

Nutrient Profiles for Food Groups and Subgroups in the 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. Nutrient profiles are used to assess the extent to which a food pattern meets its nutritional goals.

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	100	36	48	242	183	48	89	81	37	53	84	81	86	81	16
Protein, g	1.1	3.0	1.9	15.9	4.1	1.8	3.2	2.2	6.1	7.3	3.3	8.5	0.00	0.02	0.00
Total fat, g	0.3	0.5	0.3	1.5	2.8	1.1	1.4	1.2	1.1	2.3	7.1	1.5	9.73	9.13	0.00
Carbohydrate, g	25.1	7.0	11.1	43.0	36.5	9.3	17.0	15.2	0.2	0.2	3.2	8.6	0.01	0.01	4.20
Dietary fiber, g	1.9	3.5	2.6	15.2	3.7	2.7	2.5	0.7	0.0	0.0	1.1	0.1	0.00	0.00	0.00
Cholesterol, mg	0	0	0	0	0	0	2	0	25	41	0	9	0.0	6.3	0.0
Trans fatty acids, g	0.000		0.000				0.001	0.000	0.003	0.007	0.000	0.000	0.050	0.745	0.000
Saturated fatty acids, g	0.054	0.078	0.042	0.282	0.738	0.167	0.260	0.281	0.220	0.759	1.130	0.869	1.468	3.476	0.000
Monounsaturated fatty acids, g	0.039	0.037	0.037	0.256	1.389	0.585	0.407	0.441	0.336	0.914	3.418	0.385	3.442	3.408	0.000
Polyunsaturated fatty acids, g	0.088	0.192	0.123	0.673	0.360	0.212	0.488	0.315	0.317	0.297	2.223	0.077	4.448	1.724	0.000
Linoleic acid (18:2), g	0.064	0.056	0.117	0.432	0.320	0.163	0.479	0.292	0.066	0.244	2.153	0.054	4.008	1.597	0.000
Linolenic acid (18:3), g	0.024	0.135	0.006	0.241	0.034	0.048	0.028	0.022	0.011	0.012	0.067	0.016	0.436	0.127	0.000
EPA (20:5 n-3), g	0.000	0.000	0.000	0.000	0.000	0.000	0.001	0.000	0.052	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	0.108	0.006	0.000	0.000	0.000	0.000	0.000

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Nutrient, Unit Amount	Fruit Group	Vegetable Subgroups					Grain Subgroups			Protein Foods Subgroups			Dairy Group	Oils	Solid Fats	Added Sugars
	1 cup eq	Dark-green 1 cup eq	Red & orange 1 cup eq	Beans & peas 1 cup eq	Starchy 1 cup eq	Other 1 cup eq	Whole grains 1 oz eq	Enriched grains 1 oz eq	Seafood 1 oz eq	Meat, poultry, eggs 1 oz eq	Nuts, seeds, soy 1 oz eq	1 cup eq	10 g	10 g	1 tsp	
Vitamins																
Vitamin A, µg RAE	16	341	229	0	6	19	38	5	8	16	0	99	5	25	0	
Vitamin E, mg AT	0.3	1.6	1.9	0.8	0.1	0.4	0.1	0.0	0.2	0.1	1.1	0.0	1.19	0.18	0.00	
Vitamin D, IU	0	0	0	0	0	0	6	1	39	7	0	62	0.43	3.47	0.00	
Vitamin C, mg	36.6	53.1	20.9	1.1	12.8	17.3	1.4	0.2	0.4	0.0	0.2	0.1	0.00	0.00	0.00	
Thiamin, mg	0.07	0.09	0.05	0.34	0.23	0.07	0.15	0.13	0.02	0.04	0.09	0.07	0.00	0.00	0.00	
Riboflavin, mg	0.07	0.17	0.08	0.12	0.06	0.07	0.11	0.10	0.03	0.08	0.03	0.30	0.00	0.00	0.00	
Niacin, mg	0.5	0.7	1.6	0.7	2.7	0.7	1.6	1.2	1.4	1.7	1.4	0.1	0.00	0.00	0.00	
Vitamin B-6, mg	0.16	0.23	0.18	0.30	0.34	0.14	0.15	0.05	0.08	0.11	0.06	0.06	0.02	0.00	0.00	
Vitamin B-12	0.00	0.00	0.00	0.00	0.00	0.00	0.26	0.09	1.34	0.41	0.04	0.86	0.07	0.00	0.00	
Choline, mg	10.2	34.5	18.4	42.3	23.4	14.3	6.9	3.5	15.8	34.3	7.6	25.0	0	1	0	
Vitamin K, µg	2.5	326.7	8.5	5.8	5.2	28.0	0.9	0.6	0.1	0.4	0.5	0.3	10	4	0	
Folate, µg DFE	23	151	19	265	25	38	78	50	5	4	15	9	0	0	0	

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	1 cup eq	Dark-green 1 cup eq	Red & orange 1 cup eq	Beans & peas 1 cup eq	Starchy 1 cup eq	Other 1 cup eq	Whole grains 1 oz eq	Enriched grains 1 oz eq	Seafood 1 oz eq	Meat, poultry, eggs 1 oz eq	Nuts, seeds, soy 1 oz eq	1 cup eq	10 g	10 g	1 tsp
Minerals															
Calcium, mg	20	88	25	85	17	35	37	21	12	6	14	298	0	1	0
Iron, mg	0.4	1.8	1.6	4.3	1.2	0.7	2.1	1.0	0.3	0.5	0.4	0.1	0.01	0.00	0.00
Magnesium, mg	20	43	26	95	38	18	32	7	10	6	26	20	0	0	0
Phosphorus, mg	28	69	49	268	102	45	91	33	75	65	62	228	0	1	0
Potassium, mg	322	411	505	747	633	263	97	29	86	88	95	237	0	1	0
Sodium, mg	6	52	36	3	78	28	78	103	99	85	37	181	5	22	0
Zinc, mg	0.2	0.6	0.4	1.8	0.6	0.4	1.3	0.2	0.4	0.9	0.5	1.1	0.00	0.00	0.00
Copper, mg	0.1	0.1	0.3	0.4	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.00	0.00	0.00
Fluoride, µg	15.5	9.2	6.0	1.8		3.5	16.0	6.2	0.6	1.2	0.2	4.5	0.00	0.07	0.00
Manganese, mg	0.19	0.48	0.22	0.85	0.25	0.22	0.67	0.13	0.04	0.01	0.28	0.01	0.00	0.00	0.00
Selenium, µg	0.4	1.6	0.6	6.6	1.3	1.4	6.6	5.5	13.4	8.3	1.8	6.6	0.00	0.03	0.00