.7	3.9	10.4	Cheese, Mexican blend, reduced fat
Cheese in pasta and Italian dishes, reduced fat, lowfat, and nonfat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	Cheese, Mexican blend, reduced fat
Cheese on vegetables (cheese sauce), in salads & dressings	1.2	2.6	0.2	1.1	0.8	2.0	1.3	2.7	1.5	4.1	Cheese, American, nonfat or fat free
Cheese NFS	1.6	3.5	0.3	1.5	0.9	2.3	2.0	4.0	1.2	3.3	Cheese, Mexican blend, reduced fat
Dairy											
Soymilk	**1.0**		**0.9**		**0.6**		**1.3**		**0.5**		
Soymilk	1.0	100.0	0.9	100.0	0.6	100.0	1.3	100.0	0.5	100.0	Soymilk (all flavors), unsweetened, added calcium, vitamins A and D
Protein Foods											
Eggs	**9.44**		**14.03**		**8.88**		**9.20**		**11.82**		
Eggs	9.44	100.00	14.03	100.00	8.88	100.00	9.20	100.00	11.82	100.00	Egg, whole, cooked, hard-boiled
High Omega-3 Fish	**2.71**		**0.70**		**1.59**		**2.78**		**4.45**		
Anchovy	0.01	0.32	0.00	0.00	0.00	0.31	0.01	0.21	0.04	1.01	Anchovy, European, canned in oil, drained
Herring	0.02	0.64	0.00	0.00	0.04	2.73	0.01	0.51	0.00	0.00	Herring, Atlantic, ckd, dry heat
Mackerel	0.04	1.36	0.00	0.00	0.01	0.39	0.05	1.72	0.00	0.00	Mackerel, Atlantic, ckd, dry heat
Pompano	0.13	4.69	0.00	0.00	0.06	3.73	0.16	5.66	0.00	0.00	Pompano, Florida, cooked, dry heat
Salmon	1.72	63.23	0.24	34.39	0.92	57.66	1.78	64.07	2.80	62.89	Fish, salmon, Atlantic, farmed, cooked, dry heat
Sardines	0.07	2.44	0.00	0.00	0.00	0.26	0.04	1.47	0.41	9.30	Sardine, Atlantic, canned in oil, drained solids with bone
Sea bass	0.08	2.82	0.00	0.00	0.08	4.73	0.09	3.11	0.00	0.00	Sea bass, mixed species, cooked, dry heat
Swordfish	0.01	0.44	0.00	0.00	0.00	0.00	0.02	0.57	0.00	0.00	Swordfish, cooked, dry heat
Trout	0.13	4.87	0.00	0.00	0.03	2.08	0.10	3.59	0.62	13.93	Trout, rainbow, farmed, cooked, dry heat
Roe	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Roe, mixed species, cooked, dry heat

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Unknown Fish, High Omega-3	0.23	8.51	0.20	28.18	0.27	16.87	0.23	8.19	0.19	4.35	Fish, salmon, Atlantic, farmed, cooked, dry heat
Tuna - High Omega-3	0.29	10.64	0.26	37.43	0.18	11.23	0.30	10.84	0.38	8.51	Tuna, white, canned in water, without salt, drained solids
Ray	0.00	0.05	0.00	0.00	0.00	0.00	0.00	0.06	0.00	0.00	Shark, mixed species, raw
Shark	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Shark, mixed species, raw
Smelt	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Smelt, rainbow, cooked, dry heat
Low Omega-3 Fish	**5.95**		**2.32**		**3.44**		**6.52**		**5.98**		
Shrimp	1.14	19.19	0.48	20.62	0.79	23.06	1.24	19.07	0.98	16.30	Shrimp, ckd, moist heat
Unknown Fish, Low Omega-3	0.46	7.81	0.68	29.11	0.45	13.20	0.47	7.21	0.40	6.68	Cod, Pacific, ckd, dry heat
Fish sticks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Haddock, cooked, dry heat
Restructured fish	0.03	0.53	0.00	0.00	0.01	0.21	0.04	0.56	0.04	0.62	Fish, pollock, Atlantic, cooked, dry heat
Carp	0.01	0.14	0.00	0.00	0.00	0.00	0.01	0.17	0.00	0.00	Carp, cooked, dry heat
Catfish	0.35	5.80	0.11	4.79	0.07	2.16	0.39	6.02	0.45	7.51	Catfish, channel, farmed, cooked, dry heat
Protein Foods											
Low Omega-3 Fish, Continued	**5.95**		**2.32**		**3.44**		**6.52**		**5.98**		
Cod	0.62	10.45	0.10	4.15	0.15	4.21	0.77	11.87	0.21	3.55	Cod, Pacific, ckd, dry heat
Croaker	0.02	0.32	0.00	0.00	0.00	0.00	0.03	0.39	0.00	0.00	Croaker, Atlantic, raw
Tilapia	1.24	20.78	0.02	0.65	1.08	31.41	1.32	20.24	0.97	16.19	Tilapia, cooked, dry heat
Flounder	0.08	1.33	0.00	0.00	0.00	0.12	0.08	1.23	0.22	3.70	Flatfish (flounder and sole), cooked, dry heat
Haddock	0.07	1.15	0.13	5.65	0.02	0.65	0.03	0.44	0.49	8.21	Haddock, cooked, dry heat
Mullet	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	Mullet, striped, cooked, dry heat
Perch	0.12	2.07	0.00	0.00	0.06	1.74	0.13	2.02	0.18	3.07	Ocean perch, Atlantic, cooked, dry heat
Pike	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Pike, northern, cooked, dry heat
Porgy	0.06	1.00	0.00	0.00	0.00	0.00	0.06	0.94	0.16	2.75	Fish, sheepshead, cooked, dry heat
Tuna - Low Omega-3	0.95	15.98	0.71	30.73	0.59	17.06	1.01	15.50	1.11	18.61	solids
Whiting	0.03	0.46	0.10	4.30	0.00	0.00	0.03	0.51	0.01	0.20	Fish, whiting, mixed species, cooked, dry heat
Frog	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	Frog legs, raw
Octopus/squid	0.04	0.60	0.00	0.00	0.04	1.23	0.04	0.60	0.00	0.00	Octopus, common, cooked, moist heat
Clams	0.06	0.93	0.00	0.00	0.01	0.24	0.06	0.96	0.08	1.40	Clams, mixed species, cooked, moist heat

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Crab	0.30	5.08	0.00	0.00	0.06	1.85	0.37	5.67	0.18	2.99	Crab, blue, cooked, moist heat
Lobster	0.08	1.35	0.00	0.00	0.04	1.22	0.10	1.51	0.00	0.00	Lobster, northern, cooked, moist heat
Oysters	0.09	1.43	0.00	0.00	0.02	0.57	0.09	1.36	0.18	3.06	Mollusks, oyster, Pacific, cooked, moist heat
Scallops	0.01	0.13	0.00	0.00	0.00	0.10	0.01	0.12	0.02	0.32	Scallops (bay and sea), cooked, steamed
Mussels	0.06	1.03	0.00	0.00	0.00	0.00	0.07	1.04	0.13	2.12	Mussel, blue, cooked, moist heat
Snapper	0.06	1.02	0.00	0.00	0.01	0.43	0.08	1.19	0.00	0.00	Snapper, mixed species, cooked, dry heat
Halibut	0.05	0.88	0.00	0.00	0.01	0.24	0.05	0.76	0.16	2.73	Halibut, Atlantic and Pacific, cooked, dry heat
Eel	0.00	0.08	0.00	0.00	0.01	0.30	0.00	0.07	0.00	0.00	Eel, mixed species, cooked, dry heat
Turtle/terrapin	0.01	0.13	0.00	0.00	0.00	0.00	0.01	0.16	0.00	0.00	Turtle, green, raw
Abalone	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Mollusks, abalone, mixed secies, raw
Crayfish	0.01	0.13	0.00	0.00	0.00	0.00	0.01	0.15	0.00	0.00	Crayfish, mixed species, wild, cooked, moist heat
Snails	0.01	0.15	0.00	0.00	0.00	0.00	0.01	0.18	0.00	0.00	Snail, raw
Turbot	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	Flatfish (flounder and sole), cooked, dry heat
Protein Foods											
Nuts and Seeds	**12.51**		**13.67**		**9.04**		**12.86**		**15.48**		
Almond milk	0.15	1.19	0.44	3.20	0.10	1.13	0.16	1.21	0.12	0.76	Almond milk, unsweetened, shelf stable
Almonds and almond butter	1.92	15.37	0.28	2.05	0.76	8.36	2.29	17.77	1.07	6.91	Almonds, dry roasted, without salt added
Brazil nuts	0.01	0.11	0.00	0.00	0.09	1.02	0.00	0.00	0.00	0.00	Brazilnuts, dried, unblanched
Cashews	0.78	6.20	0.07	0.55	0.31	3.46	0.88	6.81	0.84	5.40	Cashew nuts, dry roasted, without salt added
Chestnuts	0.01	0.10	0.00	0.00	0.00	0.00	0.02	0.13	0.00	0.00	Chestnuts, European, roasted
Chia seeds	0.07	0.57	0.00	0.00	0.01	0.13	0.09	0.67	0.06	0.38	Chia seeds, dried
Filberts/hazelnuts	0.05	0.41	0.06	0.46	0.07	0.78	0.05	0.40	0.01	0.09	Hazelnuts or filberts
Flax seeds	0.14	1.13	0.02	0.12	0.01	0.09	0.16	1.28	0.20	1.31	Flaxseed
Macadamia nuts	0.00	0.02	0.00	0.00	0.00	0.00	0.00	0.03	0.00	0.00	Macadamia nuts, dry roasted, without salt added
Mixed nuts	1.43	11.40	0.43	3.13	0.77	8.53	1.28	9.94	4.09	26.41	Mixed nuts, dry roasted, with peanuts, without salt added
Peanut butter	3.61	28.87	10.42	76.22	4.92	54.40	3.23	25.10	3.57	23.08	Peanut butter, smooth style, without salt

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Peanuts	2.65	21.20	0.58	4.27	1.29	14.29	2.84	22.08	3.78	24.40	Peanuts, all types, dry-roasted, without salt
Pecans	0.20	1.61	0.18	1.29	0.09	0.96	0.21	1.67	0.30	1.94	Pecans
Pine nuts	0.01	0.11	0.00	0.00	0.01	0.08	0.01	0.11	0.02	0.15	Pine nuts, dried
Pistachio nuts	0.13	1.07	0.02	0.18	0.06	0.63	0.16	1.25	0.06	0.40	Pistachio nuts, dry roasted, without salt added
Pumpkin/squash seed kernels	0.04	0.35	0.00	0.00	0.01	0.16	0.05	0.37	0.07	0.42	Pumpkin and squash seed kernels,roasted, without salt
Sesame seeds	0.29	2.35	0.37	2.72	0.06	0.72	0.35	2.72	0.19	1.24	Sesame seed kernels, dried (decorticated)
Sunflower seeds	0.19	1.54	0.23	1.67	0.15	1.71	0.22	1.70	0.02	0.15	Sunflower seed kernels, dry roasted, without salt
Walnuts	0.80	6.40	0.57	4.14	0.32	3.56	0.87	6.78	1.08	6.96	Walnuts, English
Poultry	**29.39**		**37.06**		**33.18**		**29.34**		**21.82**		
Luncheon meats and bacon, poultry	3.43	11.66	5.01	13.52	3.86	11.62	3.54	12.05	1.44	6.60	Turkey breast, sliced, prepackaged
Chicken	24.37	82.90	30.30	81.77	27.75	83.64	24.20	82.50	18.76	86.00	Chicken, meat only, roasted
Turkey	1.60	5.44	1.75	4.71	1.57	4.74	1.60	5.45	1.62	7.41	Turkey, meat only, roasted
Protein Foods											
Red Meats	**38.21**		**31.51**		**42.69**		**37.29**		**39.45**		
Beef	9.06	23.71	4.95	15.72	7.36	17.25	9.52	25.53	8.70	22.06	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted
Beef, ground	10.36	27.12	6.08	19.28	13.69	32.07	9.99	26.80	8.34	21.14	Beef, ground, 97% lean meat/3% fat, patty, cooked, pan-broiled
Game meat	0.35	0.91	0.39	1.22	0.09	0.21	0.42	1.14	0.14	0.37	Deer, top round, separable lean only, 1" steak, cooked, broiled
Lamb	0.32	0.83	0.00	0.00	0.26	0.62	0.33	0.89	0.35	0.88	Lamb, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, roasted
Liver	0.23	0.61	0.12	0.39	0.18	0.42	0.17	0.46	0.88	2.23	Beef, liver, pan-fried
Luncheon meats and bacon, beef	3.35	8.75	8.16	25.90	5.26	12.32	2.90	7.77	3.10	7.87	Frankfurter or hot dog, beef, reduced fat or light
Luncheon meats and bacon, pork	4.72	12.34	2.80	8.88	7.09	16.60	4.26	11.43	4.75	12.05	Ham, sliced, pre-packaged, deli meat (96% fat free, water added)

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Pork, cured	2.42	6.35	2.37	7.52	1.72	4.04	2.37	6.34	4.23	10.72	Pork, cured, ham, whole, separable lean only, roasted
Pork, fresh	4.88	12.76	2.47	7.83	4.20	9.85	4.97	13.32	5.65	14.33	Pork, fresh, sirloin chops, boneless, lean, broiled
Sausage	2.53	6.62	4.17	13.25	2.83	6.63	2.35	6.31	3.29	8.35	Turkey sausage, reduced fat, brown and serve, cooked
Processed Soy Products	**1.78**		**0.71**		**1.18**		**2.01**		**0.99**		
Tofu	0.19	10.48	0.23	32.78	0.07	5.61	0.21	10.60	0.16	16.27	Tofu, firm, prepared with calcium sulfate and magnesium chloride
Processed Soy	1.59	89.52	0.48	67.22	1.11	94.39	1.80	89.40	0.83	83.73	Soy protein isolate
Oils and Solid Fats											
	Estimated %[1]				Estimated %[1]		Estimated %[1]		Estimated %[1]		
Oils											
Unhydrogenated soy oil	53%				53%		53%		53%		Oil, soybean, salad or cooking
Canola oil	22%				22%		22%		22%		Oil, canola
Olive oil	4%				4%		4%		4%		Oil, olive, salad or cooking
Corn oil	10%				10%		10%		10%		Oil, corn, industrial and retail, all purpose salad or cooking
Sunflower oil	3%				3%		3%		3%		Oil, sunflower, linoleic (approx. 65%)
Cottonseed oil	4%				4%		4%		4%		Oil, cottonseed, salad or cooking
Peanut oil	1%				1%		1%		1%		Oil, peanut, salad or cooking
Safflower oil	0%				0%		0%		0%		Oil, safflower, salad or cooking, high oleic
Margarine (1/2 total)	3%				3%		3%		3%		Margarine-like, veg. oil spread, 60% fat, tub, with salt, without vit. D
Solid Fats											
Palm oil	8%				8%		8%		8%		Palm oil
Palm Kernel oil	3%				3%		3%		3%		Palm kernel oil
Coconut oil	4%				4%		4%		4%		Coconut oil
Dairy fat (incl. butter)	24%				24%		24%		24%		Butter, salted

Table 4.1: USDA Food Patterns -- Item Clusters, Representative Foods, and Percent of Consumption

	Ages 2+ yrs		Ages 2-3 yrs		Ages 4-18 yrs		Ages 19-70 yrs		Ages 71+ yrs		
Subgroup and Item Clusters	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**% Food Group**	**% Food Subgroup**	**Representative Food (used to represent nutrient value of the item cluster)**
Pork fat (incl. lard)	7%				7%		7%		7%		Lard
Vegetable shortening	19%				19%		19%		19%		Vegetable shortening,household,composite
Beef fat (incl. tallow)	18%				18%		18%		18%		Beef fat (tallow)
Hydrogentated soy oil	15%				15%		15%		15%		Soy oil, hydrogenated
Margarine (1/2 total)	3%				3%		3%		3%		60% fat stick margarine, without Vit. D
1Percent used in estimating the nutrient profiles for oils or solid fats. Estimates calculated from Economic Research Service, Food Availability and Loss-Adjusted Availability tables for fats and oils (added), 2010.											
(http://www.ers.usda.gov/data-products/Food-availability-(per-capita)-data-system/.aspx#26715)											
Additional data on fat content of beef, pork, and dairy Foods from CNPP's Nutrient content of the Food supply, 2010.											

Table 4.2: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 2 years and older

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 2+

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
Macronutrients																			
Calories, kcal	98.32	32.50	45.15	242.69	180.74	52.24	91.47	86.40	43.57	50.98	55.73	32.49	77.50	47.65	88.37	84.84	8.75	8.39	4.00
Protein, g	1.08	2.63	1.86	15.85	3.96	1.83	3.29	2.36	6.94	7.79	6.47	6.41	6.29	11.81	3.07	9.05	0.00	0.00	0.00
Carbohydrate, g	24.82	6.21	10.15	43.28	36.39	9.41	16.74	16.20	0.28	0.07	0.00	0.17	0.56	0.19	3.29	10.03	0.00	0.00	1.00
Fiber, total dietary, g	2.38	3.22	2.38	15.16	3.60	2.75	2.28	0.71	0.01	0.00	0.00	0.00	0.00	0.06	1.11	0.23	0.00	0.00	0.00
Total lipid (fat), g	0.33	0.46	0.31	1.40	2.82	1.51	1.60	1.28	1.46	1.94	3.11	0.54	5.31	0.70	7.68	0.98	0.99	0.95	0.00
Saturated Fatty acids, g	0.06	0.08	0.04	0.26	0.39	0.25	0.30	0.33	0.48	0.53	0.64	0.15	1.63	0.11	1.15	0.58	0.14	0.41	0.00
Monounsat. Fatty acids, g	0.04	0.04	0.04	0.24	1.59	0.86	0.41	0.43	0.58	0.69	1.04	0.17	2.04	0.16	3.92	0.26	0.34	0.34	0.00
Polyunsat Fatty acids, g	0.10	0.19	0.12	0.62	0.55	0.25	0.70	0.36	0.14	0.45	1.08	0.15	0.71	0.32	2.15	0.06	0.48	0.14	0.00
18:2 Linoleic acid, g	0.07	0.06	0.12	0.39	0.47	0.20	0.66	0.33	0.12	0.37	0.18	0.05	0.59	0.28	1.99	0.04	0.42	0.13	0.00
18:3 Linolenic acid, g	0.03	0.13	0.01	0.22	0.07	0.05	0.04	0.03	0.01	0.02	0.03	0.01	0.02	0.04	0.14	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	0.02	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	0.35	0.04	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Cholesterol, mg	0.01	0.00	0.00	0.00	0.00	0.00	0.42	0.40	20.07	24.27	18.12	25.00	186.50	0.00	0.00	7.39	0.00	0.78	0.00
Minerals																			
Calcium, mg	19.57	77.43	28.17	78.07	15.61	38.89	35.11	23.60	2.47	4.22	7.76	10.16	25.00	35.77	29.85	306.98	0.01	0.06	0.00
Iron, mg	0.41	1.53	1.02	4.21	1.00	0.68	1.58	0.96	0.55	0.32	0.15	0.24	0.60	1.95	0.44	0.08	0.00	0.00	0.00
Magnesium, mg	19.53	36.61	20.62	94.49	37.56	18.58	29.10	7.77	6.12	7.00	9.29	9.00	5.00	7.38	30.34	24.82	0.00	0.01	0.00
Phosphorus, mg	27.18	61.93	54.71	267.85	95.32	44.77	83.68	38.64	63.61	57.86	74.53	73.54	86.00	106.46	60.74	220.60	0.00	0.06	0.00
Potassium, mg	301.19	376.59	464.80	723.10	606.37	262.41	91.41	32.89	92.94	73.53	110.00	83.04	63.00	19.98	93.70	256.54	0.01	0.07	0.00
Sodium, mg	4.91	45.90	33.34	2.77	81.46	24.83	74.91	104.49	99.63	51.61	22.97	97.95	62.00	128.40	7.60	193.70	0.18	1.73	0.00
Zinc, mg	0.16	0.49	0.32	1.89	0.55	0.35	1.04	0.23	1.15	0.57	0.14	0.42	0.53	0.57	0.48	1.23	0.00	0.00	0.00
Copper, mg	0.09	0.09	0.13	0.38	0.19	0.11	0.09	0.04	0.05	0.02	0.02	0.06	0.01	0.22	0.13	0.05	0.00	0.00	0.00
Selenium, mcg	0.48	1.39	0.71	6.40	1.34	1.13	6.84	6.30	8.04	6.12	12.72	14.39	15.40	0.75	1.53	7.06	0.00	0.00	0.00

Table 4.2: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 2 years and older (cont'd)

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 2+

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
Vitamins																			
Vitamin A, mcg_RAE	14.71	288.71	340.11	0.10	5.36	16.77	29.40	8.26	13.83	3.85	17.33	7.41	74.50	0.00	0.05	102.80	0.24	1.64	0.00
Vitamin E, mg AT	0.34	1.40	1.18	0.98	0.32	0.40	0.33	0.12	0.07	0.07	0.30	0.27	0.52	0.00	1.82	0.04	0.14	0.05	0.00
Vitamin D, IU	0.00	0.00	0.00	0.00	0.00	0.30	4.15	2.16	3.76	1.54	133.76	40.70	43.50	0.00	3.47	58.80	0.00	0.27	0.00
Vitamin C, mg	30.06	49.76	42.55	1.21	12.25	20.95	0.65	0.52	0.03	0.00	0.80	0.22	0.00	0.01	0.05	0.08	0.00	0.00	0.00
Thiamin, mg	0.06	0.08	0.09	0.34	0.25	0.07	0.12	0.16	0.06	0.02	0.08	0.01	0.03	0.03	0.03	0.08	0.00	0.00	0.00
Riboflavin, mg	0.06	0.15	0.06	0.11	0.06	0.07	0.04	0.08	0.06	0.05	0.04	0.02	0.26	0.02	0.05	0.31	0.00	0.00	0.00
Niacin, mg	0.52	0.62	1.21	0.78	2.65	0.66	1.55	1.22	1.63	2.56	2.09	1.30	0.03	0.19	1.30	0.39	0.00	0.00	0.00
Vitamin B-6, mg	0.16	0.20	0.19	0.29	0.36	0.16	0.10	0.04	0.11	0.13	0.16	0.06	0.06	0.02	0.06	0.09	0.00	0.00	0.00
Vitamin B-12, mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.20	0.05	0.58	0.10	0.86	1.13	0.56	0.00	0.00	0.92	0.00	0.00	0.00
Choline, mg	9.66	30.59	14.37	51.09	24.07	14.43	7.46	3.39	26.01	21.04	20.51	19.03	146.90	26.08	8.71	25.67	0.01	0.22	0.00
Vitamin K, mcg	3.85	273.34	10.98	6.32	6.56	29.09	1.43	0.59	0.30	0.57	0.05	0.12	0.15	0.16	0.60	0.25	1.20	0.17	0.00

Table 4.3: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 2-3 years

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

2-3 years

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
Macronutrients																			
Calories, kcal	101.81	44.32	49.58	241.88	177.02	57.86	98.05	89.45	43.87	50.59	50.40	30.25	77.50	47.92	94.36	81.83	8.75	8.39	4.00
Protein, g	0.86	3.23	1.93	16.24	4.13	2.05	3.47	2.38	6.03	7.72	6.46	6.25	6.29	10.27	3.36	8.52	0.00	0.00	0.00
Carbohydrate, g	25.64	8.89	11.23	42.12	36.60	9.82	17.97	17.08	0.55	0.08	0.00	0.09	0.56	0.58	3.57	10.87	0.00	0.00	1.00
Fiber, total dietary, g	2.07	4.23	2.52	15.28	3.72	3.22	2.45	0.72	0.01	0.00	0.00	0.00	0.00	0.18	0.91	0.11	0.00	0.00	0.00
Total lipid (fat), g	0.32	0.54	0.29	1.69	2.33	1.96	1.78	1.23	1.83	1.93	2.52	0.35	5.31	1.18	8.14	0.53	0.99	0.95	0.00
Saturated Fatty acids, g	0.06	0.10	0.04	0.32	0.39	0.32	0.34	0.30	0.50	0.53	0.51	0.09	1.63	0.20	1.48	0.32	0.14	0.41	0.00
Monounsat. Fatty acids, g	0.03	0.05	0.03	0.30	1.23	1.16	0.47	0.45	0.72	0.68	0.83	0.09	2.04	0.29	4.01	0.14	0.34	0.34	0.00
Polyunsat Fatty acids, g	0.09	0.22	0.12	0.79	0.39	0.31	0.75	0.34	0.18	0.45	0.93	0.11	0.71	0.49	2.24	0.04	0.48	0.14	0.00
18:2 Linoleic acid, g	0.07	0.07	0.11	0.56	0.35	0.24	0.71	0.31	0.15	0.37	0.12	0.03	0.59	0.44	2.14	0.03	0.42	0.13	0.00
18:3 Linolenic acid, g	0.02	0.15	0.01	0.23	0.04	0.06	0.04	0.03	0.01	0.02	0.03	0.00	0.02	0.05	0.06	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	0.15	0.02	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	0.04	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Cholesterol, mg	0.00	0.00	0.00	0.00	0.00	0.00	0.50	0.58	17.81	24.03	15.72	23.53	186.50	0.00	0.00	5.93	0.00	0.78	0.00
Minerals																			
Calcium, mg	19.99	68.74	31.68	74.99	15.08	45.31	38.73	19.16	2.95	4.22	4.17	8.39	25.00	58.15	50.81	302.31	0.01	0.06	0.00
Iron, mg	0.38	1.34	1.14	4.31	1.01	0.79	2.20	0.95	0.50	0.31	0.16	0.18	0.60	1.71	0.38	0.09	0.00	0.00	0.00
Magnesium, mg	17.75	35.64	20.92	102.99	38.22	21.15	31.81	7.95	5.50	6.96	8.86	7.93	5.00	11.30	27.95	25.77	0.00	0.01	0.00
Phosphorus, mg	24.66	85.11	58.45	271.27	100.41	45.95	92.27	38.85	60.23	58.08	68.06	76.70	86.00	98.78	57.07	231.70	0.00	0.06	0.00
Potassium, mg	286.23	417.33	483.38	707.19	589.52	267.82	103.56	32.32	78.82	74.20	93.78	74.79	63.00	38.04	100.18	317.05	0.01	0.07	0.00
Sodium, mg	5.54	54.97	42.07	2.62	74.43	27.50	72.57	89.69	140.95	55.85	16.21	102.91	62.00	98.29	18.80	148.47	0.18	1.73	0.00
Zinc, mg	0.13	0.62	0.33	1.92	0.61	0.37	1.37	0.23	0.98	0.56	0.13	0.22	0.53	0.55	0.44	1.13	0.00	0.00	0.00
Copper, mg	0.08	0.10	0.14	0.39	0.19	0.11	0.10	0.04	0.04	0.02	0.01	0.02	0.01	0.20	0.09	0.05	0.00	0.00	0.00
Selenium, mcg	0.43	2.07	0.84	5.84	1.26	0.92	7.62	6.58	6.91	6.05	14.37	13.82	15.40	2.10	1.00	7.20	0.00	0.00	0.00

Table 4.3: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 2-3 years (cont'd)

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

2-3yr Profiles

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
Vitamins																			
Vitamin A, mcg_RAE	12.36	198.23	435.97	0.09	7.45	20.64	49.77	8.45	8.91	3.79	12.97	6.30	74.50	0.00	0.03	121.00	0.24	1.64	0.00
Vitamin E, mg AT	0.24	1.85	1.22	1.10	0.16	0.52	0.28	0.08	0.06	0.07	0.20	0.22	0.52	0.00	2.77	0.03	0.14	0.05	0.00
Vitamin D, IU	0.00	0.00	0.00	0.00	0.00	0.16	7.10	2.37	4.61	1.53	94.04	54.01	43.50	0.00	9.37	87.67	0.00	0.27	0.00
Vitamin C, mg	20.47	78.04	41.66	0.96	12.62	20.15	1.09	0.54	0.07	0.00	0.66	0.00	0.00	0.04	0.02	0.12	0.00	0.00	0.00
Thiamin, mg	0.06	0.09	0.09	0.36	0.25	0.08	0.15	0.16	0.05	0.02	0.06	0.01	0.03	0.03	0.03	0.10	0.00	0.00	0.00
Riboflavin, mg	0.06	0.17	0.07	0.12	0.06	0.09	0.04	0.09	0.05	0.05	0.03	0.02	0.26	0.02	0.03	0.38	0.00	0.00	0.00
Niacin, mg	0.43	0.74	1.27	0.80	2.70	0.68	1.84	1.21	1.34	2.54	2.05	1.57	0.03	0.16	1.79	0.31	0.00	0.00	0.00
Vitamin B-6, mg	0.14	0.26	0.20	0.26	0.36	0.15	0.13	0.04	0.09	0.13	0.14	0.07	0.06	0.02	0.07	0.09	0.00	0.00	0.00
Vitamin B-12, mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.34	0.05	0.48	0.10	0.62	0.69	0.56	0.00	0.00	1.06	0.00	0.00	0.00
Choline, mg	8.60	46.60	15.01	52.28	24.08	17.15	7.81	3.56	23.08	20.76	16.18	19.01	146.90	23.96	9.84	31.73	0.01	0.22	0.00
Vitamin K, mcg	3.09	250.31	10.48	6.21	5.96	40.60	1.33	0.50	0.30	0.56	0.02	0.06	0.15	0.49	0.16	0.15	1.20	0.17	0.00

Table 4.4: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 4 to 18 years

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 4-18 years

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
Macronutrients																			
Calories, kcal	95.64	38.82	43.89	241.75	186.93	50.40	89.99	85.79	42.31	51.05	55.25	32.95	77.50	47.59	91.23	82.07	8.75	8.39	4.00
Protein, g	0.92	3.01	1.89	15.75	4.25	1.82	3.23	2.32	6.59	7.79	6.44	6.66	6.29	12.14	3.25	8.61	0.00	0.00	0.00
Carbohydrate, g	24.04	7.57	9.88	43.57	38.30	9.72	16.77	16.25	0.30	0.07	0.00	0.14	0.56	0.10	3.39	10.36	0.00	0.00	1.00
Fiber, total dietary, g	2.11	3.78	2.26	15.42	3.73	2.64	2.32	0.70	0.01	0.00	0.00	0.00	0.00	0.03	0.97	0.20	0.00	0.00	0.00
Total lipid (fat), g	0.31	0.52	0.29	1.19	2.45	1.14	1.53	1.22	1.49	1.95	3.07	0.51	5.31	0.60	7.90	0.73	0.99	0.95	0.00
Saturated Fatty acids, g	0.05	0.09	0.04	0.24	0.41	0.20	0.28	0.31	0.48	0.53	0.63	0.16	1.63	0.08	1.35	0.44	0.14	0.41	0.00
Monounsat. Fatty acids, g	0.04	0.04	0.04	0.20	1.34	0.61	0.38	0.42	0.59	0.69	1.03	0.16	2.04	0.13	4.04	0.19	0.34	0.34	0.00
Polyunsat Fatty acids, g	0.09	0.21	0.12	0.50	0.39	0.21	0.68	0.35	0.14	0.45	1.08	0.14	0.71	0.28	2.07	0.04	0.48	0.14	0.00
18:2 Linoleic acid, g	0.07	0.06	0.11	0.28	0.33	0.16	0.64	0.32	0.12	0.37	0.15	0.05	0.59	0.25	1.98	0.03	0.42	0.13	0.00
18:3 Linolenic acid, g	0.02	0.14	0.00	0.22	0.05	0.05	0.03	0.03	0.01	0.02	0.03	0.01	0.02	0.03	0.06	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	0.17	0.02	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	0.36	0.04	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Cholesterol, mg	0.00	0.00	0.00	0.00	0.00	0.00	0.60	0.58	19.33	24.25	17.49	26.01	186.50	0.00	0.00	6.70	0.00	0.78	0.00
Minerals																			
Calcium, mg	19.41	78.21	28.18	76.55	16.31	42.03	35.01	23.06	2.45	4.22	5.59	9.93	25.00	30.88	26.24	304.91	0.01	0.06	0.00
Iron, mg	0.37	1.49	1.12	4.06	1.16	0.65	1.66	0.99	0.54	0.32	0.14	0.23	0.60	2.00	0.38	0.07	0.00	0.00	0.00
Magnesium, mg	17.62	37.78	20.03	95.34	38.09	18.40	28.49	7.60	5.97	6.99	9.22	9.10	5.00	6.52	28.76	25.04	0.00	0.01	0.00
Phosphorus, mg	24.95	73.09	56.56	263.63	100.30	43.75	82.08	38.49	63.43	57.80	72.67	71.56	86.00	108.14	58.49	222.68	0.00	0.06	0.00
Potassium, mg	277.30	392.58	468.35	729.70	649.72	252.90	90.69	32.79	94.03	73.52	108.10	82.19	63.00	16.04	94.10	273.80	0.01	0.07	0.00
Sodium, mg	4.94	50.67	35.09	2.37	118.34	21.26	78.38	106.42	109.43	51.48	21.52	98.25	62.00	134.97	7.69	182.09	0.18	1.73	0.00
Zinc, mg	0.14	0.56	0.32	1.85	0.56	0.33	1.04	0.22	1.14	0.57	0.14	0.31	0.53	0.57	0.45	1.20	0.00	0.00	0.00
Copper, mg	0.08	0.10	0.14	0.37	0.18	0.10	0.09	0.04	0.04	0.02	0.01	0.05	0.01	0.22	0.11	0.05	0.00	0.00	0.00
Selenium, mcg	0.40	1.75	0.78	6.73	1.72	0.96	7.44	6.15	7.64	6.10	12.76	14.95	15.40	0.45	3.79	6.84	0.00	0.00	0.00

Table 4.4: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 4 to 18 years (cont'd)

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 4-18 years

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
Vitamins																			
Vitamin A, mcg_RAE	12.38	248.14	310.53	0.04	4.65	17.13	33.27	11.19	9.60	3.88	17.13	7.92	74.50	0.00	0.02	112.34	0.24	1.64	0.00
Vitamin E, mg AT	0.30	1.67	1.20	1.10	0.17	0.35	0.30	0.11	0.06	0.07	0.27	0.28	0.52	0.00	1.87	0.04	0.14	0.05	0.00
Vitamin D, IU	0.00	0.00	0.00	0.00	0.00	0.20	4.68	3.06	3.82	1.53	129.14	42.75	43.50	0.00	3.32	67.22	0.00	0.27	0.00
Vitamin C, mg	28.28	63.27	40.80	1.10	11.86	21.12	0.73	0.71	0.04	0.00	0.81	0.09	0.00	0.01	0.03	0.06	0.00	0.00	0.00
Thiamin, mg	0.06	0.08	0.08	0.35	0.30	0.08	0.12	0.17	0.05	0.02	0.08	0.02	0.03	0.03	0.03	0.09	0.00	0.00	0.00
Riboflavin, mg	0.06	0.16	0.06	0.11	0.06	0.07	0.04	0.09	0.06	0.05	0.04	0.02	0.26	0.02	0.04	0.33	0.00	0.00	0.00
Niacin, mg	0.45	0.69	1.20	0.75	2.86	0.56	1.60	1.26	1.58	2.56	2.07	1.40	0.03	0.20	1.60	0.37	0.00	0.00	0.00
Vitamin B-6, mg	0.13	0.23	0.19	0.30	0.37	0.16	0.10	0.04	0.11	0.13	0.16	0.06	0.06	0.02	0.06	0.09	0.00	0.00	0.00
Vitamin B-12, mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.22	0.07	0.54	0.10	0.81	0.84	0.56	0.00	0.00	0.93	0.00	0.00	0.00
Choline, mg	8.72	38.48	14.47	51.38	23.39	13.49	7.06	3.44	24.47	21.03	20.54	19.59	146.90	26.54	9.28	27.13	0.01	0.22	0.00
Vitamin K, mcg	3.09	281.74	10.46	5.91	5.47	28.03	1.29	0.56	0.30	0.57	0.04	0.13	0.15	0.08	0.40	0.19	1.20	0.17	0.00

Table 4.5: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns. ages 19-70 years

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 19-70 years

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
Macronutrients																			
Calories, kcal	98.81	31.81	45.05	243.06	181.89	52.76	91.92	86.04	43.80	50.88	55.83	32.40	77.50	47.65	87.91	84.91	8.75	8.39	4.00
Protein, g	1.12	2.59	1.85	15.88	3.90	1.84	3.29	2.37	7.04	7.78	6.46	6.38	6.29	11.80	3.05	8.86	0.00	0.00	0.00
Carbohydrate, g	24.99	6.06	10.12	43.25	36.36	9.42	16.73	16.09	0.26	0.08	0.00	0.17	0.56	0.19	3.28	11.16	0.00	0.00	1.00
Fiber, total dietary, g	2.48	3.14	2.39	15.10	3.58	2.75	2.25	0.72	0.01	0.00	0.00	0.00	0.00	0.06	1.14	0.08	0.00	0.00	0.00
Total lipid (fat), g	0.34	0.45	0.31	1.45	3.01	1.56	1.62	1.28	1.45	1.94	3.12	0.54	5.31	0.71	7.64	0.58	0.99	0.95	0.00
Saturated Fatty acids, g	0.06	0.08	0.05	0.26	0.40	0.25	0.30	0.34	0.48	0.53	0.65	0.15	1.63	0.11	1.12	0.33	0.14	0.41	0.00
Monounsat. Fatty acids, g	0.05	0.04	0.04	0.26	1.71	0.90	0.41	0.43	0.57	0.69	1.04	0.17	2.04	0.16	3.89	0.15	0.34	0.34	0.00
Polyunsat Fatty acids, g	0.10	0.19	0.12	0.64	0.59	0.26	0.71	0.36	0.14	0.45	1.08	0.15	0.71	0.32	2.17	0.06	0.48	0.14	0.00
18:2 Linoleic acid, g	0.07	0.06	0.12	0.42	0.50	0.21	0.67	0.33	0.11	0.37	0.16	0.05	0.59	0.28	2.01	0.04	0.42	0.13	0.00
18:3 Linolenic acid, g	0.03	0.13	0.01	0.22	0.08	0.05	0.04	0.03	0.01	0.02	0.03	0.01	0.02	0.04	0.15	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	0.02	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	0.35	0.04	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Cholesterol, mg	0.01	0.00	0.00	0.00	0.00	0.00	0.39	0.32	20.15	24.22	17.86	25.07	186.50	0.00	0.00	5.79	0.00	0.78	0.00
Minerals																			
Calcium, mg	19.50	76.52	28.02	77.88	15.53	38.50	34.45	23.91	2.46	4.22	6.65	10.33	25.00	35.89	31.00	301.92	0.01	0.06	0.00
Iron, mg	0.42	1.53	1.01	4.22	0.97	0.69	1.51	0.94	0.56	0.32	0.14	0.24	0.60	1.95	0.45	0.10	0.00	0.00	0.00
Magnesium, mg	20.10	36.51	20.65	94.00	37.43	18.58	29.20	7.86	6.16	6.99	9.36	9.03	5.00	7.40	30.68	26.10	0.00	0.01	0.00
Phosphorus, mg	27.80	60.91	54.36	268.62	94.86	45.09	83.83	38.83	63.54	57.92	74.08	73.76	86.00	106.42	61.43	237.88	0.00	0.06	0.00
Potassium, mg	307.03	376.46	463.11	720.79	602.91	264.61	90.64	32.90	92.96	73.67	110.34	82.97	63.00	20.08	93.90	336.67	0.01	0.07	0.00
Sodium, mg	4.89	45.75	32.76	2.84	76.73	25.27	72.86	103.81	94.74	52.51	21.10	98.71	62.00	128.24	7.69	131.25	0.18	1.73	0.00
Zinc, mg	0.17	0.49	0.32	1.89	0.55	0.35	1.01	0.23	1.16	0.57	0.14	0.42	0.53	0.57	0.49	1.10	0.00	0.00	0.00
Copper, mg	0.09	0.09	0.13	0.39	0.19	0.11	0.09	0.04	0.04	0.02	0.02	0.06	0.01	0.22	0.14	0.04	0.00	0.00	0.00
Selenium, mcg	0.50	1.36	0.70	6.49	1.28	1.18	6.68	6.33	8.13	6.11	12.78	14.28	15.40	0.76	1.26	7.63	0.00	0.00	0.00

Table 4.5: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns. ages 19-70 years (cont'd)

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 19-70 years

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
Vitamins																			
Vitamin A, mcg_RAE	14.43	286.90	339.83	0.12	5.36	16.67	26.93	7.19	10.62	3.83	17.19	7.29	74.50	0.00	0.05	123.94	0.24	1.64	0.00
Vitamin E, mg AT	0.36	1.37	1.18	0.98	0.36	0.41	0.34	0.13	0.07	0.07	0.28	0.27	0.52	0.00	1.86	0.03	0.14	0.05	0.00
Vitamin D, IU	0.00	0.00	0.00	0.00	0.00	0.32	3.80	1.83	3.65	1.54	133.95	41.68	43.50	0.00	3.55	95.26	0.00	0.27	0.00
Vitamin C, mg	30.76	48.94	42.45	1.25	12.33	21.12	0.60	0.45	0.02	0.00	0.80	0.23	0.00	0.01	0.05	0.14	0.00	0.00	0.00
Thiamin, mg	0.06	0.08	0.09	0.34	0.25	0.07	0.12	0.16	0.06	0.02	0.09	0.01	0.03	0.03	0.03	0.10	0.00	0.00	0.00
Riboflavin, mg	0.06	0.15	0.06	0.11	0.06	0.08	0.04	0.08	0.06	0.05	0.04	0.02	0.26	0.02	0.06	0.40	0.00	0.00	0.00
Niacin, mg	0.54	0.61	1.20	0.79	2.63	0.67	1.51	1.20	1.64	2.55	2.08	1.27	0.03	0.19	1.25	0.27	0.00	0.00	0.00
Vitamin B-6, mg	0.17	0.19	0.19	0.29	0.36	0.16	0.09	0.04	0.11	0.13	0.16	0.06	0.06	0.02	0.06	0.09	0.00	0.00	0.00
Vitamin B-12, mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.18	0.04	0.55	0.11	0.84	1.13	0.56	0.00	0.00	1.14	0.00	0.00	0.00
Choline, mg	9.91	29.87	14.33	51.86	23.95	14.42	7.53	3.35	26.18	20.99	20.12	19.12	146.90	26.07	8.60	34.15	0.01	0.22	0.00
Vitamin K, mcg	4.04	270.27	11.10	6.43	6.80	28.67	1.47	0.61	0.30	0.57	0.04	0.12	0.15	0.16	0.61	0.20	1.20	0.17	0.00

Table 4.6: . Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 71 years and older

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 71+

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
Macronutrients																			
Calories, kcal	99.54	31.98	47.12	240.40	163.71	50.62	90.28	90.59	44.14	52.03	55.60	33.00	77.50	47.72	87.95	99.10	8.75	8.39	4.00
Protein, g	1.20	2.62	1.86	15.58	3.80	1.84	3.39	2.44	6.91	8.00	6.51	6.37	6.29	11.41	3.03	9.59	0.00	0.00	0.00
Carbohydrate, g	25.09	5.92	10.58	43.40	33.39	9.14	16.55	16.85	0.35	0.04	0.00	0.23	0.56	0.29	3.23	13.46	0.00	0.00	1.00
Fiber, total dietary, g	2.47	3.32	2.46	15.29	3.46	2.83	2.32	0.69	0.01	0.00	0.00	0.00	0.00	0.09	1.05	0.30	0.00	0.00	0.00
Total lipid (fat), g	0.34	0.53	0.33	1.16	2.32	1.46	1.53	1.43	1.51	1.97	3.08	0.58	5.31	0.83	7.67	0.80	0.99	0.95	0.00
Saturated Fatty acids, g	0.06	0.08	0.05	0.23	0.27	0.24	0.30	0.36	0.49	0.54	0.59	0.15	1.63	0.13	1.18	0.48	0.14	0.41	0.00
Monounsat. Fatty acids, g	0.05	0.04	0.03	0.16	1.27	0.82	0.38	0.52	0.60	0.70	1.03	0.17	2.04	0.19	4.02	0.21	0.34	0.34	0.00
Polyunsat Fatty acids, g	0.10	0.23	0.12	0.50	0.56	0.25	0.67	0.38	0.17	0.46	1.12	0.16	0.71	0.36	2.04	0.04	0.48	0.14	0.00
18:2 Linoleic acid, g	0.07	0.08	0.12	0.28	0.47	0.19	0.63	0.34	0.13	0.37	0.25	0.05	0.59	0.32	1.88	0.03	0.42	0.13	0.00
18:3 Linolenic acid, g	0.03	0.15	0.01	0.22	0.08	0.06	0.04	0.03	0.01	0.02	0.04	0.01	0.02	0.04	0.15	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	0.34	0.05	0.02	0.00	0.00	0.00	0.00	0.00	0.00
Cholesterol, mg	0.00	0.00	0.00	0.00	0.00	0.00	0.28	0.47	21.09	24.92	19.99	23.32	186.50	0.00	0.00	6.93	0.00	0.78	0.00
Minerals																			
Calcium, mg	20.13	91.04	28.70	83.61	15.08	38.80	38.86	23.49	2.61	4.22	15.43	8.86	25.00	41.58	22.25	313.14	0.01	0.06	0.00
Iron, mg	0.46	1.51	0.96	4.24	0.89	0.67	1.71	1.01	0.53	0.33	0.20	0.29	0.60	1.89	0.43	0.08	0.00	0.00	0.00
Magnesium, mg	20.56	35.49	21.23	96.54	37.36	18.92	29.13	7.42	6.12	7.11	9.01	8.67	5.00	8.39	29.82	27.82	0.00	0.01	0.00
Phosphorus, mg	28.77	56.97	53.82	266.05	89.32	44.15	84.31	37.37	65.01	57.26	78.39	73.28	86.00	104.47	58.58	236.49	0.00	0.06	0.00
Potassium, mg	319.31	339.87	468.49	740.82	559.53	259.98	95.50	33.19	92.49	71.70	109.75	85.03	63.00	24.67	90.90	305.53	0.01	0.07	0.00
Sodium, mg	4.77	39.48	33.49	2.77	51.98	25.37	81.62	108.42	116.21	40.05	34.48	89.99	62.00	120.59	5.23	192.15	0.18	1.73	0.00
Zinc, mg	0.18	0.45	0.32	1.86	0.57	0.34	1.11	0.22	1.08	0.59	0.16	0.54	0.53	0.56	0.49	1.29	0.00	0.00	0.00
Copper, mg	0.10	0.09	0.13	0.36	0.21	0.10	0.09	0.04	0.12	0.02	0.02	0.06	0.01	0.21	0.14	0.06	0.00	0.00	0.00
Selenium, mcg	0.54	1.24	0.68	5.05	1.12	0.97	6.54	6.42	8.22	6.30	12.28	14.95	15.40	1.10	1.16	7.56	0.00	0.00	0.00

Table 4.6: Nutrient Profiles for Food Groups and Subgroups in the 2020 USDA Food Patterns, ages 71 years and older (cont'd)

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

Based on 2019 Nutrient Profiles NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Ages 71+

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
Vitamins																			
Vitamin A, mcg_RAE	21.75	340.29	373.46	0.06	6.29	17.15	33.84	9.12	49.66	4.02	18.28	8.04	74.50	0.00	0.03	122.31	0.24	1.64	0.00
Vitamin E, mg AT	0.39	1.38	1.16	0.69	0.35	0.40	0.37	0.12	0.07	0.07	0.40	0.24	0.52	0.00	1.35	0.04	0.14	0.05	0.00
Vitamin D, IU	0.00	0.00	0.00	0.00	0.00	0.23	4.83	2.43	4.48	1.55	136.70	28.25	43.50	0.00	2.23	64.18	0.00	0.27	0.00
Vitamin C, mg	32.89	39.34	45.91	1.01	12.36	19.95	0.74	0.58	0.03	0.00	0.83	0.31	0.00	0.02	0.05	0.12	0.00	0.00	0.00
Thiamin, mg	0.06	0.08	0.10	0.35	0.22	0.07	0.13	0.17	0.07	0.02	0.07	0.01	0.03	0.03	0.03	0.09	0.00	0.00	0.00
Riboflavin, mg	0.07	0.15	0.07	0.11	0.06	0.07	0.04	0.09	0.08	0.05	0.04	0.02	0.26	0.02	0.05	0.36	0.00	0.00	0.00
Niacin, mg	0.61	0.58	1.24	0.74	2.42	0.63	1.62	1.28	1.67	2.59	2.15	1.43	0.03	0.18	1.31	0.43	0.00	0.00	0.00
Vitamin B-6, mg	0.17	0.18	0.19	0.26	0.36	0.15	0.10	0.04	0.12	0.14	0.15	0.06	0.06	0.02	0.06	0.10	0.00	0.00	0.00
Vitamin B-12, mcg	0.00	0.00	0.00	0.00	0.00	0.00	0.23	0.05	0.91	0.11	0.97	1.39	0.56	0.00	0.00	1.00	0.00	0.00	0.00
Choline, mg	10.38	25.92	14.42	41.65	26.03	15.57	7.72	3.57	28.01	21.81	22.76	17.50	146.90	25.53	8.72	29.67	0.01	0.22	0.00
Vitamin K, mcg	4.55	305.77	11.04	5.86	6.90	32.99	1.47	0.59	0.28	0.59	0.13	0.12	0.15	0.24	0.79	0.18	1.20	0.17	0.00

SECTION 5: EVALUATE NUTRIENT LEVEL IN EACH PATTERN AGAINST NUTRITIONAL GOAL

The estimated nutrient composition of the Healthy U.S.-Style Pattern was calculated using the nutrient profiles for ages 2 years and older as well the nutrient profiles for specific life stages (2 to 3 years, 4 to 18 years, 19 to 30 years, 31 to 70 years, pregnant or lactating women, 71 years and older). For the Healthy Vegetarian and Healthy Mediterranean-Style Patterns, only the nutrient profiles for ages 2 years and older were used to calculate estimated nutrient composition.

Table 5.1: Healthy U.S.-Style Pattern with nutrient composition based on Nutrient Profiles for Ages 2 years and older: Comparison of nutrients to nutrient goals for select energy levels per age-sex groups

		1000	1200	1400	1600		1800			2000		2200		2400
		1 to 3	F 4 to 8	M 4 to 8	F 9 to 13	F 51 +	M 9 to 13	F 14-18	F 31-50	M 51+	F19-30	M 14-18	M 31-50	M 19-30
Protein	%RDA	342%	315%	368%	245%	181%	258%	191%	191%	164%	200%	193%	180%	191%
Protein	% kcal	18%	20%	20%	21%	21%	19%	19%	19%	18%	18%	18%	18%	18%
Carbohydrate	%RDA	100%	120%	143%	156%	156%	180%	180%	180%	198%	198%	220%	220%	239%
Carbohydrate	% kcal	52%	52%	53%	51%	51%	52%	52%	52%	52%	52%	52%	52%	52%
Fat	% kcal	32%	30%	29%	31%	31%	31%	31%	31%	32%	32%	32%	32%	32%
Cholesterol	300 mg	30%	43%	54%	67%	67%	68%	68%	68%	75%	75%	81%	81%	89%
Saturated Fatty acids	% of kcal	8%	7%	7%	7%	7%	7%	7%	7%	8%	8%	8%	8%	8%
Monounsat. Fatty acids	% of kcal	11%	11%	10%	11%	11%	11%	11%	11%	12%	12%	11%	11%	12%
Polyunsat Fatty acids	% of kcal	10%	10%	9%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
18:2 Linoleic acid	%AI	145%	117%	127%	157%	142%	145%	158%	145%	141%	164%	135%	127%	135%
18:3 Linolenic acid	%AI	174%	156%	164%	185%	169%	172%	188%	188%	146%	212%	159%	159%	172%
Fiber, total dietary	14g/1000kcal	99%	105%	107%	111%	111%	113%	113%	113%	108%	108%	112%	112%	109%
Calcium	%RDA	111%	99%	104%	94%	102%	98%	98%	127%	107%	128%	103%	134%	137%
Iron	%RDA	93%	87%	106%	151%	151%	172%	92%	77%	178%	79%	150%	206%	225%
Magnesium	%RDA	220%	178%	207%	133%	100%	144%	96%	108%	86%	116%	98%	96%	107%
Phosphorus	%RDA	189%	228%	257%	122%	218%	129%	129%	230%	237%	237%	144%	258%	272%
Potassium	%AI	82%	93%	106%	126%	112%	128%	139%	123%	100%	131%	125%	110%	113%
Sodium	%CDRR	72%	76%	87%	81%	64%	89%	69%	69%	72%	72%	78%	78%	84%
Zinc	%RDA	214%	172%	200%	149%	149%	156%	138%	156%	118%	162%	130%	130%	139%
Copper	%RDA	190%	194%	230%	171%	133%	189%	149%	147%	155%	155%	176%	174%	184%
Selenium	%RDA	264%	241%	292%	254%	184%	272%	197%	197%	205%	205%	227%	227%	247%
Vitamin A	%RDA	157%	150%	160%	132%	113%	146%	125%	125%	100%	129%	109%	109%	113%
Vitamin E	%RDA	85%	87%	99%	78%	57%	86%	63%	63%	70%	70%	78%	78%	84%
Vitamin D	%RDA	28%	37%	41%	51%	51%	51%	51%	51%	52%	52%	55%	55%	57%
Vitamin C	%RDA	393%	287%	350%	225%	135%	254%	176%	152%	144%	172%	189%	157%	158%
Thiamin	%RDA	177%	198%	233%	170%	139%	197%	177%	161%	152%	166%	173%	173%	186%
Riboflavin	%RDA	218%	236%	263%	202%	165%	215%	194%	176%	154%	183%	165%	165%	173%
Niacin	%RDA	169%	177%	218%	165%	142%	182%	156%	156%	144%	164%	162%	162%	176%
Vitamin B-6	%RDA	199%	223%	264%	187%	124%	203%	169%	156%	128%	167%	186%	186%	195%
Vitamin B-12	%RDA	357%	358%	408%	332%	249%	335%	252%	252%	260%	260%	276%	276%	292%
Choline	%AI	83%	91%	108%	88%	77%	92%	86%	81%	67%	86%	73%	73%	77%
Vitamin K	%AI	198%	160%	166%	206%	138%	222%	177%	148%	117%	155%	229%	143%	147%
Folate	%RDA	160%	158%	189%	143%	107%	168%	126%	126%	129%	129%	151%	151%	163%

Table 5.2: Healthy U.S.-Style Pattern with nutrient composition based on Life Stage Specific Nutrient Profiles: Comparison of nutrients to nutrient goals for select energy levels per age-sex groups

		1000	1200	1400	1600		1800			2000		2200		2400
		1 to 3	F 4 to 8	M 4 to 8	F 9 to 13	F 51 to 70	M 9 to 13	F 14-18	F 31-50	F19-30	M 51-70	M 14-18	M 31-50	M 19-30
Protein	%RDA	331%	307%	359%	241%	181%	254%	188%	191%	199%	164%	189%	179%	190%
Protein	% kcal	17%	19%	19%	20%	21%	19%	19%	20%	18%	18%	18%	18%	18%
Carbohydrate	%RDA	104%	122%	146%	159%	159%	183%	183%	183%	201%	201%	224%	223%	242%
Carbohydrate	% kcal	54%	53%	54%	52%	51%	53%	53%	53%	52%	52%	53%	53%	52%
Fat	% kcal	31%	30%	29%	30%	30%	30%	30%	30%	32%	32%	31%	31%	32%
Cholesterol	300 mg	28%	40%	51%	63%	61%	64%	64%	62%	70%	70%	77%	75%	82%
Saturated Fatty acids	% of kcal	8%	7%	7%	7%	7%	7%	7%	7%	8%	8%	8%	7%	8%
Monounsat. Fatty acids	% of kcal	11%	10%	10%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%
Polyunsat Fatty acids	% of kcal	10%	10%	9%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
18:2 Linoleic acid	%AI	144%	115%	126%	155%	142%	142%	155%	143%	164%	140%	133%	126%	135%
18:3 Linolenic acid	%AI	168%	150%	158%	178%	169%	165%	179%	187%	212%	146%	153%	159%	172%
Fiber, total dietary	14g/1000kcal	99%	103%	105%	109%	109%	111%	111%	111%	106%	106%	111%	111%	108%
Calcium	%RDA	110%	98%	102%	93%	100%	96%	96%	125%	126%	105%	102%	132%	135%
Iron	%RDA	105%	89%	108%	154%	149%	176%	94%	75%	78%	175%	152%	202%	220%
Magnesium	%RDA	224%	174%	202%	130%	101%	141%	94%	109%	117%	87%	96%	97%	107%
Phosphorus	%RDA	196%	227%	255%	122%	225%	129%	129%	237%	244%	244%	144%	264%	278%
Potassium	%AI	88%	95%	107%	128%	121%	130%	141%	132%	140%	107%	126%	117%	120%
Sodium	%CDRR	65%	77%	88%	83%	55%	91%	71%	61%	63%	63%	80%	69%	75%
Zinc	%RDA	218%	168%	196%	147%	145%	153%	136%	152%	158%	115%	127%	126%	135%
Copper	%RDA	180%	181%	214%	159%	128%	177%	139%	143%	150%	150%	164%	169%	179%
Selenium	%RDA	269%	244%	297%	258%	186%	276%	200%	199%	207%	207%	230%	228%	248%
Vitamin A	%RDA	186%	152%	163%	133%	119%	147%	126%	131%	135%	105%	109%	113%	117%
Vitamin E	%RDA	82%	84%	94%	75%	56%	82%	60%	62%	70%	70%	75%	77%	83%
Vitamin D	%RDA	38%	40%	44%	53%	66%	54%	54%	67%	68%	68%	57%	70%	72%
Vitamin C	%RDA	345%	286%	346%	224%	136%	252%	174%	153%	174%	145%	188%	158%	159%
Thiamin	%RDA	187%	203%	239%	173%	142%	203%	182%	164%	168%	154%	177%	174%	187%
Riboflavin	%RDA	241%	239%	265%	204%	187%	217%	196%	197%	203%	172%	166%	182%	190%
Niacin	%RDA	174%	181%	223%	171%	140%	187%	161%	154%	162%	142%	166%	160%	173%
Vitamin B-6	%RDA	203%	222%	261%	186%	125%	203%	169%	157%	168%	129%	184%	187%	196%
Vitamin B-12	%RDA	388%	354%	401%	324%	272%	328%	246%	274%	283%	283%	269%	298%	313%
Choline	%AI	87%	89%	104%	85%	81%	89%	83%	84%	90%	69%	71%	75%	79%
Vitamin K	%AI	195%	158%	163%	204%	137%	219%	175%	148%	155%	117%	226%	143%	146%
Folate	%RDA	185%	158%	189%	143%	106%	168%	126%	125%	128%	128%	152%	150%	161%

Table 5.3: Healthy U.S.-Style Pattern with nutrient composition based on Life Stage Specific Nutrient Profiles: Comparison of nutrients to nutrient goals for select energy levels for women who are pregnant, by age and trimester

		Ages 14 to 18 yr			Ages 19 to 30 yr			Ages 31 to 50 yr		
		Trimester 1	Trimester 2	Trimester 3	Trimester 1	Trimester 2	Trimester 3	Trimester 1	Trimester 2	Trimester 3
		1800	2200	2400	2000	2400	2600	1800	2200	2400
Protein	%RDA	122%	139%	147%	129%	150%	157%	124%	141%	150%
Protein	% kcal	19%	18%	17%	18%	18%	17%	20%	18%	18%
Carbohydrate	%RDA	136%	166%	180%	149%	180%	197%	136%	166%	180%
Carbohydrate	% kcal	53%	53%	53%	52%	52%	53%	53%	53%	52%
Fat	% kcal	30%	31%	32%	32%	32%	32%	30%	31%	32%
Cholesterol	300 mg	64%	77%	83%	70%	82%	82%	62%	75%	82%
Saturated Fatty acids	% of kcal	7%	8%	8%	8%	8%	8%	7%	7%	8%
Monounsat. Fatty acids	% of kcal	11%	11%	11%	11%	11%	11%	11%	11%	11%
Polyunsat Fatty acids	% of kcal	10%	10%	10%	10%	10%	10%	10%	10%	10%
18:2 Linoleic acid	%AI	131%	163%	174%	151%	177%	198%	132%	164%	177%
18:3 Linolenic acid	%AI	141%	175%	189%	167%	197%	216%	147%	182%	197%
Fiber, total dietary	14g/1000kcal	111%	114%	115%	106%	111%	118%	111%	114%	115%
Calcium	%RDA	96%	102%	104%	126%	135%	140%	125%	132%	135%
Iron	%RDA	52%	62%	68%	52%	65%	72%	50%	60%	65%
Magnesium	%RDA	85%	98%	104%	104%	123%	133%	97%	113%	119%
Phosphorus	%RDA	129%	144%	151%	244%	278%	294%	237%	264%	278%
Potassium	%AI	125%	145%	149%	125%	141%	152%	119%	137%	141%
Sodium	%CDRR	71%	80%	86%	63%	75%	80%	61%	69%	75%
Zinc	%RDA	102%	117%	125%	115%	135%	144%	110%	126%	135%
Copper	%RDA	124%	146%	155%	135%	161%	176%	128%	152%	161%
Selenium	%RDA	184%	211%	230%	190%	227%	240%	183%	209%	227%
Vitamin A	%RDA	117%	131%	135%	122%	136%	148%	119%	132%	136%
Vitamin E	%RDA	60%	75%	80%	70%	83%	91%	62%	77%	83%
Vitamin D	%RDA	54%	57%	60%	68%	72%	73%	67%	70%	72%
Vitamin C	%RDA	142%	176%	177%	153%	168%	184%	135%	168%	168%
Thiamin	%RDA	130%	152%	164%	132%	160%	176%	128%	149%	160%
Riboflavin	%RDA	140%	154%	161%	160%	176%	183%	155%	169%	176%
Niacin	%RDA	125%	147%	160%	126%	154%	166%	120%	142%	154%
Vitamin B-6	%RDA	107%	126%	133%	115%	134%	144%	108%	128%	134%
Vitamin B-12	%RDA	227%	248%	262%	261%	289%	294%	253%	275%	289%
Choline	%AI	74%	86%	91%	85%	97%	101%	80%	92%	97%
Vitamin K	%AI	175%	226%	232%	155%	195%	228%	148%	190%	195%
Folate	%RDA	84%	101%	109%	85%	108%	121%	83%	100%	108%

Table 5.4: Healthy U.S.-Style Pattern with nutrient composition based on Life Stage Specific Nutrient Profiles: Comparison of nutrients to nutrient goals for select energy levels for women who are lactating, by age and months postpartum

		14 to 18 yr			19 to 30 yr			31 to 50 yr	
		2200	2200		2400	2400		2200	2200
Protein	%RDA	139%	139%		150%	150%		141%	141%
Protein	% kcal	18%	18%		18%	18%		18%	18%
Carbohydrate	%RDA	139%	139%		150%	150%		138%	138%
Carbohydrate	% kcal	53%	53%		52%	52%		53%	53%
Fat	% kcal	31%	31%		32%	32%		31%	31%
Cholesterol	300 mg	77%	77%		82%	82%		75%	75%
Saturated Fatty acids	% of kcal	8%	8%		8%	8%		7%	7%
Monounsat. Fatty acids	% of kcal	11%	11%		11%	11%		11%	11%
Polyunsat Fatty acids	% of kcal	10%	10%		10%	10%		10%	10%
18:2 Linoleic acid	%AI	163%	163%		177%	177%		164%	164%
18:3 Linolenic acid	%AI	189%	189%		212%	212%		196%	196%
Fiber, total dietary	14g/1000kc	114%	111%		111%	108%		115%	111%
Calcium	%RDA	102%	102%		135%	135%		132%	132%
Iron	%RDA	167%	167%		195%	195%		179%	179%
Magnesium	%RDA	109%	109%		139%	139%		127%	127%
Phosphorus	%RDA	144%	144%		278%	278%		264%	264%
Potassium	%AI	151%	151%		146%	146%		142%	142%
Sodium	%CDRR	80%	80%		75%	75%		69%	69%
Zinc	%RDA	108%	108%		124%	124%		116%	116%
Copper	%RDA	112%	112%		124%	124%		117%	117%
Selenium	%RDA	181%	181%		195%	195%		179%	179%
Vitamin A	%RDA	82%	82%		81%	81%		78%	78%
Vitamin E	%RDA	59%	59%		66%	66%		61%	61%
Vitamin D	%RDA	57%	57%		72%	72%		70%	70%
Vitamin C	%RDA	123%	123%		119%	119%		119%	119%
Thiamin	%RDA	152%	152%		160%	160%		149%	149%
Riboflavin	%RDA	135%	135%		154%	154%		148%	148%
Niacin	%RDA	156%	156%		163%	163%		150%	150%
Vitamin B-6	%RDA	120%	120%		127%	127%		121%	121%
Vitamin B-12	%RDA	230%	230%		268%	268%		255%	255%
Choline	%AI	71%	71%		79%	79%		75%	75%
Vitamin K	%AI	226%	226%		195%	195%		190%	190%
Folate	%RDA	121%	121%		129%	129%		120%	120%

Table 5.5: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 2 Years and Older[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy (cup eq)	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	1003	1198	1401	1559	1602	1754	1797	1959	2001	2203	2400	2601	2799	3001	3200
Protein, g	44	60	70	79	84	84	88	88	92	100	107	112	118	121	121
Total lipid (fat), g	36	40	45	54	54	60	60	71	71	77	86	93	99	112	128
Carbohydrate, g	130	156	187	198	203	230	235	254	259	288	312	342	374	393	409
Fiber, total dietary, g	14	18	21	25	25	28	28	30	30	34	37	41	44	47	47
Cholesterol, mg	88	121	153	186	189	188	191	210	214	232	250	252	270	274	281
Saturated Fatty acids, g	9	9	11	12	13	14	14	18	18	19	22	23	25	28	33
Monounsat. Fatty acids, g	13	14	16	19	19	21	21	25	25	28	31	33	35	40	45
Polyunsat Fatty acids, g	12	13	15	18	18	20	20	22	22	25	27	29	31	36	41
18:2 Linoleic acid, g	10	12	13	16	16	17	17	20	20	21	23	26	27	31	36
18:3 Linolenic acid, g	1.2	1.4	1.5	1.8	1.9	2.0	2.0	2.3	2.3	2.5	2.7	3.0	3.2	3.8	4.3
EPA + DHA, mg	76	121	159	214	214	214	214	220	220	235	480	258	280	280	280
Added Sugars, g	4	5	6	6	6	7	8	8	8	9	10	11	12	12	12
Minerals															
Calcium, mg	775	983	1032	1069	1223	1109	1263	1124	1278	1333	1368	1418	1461	1479	1480
Iron, mg	6	9	11	12	12	14	14	14	14	16	18	20	22	22	22
Magnesium, mg	175	230	268	305	318	331	343	346	358	400	424	461	494	511	511
Phosphorus, mg	864	1136	1278	1412	1522	1498	1608	1544	1654	1795	1891	2001	2108	2154	2155
Potassium, mg	1643	2144	2442	2779	2908	3069	3197	3262	3390	3731	3837	4151	4405	4632	4633
Sodium, mg	865	1141	1306	1382	1479	1511	1608	1561	1658	1805	1939	2055	2183	2212	2229
Zinc, mg	6	9	10	11	12	12	13	12	13	14	15	16	17	18	18
Copper, mg	0.6	0.8	1.0	1.2	1.2	1.3	1.3	1.4	1.4	1.6	1.6	1.8	1.9	2.0	2.0
Selenium, mcg	53	72	88	98	101	105	108	109	113	124	135	143	154	155	155
Vitamins															
Vitamin A, mcg RAE	469	594	635	733	784	820	871	846	898	976	1008	1102	1137	1176	1192
Vitamin E, mg AT	5	6	7	8	8	9	9	10	10	11	12	13	14	16	17

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.5: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 2 Years and Older[1](cont'd)

Vitamin D, IU	165	216	237	261	291	264	293	271	300	312	325	329	342	344	346
Vitamin C, mg	59	72	88	101	101	114	114	129	129	142	142	156	172	181	181
Thiamin, mg	0.9	1.2	1.4	1.5	1.5	1.7	1.8	1.8	1.8	2.1	2.2	2.4	2.6	2.7	2.7
Riboflavin, mg	1.1	1.4	1.6	1.6	1.8	1.8	1.9	1.8	2.0	2.1	2.2	2.3	2.4	2.5	2.5
Niacin, mg	10	14	18	20	20	22	22	23	23	26	28	30	33	34	34
Vitamin B-6, mg	1.0	1.3	1.6	1.8	1.9	2.0	2.0	2.1	2.2	2.4	2.5	2.7	2.9	3.1	3.1
Vitamin B-12, mcg	3.2	4.3	4.9	5.5	6.0	5.6	6.0	5.8	6.2	6.6	7.0	7.1	7.5	7.5	7.5
Choline, mg	162	220	260	304	317	319	332	342	355	388	409	427	454	466	468
Vitamin K, mcg	60	88	91	124	124	133	133	140	140	172	176	205	211	230	240
Folate, mcg DFE	238	314	374	419	424	495	500	508	513	601	648	732	789	822	822

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.6: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 2-3 Years[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	1003	1200	1398	1559	1600	1756	1797	1962	2003	2200	2399	2604	2797	2999	3198
Protein, g	43	58	68	77	81	82	86	85	89	98	104	109	116	118	118
Total lipid (fat), g	35	38	42	52	52	57	58	69	69	74	83	90	95	108	124
Carbohydrate, g	135	163	194	206	211	238	243	262	267	297	322	353	385	405	420
Fiber, total dietary, g	14	18	21	25	25	28	29	30	30	35	37	42	45	48	48
Cholesterol, mg	83	113	144	175	178	177	180	199	202	219	236	239	255	259	266
Saturated Fatty acids, g	8	8	9	11	11	13	13	16	16	17	20	22	23	26	31
Monounsat. Fatty acids, g	12	14	15	19	19	21	21	25	25	27	30	32	34	39	44
Polyunsat Fatty acids, g	11	13	14	18	18	19	19	22	22	24	26	29	31	35	40
18:2 Linoleic acid, g	10	11	12	15	15	17	17	19	19	21	23	25	27	31	35
18:3 Linolenic acid, g	1.2	1.3	1.4	1.8	1.8	1.9	1.9	2.2	2.2	2.4	2.6	2.9	3.0	3.6	4.1
EPA + DHA, mg	73	116	153	205	205	205	205	210	210	226	437	247	268	268	268
Added Sugars, g	4	5	6	6	6	7	7	7	7	8	9	10	11	11	11
Minerals															
Calcium, mg	771	979	1030	1073	1224	1110	1261	1126	1277	1334	1369	1419	1463	1482	1483
Iron, mg	7	10	12	14	14	15	16	16	16	18	20	23	25	25	25
Magnesium, mg	180	236	274	313	326	340	353	353	366	411	435	475	508	527	527
Phosphorus, mg	899	1183	1326	1466	1582	1555	1670	1599	1715	1863	1962	2079	2189	2236	2237
Potassium, mg	1760	2292	2582	2925	3083	3214	3373	3397	3556	3902	4010	4333	4582	4808	4809
Sodium, mg	782	1043	1215	1312	1386	1428	1502	1488	1562	1708	1841	1949	2075	2105	2122
Zinc, mg	7	9	10	12	12	12	13	13	13	15	16	17	18	18	18
Copper, mg	0.6	0.8	1.0	1.1	1.1	1.2	1.3	1.3	1.3	1.5	1.6	1.7	1.9	2.0	2.0

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.6: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 2-3 Years[1] (cont'd)

Selenium, mcg	54	73	89	99	102	106	110	110	114	126	137	145	156	157	157
Vitamins															
Vitamin A, mcg RAE	558	702	748	862	922	970	1031	994	1055	1141	1182	1294	1336	1383	1399
Vitamin E, mg AT	5	6	7	8	8	9	9	10	10	11	12	13	14	16	17
Vitamin D, IU	230	298	322	348	391	351	394	358	402	416	432	437	452	453	456
Vitamin C, mg	52	67	78	93	93	106	106	116	116	131	132	148	159	168	168
Thiamin, mg	0.9	1.2	1.5	1.6	1.6	1.8	1.9	1.9	1.9	2.2	2.3	2.6	2.8	2.9	2.9
Riboflavin, mg	1.2	1.6	1.7	1.8	2.0	1.9	2.1	2.0	2.2	2.3	2.4	2.5	2.6	2.7	2.7
Niacin, mg	10	15	18	21	21	23	23	24	24	27	29	31	34	35	35
Vitamin B-6, mg	1.0	1.4	1.6	1.9	1.9	2.0	2.1	2.2	2.2	2.5	2.6	2.8	3.0	3.1	3.1
Vitamin B-12, mcg	3.5	4.6	5.2	5.7	6.2	5.8	6.3	5.9	6.5	6.8	7.2	7.4	7.8	7.9	7.9
Choline, mg	174	235	274	318	334	334	350	355	371	406	427	447	472	485	487
Vitamin K, mcg	58	87	89	122	122	131	131	138	138	169	173	202	207	227	237
Folate, mcg DFE	278	370	441	498	503	578	583	588	593	697	758	857	925	958	958

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.7: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 4-18 Years[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	997	1200	1402	1561	1602	1756	1797	1960	2001	2203	2399	2599	2796	2998	3197
Protein, g	43	58	68	78	82	82	86	86	90	98	105	110	116	119	119
Total lipid (fat), g	35	39	44	53	54	59	59	70	70	77	85	92	98	111	126
Carbohydrate, g	132	159	189	201	206	233	238	257	262	291	316	347	378	397	413
Fiber, total dietary, g	14	17	21	24	24	28	28	29	30	34	36	41	44	47	47
Cholesterol, mg	87	120	153	185	189	187	191	210	213	231	249	251	269	273	280
Saturated Fatty acids, g	9	9	11	12	13	14	14	18	18	19	22	23	25	28	32
Monounsat. Fatty acids, g	12	14	16	19	19	21	21	25	25	27	30	33	35	39	45
Polyunsat Fatty acids, g	11	13	14	18	18	19	19	22	22	24	27	29	31	36	40
18:2 Linoleic acid, g	10	12	13	15	15	17	17	19	19	21	23	25	27	31	35
18:3 Linolenic acid, g	1.2	1.3	1.4	1.8	1.8	2.0	2.0	2.2	2.2	2.5	2.7	2.9	3.1	3.6	4.1
EPA + DHA, mg	76	121	159	213	213	213	213	219	219	234	490	257	280	280	280
Added Sugars, g	4	5	6	6	6	7	7	7	7	8	9	10	11	11	11
Minerals															
Calcium, mg	769	976	1024	1061	1214	1101	1254	1116	1268	1324	1358	1407	1450	1469	1470
Iron, mg	7	9	11	12	12	14	14	14	14	17	18	20	22	23	23
Magnesium, mg	172	226	263	300	313	326	338	339	352	393	416	454	485	502	502
Phosphorus, mg	864	1137	1277	1410	1521	1497	1608	1542	1653	1794	1888	1999	2103	2150	2150
Potassium, mg	1666	2184	2470	2811	2948	3107	3244	3288	3425	3773	3878	4200	4441	4673	4674
Sodium, mg	867	1153	1324	1406	1497	1542	1633	1595	1686	1842	1981	2104	2237	2271	2288
Zinc, mg	6	8	10	11	12	12	12	12	13	14	15	16	17	17	17
Copper, mg	0.6	0.8	0.9	1.1	1.1	1.2	1.2	1.3	1.3	1.5	1.5	1.7	1.8	1.9	1.9
Selenium, mcg	54	73	89	100	103	107	110	111	114	127	138	146	157	158	158
Vitamins															
Vitamin A, mcg RAE	480	608	650	740	796	824	880	848	904	980	1015	1105	1142	1178	1195

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.7: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 4-18 Years[1] (cont'd)

Vitamin E, mg AT	5	6	7	8	8	9	9	10	10	11	12	13	14	16	17
Vitamin D, IU	185	240	263	286	320	290	324	297	330	343	357	362	376	377	379
Vitamin C, mg	58	71	86	101	101	113	113	127	128	141	142	156	171	180	180
Thiamin, mg	0.9	1.2	1.4	1.5	1.6	1.8	1.8	1.8	1.9	2.1	2.3	2.5	2.7	2.8	2.8
Riboflavin, mg	1.1	1.4	1.6	1.7	1.8	1.8	2.0	1.9	2.0	2.2	2.3	2.4	2.5	2.5	2.5
Niacin, mg	10	14	18	20	20	22	22	23	24	27	29	31	33	34	34
Vitamin B-6, mg	1.0	1.3	1.6	1.8	1.9	2.0	2.0	2.1	2.1	2.4	2.5	2.7	2.9	3.1	3.1
Vitamin B-12, mcg	3.2	4.2	4.8	5.4	5.8	5.4	5.9	5.6	6.1	6.5	6.8	7.0	7.3	7.4	7.4
Choline, mg	163	221	261	305	318	320	333	342	355	389	409	428	453	465	467
Vitamin K, mcg	58	87	90	122	123	131	131	138	138	170	174	203	209	227	237
Folate, mcg DFE	240	317	378	425	430	500	505	512	516	606	655	741	798	830	831

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.8: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 19-70 Years[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	1004	1199	1402	1560	1603	1755	1798	1960	2003	2196	2401	2602	2800	3003	3202
Protein, g	44	59	70	79	83	83	88	87	92	100	106	111	118	120	120
Total lipid (fat), g	36	39	44	53	53	59	59	70	70	76	85	92	98	111	127
Carbohydrate, g	132	159	189	201	206	232	238	256	262	290	315	345	376	396	411
Fiber, total dietary, g	14	17	21	24	24	28	28	30	30	34	36	41	44	47	47
Cholesterol, mg	85	116	149	182	184	183	186	206	209	226	245	246	264	268	275
Saturated Fatty acids, g	9	9	10	12	12	13	13	17	17	18	21	23	24	27	32
Monounsat. Fatty acids, g	13	14	16	19	19	21	21	25	25	27	31	33	35	40	45
Polyunsat Fatty acids, g	12	13	15	18	18	20	20	23	23	25	27	29	31	36	41
18:2 Linoleic acid, g	10	12	13	16	16	17	17	20	20	21	23	26	27	32	36
18:3 Linolenic acid, g	1.2	1.4	1.5	1.9	1.9	2.1	2.1	2.3	2.3	2.5	2.8	3.0	3.2	3.8	4.3
EPA + DHA, mg	76	121	159	214	214	214	214	220	220	235	480	258	280	280	280
Added Sugars, g	4	6	7	7	7	8	8	8	8	9	10	11	12	12	12
Minerals															
Calcium, mg	764	970	1018	1055	1206	1095	1246	1110	1261	1316	1351	1400	1444	1462	1463
Iron, mg	6	9	10	12	12	13	14	14	14	16	18	20	21	22	22
Magnesium, mg	178	234	272	310	323	336	349	351	364	406	429	467	500	518	518
Phosphorus, mg	900	1180	1323	1456	1575	1543	1662	1589	1708	1850	1945	2055	2163	2209	2210
Potassium, mg	1807	2347	2647	2984	3153	3273	3441	3469	3637	3977	4083	4396	4652	4879	4880
Sodium, mg	732	973	1136	1209	1275	1336	1402	1386	1452	1595	1728	1842	1967	1996	2013
Zinc, mg	6	8	10	11	12	12	12	12	13	14	15	16	17	17	17
Copper, mg	0.6	0.8	1.0	1.1	1.2	1.3	1.3	1.3	1.4	1.5	1.6	1.8	1.9	2.0	2.0
Selenium, mcg	54	73	89	99	102	106	110	110	114	125	136	144	155	156	156
Vitamins															
Vitamin A, mcg RAE	504	636	674	770	832	856	918	881	943	1017	1049	1140	1173	1212	1228

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.8: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 19-70 Years[1] (cont'd)

Vitamin E, mg AT	5	6	7	8	8	9	9	10	10	12	12	14	15	16	18
Vitamin D, IU	237	306	327	351	399	354	401	360	408	419	433	436	449	450	453
Vitamin C, mg	60	72	88	102	102	115	115	130	130	143	143	157	173	182	182
Thiamin, mg	0.9	1.2	1.4	1.5	1.6	1.7	1.8	1.8	1.8	2.1	2.2	2.5	2.7	2.7	2.7
Riboflavin, mg	1.3	1.6	1.8	1.9	2.1	2.0	2.2	2.0	2.2	2.4	2.5	2.6	2.7	2.7	2.7
Niacin, mg	10	14	17	20	20	21	22	23	23	26	28	30	32	33	33
Vitamin B-6, mg	1.0	1.3	1.6	1.8	1.9	2.0	2.0	2.1	2.2	2.4	2.5	2.7	2.9	3.1	3.1
Vitamin B-12, mcg	3.6	4.8	5.4	6.0	6.5	6.0	6.6	6.2	6.8	7.1	7.5	7.6	8.0	8.0	8.0
Choline, mg	179	241	282	326	343	341	358	364	381	414	435	454	480	492	494
Vitamin K, mcg	59	88	91	124	124	133	133	140	140	171	176	205	211	229	239
Folate, mcg DFE	239	315	374	417	423	494	500	507	513	599	645	727	784	817	817

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.9: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 71 Years and Older[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	1003	1201	1397	1550	1600	1755	1804	1951	2001	2202	2400	2600	2799	3000	3199
Protein, g	46	62	72	81	86	86	91	90	95	103	109	115	121	123	123
Total lipid (fat), g	34	37	41	50	51	57	58	67	68	74	83	89	95	109	124
Carbohydrate, g	133	161	191	201	208	233	240	257	264	293	317	348	379	398	414
Fiber, total dietary, g	14	18	21	25	25	28	29	30	31	35	37	41	45	48	48
Cholesterol, mg	87	119	151	183	187	186	190	208	212	230	248	250	268	272	279
Saturated Fatty acids, g	8	8	9	11	11	13	13	16	16	18	20	22	23	26	31
Monounsat. Fatty acids, g	12	13	15	18	18	21	21	24	24	27	30	32	34	39	44
Polyunsat Fatty acids, g	11	13	14	17	17	19	19	22	22	24	26	29	31	35	40
18:2 Linoleic acid, g	10	11	12	15	15	17	17	19	19	21	22	25	27	31	35
18:3 Linolenic acid, g	1.2	1.4	1.5	1.8	1.8	2.0	2.0	2.3	2.3	2.5	2.7	3.0	3.2	3.8	3.6
EPA + DHA, mg	78	123	163	218	218	218	218	225	225	241	454	264	286	286	286
Added Sugars, g	5	6	8	7	7	9	9	9	9	10	11	12	14	14	14
Minerals															
Calcium, mg	793	1007	1057	1097	1254	1138	1294	1152	1309	1367	1403	1456	1502	1521	1521
Iron, mg	7	9	11	13	13	14	14	15	15	17	19	21	22	23	23
Magnesium, mg	182	238	276	314	328	340	353	354	368	411	434	471	504	522	522
Phosphorus, mg	894	1172	1314	1448	1566	1532	1650	1579	1697	1837	1932	2040	2147	2193	2193
Potassium, mg	1751	2265	2573	2908	3061	3193	3346	3394	3547	3882	3989	4298	4563	4784	4785
Sodium, mg	868	1143	1313	1388	1484	1519	1615	1569	1665	1813	1953	2069	2203	2228	2245
Zinc, mg	7	9	10	12	12	12	13	13	13	15	16	17	18	18	18
Copper, mg	0.7	0.9	1.1	1.3	1.3	1.4	1.5	1.5	1.5	1.7	1.8	2.0	2.1	2.2	2.2
Selenium, mcg	54	73	89	99	102	106	110	110	114	125	136	144	155	155	155
Vitamins															
Vitamin A, mcg RAE	560	715	773	891	952	988	1049	1023	1085	1178	1219	1324	1371	1412	1429

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.9: Consumption-weighted Nutrients and Other Food Components in Healthy U.S.-Style Pattern, Ages 71 Years and Older[1]

Vitamin E, mg AT	5	6	7	8	8	9	9	10	10	11	12	13	14	16	17
Vitamin D, IU	173	225	245	267	299	270	302	276	308	319	333	337	350	351	353
Vitamin C, mg	62	75	92	105	105	119	119	135	135	147	148	161	178	188	188
Thiamin, mg	0.9	1.2	1.5	1.5	1.6	1.8	1.8	1.8	1.9	2.1	2.3	2.5	2.7	2.8	2.8
Riboflavin, mg	1.2	1.5	1.7	1.8	2.0	1.9	2.1	2.0	2.2	2.3	2.4	2.5	2.6	2.7	2.7
Niacin, mg	11	15	18	21	21	23	23	24	24	27	29	31	34	35	35
Vitamin B-6, mg	1.0	1.4	1.6	1.9	1.9	2.1	2.1	2.2	2.3	2.5	2.6	2.8	3.0	3.2	3.2
Vitamin B-12, mcg	3.8	5.1	5.8	6.6	7.1	6.7	7.2	7.0	7.5	7.9	8.4	8.6	9.0	9.1	9.1
Choline, mg	172	233	275	319	333	334	349	357	372	405	427	445	472	484	486
Vitamin K, mcg	63	94	98	133	134	143	143	150	150	185	190	221	228	247	257
Folate, mcg DFE	255	336	402	447	453	525	531	539	545	636	688	774	837	869	869

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.10: Consumption-weighted Nutrients and Other Food Components in Healthy Vegetarian Style Pattern, Ages 2 Years and Older[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	2.5	2.5	2.5	3	2.5	3	2.5	3	3	3	3	3	3	3
Macronutrients															
Calories, kcal	1000	1200	1400	1558	1600	1757	1800	1957	2000	2200	2400	2600	2800	3000	3200
Protein, g	38	50	56	64	69	71	76	75	80	85	91	99	106	111	114
Total lipid (fat), g	37	41	46	53	54	59	59	69	70	76	85	91	97	110	125
Carbohydrate, g	135	166	201	217	222	249	254	273	278	310	336	366	397	414	429
Fiber, total dietary, g	14	19	23	27	28	33	33	35	35	39	43	48	52	55	56
Cholesterol, mg	79	107	109	108	112	109	113	114	118	120	124	124	151	152	158
Saturated Fatty acids, g	10	10	11	12	13	13	14	17	17	19	21	22	23	26	30
Monounsat. Fatty acids, g	13	14	16	19	19	21	21	25	25	27	30	33	35	40	45
Polyunsat Fatty acids, g	12	13	15	18	18	20	20	23	23	25	27	30	32	37	42
18:2 Linoleic acid, g	10	12	13	16	16	18	18	20	20	22	24	27	28	33	37
18:3 Linolenic acid, g	1.3	1.4	1.5	1.9	1.9	2.1	2.2	2.4	2.4	2.7	2.9	3.2	3.4	3.9	4.5
EPA + DHA, mg	7	10	10	10	10	10	10	10	10	10	250	10	13	13	13
Added Sugars, g	4	5	6	7	7	8	8	8	8	9	10	11	12	12	12
Minerals															
Calcium, mg	785	996	1050	1108	1261	1164	1317	1188	1342	1393	1437	1499	1554	1588	1601
Iron, mg	7	9	11	13	13	16	16	16	16	18	20	23	25	26	27
Magnesium, mg	172	223	263	305	318	353	366	369	382	419	449	496	534	564	573
Phosphorus, mg	815	1059	1176	1310	1420	1447	1558	1500	1610	1719	1823	1967	2087	2174	2209
Potassium, mg	1552	2008	2288	2590	2718	2975	3104	3145	3273	3574	3702	4061	4324	4605	4648
Sodium, mg	784	1022	1136	1229	1326	1342	1439	1393	1490	1606	1723	1854	1975	2020	2054
Zinc, mg	6	7	8	9	10	11	11	11	11	12	13	14	15	16	16
Copper, mg	0.7	0.9	1.0	1.3	1.3	1.5	1.5	1.6	1.6	1.8	1.9	2.1	2.3	2.5	2.5
Selenium, mcg	41	54	62	67	70	75	79	76	79	87	94	102	112	113	114
Vitamins															

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.10: Consumption-weighted Nutrients and Other Food Components in Healthy Vegetarian Style Pattern, Ages 2 Years and Older[1] (cont'd)

Vitamin A, mcg RAE	467	593	622	708	759	802	854	821	873	946	972	1062	1100	1134	1148
Vitamin E, mg AT	5	6	7	9	9	10	10	11	11	12	13	14	15	17	19
Vitamin D, IU	144	182	186	189	218	193	222	195	224	228	233	236	246	248	250
Vitamin C, mg	59	72	87	101	101	114	114	129	129	142	142	156	172	181	181
Thiamin, mg	0.8	1.1	1.3	1.5	1.5	1.7	1.8	1.8	1.8	2.1	2.2	2.5	2.7	2.8	2.8
Riboflavin, mg	1.1	1.3	1.5	1.5	1.7	1.7	1.8	1.7	1.9	2.0	2.0	2.2	2.3	2.4	2.4
Niacin, mg	7	10	12	13	14	16	16	16	17	19	20	23	24	25	26
Vitamin B-6, mg	0.8	1.1	1.3	1.5	1.5	1.7	1.7	1.8	1.8	2.0	2.1	2.4	2.5	2.7	2.7
Vitamin B-12, mcg	2.4	3.1	3.2	3.3	3.8	3.5	3.9	3.5	3.9	4.1	4.2	4.3	4.5	4.6	4.6
Choline, mg	155	210	229	254	267	275	288	290	303	322	337	361	399	419	427
Vitamin K, mcg	60	88	92	124	125	134	134	141	141	173	178	207	213	231	241
Folate, mcg DFE	253	341	419	491	496	589	594	608	612	698	766	866	938	987	1002

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.11: Consumption-weighted Nutrients and Other Food Components in Healthy Mediterranean Style Pattern at Each Energy Level, Ages 2 Years and Older[1]

ENERGY LEVEL	1000	1200	1400	1600	1600	1800	1800	2000	2000	2200	2400	2600	2800	3000	3200
Dairy	2	3	3	2	3	2	3	2	3	2	3	3	3	3	3
Macronutrients															
Calories, kcal	1000	1200	1400	1600	1685	1800	1885	2000	2085	2200	2400	2600	2800	3000	3200
Protein, g	44	60	70	78	87	86	95	90	99	99	109	115	121	123	123
Total lipid (fat), g	36	40	45	55	56	61	62	71	72	77	84	91	97	110	126
Carbohydrate, g	130	156	187	208	218	237	247	261	271	290	315	345	376	396	411
Fiber, total dietary, g	14	18	21	26	26	29	30	31	31	35	38	42	45	48	49
Cholesterol, mg	88	121	153	194	201	208	216	229	237	248	265	270	286	290	297
Saturated Fatty acids, g	9	9	11	13	13	14	15	17	18	19	21	22	24	27	31
Monounsat. Fatty acids, g	13	14	16	20	20	22	22	25	26	28	30	32	34	39	45
Polyunsat Fatty acids, g	12	13	15	18	18	20	20	23	23	25	27	29	31	36	41
18:2 Linoleic acid, g	10	12	13	16	16	17	17	20	20	21	23	25	27	31	35
18:3 Linolenic acid, g	1.2	1.4	1.5	1.9	1.9	2.1	2.1	2.3	2.3	2.6	2.7	3.0	3.2	3.7	4.2
EPA + DHA, mg	76	121	159	283	283	376	376	379	379	407	602	432	435	435	435
Added Sugars, g	4	5	6	6	7	7	8	8	8	9	10	11	12	12	12
Minerals															
Calcium, mg	775	983	1032	930	1237	976	1283	990	1297	1046	1233	1284	1326	1345	1345
Iron, mg	6	9	11	12	12	14	14	14	15	17	18	20	22	23	23
Magnesium, mg	175	230	268	307	332	338	363	352	377	395	429	468	500	517	517
Phosphorus, mg	864	1136	1278	1348	1569	1477	1697	1520	1740	1665	1862	1982	2081	2128	2128
Potassium, mg	1643	2144	2442	2842	3099	3182	3439	3371	3628	3717	3941	4267	4512	4739	4740
Sodium, mg	864	1141	1306	1327	1521	1501	1695	1547	1740	1697	1915	2041	2162	2191	2208
Zinc, mg	6	9	10	11	12	12	13	12	13	14	15	16	17	17	17
Copper, mg	0.6	0.8	1.0	1.2	1.2	1.4	1.4	1.4	1.5	1.6	1.7	1.9	2.0	2.1	2.1
Selenium, mcg	53	72	88	101	108	116	123	120	127	132	145	154	164	165	165
Vitamins															
Vitamin A, mcg RAE	469	595	635	695	798	786	889	811	914	889	968	1062	1098	1136	1152
Vitamin E, mg AT	5	6	7	9	9	10	10	11	11	12	13	14	15	16	18

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

Table 5.11: Consumption-weighted Nutrients and Other Food Components in Healthy Mediterranean Style Pattern at Each Energy Level, Ages 2 Years and Older[1] (cont'd)

Vitamin D, IU	165	216	237	259	318	296	355	301	360	316	352	364	370	372	374
Vitamin C, mg	59	72	88	116	116	129	130	144	145	157	158	171	187	196	196
Thiamin, mg	0.9	1.2	1.4	1.5	1.6	1.7	1.8	1.8	1.9	2.0	2.2	2.5	2.7	2.7	2.7
Riboflavin, mg	1.1	1.4	1.6	1.5	1.8	1.7	2.0	1.7	2.0	1.9	2.1	2.2	2.3	2.4	2.4
Niacin, mg	10	14	18	21	21	24	24	25	25	28	30	32	34	35	35
Vitamin B-6, mg	1.0	1.3	1.6	1.9	2.0	2.1	2.2	2.2	2.3	2.5	2.6	2.9	3.0	3.2	3.2
Vitamin B-12, mcg	3.2	4.3	4.9	5.5	6.5	6.2	7.1	6.4	7.3	6.8	7.5	7.8	8.1	8.1	8.1
Choline, mg	162	220	260	305	331	331	357	353	378	387	418	439	464	476	478
Vitamin K, mcg	59	88	91	126	126	135	135	142	142	174	178	207	213	231	241
Folate, mcg DFE	238	314	374	426	436	505	515	518	527	606	658	742	799	832	832

1.Based on 2019 Nutrient Profiles, NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

SECTION 6: ADJUST AND RE-EVALUATE THE PATTERNS TO ALIGN WITH CURRENT OR POTENTIAL RECOMMENDATIONS

After identifying any nutrient goals that were not met in the resulting Food Patterns, the Committee considered if additional adjustments in the Patterns were needed based on its systematic reviews. Four modifiable elements were available to further refine the Patterns: (1) food group amounts could be increased or decreased, (2) goals and constraints could be adjusted, (3) food group nutrient profiles could be adjusted through selection of different representative foods or categorization of Item Clusters, and (4) certain foods could be included or excluded. If changes were needed, an iterative series of adjustments and evaluations to achieve patterns that aligned with recommendations could be applied. The Committee determined no modifications in the Patterns were needed based on its systematic reviews.

All necessary increases to a food group or subgroup were balanced with energy compensating decreases in other food groups. To maintain feasible dietary patterns for the population, the Patterns were compared with current usual intake distributions from NHANES data and limited to amounts between median and 95th percentiles of usual intakes, or in the case of overconsumed components, between the median and the 5th percentiles of usual intake.

This section applies to women who are pregnant or lactating. The Committee tested adjustments to the patterns to increase choline. However, we note that these tested patterns were not adopted as recommended Patterns for women who are pregnant or lactating.

The Healthy U.S.-Style Pattern is expected to meet nutrient needs for women who are pregnant or lactating, with the exception of iron during pregnancy, vitamin A during lactation, and vitamin E, vitamin D, and choline for both life stages. The Food Patterns at energy levels estimated for women who are pregnant or lactating meet or exceed nutrient needs for most nutrients, as shown in Tables 5.3 and 5.4. For women who have higher estimated energy requirements, higher energy Patterns may come closer to providing the RDA or AI for nutrients through dietary sources.

The AI for choline is higher for women in these life stages when compared to their peers who are not pregnant nor lactating. See Tables 2.2 and 2.3. The established Healthy U.S.-Style Pattern falls short of the AI for choline for women who are pregnant and women who are lactating. For women in the first trimester of pregnancy, the Healthy U.S.-Style Pattern achieves 74 to to 85% of the AI for choline. Women in the second and third trimesters have higher energy needs, and the corresponding increases in food group and subgroup amounts generally provide over 90% of the AI. (See Section 5, Tables 5.3 and 5.4.) The top food subgroup source of choline is eggs with approximately 147 mg per oz-eq. Another food subgroup source of choline to consider are legumes. Thus, USDA's Food Pattern Modeling was used to test adjustments to amounts of eggs and vegetable subgroups aiming to increase the amount of choline in the Healthy U.S.-Style Pattern. These tests do not address other nutrients that fall short of DRIs including iron, vitamin D or vitamin E. As described in Part D. Chapter 14, the USDA Food Patterns are designed to meet most or all nutrient recommendations. However, in cases where natural sources of the nutrient are limited (e.g., vitamin D) or when the reference value is above what can be accommodated within an energy range (e.g., iron during pregnancy), fortified foods are recommended and dietary supplements may need to be considered. Vitamin E has consistently been identified as a shortfall nutrient in the American diet but it is not considered a nutrient of public health concern based on biomarker information from previous NHANES cycles that did not indicate low vitamin E status.

The following elements of the FPM methods remain the same for these exercises. No changes were made to the reference energy levels used. For women who are pregnant and in the 14 to 18 years or 31 to 50 years age groups, the reference energy levels used are 1800, 2200 and 2400 kcal across the three trimesters of pregnancy and 2200 kcal during lactation. For women ages 19 to 30 years, the reference energy levels during pregnancy are 2000, 2400 and 2600 kcal and 2400 kcal during lactation. The nutrient goals in Section 2 table 2.2 and 2.3 were applied. The age group specific nutrient profiles for food groups and subgroups described in Table 4.4 for ages 14 to 18, and Table 4.5 for women 19 years and older.

Adjustments for women who are pregnant and lactating

In the first step of this test, eggs were increased from approximately 2.5 oz eq/week to 5 oz eq/week in the 1800 and 2200 kcal levels for ages 14 to18 and 31 to 50 years and the 2000 and 2400 kcal levels for ages 19 to 30. Reported dietary intakes among women who are pregnant suggests that mean intake of eggs is about 0.5 oz eq per day (~ 3.5 eggs per week) among pregnant women and 0.8 oz eq/ day (~5 eggs per week) among women who are lactating. An amount of 5 oz eq aligns with the 75th percentile of intake for women who are pregnant and is below the 75th percentile of intake for women who are lactating. See data in DIST_DS.

An increased amount of eggs contributes an additional 25 kcal and 44-50 mg of choline. For women who are pregnant, at least 90% of the AI for choline is now achieved for reference energy levels for the first trimester, except for among teen girls ages 14 to 18 years. The patterns achieve 71 to 79% of the AI for women who are lactating. Tabe 6.1 describes the nutrients provided and Tables 6.2 and 6.3 describes the nutrient amounts in the patterns compared to the goals for women who are pregnant and lactating.

This test increases the estimated total protein foods by approximately 0.4 oz-eq **per day** and would decrease the “remaining energy for other uses” by approximately 25 kcal if no corresponding adjustment to other food groups or subgroups were made.

TABLE 6.1: NUTRIENTS AND OTHER FOOD COMPONENTS IN HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNT OF EGGS) AT SELECT ENERGY LEVELS

	14 to 18 years[1]				19 to 50 years [2]							
ENERGY LEVEL (kcal)	1800		2200		1800		2000		2200		2400	
	Original	Increased Eggs	Original	Increased Eggs	Original	Increased Eggs	Original	Increased Eggs	Original	Increased Eggs	Original	Increased Eggs
Macronutrients												
Protein, g	86	89	98	100	88	90	92	94	100	102	106	108
Total lipid (fat), g	59	60	77	76	59	60	70	70	76	76	85	85
Carbohydrate, g	238	236	291	289	238	235	262	259	290	288	315	313
Fiber, total dietary, g	28	28	34	34	28	28	30	30	34	34	36	36
Cholesterol, mg	191	253	231	277	186	249	209	262	226	272	245	286
Saturated Fatty acids, g	14	14	19	19	13	14	17	17	18	18	21	21
Monounsat. Fatty acids, g	21	22	27	27	21	22	25	25	27	27	31	31
Polyunsat Fatty acids, g	19	20	24	24	20	20	23	22	25	25	27	27
18:2 Linoleic acid, g	17	17	21	21	17	17	20	20	21	21	23	23
18:3 Linolenic acid, g	2.0	2	2.5	2.4	2.1	2.1	2.3	2.3	2.5	2.5	2.8	2.8
EPA + DHA, mg	213	221	234	240	214	221	220	226	235	241	480	474
Added Sugars, g	7	7	8	8	8	8	8	8	9	9	10	10
Minerals												
Calcium, mg	1254	1262	1324	1330	1246	1255	1261	1268	1316	1323	1351	1356
Iron, mg	14	14	17	17	14	14	14	14	16	16	18	18
Magnesium, mg	338	340	393	395	349	351	364	365	406	407	429	431
Phosphorus, mg	1608	1637	1794	1816	1662	1691	1708	1734	1850	1871	1945	1965
Potassium, mg	3244	3265	3773	3789	3441	3462	3637	3655	3977	3993	4083	4097
Sodium, mg	1633	1653	1842	1855	1402	1421	1452	1467	1595	1609	1728	1740
Zinc, mg	12	12	14	14	12	12	13	13	14	14	15	15
Copper, mg	1.2	1.2	1.5	1.5	1.3	1.3	1.4	1.4	1.5	1.5	1.6	1.6
Selenium, mcg	110	115	127	131	110	115	114	118	125	129	136	140

TABLE 6.1: NUTRIENTS AND OTHER FOOD COMPONENTS IN HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNT OF EGGS) AT SELECT ENERGY LEVELS, CONTINUED

Vitamins												
Vitamin A, mcg RAE	880	903	980	995	918	941	943	962	1017	1035	1049	1064
Vitamin E, mg AT	9	9	11	11	9	9	10	11	12	12	12	13
Vitamin D, IU	324	338	343	353	401	416	408	420	419	430	433	443
Vitamin C, mg	113	113	141	141	115	115	130	130	143	143	143	143
Thiamin, mg	1.8	1.8	2.1	2.1	1.80	1.81	1.85	1.86	2.09	2.10	2.25	2.25
Riboflavin, mg	2.0	2.0	2.2	2.2	2.17	2.25	2.24	2.31	2.37	2.44	2.46	2.52
Niacin, mg	22	23	27	27	22	22	23	23	26	26	28	28
Vitamin B-6, mg	2.0	2	2.4	2.4	2.0	2.1	2.2	2.2	2.4	2.4	2.5	2.6
Vitamin B-12, mcg	5.9	6.1	6.5	6.6	6.6	6.8	6.8	7.0	7.1	7.3	7.5	7.6
Choline, mg	333	383	389	426	358	407	381	424	414	451	435	468
Vitamin K, mcg	131	131	170	170	133	133	140	140	171	171	176	176
Folate, mcg DFE	505	513	606	612	500	507	513	519	599	605	645	650

[1.] Based on Nutrient Profiles for Ages 4 to 18 years; NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

[2.] Based on Nutrient Profiles for Ages 19 to 50 years; NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

TABLE 6.2: SUMMARY OF CHOLINE AS A PERCENT OF THE AI IN THE HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNTS OF EGGS) FOR SELECT ENERGY LEVELS INTENDED FOR WOMEN WHO ARE PREGNANT, BY AGE GROUP AND TRIMESTER

	Ages 14 to 18 yr			Ages 19 to 30 yr			Ages 31 to 50 yr		
	Trimester 1	Trimester 2	Trimester 3	Trimester 1	Trimester 2	Trimester 3	Trimester 1	Trimester 2	Trimester 3
Energy Level (kcal)	1800	2200	2400	2000	2400	2600	1800	2200	2400
Original	74%	86%	91%	85%	97%	101%	80%	92%	97%
Increased Eggs	85%	95%		94%			91%		

TABLE 6.3: SUMMARY OF CHOLINE AS A PERCENT OF ADEQUATE INTAKE (AI) IN THE HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNTS OF EGGS) FOR SELECT ENERGY LEVELS INTENDED FOR WOMEN WHO ARE LACTATING, BY AGE GROUP

	14 to 18 yr	19 to 30 yr	31 to 50 yr
Energy Level (kcal)	2200	2400	2200
Original	71%	79%	75%
Increased Eggs	77%	85%	82%
Increased Eggs and Legumes	78%	86%	83%

ADDITIONAL ADJUSTMENTS FOR WOMEN WHO ARE LACTATING

The following approach is in addition to increasing the number of eggs from 3 to 5, as above and only tested for women who are lactating. In this test, the proportions of the Vegetable subgroups were adjusted such that legumes are a larger proportion of total vegetables. Legumes would be increased from 1.5 to 3 cup eq per week and red-orange vegetables would be decreased from 5.5 to 4 cup eq per week.

Mean legume intake among women who are lactating is 0.2 cup eq per day (~1.5 cup eq per week). The 95th percentile, intakes are 0.4 cup eq day (~ 3 cup eq per week). In this test, legumes were increase to this maximum amount. The amount of red-orange vegetables in the patterns (i.e. 5.5 cup-eq) exceeds the 95th percentile for women in this life stage. Thus, the proportion of red and orange vegetable was decreased to accommodate the increase to legumes such that Total Vegetables did not change. See Table 6.4 for Vegetable Subgroup amounts used in this exercise.

TABLE 6.4 VEGETABLE SUBGROUP AMOUNTS APPLIED TO FOOD PATTERN MODELING EXERCISES FOR WOMEN WHO ARE PREGNANT OR LACTATING

Energy Level (kcal)	2200	2400
Total Vegetables (cup eq/day)	3	3
	Vegetable Subgroups in Weekly Amounts	
Dark green (cup eq/week)	2	2
Red Orange (cup eq/week)	5	5
Legumes (cup eq/week)	3	3
Starchy (cup eq/week)	6	6
Other (cup eq/week)	5	5

With additional adjustments to vegetable subgroups, 78 to 83% of the AI was achieved for women who are lactating. See Table 6.5 for a summary of the nutrients provided in these tested combinations of food groups and Table 6.3 for a comparison of the nutrients provided to established goals.

No further adjustments were made. It may not be reasonable (when compared to the 95th percentile of food group intakes) to make further change to food group amounts. The adjustments made in these exercises were not adopted as recommended patterns for women who are pregnant or lactating.

TABLE 6.5 NUTRIENTS AND OTHER FOOD COMPONENTS IN HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNT OF EGGS) AT SELECT ENERGY LEVELS FOR WOMEN WHO ARE LACTATING, BY AGE GROUP

ENERGY LEVEL (kcal)	14 to 18 years [1] 2200			19 to 30 years[2] 2400			31 to 50 years[2] 2200		
	Original	Increased Eggs	Increased Eggs & Legumes	Original	Increased Eggs	Increased Eggs & Legumes	Original	Increased Eggs	Increased Eggs & Legumes
Macronutrients									
Protein, g	98	100	102	106	108	110	100	102	104
Total lipid (fat), g	77	76	75	85	85	83	76	76	74
Carbohydrate, g	291	289	291	315	313	314	290	288	290
Fiber, total dietary, g	34	34	36	36	36	38	34	34	36
Cholesterol, mg	231	277	276	245	286	284	226	272	271
Saturated Fatty acids, g	19	19	18	21	21	20	18	18	17
Monounsat. Fatty acids, g	27	27	27	31	31	30	27	27	27
Polyunsat Fatty acids, g	24	24	24	27	27	27	25	25	24
18:2 Linoleic acid, g	21	21	21	23	23	23	21	21	21
18:3 Linolenic acid, g	2.5	2.4	2.5	2.8	2.8	2.8	2.5	2.5	2.5
EPA + DHA, mg	234	240	240	480	474	453	235	241	241
Added Sugars, g	8	8	8	10	10	10	9	9	9
Minerals									
Calcium, mg	1324	1330	1337	1351	1356	1364	1316	1323	1330
Iron, mg	17	17	17	18	18	18	16	16	17
Magnesium, mg	393	395	406	429	431	441	406	407	418
Phosphorus, mg	1794	1816	1846	1945	1965	1996	1850	1871	1902
Potassium, mg	3773	3789	3829	4083	4097	4136	3977	3993	4032
Sodium, mg	1842	1855	1848	1728	1740	1733	1595	1609	1601
Zinc, mg	14	14	14	15	15	15	14	14	14
Copper, mg	1.5	1.5	1.5	1.6	1.6	1.7	1.5	1.5	1.6
Selenium, mcg	127	131	131	136	140	141	125	129	130

TABLE 6.5 NUTRIENTS AND OTHER FOOD COMPONENTS IN HEALTHY U.S.-STYLE PATTERN (ORIGINAL AND INCREASED AMOUNT OF EGGS) AT SELECT ENERGY LEVELS FOR WOMEN WHO ARE LACTATING, BY AGE GROUP, CONTINUED

Vitamins									
Vitamin A, mcg RAE	980	995	950	1049	1064	1013	1017	1035	984
Vitamin E, mg AT	11	11	11	12	13	12	12	12	11
Vitamin D, IU	343	353	353	433	443	442	419	430	429
Vitamin C, mg	141	141	135	143	143	137	143	143	137
Thiamin, mg	2.1	2.1	2.2	2.2	2.3	2.3	2.1	2.1	2.1
Riboflavin, mg	2.2	2.2	2.2	2.5	2.5	2.5	2.4	2.4	2.4
Niacin, mg	27	27	26	28	28	28	26	26	25
Vitamin B-6, mg	2.40	2.41	2.43	2.54	2.56	2.57	2.43	2.44	2.46
Vitamin B-12, mcg	6.45	6.59	6.59	7.51	7.64	7.64	7.15	7.29	7.29
Choline, mg	389	426	431	435	468	473	414	451	456
Vitamin K, mcg	170	170	169	176	176	175	171	171	170
Folate, mcg DFE	606	612	647	645	650	686	599	605	641

[1.] Based on Nutrient Profiles for Ages 4 to 18 years; NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data

[2]. Based on Nutrient Profiles for Ages 19 to 50 years; NHANES 2015-16 consumption data, 2 days of food intake, SR Legacy nutrient data