

Table E3.1.A7. Comparison of nutrient content of each USDA Healthy US-style Food Pattern to the nutritional goals for that pattern.

CALORIE LEVEL		1000*	1200**	1400**	1600**	1600***	1600***	1800	1800	1800	2000	2000	2200	2200	2400	2600	2800	3000	3200
Age/sex group for comparison		M/F	M/F	M/F	M/F	F	F	M	F	F	M	F	M	M	M	M	M	M	M
		1 to 3	4 to 8	4 to 8	4 to 8	9 to 13	51-70	9 to 13	14-18	31-50	51-70	19-30	14-18	31-50	19-30	19-30	14-18	19-30	14-18
Macronutrients																			
Energy	%goal	100%	100%	100%	97%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	337%	311%	364%	413%	243%	180%	257%	190%	190%	163%	198%	192%	178%	189%	198%	227%	214%	231%
Protein	%kcal	18%	20%	20%	20%	21%	21%	19%	19%	19%	18%	18%	18%	18%	18%	17%	17%	16%	15%
Carbohydrate	%RDA	99%	119%	143%	151%	154%	154%	179%	179%	179%	197%	197%	220%	220%	238%	262%	286%	301%	313%
Carbohydrate	%kcal	51%	52%	53%	51%	50%	50%	52%	52%	52%	51%	51%	52%	52%	52%	52%	53%	52%	51%
Dietary fiber	%AI	101%	107%	109%	112%	113%	113%	114%	114%	114%	109%	109%	114%	114%	111%	115%	115%	114%	108%
Total fat	%kcal	33%	31%	29%	31%	31%	31%	31%	31%	31%	33%	33%	32%	32%	33%	32%	32%	34%	36%
Trans fat	%kcal	0.4%	0.3%	0.2%	0.3%	0.3%	0.3%	0.3%	0.3%	0.3%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	1%
Saturated fat	%kcal	9%	8%	7%	7%	7%	7%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	9%	9%
Monounsatur. fat	%kcal	12%	11%	11%	11%	11%	11%	11%	11%	11%	12%	12%	12%	12%	12%	12%	12%	12%	13%
Polyunsatur. fat	%kcal	10%	10%	9%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	11%	11%
Linoleic acid	%AI	146%	117%	126%	154%	154%	140%	143%	156%	143%	140%	163%	133%	125%	134%	150%	170%	184%	196%
Linolenic acid	%AI	174%	155%	162%	203%	183%	166%	170%	185%	185%	144%	210%	157%	157%	170%	187%	198%	233%	233%
Minerals																			
Calcium	%RDA	110%	98%	103%	107%	93%	101%	97%	97%	126%	106%	127%	103%	134%	138%	143%	114%	150%	116%
Iron	%RDA	110%	104%	126%	144%	180%	180%	204%	109%	91%	209%	93%	176%	242%	265%	296%	234%	330%	240%
Magnesium	%RDA	212%	172%	202%	231%	130%	97%	141%	94%	105%	84%	114%	96%	94%	105%	115%	120%	128%	124%
Phosphorus	%RDA	196%	237%	266%	294%	127%	226%	134%	134%	239%	245%	245%	149%	266%	281%	297%	175%	319%	179%
Potassium	%AI	54%	55%	63%	72%	64%	61%	70%	67%	67%	71%	71%	79%	79%	81%	88%	93%	98%	98%
Sodium	%UL	61%	64%	74%	79%	73%	70%	79%	75%	75%	78%	78%	84%	84%	91%	96%	102%	103%	104%
Zinc	%RDA	232%	186%	219%	251%	164%	164%	171%	152%	171%	129%	177%	143%	143%	154%	164%	176%	179%	179%
Copper	%RDA	183%	188%	225%	262%	167%	130%	187%	147%	146%	153%	153%	175%	173%	184%	201%	218%	226%	228%
Manganese	%AI	155%	164%	202%	234%	220%	195%	202%	240%	213%	172%	220%	208%	199%	219%	245%	281%	276%	288%
Selenium	%RDA	257%	234%	285%	318%	247%	180%	265%	193%	193%	200%	200%	221%	221%	241%	254%	274%	276%	276%
Vitamins																			
Vitamin A	%RDA	156%	150%	161%	186%	132%	113%	145%	125%	125%	100%	128%	109%	109%	114%	124%	129%	133%	135%
Vitamin E	%RDA	83%	84%	94%	116%	74%	54%	83%	61%	61%	68%	68%	74%	74%	80%	88%	93%	104%	113%
Vitamin D	%RDA	26%	34%	36%	40%	44%	44%	45%	45%	45%	46%	46%	47%	47%	49%	50%	52%	52%	52%
Vitamin C	%RDA	359%	258%	329%	369%	205%	123%	222%	154%	133%	130%	155%	169%	141%	142%	153%	207%	180%	216%
Thiamin	%RDA	167%	187%	222%	239%	163%	134%	188%	169%	153%	145%	158%	165%	165%	179%	197%	213%	220%	220%
Riboflavin	%RDA	226%	245%	276%	296%	213%	175%	226%	203%	185%	162%	191%	175%	175%	184%	194%	206%	209%	209%
Niacin	%RDA	171%	179%	223%	255%	170%	146%	187%	160%	160%	148%	169%	166%	166%	181%	195%	212%	216%	216%
Vitamin B-6	%RDA	213%	238%	287%	333%	203%	135%	219%	183%	169%	137%	179%	201%	201%	213%	231%	250%	260%	260%
Vitamin B-12	%RDA	379%	382%	445%	506%	361%	270%	366%	274%	274%	284%	284%	304%	304%	325%	333%	352%	353%	355%
Choline	%AI	80%	87%	103%	119%	83%	73%	87%	81%	77%	63%	82%	69%	69%	73%	76%	81%	83%	84%
Vitamin K	%AI	195%	160%	164%	224%	206%	137%	220%	176%	147%	116%	154%	228%	142%	146%	171%	280%	190%	318%
Folate	%RDA	183%	181%	218%	243%	164%	123%	191%	143%	143%	146%	146%	172%	172%	187%	210%	228%	236%	236%

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