

**Nutrients in 2010 USDA Lacto-Ovo Food Patterns at All Calorie Levels**

<b>Energy Level of Food Pattern</b>	<b>1,000</b>	<b>1,200</b>	<b>1,400</b>	<b>1,600</b>	<b>1,800</b>	<b>2,000</b>	<b>2,200</b>	<b>2,400</b>	<b>2,600</b>	<b>2,800</b>	<b>3,000</b>	<b>3,200</b>
<b>Macronutrients</b>												
Calories	994	1208	1403	1613	1808	2006	2207	2399	2598	2809	2999	3196
Protein, g	38	46	54	69	74	76	83	88	93	99	101	101
Carbohydrate, g	137	169	202	226	257	284	314	341	372	407	427	444
Dietary fiber, g	17	22	27	33	36	39	44	47	52	55	58	59
Total fat, g	36	43	47	54	61	70	77	85	91	97	110	125
Saturated fat, g	9.2	10.6	11.5	12.9	14.7	17.4	18.9	21.0	22.6	24.1	26.8	31.0
Monounsaturated fat, g	13.2	16.0	17.8	20.4	22.8	26.4	29.0	32.0	34.4	36.7	41.1	46.6
Polyunsaturated fat, g	10.9	13.0	14.1	16.5	18.4	20.9	23.1	25.2	27.5	29.3	33.7	38.3
Linoleic acid (18:2), g	9.9	11.9	13.0	15.2	16.9	19.2	21.2	23.2	25.2	26.9	30.8	35.1
α-Linolenic acid (18:3), g	0.91	1.05	1.09	1.30	1.47	1.67	1.86	2.00	2.22	2.35	2.78	3.20
EPA (20:5 n-3), g	0.002	0.003	0.003	0.004	0.004	0.004	0.005	0.006	0.006	0.007	0.007	0.007
DHA (22:6 n-3), g	0.004	0.006	0.008	0.010	0.010	0.011	0.012	0.013	0.013	0.014	0.014	0.014
Stearic acid (18:0), g	2.33	2.65	2.83	3.06	3.59	4.35	4.72	5.31	5.75	6.14	6.91	8.10
Cholesterol, mg	64	84	104	131	133	146	157	170	172	184	186	192
<b>Vitamins</b>												
Vitamin A, µg RAE	434	508	544	724	788	816	892	928	1014	1053	1089	1115
Vitamin C, mg	59	70	90	101	109	128	139	140	151	170	177	177
Vitamin D, IU	148	156	164	232	235	239	245	252	257	263	265	269
Vitamin E, mg AT	4.3	5.3	6.0	7.4	8.2	9.0	10.0	10.5	11.5	12.2	13.5	14.5
Vitamin K, µg	56	87	89	121	130	136	171	174	206	210	227	237
Thiamin, mg	1.2	1.7	2.1	2.4	2.6	2.8	3.1	3.4	3.6	3.9	4.0	4.0
Riboflavin, mg	1.2	1.4	1.6	2.0	2.1	2.2	2.4	2.5	2.7	2.8	2.9	2.9
Niacin, mg	8	11	14	16	18	18	21	23	25	27	27	27
Vitamin B-6, mg	1.0	1.3	1.5	1.8	2.0	2.1	2.4	2.5	2.8	3.0	3.1	3.1
Folate, µg DFE	351	471	579	675	754	782	904	985	1088	1180	1212	1212
Vitamin B-12, µg	2.7	3.1	3.5	4.7	4.8	4.9	5.2	5.5	5.7	6.0	6.0	6.1
Choline, mg	136	171	200	257	272	288	315	330	348	368	379	380
<b>Minerals</b>												
Calcium, mg	790	863	929	1283	1321	1344	1409	1452	1502	1555	1573	1574
Copper, mg	0.726	0.965	1.166	1.402	1.565	1.654	1.862	1.973	2.146	2.302	2.397	2.397
Iron, mg	8	11	13	16	17	18	21	23	25	27	28	28
Magnesium, mg	195	251	301	373	399	420	470	500	540	580	598	598
Manganese, mg	2	3	4	4	5	5	6	6	7	7	7	7
Phosphorus, mg	883	1047	1189	1556	1637	1684	1829	1924	2036	2145	2192	2193
Selenium, µg	42	53	63	76	82	85	94	102	109	118	119	119
Zinc, mg	6	8	9	11	12	12	14	15	16	17	17	17
Potassium, mg	1716	2132	2470	3092	3392	3611	3981	4102	4431	4713	4948	4949
Sodium, mg	825	1000	1151	1392	1524	1569	1714	1843	1962	2089	2122	2145

