

## Nutrients in 2010 USDA Food Patterns at All Calorie Levels

Energy Level of Food 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>Macronutrients</b>												
Calories	988	1220	1408	1595	1790	1989	2182	2375	2574	2786	2976	3173
Protein, g	43	58	68	82	86	90	99	105	110	117	119	119
Carbohydrate, g	128	160	189	204	234	260	287	312	343	376	396	412
Dietary fiber, g	14	18	21	25	28	30	34	36	41	44	47	48
Total fat, g	36	42	46	54	61	71	77	85	92	98	110	125
Saturated fat, g	9.6	10.8	11.8	13.7	15.5	18.4	19.8	22.1	23.6	25.3	28.0	32.1
Monounsaturated fat, g	13.0	15.0	16.6	19.7	22.1	25.7	28.0	31.0	33.4	35.8	40.3	45.7
Polyunsaturated fat, g	10.9	12.6	13.5	16.5	18.3	21.0	22.9	25.1	27.3	29.3	33.7	38.4
Linoleic acid (18:2), g	9.8	11.2	12.0	14.6	16.3	18.7	20.4	22.4	24.4	26.2	30.1	34.4
α-Linolenic acid (18:3), g	0.98	1.12	1.17	1.45	1.63	1.86	2.03	2.20	2.42	2.58	3.01	3.43
EPA (20:5 n-3), g	0.03	0.04	0.05	0.06	0.06	0.07	0.08	0.08	0.09	0.09	0.09	0.09
DHA (22:6 n-3), g	0.05	0.08	0.11	0.14	0.14	0.15	0.17	0.18	0.18	0.19	0.19	0.19
Stearic acid (18:0), g	2.51	2.79	3.04	3.50	4.03	4.85	5.24	5.88	6.32	6.77	7.54	8.73
Cholesterol, mg	92	130	163	202	204	223	242	262	264	284	287	292
<b>Vitamins</b>												
Vitamin A, µg RAE	447	571	612	754	819	849	928	967	1054	1096	1131	1158
Vitamin C, mg	58	70	89	100	108	126	137	138	149	168	175	175
Vitamin D, IU	166	215	231	279	281	290	301	313	318	328	330	334
Vitamin E, mg AT	4.1	5.0	5.5	6.9	7.7	8.5	9.3	9.8	10.8	11.4	12.7	13.7
Vitamin K, µg	58	89	91	125	134	140	175	180	211	216	233	243
Thiamin, mg	0.8	1.1	1.4	1.5	1.7	1.8	2.0	2.2	2.4	2.6	2.7	2.7
Riboflavin, mg	1.2	1.5	1.7	2.0	2.1	2.2	2.4	2.5	2.7	2.8	2.9	2.9
Niacin, mg	10	14	17	20	22	23	26	28	30	32	33	33
Vitamin B-6, mg	1.1	1.4	1.7	2.0	2.2	2.3	2.6	2.7	3.0	3.2	3.3	3.4
Folate, µg DFE	296	393	474	537	617	631	739	806	909	987	1019	1019
Vitamin B-12, µg	3.5	4.7	5.5	6.6	6.7	7.0	7.5	8.0	8.2	8.7	8.7	8.8
Choline, mg	154	210	248	302	317	336	368	388	406	431	442	443
<b>Minerals</b>												
Calcium, mg	753	956	1003	1189	1227	1241	1298	1331	1381	1425	1443	1444
Copper, mg	0.648	0.863	1.027	1.208	1.371	1.442	1.630	1.722	1.895	2.033	2.128	2.128
Iron, mg	8	10	13	14	16	17	19	21	23	25	26	26
Magnesium, mg	171	226	265	315	341	356	400	424	464	499	517	517
Manganese, mg	2	2	3	3	4	4	4	5	5	6	6	6
Phosphorus, mg	886	1167	1312	1565	1647	1695	1841	1937	2049	2160	2207	2208
Selenium, µg	51	70	85	98	104	109	121	131	138	149	150	150
Zinc, mg	7	9	11	13	13	14	15	16	18	19	19	19
Potassium, mg	1663	2172	2485	2961	3261	3467	3825	3932	4262	4531	4767	4768
Sodium, mg	876	1165	1343	1522	1654	1712	1871	2013	2132	2273	2306	2329

