

Table A-3. Nutrients in 2010 USDA Typical Food Patterns, at All Calorie Levels

Energy Level of Food Pattern	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Macronutrients												
Calories	1171	1525	1778	2051	2239	2364	2606	2776	2988	3218	3358	3418
Protein, g	47	64	75	89	94	98	107	113	118	125	127	127
Carbohydrate, g	129	165	200	217	245	261	291	310	340	375	385	385
Dietary fiber, g	14	18	21	25	28	30	34	36	40	43	46	46
Total fat, g	54	70	78	95	102	107	117	125	133	141	152	158
Saturated fat, g	17.2	22.4	24.6	29.7	31.0	32.2	34.4	36.1	37.8	39.5	41.2	42.3
Monounsaturated fat, g	18.2	24.2	27.2	32.9	35.4	37.6	41.3	43.9	46.9	49.5	53.4	55.8
Polyunsaturated fat, g	14.4	18.3	20.5	25.1	27.5	29.4	32.8	35.3	38.7	41.3	45.7	48.9
Linoleic acid (18:2), g	12.6	16.0	17.9	22.0	24.1	25.8	28.7	31.0	34.0	36.4	40.3	43.1
α-Linolenic acid (18:3), g	1.16	1.42	1.53	1.90	2.08	2.24	2.47	2.63	2.88	3.06	3.46	3.77
EPA (20:5 n-3), g	0.03	0.04	0.05	0.07	0.07	0.07	0.08	0.09	0.09	0.09	0.09	0.09
DHA (22:6 n-3), g	0.01	0.01	0.02	0.02	0.02	0.02	0.03	0.03	0.03	0.03	0.03	0.03
Stearic acid (18:0), g	3.89	5.13	5.69	6.84	7.24	7.57	8.16	8.60	9.04	9.49	9.97	10.25
Cholesterol, mg	134	188	227	280	282	300	322	343	345	367	368	368
Vitamins												
Vitamin A, µg RAE	504	657	708	870	936	954	1039	1074	1164	1209	1238	1242
Vitamin C, mg	56	66	85	94	100	120	129	129	138	157	163	163
Vitamin D, IU	165	213	226	273	276	282	290	298	299	306	307	307
Vitamin E, mg AT	4.9	6.3	7.0	8.6	9.7	10.4	11.5	12.1	13.4	14.2	15.5	16.4
Vitamin K, µg	60	91	95	128	138	143	176	180	210	215	232	239
Thiamin, mg	0.9	1.2	1.5	1.6	1.8	1.9	2.1	2.3	2.5	2.8	2.8	2.8
Riboflavin, mg	1.4	1.9	2.1	2.4	2.6	2.6	2.9	3.1	3.2	3.5	3.5	3.5
Niacin, mg	13	18	22	25	28	29	33	36	38	42	42	42
Vitamin B-6, mg	1.2	1.7	2.0	2.3	2.5	2.7	3.0	3.2	3.5	3.8	3.9	3.9
Folate, µg DFE	341	456	558	624	692	708	820	905	1011	1110	1128	1128
Vitamin B-12, µg	3.5	4.7	5.4	6.5	6.6	6.9	7.3	7.8	7.9	8.3	8.4	8.4
Choline, mg	160	219	259	315	328	347	378	399	414	441	450	450
Minerals												
Calcium, mg	786	1000	1057	1251	1289	1304	1366	1407	1463	1514	1530	1530
Copper, mg	0.669	0.900	1.065	1.246	1.406	1.477	1.667	1.760	1.927	2.063	2.160	2.160
Iron, mg	11	15	18	21	22	23	26	29	32	35	36	36
Magnesium, mg	173	229	269	317	342	358	400	425	462	497	513	513
Manganese, mg	2	2	3	3	4	4	4	5	5	6	6	6
Phosphorus, mg	908	1201	1355	1615	1689	1740	1886	1989	2098	2216	2258	2258
Selenium, µg	50	69	83	96	103	108	119	128	134	144	145	145
Zinc, mg	8	10	12	15	15	16	18	19	20	22	22	22
Potassium, mg	1639	2148	2468	2922	3194	3404	3743	3851	4152	4425	4641	4641
Sodium, mg	1557	2099	2360	2781	3117	3171	3554	3761	4103	4315	4494	4498