

**TABLE 4: NUTRIENT PROFILES<sup>1</sup> OF FOOD GUIDE PYRAMID FOOD GROUPS AND SUBGROUPS**

This table shows the nutrient composition of each proposed Pyramid food group and subgroup. The nutrients are listed for a standard amount from each group, and the values are weighted averages of the nutrients in all foods in each group, in their lowest fat and sugar form. Weights for these average values are based on the amounts of each food consumed by Americans according to national surveys. See the notes page for additional information.

Food Groups and subgroups	Standard Amount <sup>2</sup>	VITAMIN A	VITAMIN E	VITAMIN C	THIAMIN	RIBOFLAVIN	NIACIN	VITAMIN B <sub>6</sub>	FOLATE	VITAMIN B <sub>12</sub>
		µg RAE <sup>3</sup>	mg AT <sup>3</sup>	mg	mg	mg	mg	mg	µg	µg
<b>FRUITS</b>	1/2 cup	17.094	0.218	31.462	0.071	0.045	0.373	0.146	28.221	0.000
<b>VEGETABLES</b>										
<b>Dark-green</b>	1/2 cup	123.753	0.903	39.888	0.049	0.101	0.422	0.120	62.936	0.000
<b>Deep-yellow</b>	1/2 cup	871.999	0.241	5.823	0.044	0.049	0.472	0.150	11.418	0.000
<b>Legumes</b>	1/2 cup	0.497	0.086	0.810	0.115	0.050	0.316	0.088	78.104	0.000
<b>Starchy</b>	1/2 cup	1.885	0.046	7.068	0.097	0.027	1.185	0.216	12.546	0.000
<b>Other</b>	1/2 cup	18.729	0.195	11.850	0.042	0.037	0.512	0.074	17.340	0.000
<b>GRAINS<sup>4</sup></b>										
<b>Whole grains</b>	1 slice/1/2 cup	54.252	0.178	1.358	0.122	0.109	1.406	0.124	27.532	0.126
<b>Other grains</b>	1 slice/1/2 cup	9.937	0.104	0.603	0.136	0.095	1.225	0.041	32.709	0.007
<b>MEAT AND BEANS</b>	1 ounce	18.636	0.176	0.050	0.057	0.074	1.694	0.110	4.290	0.575
<b>MILK<sup>5</sup></b>	1 cup	75.640	0.078	2.401	0.088	0.343	0.216	0.098	12.740	0.926
<b>ADDITIONAL FATS</b>										
<b>Solid fats</b>	100 g	447.428	4.118	0.016	0.003	0.019	0.021	0.002	1.405	0.069
<b>Oils/soft margarines</b>	100 g	108.710	14.311	0.013	0.001	0.003	0.002	0.001	0.133	0.009
<b>ADDED SUGARS</b>	4 grams/1 tsp.	0.000	0.000	0.000	0.000	0.001	0.000	0.000	0.000	0.000

**TABLE 4 (cont'd.): NUTRIENT PROFILES<sup>1</sup> OF FOOD GUIDE PYRAMID FOOD GROUPS AND SUBGROUPS**

This table shows the nutrient composition of each proposed Pyramid food group and subgroup. The nutrients are listed for a standard amount from each group, and the values are weighted averages of the nutrients in all foods in each group, in their lowest fat and sugar form. Weights for these average values are based on the amounts of each food consumed by Americans according to national surveys. See the notes page for additional information.

<b>Food Groups and subgroups</b>	<b>Standard Amount<sup>2</sup></b>	<b>CALCIUM</b>	<b>PHOSPHORUS</b>	<b>MAGNESIUM</b>	<b>IRON</b>	<b>ZINC</b>	<b>COPPER</b>	<b>SODIUM</b>	<b>POTASSIUM</b>
		<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>	<b>mg</b>
<b>FRUITS</b>	1/2 cup	14.412	18.977	14.567	0.290	0.114	0.074	3.168	261.122
<b>VEGETABLES</b>									
<b>Dark-green</b>	1/2 cup	56.739	40.957	27.008	1.038	0.343	0.065	26.013	250.567
<b>Deep-yellow</b>	1/2 cup	20.773	27.254	10.457	0.401	0.195	0.086	32.751	204.909
<b>Legumes</b>	1/2 cup	48.689	110.095	48.414	2.488	0.920	0.200	4.464	337.744
<b>Starchy</b>	1/2 cup	7.277	43.224	19.201	0.473	0.281	0.149	5.449	276.769
<b>Other</b>	1/2 cup	20.504	20.979	10.541	0.462	0.165	0.075	61.388	177.389
<b>GRAINS<sup>4</sup></b>									
<b>Whole grains</b>	1 slice/1/2 cup	24.281	79.702	27.622	1.625	1.003	0.084	120.045	80.199
<b>Other grains</b>	1 slice/1/2 cup	25.234	33.119	7.262	1.166	0.215	0.042	133.069	32.232
<b>MEAT AND BEANS</b>	1 ounce	5.651	63.063	8.038	0.561	1.056	0.028	105.657	94.059
<b>MILK<sup>5</sup></b>	1 cup	302.330	247.205	27.832	0.098	0.980	0.027	126.175	405.720
<b>ADDITIONAL FATS</b>									
<b>Solid fats</b>	100 g	13.803	12.687	1.210	0.071	0.036	0.007	162.976	16.340
<b>Oils/soft margarines</b>	100 g	2.800	2.201	0.275	0.006	0.000	0.000	131.939	3.982
<b>ADDED SUGARS</b>	4 grams/1 tsp.	0.042	0.084	0.000	0.003	0.001	0.002	0.042	0.084

**TABLE 4 (cont'd.): NUTRIENT PROFILES<sup>1</sup> OF FOOD GUIDE PYRAMID FOOD GROUPS AND SUBGROUPS**

This table shows the nutrient composition of each proposed Pyramid food group and subgroup. The nutrients are listed for a standard amount from each group, and the values are weighted averages of the nutrients in all foods in each group, in their lowest fat and sugar form. Weights for these average values are based on the amounts of each food consumed by Americans according to national surveys. See the notes page for additional information.

Food Groups and subgroups	Standard Amount <sup>2</sup>	CALORIES	PROTEIN	CARBO-	DIETARY	TOTAL	SATURATED	MONO.	POLY.	CHOLESTEROL	LINOLEIC	α-LINOLENIC
				HYDRATE	FIBER	FAT	FAT	FAT	FAT		ACID	ACID
		kcal	g	g	g	g	g	g	g	mg	g	g
<b>FRUITS</b>	1/2 cup	70.930	0.833	17.613	1.474	0.273	0.058	0.032	0.076	0.000	0.056	0.020
<b>VEGETABLES</b>												
<b>Dark-green</b>	1/2 cup	19.715	2.099	3.540	2.154	0.247	0.039	0.017	0.113	0.000	0.030	0.083
<b>Deep-yellow</b>	1/2 cup	38.136	0.839	8.933	2.260	0.137	0.026	0.007	0.061	0.000	0.049	0.012
<b>Legumes</b>	1/2 cup	106.561	7.282	18.294	5.991	0.813	0.135	0.154	0.409	0.000	0.310	0.100
<b>Starchy</b>	1/2 cup	76.220	1.759	17.572	1.788	0.178	0.035	0.031	0.081	0.000	0.071	0.009
<b>Other</b>	1/2 cup	18.296	0.907	4.014	1.153	0.184	0.029	0.021	0.083	0.000	0.060	0.023
<b>GRAINS<sup>4</sup></b>												
<b>Whole grains</b>	1 slice/1/2 cup	78.130	2.613	15.563	2.274	1.143	0.205	0.386	0.372	0.437	0.303	0.016
<b>Other grains</b>	1 slice/1/2 cup	83.016	2.335	15.495	0.704	1.163	0.253	0.502	0.277	0.996	0.260	0.017
<b>MEAT AND BEANS</b>	1 ounce eq.	56.355	7.560	0.404	0.056	2.543	0.802	1.049	0.378	35.329	0.322	0.024
<b>MILK<sup>5</sup></b>	1 cup	85.534	8.354	11.883	0.000	0.441	0.287	0.115	0.017	4.410	0.012	0.005
<b>ADDITIONAL FATS</b>												
<b>Solid fats</b>	100 g	758.319	0.474	0.027	0.000	85.358	36.052	32.704	12.481	115.449	11.046	1.405
<b>Oils/soft margarines</b>	100 g	838.339	0.080	0.000	0.000	94.797	14.331	32.746	43.442	0.000	39.880	3.476
<b>ADDED SUGARS</b>	4 grams/1 tsp.	16.254	0.000	4.196	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

#### NOTES FOR TABLE 4:

1. A Nutrient Profile is the nutrient content of a standardized amount of food from each food group or subgroup. It is calculated based on a weighted average of all foods in the group or subgroup eaten by Americans, as reported in the 1994-96 Continuing Survey of Food Intakes by Individuals (CSFII 94-96). CSFII 94-96 data include almost 5800 individual food items. Weights for the nutrient profiles are determined from the relative amounts reported to have been consumed of each food in a particular group or subgroup.
2. The Standard Amount is an amount used in calculating nutrient profiles. It is expressed in volume or weight-equivalent measures, and for the major food groups, represents the amount in one "Pyramid serving" of the food. Serving equivalents for common foods in each group are listed in Note 2 to Table 1.
3. Vitamin A is expressed in  $\mu\text{g}$  RAE, vitamin E in mg AT. These units are used in the recent Dietary Reference Intakes reports. When values for a food were not available in these units, existing units were converted to obtain an estimate. Vitamin A from carotenoid sources (fruits and vegetables) expressed in  $\mu\text{g}$  RE was divided by 2 to obtain an estimate of vitamin A in  $\mu\text{g}$  RAE. Vitamin E expressed in mg ATE was multiplied by 0.8 to obtain an estimate of vitamin E in mg AT.
4. The nutrient profiles for whole grains and other grains include some added nutrients from moderately fortified ready-to-eat cereals. No fortified products were included in the analyses for the original Pyramid. For this revision, moderately fortified ready-to-eat cereals were included as part of the nutrient profiles because of their widespread use among Americans.
5. The nutrient profile for the Milk Group is based on the nutrients in fat-free fluid milk.