

Nutrients in 2010 USDA Vegan 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
Macronutrients												
Calories	1006	1211	1422	1630	1817	2016	2217	2417	2616	2818	3017	3206
Protein, g	33	41	48	60	65	67	74	79	84	89	91	91
Carbohydrate, g	137	169	208	227	258	286	316	344	375	411	430	447
Dietary fiber, g	19	25	30	37	41	43	49	52	56	61	63	64
Total fat, g	40	46	50	60	65	75	81	90	97	102	115	129
Saturated fat, g	8.1	9.2	10.0	11.2	12.6	15.3	16.7	19.2	20.7	21.8	24.9	28.7
Monounsaturated fat, g	14.4	16.9	18.6	22.1	24.2	27.8	30.4	33.7	36.1	38.0	42.8	47.9
Polyunsaturated fat, g	15.1	16.8	18.0	22.7	24.4	27.0	29.2	31.5	33.7	35.3	39.9	44.4
Linoleic acid (18:2), g	12.7	14.3	15.5	19.2	20.8	23.1	25.1	27.3	29.3	30.8	34.9	39.0
α-Linolenic acid (18:3), g	1.24	1.34	1.39	1.77	1.93	2.14	2.33	2.49	2.70	2.82	3.27	3.68
EPA (20:5 n-3), g	0.001	0.002	0.002	0.003	0.003	0.003	0.004	0.004	0.005	0.005	0.005	0.005
DHA (22:6 n-3), g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.001	0.001	0.001	0.001	0.001
Stearic acid (18:0), g	2.14	2.39	2.54	2.78	3.21	3.95	4.31	4.98	5.42	5.69	6.56	7.65
Cholesterol, mg	9	10	11	12	13	17	19	23	25	27	30	35
Vitamins												
Vitamin A, µg RAE	451	516	545	736	798	822	894	928	1015	1047	1085	1109
Vitamin C, mg	59	70	90	101	109	127	139	140	150	170	177	177
Vitamin D, IU	208	211	215	314	316	318	322	327	332	336	338	341
Vitamin E, mg AT	5.0	5.9	6.6	8.4	9.2	10.0	11.0	11.6	12.5	13.2	14.5	15.5
Vitamin K, µg	66	96	98	136	144	150	185	189	221	224	242	251
Thiamin, mg	1.6	2.0	2.4	2.9	3.1	3.3	3.6	3.8	4.1	4.3	4.4	4.4
Riboflavin, mg	1.3	1.5	1.7	2.2	2.3	2.4	2.5	2.7	2.8	3.0	3.0	3.0
Niacin, mg	9	12	15	17	19	19	22	24	26	28	29	29
Vitamin B-6, mg	1.1	1.4	1.6	1.9	2.1	2.2	2.5	2.6	2.9	3.1	3.2	3.2
Folate, µg DFE	376	499	611	718	798	828	952	1034	1137	1231	1262	1263
Vitamin B-12, µg	5.0	5.3	5.6	7.9	8.0	8.1	8.3	8.6	8.8	9.0	9.1	9.1
Choline, mg	150	175	194	258	273	283	305	315	333	348	359	360
Minerals												
Calcium, mg	790	860	923	1277	1315	1338	1401	1443	1494	1545	1563	1564
Copper, mg	1.049	1.300	1.513	1.910	2.073	2.168	2.382	2.499	2.672	2.834	2.929	2.929
Iron, mg	11	14	16	20	22	23	25	27	30	32	32	32
Magnesium, mg	232	290	343	434	460	482	533	564	604	646	663	663
Manganese, mg	3	4	4	5	6	6	7	7	8	8	8	8
Phosphorus, mg	600	762	902	1127	1208	1255	1398	1493	1604	1713	1760	1761
Selenium, µg	38	48	57	67	74	75	84	91	98	106	107	107
Zinc, mg	5	7	8	10	10	11	12	13	14	15	16	16
Potassium, mg	1718	2146	2497	3120	3420	3645	4021	4149	4478	4766	5001	5002
Sodium, mg	598	761	900	1030	1159	1199	1338	1463	1582	1701	1736	1757

