TABLE 1: PROPOSED DAILY FOOD INTAKE PATTERNS

This table shows the amount of food from each Pyramid group and subgroup suggested as daily intake amounts in the proposed Pyramid food patterns. Food patterns are set at energy levels ranging from 1000 to 3200 calories. The daily intake amounts are shown in both total quantity (cups or ounce equivalents) and in number of servings. See the Notes pages for additional information.

	AMOUNT OF FOOD FROM EACH GROUP IN PATTERN											
CALORIE LEVEL	**1000**	**1200**	**1400**	**1600**	**1800**	**2000**	**2200**	**2400**	**2600**	**2800**	**3000**	**3200**
FOOD GROUP[1]	Food group amounts shown in cup (c) or ounce equivalents (oz eq) with numbers of servings (srv) in parentheses. See note for quantity equivalents for foods in each group.[2] Additional fats are shown in grams (g); added sugars in grams (g) and teaspoons (tsp).											
FRUITS	.75 c (1.5 srv)	.75 c (1.5 srv)	1 c (2 srv)	1 c (2 srv)	1 c (2 srv)	1.5 c (3 srv)	1.5 c (3 srv)	1.5 c (3 srv)	2 c (4 srv)	2 c (4 srv)	2.5 c (5 srv)	2.5 c (5 srv)
VEGETABLES[3]	.5 c (1 srv)	1 c (2 srv)	1 c (2 srv)	1.5 c (3 srv)	2 c (4 srv)	2 c (4 srv)	2 c (4 srv)	2.5 c (5 srv)	3 c (6 srv)	3 c (6 srv)	3.5 c (7 srv)	3.5 c (7 srv)
Dark-green	.143 (0.29)	.214 (0.43)	.214 (0.43)	.29 (0.57)	.43 (0.86)	.43 (0.86)	.43 (0.86)	.50 (1.00)	.50 (1.00)	.50 (1.00)	.57 (1.14)	.57 (1.14)
Deep-yellow	.07 (0.14)	.143 (0.29)	.143 (0.29)	.214 (0.43)	.29 (0.57)	.29 (0.57)	.29 (0.57)	.36 (0.71)	.43 (0.86)	.43 (0.86)	.50 (1.00)	.50 (1.00)
Legumes	.143 (0.29)	.214 (0.43)	.214 (0.43)	.36 (0.71)	.43 (0.86)	.43 (0.86)	.43 (0.86)	.50 (1.00)	.50 (1.00)	.50 (1.00)	.57 (1.14)	.57 (1.14)
Starchy	.07 (0.14)	.214 (0.43)	.214 (0.43)	.29 (0.57)	.36 (0.71)	.36 (0.71)	.36 (0.71)	.50 (1.00)	.64 (1.29)	.64 (1.29)	.64 (1.29)	.64 (1.29)
Other	.07 (0.14)	.214 (0.43)	.214 (0.43)	.36 (0.71)	.50 (1.00)	.50 (1.00)	.50 (1.00)	.64 (1.29)	.93 (1.86)	.93 (1.86)	1.21 (2.43)	1.21 (2.43)
GRAINS	1.5 c (3 srv)	2 c (4 srv)	2.5 c (5 srv)	3 c (6 srv)	3.5 c (7 srv)	4 c (8 srv)	4.5 c (9 srv)	5 c (10 srv)	5 c (10 srv)	5.5 c (11 srv)	5.5 c (11 srv)	5.5 c (11 srv)
Whole grains	.75 (1.50)	1.00 (2.00)	1.25 (2.50)	1.50 (3.00)	1.75 (3.50)	2.00 (4.00)	2.25 (4.50)	2.50 (5.00)	2.50 (5.00)	2.75 (5.50)	2.75 (5.50)	2.75 (5.50)
Other grains	.75 (1.50)	1.00 (2.00)	1.25 (2.50)	1.50 (3.00)	1.75 (3.50)	2.00 (4.00)	2.25 (4.50)	2.50 (5.00)	2.50 (5.00)	2.75 (5.50)	2.75 (5.50)	2.75 (5.50)
MEAT AND BEANS	2 oz eq	3 oz eq	4 oz eq	5 oz eq	5 oz eq	5.5 oz eq	6 oz eq	6.5 oz eq	6.5 oz eq	7 oz eq	7 oz eq	7 oz eq
MILK[4]	2 c	2 c	2 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c	2 or 3 c
ADDITIONAL FATS[5]	28 g	30 g	30 g	33 g	36 g	40 g	44 g	46 g	50 g	56 g	66 g	76 g
Solid fats	17 g	12 g	12 g	13 g	14 g	16 g	18 g	19 g	20 g	22 g	26 g	30 g
Oils/soft margarines	11 g	18 g	18 g	20 g	22 g	24 g	26 g	27 g	30 g	34 g	40 g	46 g
ADDED SUGARS[6]	20 g (5 tsp)	20 g (5 tsp)	20 g (5 tsp)	24 g (6 tsp)	32 g (8 tsp)	40 g (10 tsp)	48 g (12 tsp)	56g (14 tsp)	64 g (16 tsp)	72 g (18 tsp)	80 g (20 tsp)	112 g (28 tsp)

NOTES FOR TABLE 1:

1. Food items included in each group and subgroup:

Fruits	All fresh, frozen, canned, and dried fruits and fruit juices: for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, raisins.
Vegetables	
Dark-green	All fresh, frozen, and canned dark-green vegetables, cooked or raw: for example, broccoli; spinach; romaine; collard, turnip, and mustard greens.
Deep-yellow	All fresh, frozen, and canned orange and deep-yellow vegetables, cooked or raw: for example, carrots, sweet potatoes, winter squash, pumpkin.
Legumes	All cooked dry beans and peas and soybean products: for example, pinto beans, kidney beans, lentils, chickpeas, tofu. (See comment below about counting legumes in the vegetable or the meat and beans group.)
Starchy	All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas.
Other	All fresh, frozen, and canned other vegetables, cooked or raw: for example, tomatoes, tomato juice, lettuce, green beans, onions.
Grains	
Whole grains	All whole grain products and whole grains used as ingredients: for example, whole wheat and rye breads, whole grain cereals and crackers, corn tortillas, oatmeal, brown rice.
Other grains	All refined grain products and refined grains used as ingredients: for example, white breads, enriched grain cereals and crackers, enriched pasta, white rice.
Meat and beans	All meat, poultry, fish, dry beans and peas, eggs, nuts, seeds. Most choices should be lean or low fat. Legumes (dry beans and peas) are considered part of this group as well as the vegetable group, but for the purpose of not double counting, they are listed in this table only as a subgroup in the vegetable group.
Milk	All milks, yogurts, frozen yogurts, dairy desserts, cheeses (except cream cheese), including lactose-free and lactose-reduced products. Most choices should be fat-free or low fat. Calcium-fortified soy beverages are an option for those who want a non-dairy calcium source.

.

Where do legumes fit in the Food Guide Pyramid? Legumes are unique because they are considered by nutritionists and consumers as part of both the vegetable group and as a choice in the meat and beans group. For purposes of the daily food intake patterns, they are shown as a Vegetable subgroup. They are also part of the "shortcut" name for the meat, poultry, fish, dry beans, eggs, and nuts group. The document "Legumes (Dry Beans and Peas) in the Food Guide Pyramid," available on the web at www.cnpp.usda.gov/pyramid-update, describes how legumes can fit into either or both the vegetable and meat and beans groups.

2. Quantity equivalents for each food group:

Grains	The following each count as 1 cup (2 servings) of grains: 1 cup cooked rice, pasta, or cooked cereal; 2 slices bread; 2 small muffins (1 oz each); 2 cups ready-to-eat cereal flakes.
Fruits and vegetables	The following each count as 1 cup (2 servings) of fruits or vegetables: 1 cup cut-up raw or cooked fruit or vegetable, 1 1/2 cups fruit or vegetable juice, 2 cups leafy salad greens.
Meat and beans	The following each count as 1 ounce equivalent: 1 ounce meat, poultry, or fish; 1 egg; 1/2 cup cooked dry beans or tofu; 2 Tbsp peanut butter; 1/3 cup nuts; 1/4 cup seeds.
Milk	The following each count as 1 cup (1 serving) of milk: 1 cup milk or yogurt, 1 1/2 ounces natural cheese, or 2 ounces process cheese.

3. Explanation of vegetable subgroup amounts:

Vegetable subgroup amounts are shown in this table as fractional daily amounts, which are used in nutrient calculations. The fractions have been selected to translate easily into weekly amounts that consumers can understand. For consumer education about vegetable subgroup servings, the approximate weekly amounts will be used. (For example, 0.07 cups/day = ½ cup/week; 0.143 cups/day = 1 cup/week; 0.29 cups/day = 2 cups/week; 0.43 cups/day = 3 cups/week.)

4. Amounts suggested from the milk group:

The amount suggested from the milk group for each pattern is either 2 or 3 cups (2 or 3 servings). Individuals should select either 2 or 3 cups from the milk group each day, based on their age. Older children and adolescents 9 to 18 years old and adults over 50 need 3 cups or the equivalent each day from the milk group. All others need 2 cups or the equivalent each day. In Table 5, which compares the nutrients in each pattern to its nutritional goals, the pattern with either 2 or 3 cups from the milk group is used for comparison, based on the age of the target group.

5. Explanation of "additional fats":

Foods in each food group are represented in their lowest fat forms, such as fat-free milk and skinless chicken. The "Additional fats" shown in this table represent the amounts of fats that may be added in cooking, at the table, or when higher fat items are selected from the food groups (e.g., whole milk instead of fat-free milk, chicken with skin, or cookies instead of bread), without going over the goal set for each pattern for calories and keeping total fat to less than 30% of total calories and saturated fats to less than 10% of calories. These additional fats are separated into solid fats and oils/soft margarines, with specific amounts of each suggested. They were separated because their fatty acid compositions differ. Solid fats are higher in saturated fatty acids, and commonly consumed oils and soft margarines are higher in mono- and polyunsaturated fatty acids. Except for the 1000 calorie pattern, the amounts of each type of fat in the food intake patterns were based on 40% of the additional fat as solid fat and 60% as oils or soft margarines. The amounts in typical American diets are about 58% of additional fats as solid fats, and about 42% as oils or soft margarines. The 1000 calorie pattern was not altered from current consumption ratios to allow for whole milk in the diets of children 2 or younger. The change from actual consumption reflects the recommendation in the 2000 Dietary Guidelines to limit use of solid fats and replace some solid fats with vegetable oils.

Solid fats include meat and poultry fats eaten as part of the meat or poultry product or separately, milk fat such as that in whole milk and cheese, butter, shortenings used in baked products, and hard margarines.

Oils and soft margarines include vegetable oils and soft vegetable oil table spreads.

The gram weights for additional fats are the amounts of these products that can be included in the pattern, and are not identical to the amount of fat in these items, since some products (margarines, butter) contain water or other ingredients in addition to fat.

6. Explanation of "added sugars":

Added sugars are the sugars and syrups added to foods and beverages in processing or preparation, not the naturally occurring sugars in fruits or milk. The amounts of added sugars listed for each Pyramid food intake pattern are NOT specific recommendations for amounts of added sugars to consume, but rather represent the amounts that can be included in a diet in each food intake pattern without over-consuming calories. Added sugars are suggested as part of Pyramid food patterns to allow for some sweetened foods or beverages, but within a dietary pattern that balances energy intake with needs. This use of added sugars as a calorie balance requires two assumptions: (1) that selections are made from all food groups in accordance with the suggested amounts and (2) that additional fats are used in the amounts shown, which together with the fats in the core food groups represent about 30% of calories from fat.