Healthy US-Style Pattern—Recommended Intake Amounts

Calorie Level of Pattern[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]	**Daily Amount[c] of Food from Each Group (vegetables and protein foods subgroup amounts are per week)**											
Fruits	**1 c-eq**	**1 c-eq**	**1½ c-eq**	**1½ c-eq**	**1½ c-eq**	**2 c-eq**	**2 c-eq**	**2 c-eq**	**2 c-eq**	**2½ c-eq**	**2½ c-eq**	**2½ c-eq**
Vegetables	**1 c-eq**	**1½ c-eq**	**1½ c-eq**	**2 c-eq**	**2½ c-eq**	**2½ c-eq**	**3 c-eq**	**3 c-eq**	**3½ c-eq**	**3½ c-eq**	**4 c-eq**	**4 c-eq**
Dark-green veg (c-eq/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red/Orange veg (c-eq/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans and peas (c-eq/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy veg (c-eq/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other veg (c-eq/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
Grains	**3 oz-eq**	**4 oz-eq**	**5 oz-eq**	**5 oz-eq**	**6 oz-eq**	**6 oz-eq**	**7 oz-eq**	**8 oz-eq**	**9 oz-eq**	**10 oz-eq**	**10 oz-eq**	**10 oz-eq**
Whole grains[d] (oz-eq/day)	1½	2	2½	3	3	3	3½	4	4½	5	5	5
Refined grains (oz-eq/day)	1½	2	2½	2	3	3	3½	4	4½	5	5	5
Protein Foods	**2 oz-eq**	**3 oz-eq**	**4 oz-eq**	**5 oz-eq**	**5 oz-eq**	**5½ oz-eq**	**6 oz-eq**	**6½ oz-eq**	**6½ oz-eq**	**7 oz-eq**	**7 oz-eq**	**7 oz-eq**
Meats, poultry, eggs (oz-eq/wk)	10	14	19	23	23	26	28	31	31	33	33	33
Seafood (oz-eq/wk)	3	4	6	8	8	8	9	10	10	10	10	10
Nuts, seeds, soy products (oz-eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6
Dairy	**2 c-eq**	**2½ c-eq**	**2½ c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**	**3 c-eq**
Oils	**15 g**	**17 g**	**17 g**	**22 g**	**24 g**	**27 g**	**29 g**	**31 g**	**34 g**	**36 g**	**44 g**	**51 g**
Limit on Calories for Other Uses[e,f]												
Calories	150	100	110	130	170	270	280	350	380	400	470	610
% of Calories	15%	8%	8%	8%	9%	14%	13%	15%	15%	14%	16%	19%

[a] Food intake patterns at 1000, 1200, and 1400 calories are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1600 to 3200 calories are designed to meet the nutritional needs of children 9 years and older and adults. If a child 4 to 8 years of age needs more calories and, therefore, is following a pattern at 1600 calories or more, his/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 1000-, 1200-, or 1400-calorie patterns.

[b] Foods in each group and subgroup are:

Vegetables

- Dark-green vegetables: All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, turnip, and mustard greens.
- Red and orange vegetables: All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, tomatoes, tomato juice, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
- Legumes (beans and peas): All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas, and edamame (green soybeans). Does not include green beans or green peas.
- Starchy vegetables: All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas, green lima beans, plantains, and cassava.
- Other vegetables: All other fresh, frozen, and canned vegetables, cooked or raw: for example, iceberg lettuce, green beans, onions, cucumbers, cabbage, celery, zucchini, mushrooms, and green peppers.

(cont.) Healthy US-Style Pattern—Recommended Intake Amounts

Fruits

- All fresh, frozen, canned, and dried fruits and fruit juices: for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, and raisins.

Grains

- Whole grains: All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, popcorn, and brown rice.
- Refined grains: All refined-grain products and refined grains used as ingredients: for example, white breads, refined grain cereals and crackers, pasta, and white rice. Refined grain choices should be enriched.

Protein Foods

- All seafood, meats, poultry, eggs, soy products, nuts, and seeds. Meats and poultry should be lean or low-fat and nuts should be unsalted. Legumes (beans and peas) can be considered part of this group as well as the vegetable group, but should be counted in one group only.

Dairy

- All milk, including lactose-free and lactose-reduced products and fortified soy beverages (soymilk), yogurt, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

[c] Food group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Oils are shown in grams (g). Quantity equivalents for each food group are:

- Fruits and Vegetables, 1 cup-equivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens, ½ cup dried fruit or vegetable.
- Grains, 1 ounce-equivalent is: ½ cup cooked rice, pasta, or cereal; 1 ounce dry pasta or rice; 1 medium (1 ounce) slice bread; 1 ounce of ready-to-eat cereal (about 1 cup of flaked cereal).
- Protein Foods, 1 ounce-equivalent is: 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts or seeds.
- Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1½ ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese.

[d] Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults.

[e] All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared without added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendations are in nutrient-dense forms, a small number of calories remain within the overall calorie limit of the Pattern (i.e., limit on calories for other uses). The number of these calories depends on the overall calorie limit in the Pattern and the amounts of food from each food group required to meet nutritional goals. Nutritional goals are higher for the 1,200- to 1,600-calorie Patterns than for the 1,000-calorie Pattern, so the limit on calories for other uses is lower in the 1,200- to 1,600-calorie Patterns. Calories 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. The overall eating Pattern also should not exceed the limits of less than 10 percent of calories from added sugars and less than 10 percent of calories from saturated fats. At most calorie levels, amounts that can be accommodated are less than these limits. For adults of legal drinking age who choose to drink alcohol, a limit of up to 1 drink per day for women and up to 2 drinks per day for men within limits on calories for other uses applies (see Appendix 9. Alcohol in the 2015-2020 Dietary Guidelines for Americans for additional guidance); and calories from protein, carbohydrate, and total fats should be within the Acceptable Macronutrient Distribution Ranges (AMDRs).

[f] Values are rounded.

Available at www.cnpp.usda.gov/USDAFoodPatterns

U.S. Department of Agriculture. Center for Nutrition Policy and Promotion. USDA Food Patterns, 2015. Available at: "*https://www.fns.usda.gov/usda-food-patterns*".

Estimated Calorie Needs per Day - Energy Levels Used for Assignment of Individuals to USDA Food Patterns

	MALES				FEMALES		
AGE	Sedentary[1]	Moderately Active[2]	Active[3]	AGE	Sedentary[1]	Moderately Active[2]	Active[3]
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

[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.

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