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Daily Amount' of Food from Each Froup (vegteble) and protein foods subgroup amounts are per week)eq1's ceq1's ceq1's ceq1's ceq2's ceq2's ceq2's ceq2's ceqeq1's ceq1's ceq1's ceq1's ceq1's ceq2's ceq2's ceq2's ceq2's ceqa)	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
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alories150100110130170270280350380400470610i of Calories15%15%15%14%16%19%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 esigned 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 000-, 1200-, or 1400-calorie patterns.Foods in each group and subgroup are: • Dark-green leafty vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, romaine; kale; collard, romaine; and mustard greens.	imit on Calories for Other Uses ^{e,f}												
of Calories15%15%15%15%16%19%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 esigned to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1600 to 3200 calories are t 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 000-, 1200-, or 1400-calorie patterns.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 Poods in each group and subgroup are:1600 calories or more, from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the Doo-, 1200-, or 1400-calorie patterns.1600 calories or more, from and adults should not use the other and subgroup are:1600 calories per day. Children 9 years and older and adults should not use the Doo-, 1200-, or 1400-calorie patterns.1600 calories or more, from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the Doods in each group and subgroup are:1600 calories or more, from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the Doo-, 1200-, or 1400-calorie patterns.1600 calories of the from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the Doods in each group and subgroup are:1600 calories or more, from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the Doods in each group and subgroup are:1600 calories per day. Children 9 years and older and adults should not use the Doods in each group and sup	alories	150	100	110	130	170	270	280	350	380	400	470	610
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 esigned 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 t 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 000-, 1200-, or 1400-calorie patterns. 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, runip, and mustard greens.	of Calories	15%	8%	8%	8%	%6	14%	13%	15%	15%	14%	16%	19%
esigned 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 t 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 000-, 1200-, or 1400-calorie patterns. 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, urnip, and mustard greens.	Food intake patterns at 1000, 1200	0, and 1400	calories are	e designed t	to meet th	e nutrition	al needs of	2- to 8-yea	r-old childre	en. Patterns	s from 1600	to 3200 calo	ories are
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subgroup are: All fresh, frozer	.000-, 1200-, or 1400-calorie patterns	IS.											
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-	• cgetables - Dark-green vegetables: All fresh,	, frozen, and	d canned da	rk-green le	afy vegeta	ibles and b	roccoli, coc	ked or raw	: for examp	le, broccoli;	spinach; roi	naine; kale;	collard,
Ded and another. All funct the second and another and another and another and another and the second the second	curnip, and mustard greens.	dorong door		, 100 100 - 10		20 20 90 407	1000 00:			tootoor.	tomoto inio		

Recommended USDA Food Patterns

THE REFERENCE MANUAL OF PEDIATRIC DENTISTRY

- 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

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.

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cassava.

Starchy vegetables: All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas, green lima beans, plantains, and

peas, and edamame (green soybeans). Does not include green beans or green peas.

sweet potatoes, winter squash, and pumpkin.

 When, forzen, canned, and dried fruits and fruit jaices: for example, whole-whent bread, whole-grain creates and crackers, oatmeal, and realistin: Gens When grains style mode grain products and whole grains used as ingredients: for example, whole-whent bread, refined grain creates and crackers, oatmeal, whole-grain products and whole grains style breads, refined grain creates and crackers, oatmeal, whole-grain products and whole grains style and must should be enriched. When grains style medgrains of the grains style and style preads. Meast and poultry should be lean or low-fat and must should be enriched. Mill eardood, measts, pourity, ergs, sor products, nuts, and seeks. Meast and poultry should be contrel in one group onts; Mill mill, including lactose-free and lactose-reduced products and fortified soy beverages (soymilk), yogut, frozen yogut, dary dessents, and cheeses. Most and post and post and prove and and post and stranged and post and	
 Grains. Toking registors. All whole grain products and whole grains used as ingredients: for example, whole wheat bread, whole grain creads and crackers, pasta, and whole grains. All whole grains. All whole grains is when any endown rice. Toking for the drains. All references and hormonice. Refined grains: All references and hormonice. Refined grains: All references and hormonice. Refined grains: All references and hormonice. All stafood, meersy, populty, eggs, say products, rurs, and seeds. Meats and poultry should be lean or low-fat and nuts should be unsalted. Legumes (beans and past) can be considered part of this group as well as the vegetable group, but should be counted in one group only. All mill, including lactore-free and lactore-reduced products and fortified soy beverages (cornully, yogurt, frozen yogurt, dairy desserts, and cheeses. Most and pass) can be considered part of this group as well as the vegetable group. Dut and vegetable, 1 cup equivalents (or each food group are: Food group arrouts) shown in cup-(d) or ounce-equivalents (are and lactore-reduced products and fortified soy beverages (cornully, yogurt, frozen yogurt, dairy desserts, and cheeses. Most and vegetables, 1 cup equivalents (or each) and group are: Food group arrouts should be atrice pasta. Ford group arrout shown in cup-(d) or ounce-equivalent (are a shown in grams (g). Cuantity equivalent (or each) and greens. K cup dired ereals in the order of ready. Low or coled fruit or vegetable, 1 cup fruit or vegetable. Ford fruit or vegetable.<td>- 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.</td>	- 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.
 equinoa, poprom, and brown rice. ensemble, white breads, refined grain creates and erachers, pasta, and white rice. Refined grain concests pointly, segs sy products, nuts, and seeds. Meats and poultry should be erounded in one group only. Portein: For Refined grain, Colores should be enriched. All sealood, meets, poultry, eggs sy products, nuts, and seeds. Meats and poultry should be lean or low-fast and muts should be enriched. All sealood, meets, poultry, eggs sy products, nuts, and seeds. Meats and poultry should be lean or low-fast and muts should be enriched. All sealood, meets, poultry, eggs sy products, nuts, and seeds. Meats and poultry should be lean or low-fast and muts should be enriched. All sealood, meets, postavity, eggs sy products, nuts, and seeds. Meats and poultry should be lean or low-fast and muts should be enriched. All sealood, meets, pourty, eggs sy products, nuts, and seeds. Meats are not included due to their low calcium content. Fouris and vegetable, 1 cup-requivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable, 1 cup-requivalent is: 1 cup requivalent is: 1 cup requivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable, 1 cup or fasted cereal. Fouris and vegetable, 1 cup-requivalent is: 1 cup relive, pasta, or crear, 1 ounce of neady-roeat cereal about 1 cup of flaxed cereal. Protein Foods, 1 ounce-equivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable inter, pasta, and secret and secret or low-fast and prepared without a defa rice, such secret and interverse who as the vegutable secret. Protein Foods, 1 ounce-equivalent is: 1 cup required to the ray of vegata and rice; target about or near row of vegata and secret and into an order of reads rise of row of secret action of erget and no prepared with the Acceleds rade of reads rade secret. Protein Foods, 1 ounce-equivalent is: 1 cup radiu rade rade ra	Grains - Whole grains: All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal,
 Protein Poods All series poultry, regs, stoy products, nuts, and seeds. Meats and poultry should be lean or low-fat and nuts should be unsalted. Legumes (beans and poses) can be considered part of this group as well as the vegetable group, but should be counted in one group only. Diaty 	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.
 Juits, including lactose-free and lactose-freed 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. Froid group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Olis are shown in grams (g). Quantity equivalents for each food group are: Froid group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Olis are shown in grams (g). Quantity equivalents for each food group are: Froits and Vogetables, 1 cup-equivalent is: 1 cup raw or cooked fruit or vogetable, 1 cup fruit correspondent is: X cup cooked fruit or vogetable, 1 cup fravit correspondent is: X cup cooked fruit or vogetable, 1 cup of flaved cup. Grains, 1 ounce-equivalent is: 1 cup raw or cooked fruit or vogetable, 1 cup fruit or unce) slice bread; 1 ounce of ready-to-eat erreal (about 1 cup of flaved cup) flaved cup. Brotein Foods, 1 ounce-equivalent is: 1 ounce lean meat, poultry, or sadrod; 1 egg: X cup cooked beans or tofu; 1 Tbsp peanut butter; X ounce nuts or seeds. Dainy, 1 cup-equivalent is: 1 ounce lean meat, poultry, or sadrod; 1 egg: X cup cooked beans or tofu; 1 Tbsp peanut butter; X ounce nuts or seeds. Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. All foods are assumed to be in nutrient-dense forms, lean or low-fat and prepared without added fats, sugars, refined starches, or shu. The fatten (i.e., limit on ealories for other uses) is lower in the 1,200- to 1,600-calorie strems than for the 1,000-calorie Pattern, so the limit of the Pattern (i.e., limit on ealories for other uses) is lower in the 1,200- to 1,600-calorie strem sturated fats. At most calorie levels, and other levels and other low is aloodi fats, alono or loae are lable predimes for other uses is l	neats, poultry, eggs, be considered part
 ¹ Food group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Olis are shown in grams (g). Quantity equivalents for each food group are: ¹ Futis 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, % cup dried fruit or vegetable. ¹ Grains, 1 ounce-equivalent is: % cup cooked rice, pasta, or cereal; 1 ounce dry past a or rice; 1 medium (1 ounce) slice bread; 1 ounce of ready-to-eat cereal (about 1 cup of flaked cereal). ¹ Protein Foods, 1 ounce-equivalent is: 1 ounce lean meat, poultry, or seafood; 1 egg; % cup cooked beans or tofu; 1 Tbsp peanut butter; % ounce nuts or seeds. ¹ Dairy, 1 cup-equivalent is: 1 ounce lean meat, poultry, or seafood; 1 egg; % cup cooked beans or tofu; 1 Tbsp peanut butter; % ounce nuts or seeds. ¹ Dairy, 1 cup-equivalent is: 1 ounce lean meat, poultry, or seafood; 1 egg; % cup cooked beans or tofu; 1 Tbsp peanut butter; % ounce nuts or seeds. ⁴ Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. ⁶ Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. ⁶ Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. ⁶ Amounts of whole grains in the Patterns for adults of the 1,200-to 1,600-calorie strema within the overall calorie find from ach food group recommendations are in nutrient-dense forms, as amall number of calories remain within the overall calorie find from ach food group required to meet unstritional goals. Nutritional goals are higher for the 1,200-to 1,500-calorie Patterns caloris for other uses). The number of talories up to the sociatine him to the sociate the limit on calories floor other uses). The number of falories up to neos find the actur, so the lim	- July - 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.
 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, % cup dried fruit or vegetable. Grains, 1 ounce equivalent is: % cup cooked rice, pasts, 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 creea). Grains, 1 ounce-equivalent is: 1 cup milk, yogurt, or seafood; 1 egg; % cup cooked beans or tofu; 1 Tbsp peanut butter; % ounce nuts or seeds. Dainy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1% ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese. Janounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. ^d Amounts of twole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults. ^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. ^d Amounts of whole grains in the Patterns for checks, or success of processed cheese. ^d Amounts of twole grains in the Pattern are less than the minimum of a oz-eq in all Pattern and the amounts of food from each food group recommendations are in nutriten-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 remain within the overall calories from each food group recommendated to rete accommendated finant and and for a sudar of frand starches, or stalt in all food choices to a calories for the 1,200-calorie Patterns than 10 percent of calories from added sugars and less than	^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:
 Grains, 1 ounce-equivalent is: % 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; % cup cooked beans or tofu; 1 Tbsp peanut butter; % ounce nuts or seeds. Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1% ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese. Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1% ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese. Mnounts of whole grains in the Patterns for children are less than the minimum of 3 o2-eq in all Patterns recommended for adults. ^d Amounts of whole grains in the Pattern for children are less than 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 usse). The number of these and is to the specified limit can be used for added sugars, added 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 usse). The number of the 1,200- to 1,600-calorie Pattern stan for the 1,200- to 1,600-calorie Pattern stan for the 1,200- to 1,600-calorie pattern and be accommedated are starches, or shell fats, slochol, or to eat more than the recommended amount of food in a food group. The overall calorie learn also should not exceed the limit on calories for other uses). The number of calories from added sugars and less than 10 percent of calories from added sugars and less than to recommended fats, alcohol, or to eat more t	
 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; ¼ ounce nuts or seeds. Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1¼ ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese. Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1¼ 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. ^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. ^d Amounts of other uses). The number of these clores, lean or low-fat and prepared without added fats, sugars, refined starches, or salt. If all food choices to meet food group recommendation are in nutritional goals are higher for the 1,200- to 1,600-calorie 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 from added sugars and less than 10 percent of alories from alor of legal drinking age accommoded are less from added sugars and less than 10 percent of calories from asturated fats. At most calorie levels, amounts that can be such dood from each for dinks per day for men within limits on calories for addes ugars and total fats should be within the Acceptable Macronutrient Distribution Ranges (AMDRs). 	
• Dairy, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk, 1% 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, and 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 uses is lower in the 1,200-calorie patterns. Calories up to the appending the 1,000-calorie pattern, so the limit on calories from the uses is lower in the 1,200-to 1,600-calorie patterns calories up to the specified limit can be used for added refined starches, solid fats, alcohol, or to east 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 saturated fats. At most calorie levels, amounts that can be accommodated are less than there endines greated in a food group. The overall eating Pattern also should not exceed the limits of less than 10 percent of calories from saturated fats. At most calorie levels, amounts that can be accommodated are less than the recommended with 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 and calories for added up to 2 drinks per day for more within the Acceptable Macronutrient Distribution Ranges (AMDRs).	• 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; ¼ ounce nuts or set
^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 Patterns, so the limit on calories for other uses is lower in the 1,200- to 1,600-calories up to the specified limit can be used for added sugars, added refined starches, solid fast, alcohol, or to east 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 saturated fast. At most calorie levels, amounts that can be accommodated are less than 10 percent of calories for men within the Acceptable Macronutrient Distribution Ranges (AMDRs).	
^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 i lower in the 1,200- to 1,600-calorie patterns. Calories the specified limit can be used for added vigars, 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 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 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 added starks <u>4000000000000000000000000000000000000</u>	^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.
Available at www.cnpp.usda.gov/USDAFoodPatterns	^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 than for the 2,000-calorie Patterns, so the limit on calories for other uses is lower in the 1,200- to 1,600-calorie Patterns. Calories for other specified limit can be used for added sugars, added refined starches, so ild 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 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 <u>Appendix 9. Alcohol</u> 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).
	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".

	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		

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¹Sedentary means a lifestyle that includes only the physical activity of independent living.

²Moderately 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.

³Active 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.

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".