

TABLE 3: NUTRITIONAL GOALS FOR PROPOSED DAILY FOOD INTAKE PATTERNS

This table shows the nutritional goals for each proposed Pyramid food intake pattern. The patterns are listed in the leftmost column, identified by calorie level. The target age/gender group(s) for each pattern are shown and the goals for each nutrient for that group are then listed. The source of the goal for each nutrient is shown at the top of the column. See the Notes page for additional information.

| Nutrient Source of Goal | | VITAMIN A | VITAMIN E | VITAMIN C | THIAMIN | RIBOFLAVIN | NIACIN | VITAMIN B₆ | FOLATE | VITAMIN B₁₂ |
|--------------------------------|---|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------|------------------------------|------------------------|-------------------------------|
| | | RDA³ | RDA³ | RDA³ | RDA³ | RDA³ | RDA³ | RDA³ | RDA³ | RDA³ |
| Food Pattern (calories) | Target age/gender groups for pattern² | (µg RAE) | (mg AT) | (mg) | (mg) | (mg) | (mg) | (mg) | (µg) | (µg) |
| 1000 | child 1-3 | 300 | 6 | 15 | 0.5 | 0.5 | 6 | 0.5 | 150 | 0.9 |
| 1200 | female 4-8 | 400 | 7 | 25 | 0.6 | 0.6 | 8 | 0.6 | 200 | 1.2 |
| 1400 | male 4-8 | 400 | 7 | 25 | 0.6 | 0.6 | 8 | 0.6 | 200 | 1.2 |
| 1600 | female 9-13 | 600 | 11 | 45 | 0.9 | 0.9 | 12 | 1.0 | 300 | 1.8 |
| | female 51-70, 70+ | 700 | 15 | 75 | 1.1 | 1.1 | 14 | 1.5 | 400 | 2.4 |
| 1800 | male 9-13 | 600 | 11 | 45 | 0.9 | 0.9 | 12 | 1.0 | 300 | 1.8 |
| | female 14-18 | 700 | 15 | 65 | 1.0 | 1.0 | 14 | 1.2 | 400 | 2.4 |
| | female 31-50 | 700 | 15 | 75 | 1.1 | 1.1 | 14 | 1.3 | 400 | 2.4 |
| 2000 | male 51-70, 70+ | 900 | 15 | 90 | 1.2 | 1.3 | 16 | 1.7 | 400 | 2.4 |
| | female 19-30 | 700 | 15 | 75 | 1.1 | 1.1 | 14 | 1.3 | 400 | 2.4 |
| 2200 | male 14-18 | 900 | 15 | 75 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| | male 31-50 | 900 | 15 | 90 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| 2400 | male 19-30 | 900 | 15 | 90 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| 2600 ⁷ | male 19-30 | 900 | 15 | 90 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| 2800 ⁷ | male 14-18 | 900 | 15 | 75 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| 3000 ⁷ | male 19-30 | 900 | 15 | 90 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |
| 3200 ⁷ | male 14-18 | 900 | 15 | 75 | 1.2 | 1.3 | 16 | 1.3 | 400 | 2.4 |

TABLE 3 (cont'd.): NUTRITIONAL GOALS FOR PROPOSED DAILY FOOD INTAKE PATTERNS

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| Nutrient Source of Goal | | CALCIUM AI³ | PHOSPHORUS RDA³ | MAGNESIUM RDA³ | IRON RDA³ | ZINC RDA³ | COPPER RDA³ | SODIUM DV³ | POTASSIUM EMR^{3,4} |
|--|--|-----------------------------------|---------------------------------------|--------------------------------------|---------------------------------|---------------------------------|-----------------------------------|----------------------------------|--|
| Food Pattern (calories) | Target age/ gender groups for pattern² | (mg) | (mg) | (mg) | (mg) | (mg) | (µg) | (mg) | (mg) |
| 1000 | child 1-3 | 500 | 460 | 80 | 7 | 3 | 340 | 2400 | 1400 |
| 1200 | female 4-8 | 800 | 500 | 130 | 10 | 5 | 440 | 2400 | 1600 |
| 1400 | male 4-8 | 800 | 500 | 130 | 10 | 5 | 440 | 2400 | 1600 |
| 1600 | female 9-13 | 1300 | 1250 | 240 | 8 | 8 | 700 | 2400 | 2000 |
| | female 51-70, 70+ | 1200 | 700 | 320 | 8 | 8 | 900 | 2400 | 2000 |
| 1800 | male 9-13 | 1300 | 1250 | 240 | 8 | 8 | 700 | 2400 | 2000 |
| | female 14-18 | 1300 | 1250 | 360 | 15 | 9 | 890 | 2400 | 2000 |
| | female 31-50 | 1000 | 700 | 320 | 18 | 8 | 900 | 2400 | 2000 |
| 2000 | male 51-70, 70+ | 1200 | 700 | 420 | 8 | 11 | 900 | 2400 | 2000 |
| | female 19-30 | 1000 | 700 | 310 | 18 | 8 | 900 | 2400 | 2000 |
| 2200 | male 14-18 | 1300 | 1250 | 410 | 11 | 11 | 890 | 2400 | 2000 |
| | male 31-50 | 1000 | 700 | 420 | 8 | 11 | 900 | 2400 | 2000 |
| 2400 | male 19-30 | 1000 | 700 | 400 | 8 | 11 | 900 | 2400 | 2000 |
| 2600 ⁷ | male 19-30 | 1000 | 700 | 400 | 8 | 11 | 900 | 2400 | 2000 |
| 2800 ⁷ | male 14-18 | 1300 | 1250 | 410 | 11 | 11 | 890 | 2400 | 2000 |
| 3000 ⁷ | male 19-30 | 1000 | 700 | 400 | 8 | 11 | 900 | 2400 | 2000 |
| 3200 ⁷ | male 14-18 | 1300 | 1250 | 410 | 11 | 11 | 890 | 2400 | 2000 |

TABLE 3 (cont'd.): NUTRITIONAL GOALS FOR PROPOSED DAILY FOOD INTAKE PATTERNS

This table shows the nutritional goals for each proposed Pyramid food intake pattern. The patterns are listed in the leftmost column, identified by calorie level. The target age/gender group(s) for each pattern are shown and the goals for each nutrient for that group are then listed. The source of the goal for each nutrient is shown at the top of the column. See the Notes page for additional information.

| Nutrient Source of Goal | | PROTEIN | | CARBOHYDRATE | | ADDED SUGARS | TOTAL FIBER | TOTAL FAT | SATURATED FAT | CHOLESTEROL | LINOLEIC ACID | α-LINOLENIC ACID | | |
|----------------------------|---|------------------|-------------------|------------------|-------------------|--------------|-------------|-------------------|-----------------|-----------------|-----------------|-------------------|-----------------|-------------------|
| | | RDA ³ | AMDR ³ | RDA ³ | AMDR ³ | See Note 5 | See Note 6 | AMDR ³ | DG ³ | DV ³ | AI ³ | AMDR ³ | AI ³ | AMDR ³ |
| Food Pattern (calories) | Target age/gender groups for pattern ² | (g) | (%) | (g) | (%) | (%) | (g) | (%) | (%) | (mg) | (g) | (%) | (g) | (%) |
| 1000 | child 1-3 | 13 | 5-20 | 130 | 45-65 | <25% | 14 | 30-40 | <10% | <300 | 7 | 5-10 | 0.7 | 0.6-1.2 |
| 1200 | female 4-8 | 19 | 10-30 | 130 | 45-65 | <25% | 17 | 25-35 | <10% | <300 | 10 | 5-10 | 0.9 | 0.6-1.2 |
| 1400 | male 4-8 | 19 | 10-30 | 130 | 45-65 | <25% | 20 | 25-35 | <10% | <300 | 10 | 5-10 | 0.9 | 0.6-1.2 |
| 1600 | female 9-13 | 34 | 10-30 | 130 | 45-65 | <25% | 22 | 25-35 | <10% | <300 | 10 | 5-10 | 1.0 | 0.6-1.2 |
| | female 51-70, 70+ | 46 | 10-35 | 130 | 45-65 | <25% | 22 | 20-35 | <10% | <300 | 11 | 5-10 | 1.1 | 0.6-1.2 |
| 1800 | male 9-13 | 34 | 10-30 | 130 | 45-65 | <25% | 25 | 25-35 | <10% | <300 | 12 | 5-10 | 1.2 | 0.6-1.2 |
| | female 14-18 | 46 | 10-30 | 130 | 45-65 | <25% | 25 | 25-35 | <10% | <300 | 11 | 5-10 | 1.1 | 0.6-1.2 |
| | female 31-50 | 46 | 10-35 | 130 | 45-65 | <25% | 25 | 20-35 | <10% | <300 | 12 | 5-10 | 1.1 | 0.6-1.2 |
| 2000 | male 51-70, 70+ | 56 | 10-35 | 130 | 45-65 | <25% | 28 | 20-35 | <10% | <300 | 14 | 5-10 | 1.6 | 0.6-1.2 |
| | female 19-30 | 46 | 10-35 | 130 | 45-65 | <25% | 28 | 20-35 | <10% | <300 | 12 | 5-10 | 1.1 | 0.6-1.2 |
| 2200 | male 14-18 | 52 | 10-30 | 130 | 45-65 | <25% | 31 | 25-35 | <10% | <300 | 16 | 5-10 | 1.6 | 0.6-1.2 |
| | male 31-50 | 56 | 10-35 | 130 | 45-65 | <25% | 31 | 20-35 | <10% | <300 | 17 | 5-10 | 1.6 | 0.6-1.2 |
| 2400 | male 19-30 | 56 | 10-35 | 130 | 45-65 | <25% | 34 | 20-35 | <10% | <300 | 17 | 5-10 | 1.6 | 0.6-1.2 |
| 2600 ⁷ | male 19-30 | 56 | 10-35 | 130 | 45-65 | <25% | 36 | 20-35 | <10% | <300 | 17 | 5-10 | 1.6 | 0.6-1.2 |
| 2800 ⁷ | male 14-18 | 52 | 10-30 | 130 | 45-65 | <25% | 31 | 25-35 | <10% | <300 | 16 | 5-10 | 1.6 | 0.6-1.2 |
| 3000 ⁷ | male 19-30 | 56 | 10-35 | 130 | 45-65 | <25% | 36 | 20-35 | <10% | <300 | 17 | 5-10 | 1.6 | 0.6-1.2 |
| 3200 ⁷ | male 14-18 | 52 | 10-30 | 130 | 45-65 | <25% | 31 | 25-35 | <10% | <300 | 16 | 5-10 | 1.6 | 0.6-1.2 |

NOTES FOR TABLE 3:

1. Nutritional goals are from Institute of Medicine (IOM) Dietary Reference Intakes reports, 1997-2002 (RDA, AI, AMDR); from Food and Drug Administration Daily Values for Nutrition Facts Labels (DV); from Recommended Dietary Allowances, 1989 (EMR); and from the Dietary Guidelines for Americans, 2000 (DG).
2. Target groups are based on estimated energy requirements of sedentary individuals of reference height and weight from IOM Dietary Reference Intakes macronutrients report, 2002.
3. Nutritional goals based on Recommended Dietary Allowances (RDA); Adequate Intakes (AI); Daily Values (DV); Estimated Minimum Requirements (EMR); Acceptable Macronutrient Distribution Ranges (AMDR); or Dietary Guidelines (DG) recommendations. AMDR are shown as a percentage of total calories.
4. The Estimated Minimum Requirement (EMR) for potassium is from the 1989 Recommended Dietary Allowances.
5. Added sugars: The reference amount is based on the suggestion from the Dietary Reference Intakes macronutrients report. In determining Food Guide Pyramid daily food intake patterns, amounts of added sugars in each pattern are calculated based on the calories that remain available, up to the energy goal, after food group and fat calories are considered.
6. Estimated total fiber recommendation is based on 14 grams of total fiber per 1000 calories, the basis for the total fiber Adequate Intakes recommendation in the DRI macronutrients report. Additional explanation for this choice is found in the text of the Federal Register notice.
7. Food patterns at the 2600, 2800, 3000, and 3200 calorie levels are not target patterns for any age/gender group, but they are suggested patterns for more active men. Sample comparisons with the nutritional goals for males ages 14 to 18 and 19 to 30 are listed here.