

Table A-2. Nutrient Profiles for Food Groups and Subgroups using "Typical" Food Choices in USDA Food Patterns

Nutrient profiles represent the nutrient contribution per standard unit (cup equivalent or ounce equivalent) that a food group would be expected to provide to overall patterns if typical food choices were made. These nutrient profiles represent average amounts of nutrients in a standard amount of each food group or subgroup, if the most popular food items in each group are selected.

Nutrient, Unit	Fruit Group	Vegetable Subgroups					Grain Subgroups		Protein Foods Subgroups			Dairy Group	Oils	Solid Fats	Added Sugars
	Amount	Dark-green	Red & orange	Beans & peas	Starchy	Other	Whole grains	Enriched grains	Seafood	Meat, poultry, eggs	Nuts, seeds, soy	1 cup eq	10 g	10 g	1 tsp
Energy, kcal	118	40	87	260	256	47	130	94	54	89	85	145	86	81	16
Protein, g	1.1	2.7	2.0	10.9	4.2	1.8	3.3	2.3	6.4	8.8	3.5	9.3	0.0	0.0	0.0
Total fat, g	0.4	1.3	2.2	9.6	10.8	1.2	3.9	2.0	2.4	5.5	7.2	7.5	9.7	9.1	0.0
Carbohydrate, g	29.4	6.2	15.1	34.7	37.1	8.5	21.5	16.6	1.3	0.6	3.0	10.0	0.0	0.0	4.2
Dietary fiber, g	1.9	3.1	3.2	9.7	3.7	2.6	2.4	0.7	0.1	0.0	1.2	0.1	0.0	0.0	0.0
Cholesterol, mg	0	0	2	3	0	0	2	2	27	48	0	25	0	6	0
Trans fatty acids, g	0.000	0.080	0.000	0.135	0.208	0.018	0.002	0.005	0.050	0.074	0.001	0.046	0.050	0.745	0.000
Saturated fatty acids, g	0.065	0.262	0.558	2.167	2.087	0.194	0.915	0.439	0.549	1.743	1.223	4.523	1.468	3.476	0.000
Monounsatur. fatty acids, g	0.043	0.378	0.466	2.975	5.098	0.647	0.935	0.797	0.881	2.306	3.444	2.068	3.442	3.408	0.000
Polyunsatur. fatty acids, g	0.097	0.441	0.971	4.227	3.210	0.269	1.665	0.596	0.697	0.839	2.247	0.316	4.448	1.724	0.000
Linoleic acid (18:2), g	0.072	0.291	0.946	3.697	2.126	0.221	1.588	0.559	0.407	0.724	2.170	0.223	4.008	1.597	0.000
Linolenic acid (18:3), g	0.026	0.148	0.025	0.499	0.074	0.048	0.075	0.034	0.035	0.037	0.068	0.077	0.436	0.127	0.000
EPA (20:5 n-3), g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.056	0.001	0.000	0.000	0.000	0.000	0.000
DHA (22:6 n-3), g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.111	0.010	0.000	0.000	0.000	0.000	0.000

Table A-2, cont'd. Nutrient Profiles for Food Groups and Subgroups using "Typical" Food Choices in USDA Food Patterns

Nutrient, Unit	Fruit Group	Vegetable Subgroups					Grain Subgroups		Protein Foods Subgroups			Dairy Group	Oils	Solid Fats	Added Sugars
	Amount	Dark-green	Red & orange	Beans & peas	Starchy	Other	Whole Grains	Enriched Grains	Seafood	Meat, poultry, eggs	Nuts, seeds, soy	1 cup eq	10 g	10 g	1 tsp
Vitamins															
Vitamin A, µg RAE	19	322	245	3	21	18	43	8	10	22	0	123	5	25	0
Vitamin E, mg AT	0.3	1.5	2.3	1.0	0.8	0.3	0.3	0.1	0.2	0.2	1.3	0.1	1.2	0.2	0.0
Vitamin D, IU	0	0	0	3	0	0	0	2	33	8	0	68	0	3	0
Vitamin C, mg	38.8	46.9	14.7	0.6	11.3	15.7	0.1	0.4	0.2	0.0	0.2	0.6	0.0	0.0	0.0
Thiamin, mg	0.06	0.08	0.05	0.16	0.17	0.06	0.20	0.14	0.03	0.05	0.08	0.07	0.00	0.00	0.00
Riboflavin, mg	0.06	0.15	0.07	0.07	0.07	0.07	0.20	0.10	0.03	0.09	0.03	0.34	0.00	0.00	0.00
Niacin, mg	0.5	0.6	3.5	1.0	2.6	0.7	2.4	1.3	1.5	2.1	1.4	0.3	0.0	0.0	0.0
Vitamin B-6, mg	0.13	0.20	0.23	0.19	0.40	0.14	0.23	0.06	0.09	0.13	0.07	0.08	0.02	0.00	0.00
Vitamin B-12, µg	0.00	0.00	0.00	0.00	0.00	0.00	0.15	0.13	0.92	0.49	0.04	0.96	0.07	0.00	0.00
Choline, mg	10.2	30.3	16.0	30.3	20.0	14.0	6.0	3.8	13.8	39.1	8.3	27.4	0.1	1.3	0.0
Vitamin K, µg	2.6	286.4	16.7	3.3	8.2	30.2	1.6	1.2	0.5	0.8	0.6	0.8	9.6	3.7	0.0
Folate, µg DFE	25	138	20	77	22	38	112	52	9	6	15	9	0	0	0

Table A-2, cont'd. Nutrient Profiles for Food Groups and Subgroups using "Typical" Food Choices in USDA Food Pattern Groups

Nutrient, Unit	Fruit Group	Vegetable Subgroups					Grain Subgroups		Protein Foods Subgroups			Dairy Group	Oils	Solid Fats	Added Sugars
	Amount	Dark-green	Red & orange	Beans & peas	Starchy	Other	Whole grains	Enriched grains	Seafood	Meat, poultry, eggs	Nuts, seeds, soy	1 cup eq	10 g	10 g	1 tsp
Minerals															
Calcium, mg	20	80	29	57	16	35	50	23	14	8	15	302	0	1	0
Iron, mg	0.4	1.7	0.8	3.5	1.3	0.7	3.9	1.1	0.3	0.6	0.4	0.2	0.0	0.0	0.0
Magnesium, mg	20	40	25	68	39	17	30	9	11	8	26	21	0	0	0
Phosphorus, mg	29	62	47	186	107	44	100	32	77	74	64	230	0	1	0
Potassium, mg	326	378	428	558	641	256	92	31	94	95	95	241	0	1	0
Sodium, mg	7	236	390	602	326	274	172	142	124	96	61	262	5	22	0
Zinc, mg	0.1	0.5	0.6	2.3	0.7	0.4	1.3	0.2	0.6	1.3	0.5	1.2	0.0	0.0	0.0
Copper, mg	0.1	0.1	0.2	0.4	0.2	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
Fluoride, µg	39.8	8.4	23.1	0.0	5.9	1.1	0.6	5.1	3.0	4.5	0.2	8.4	0.0	0.1	0.0
Manganese, mg	0.17	0.44	0.22	0.55	0.32	0.22	0.69	0.11	0.04	0.01	0.28	0.03	0.00	0.00	0.00
Selenium, µg	0.5	1.4	1.2	6.4	1.4	1.5	4.6	5.5	13.5	8.6	3.7	7.1	0.0	0.0	0.0