

**Table E3.1.A1. USDA Healthy US-Style Food Patterns—recommended daily intake amounts.**

Calorie level of Pattern	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
<b>Food Group</b>	<b>Daily Amount<sup>b</sup> of Food From Each Group (vegetable and protein foods subgroup amounts are per week)</b>											
<b>Fruits</b>	<b>1 c</b>	<b>1 c</b>	<b>1½ c</b>	<b>1½ c</b>	<b>1½ c</b>	<b>2 c</b>	<b>2 c</b>	<b>2 c</b>	<b>2 c</b>	<b>2½ c</b>	<b>2½ c</b>	<b>2½ c</b>
<b>Vegetables</b>	<b>1 c</b>	<b>1½ c</b>	<b>1½ c</b>	<b>2 c</b>	<b>2½ c</b>	<b>2½ c</b>	<b>3 c</b>	<b>3 c</b>	<b>3½ c</b>	<b>3½ c</b>	<b>4 c</b>	<b>4 c</b>
Dark green veg (c/wk)	½	1	1	1½	1½	1½	2	2	2½	2½	2½	2½
Red/Orange veg (c/wk)	2½	3	3	4	5½	5½	6	6	7	7	7½	7½
Beans and peas (c/wk)	½	½	½	1	1½	1½	2	2	2½	2½	3	3
Starchy veg (c/wk)	2	3½	3½	4	5	5	6	6	7	7	8	8
Other veg (c/wk)	1½	2½	2½	3½	4	4	5	5	5½	5½	7	7
<b>Grains</b>	<b>3 oz eq</b>	<b>4 oz eq</b>	<b>5 oz eq</b>	<b>5 oz eq</b>	<b>6 oz eq</b>	<b>6 oz eq</b>	<b>7 oz eq</b>	<b>8 oz eq</b>	<b>9 oz eq</b>	<b>10 oz eq</b>	<b>10 oz eq</b>	<b>10 oz eq</b>
Whole grains	1½ oz eq	2 oz eq	2½ oz eq	3 oz eq	3 oz eq	3 oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5 oz eq	5 oz eq
Other grains	1½ oz eq	2 oz eq	2½ oz eq	2 oz eq	3 oz eq	3 oz eq	3½ oz eq	4 oz eq	4½ oz eq	5 oz eq	5 oz eq	5 oz eq
<b>Protein Foods</b>	<b>2 oz eq</b>	<b>3 oz eq</b>	<b>4 oz eq</b>	<b>5 oz eq</b>	<b>5 oz eq</b>	<b>5½ oz eq</b>	<b>6 oz eq</b>	<b>6½ oz eq</b>	<b>6½ oz eq</b>	<b>7 oz eq</b>	<b>7 oz eq</b>	<b>7 oz eq</b>
Meat, 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 (oz eq/wk)	2	2	3	4	4	5	5	5	5	6	6	6
<b>Dairy</b>	<b>2 c</b>	<b>2½ c</b>	<b>2½ c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>	<b>3 c</b>
<b>Oils</b>	<b>15 g</b>	<b>17 g</b>	<b>17 g</b>	<b>22 g</b>	<b>24 g</b>	<b>27 g</b>	<b>29 g</b>	<b>31 g</b>	<b>34 g</b>	<b>36 g</b>	<b>44 g</b>	<b>51g</b>
Limits for solid fats and added sugars												
Solid fats	10g	7g	7g	8g	11g	18g	18g	23g	25g	26g	31g	40g
Added Sugars	17g	12g	13g	14g	19g	30g	32g	39g	43g	45g	53g	69g

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 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 recommended amount from the milk group should be 2.5 cups per day. Children 9 and older and adults should not use the 1000, 1200, or 1400 calorie patterns.

b. Food group amounts shown in cup (c) or ounce equivalents (oz eq). Oils, solid fats, and added sugars are shown in grams (g).

Quantity equivalents for each food group are:

- Grains, 1 ounce equivalent is: ½ cup cooked rice, pasta, or cooked cereal; 1 ounce dry pasta or rice; 1 slice bread; 1 cup RTE cereal flakes.
- 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.
- 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/seeds.
- Dairy, 1 cup equivalent is: 1 cup milk or yogurt, 1½ ounces natural cheese such as Cheddar cheese or 2 ounces of processed cheese.