

Table E3.1.A4. Nutritional goals for each age/sex group used in assessing adequacy of USDA Food Patterns at various calorie levels

	Source of goal*	child 1 - 3	female 4 - 8	male 4 - 8	female 9--13	male 9--13	female 14-18	male 14-18	female 19-30	male 19-30	female 31-50	male 31-50	female 51+	male 51+
Calorie level(s) assessed		1000	1200	1400, 1600	1600	1800	1800	2200, 2800, 3200	2000	2400, 2600, 3000	1800	2200	1600	2000
Macronutrients														
Protein, g	RDA	13	19	19	34	34	46	52	46	56	46	56	46	56
Protein, % kcal	AMDR	5--20	10--30	10--30	10--30	10--30	10--30	10--30	10--35	10--35	10--35	10--35	10--35	10--35
Carbohydrate, g	RDA	130	130	130	130	130	130	130	130	130	130	130	130	130
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
Dietary Fiber, g	14g/1000kcal	14	16.8	19.6	22.4	25.2	25.2	30.8	28	33.6	25.2	30.8	22.4	28
Total fat, %kcal	AMDR	30-40	25-35	25-35	25-35	25-35	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Saturated fat, %kcal	DG	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Linoleic acid, g	AI	7	10	10	10	12	11	16	12	17	12	17	11	14
Linolenic acid, g	AI	0.7	0.9	0.9	1	1.2	1.1	1.6	1.1	1.6	1.1	1.6	1.1	1.6
Minerals														
Calcium, mg	RDA	700	1000	1000	1300	1300	1300	1300	1000	1000	1000	1000	1200	1200
Iron, mg	RDA	7	10	10	8	8	15	11	18	8	18	8	8	8
Magnesium, mg	RDA	80	130	130	240	240	360	410	310	400	320	420	320	420
Phosphorus, mg	RDA	460	500	500	1250	1250	1250	1250	700	700	700	700	700	700
Potassium, mg	AI	3000	3800	3800	4500	4500	4700	4700	4700	4700	4700	4700	4700	4700
Sodium, mg	UL	1500	1900	1900	2200	2200	2300	2300	2300	2300	2300	2300	2300	2300
Zinc, mg	RDA	3	5	5	8	8	9	11	8	11	8	11	8	11
Copper, mg	RDA	0.34	0.44	0.44	0.7	0.7	0.89	0.89	0.9	0.9	0.9	0.9	0.9	0.9
Manganese, mg	AI	1.2	1.5	1.5	1.6	1.9	1.6	2.2	1.8	2.3	1.8	2.3	1.8	2.3
Selenium, µg	RDA	20	30	30	40	40	55	55	55	55	55	55	55	55
Vitamins														
Vitamin A, µg_RAE	RDA	300	400	400	600	600	700	900	700	900	700	900	700	900
Vitamin E, mg AT	RDA	6	7	7	11	11	15	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	45	65	75	75	90	75	90	75	90
Thiamin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacin, mg	RDA	6	8	8	12	12	14	16	14	16	14	16	14	16
Vitamin B-6, mg	RDA	0.5	0.6	0.6	1	1	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B-12, µg	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline, mg	AI	200	250	250	375	375	400	550	425	550	425	550	425	550
Vitamin K, µg	AI	30	55	55	60	60	75	75	90	120	90	120	90	120
Folate, µg_DFE	RDA	150	200	200	300	300	400	400	400	400	400	400	400	400

* RDA- Recommended Dietary Allowance, AI= Adequate Intake, UL = Tolerable Upper Intake Level, AMDR = Acceptable Macronutrient Distribution Range,

DG = 2010 and 2015 Dietary Guidelines recommended limit; 14g fiber per 1000 kcal = basis for AI for fiber.