

USDA Food Patterns

The Food Patterns suggest amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the number of calories from solid fats and added sugars (SoFAS) that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

Daily Amount of Food From Each Group

Calorie Level ¹	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits ²	1 cup	1 cup	1½ cups	1½ cups	1½ cups	2 cups	2 cups	2 cups	2 cups	2½ cups	2½ cups	2½ cups
Vegetables ³	1 cup	1½ cups	1½ cups	2 cups	2½ cups	2½ cups	3 cups	3 cups	3½ cups	3½ cups	4 cups	4 cups
Grains ⁴	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
Protein Foods ⁵	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
Dairy ⁶	2 cups	2½ cups	2½ cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups	3 cups
Oils ⁷	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 from SoFAS ⁸	137	121	121	121	161	258	266	330	362	395	459	596

- Calorie Levels** are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food pattern at a particular calorie level.
- Fruit Group** includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.
- Vegetable Group** includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Vegetable Subgroup Amounts Per Week

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Dark-green vegetables	½ c/wk	1 c/wk	1 c/wk	1½ c/wk	1½ c/wk	1½ c/wk	2 c/wk	2 c/wk	2½ c/wk	2½ c/wk	2½ c/wk	2½ c/wk
Red and orange vegetables	2½ c/wk	3 c/wk	3 c/wk	4 c/wk	5½ c/wk	5½ c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	7½ c/wk	7½ c/wk
Beans and peas (e.g. pintos, lentils, split peas)	½ c/wk	½ c/wk	½ c/wk	1 c/wk	1½ c/wk	1½ c/wk	2 c/wk	2 c/wk	2½ c/wk	2½ c/wk	3 c/wk	3 c/wk
Starchy vegetables	2 c/wk	3½ c/wk	3½ c/wk	4 c/wk	5 c/wk	5 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	8 c/wk	8 c/wk
Other vegetables	1½ c/wk	2½ c/wk	2½ c/wk	3½ c/wk	4 c/wk	4 c/wk	5 c/wk	5 c/wk	5½ c/wk	5½ c/wk	7 c/wk	7 c/wk

- Grains Group** includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce-equivalent from the grains group. **At least half of all grains consumed should be whole grains.**

5 **Protein Foods Group** includes meat, poultry, seafood, eggs, processed soy products, and nuts and seeds. In general, 1 ounce of lean meat, poultry, or seafood, 1 egg, 1 Tbsp peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the protein foods group. Also, ¼ cup of beans or peas may be counted as 1 ounce-equivalent in this group.

Protein Foods Subgroup Amounts Per Week

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Seafood	3 oz/wk	5 oz/wk	6 oz/wk	8 oz/wk	8 oz/wk	8 oz/wk	9 oz/wk	10 oz/wk	10 oz/wk	11 oz/wk	11 oz/wk	11 oz/wk
Meat, poultry, eggs	10 oz/wk	14 oz/wk	19 oz/wk	24 oz/wk	24 oz/wk	26 oz/wk	29 oz/wk	31 oz/wk	31 oz/wk	34 oz/wk	34 oz/wk	34 oz/wk
Nuts, seeds, soy	1 oz/wk	2 oz/wk	3 oz/wk	4 oz/wk	4 oz/wk	4 oz/wk	4 oz/wk	5 oz/wk	5 oz/wk	5 oz/wk	5 oz/wk	5 oz/wk

6 **Dairy Group** includes all milks, including lactose-free products and fortified soymilk (soy beverage), and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most dairy group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the dairy group.

7 **Oils** include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

8 **SoFAS** are solid fats and added sugars. The limits for calories from SoFAS are the remaining amount of calories in each food pattern after selecting the specified amounts in each food group in nutrient-dense forms (forms that are fat-free or low-fat and with no added sugars).

Estimated Daily Calorie Needs

To determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.

	Calorie Range		
	Sedentary	→	Active
Children			
2–3 years	1,000	→	1,400
Females			
4–8 years	1,200	→	1,800
9–13	1,600	→	2,200
14–18	1,800	→	2,400
19–30	2,000	→	2,400
31–50	1,800	→	2,200
51+	1,600	→	2,200
Males			
4–8 years	1,400	→	2,000
9–13	1,800	→	2,600
14–18	2,200	→	3,200
19–30	2,400	→	3,000
31–50	2,400	→	3,000
51+	2,200	→	2,800

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

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 light physical activity associated with typical day-to-day life.