

Nutrients in Healthy Vegetarian Eating Pattern at Each Calorie Level

Calorie Level	1000*	1200**	1400**	1600**	1600***	1800	2000	2200	2400	2600	2800	3000	3200
Macronutrients													
Calories , kcal	997	1202	1387	1604	1642	1826	1999	2202	2401	2602	2799	2996	3201
Protein, g	36	47	53	59	63	70	71	76	82	89	95	100	102
Carbohydrate, g	135	166	199	223	228	259	274	306	332	363	393	413	427
Fiber, total dietary, g	15	19	24	29	29	34	35	40	43	49	53	56	58
Total lipid (fat), g	38	42	46	58	58	62	75	82	90	96	103	115	131
Trans fatty acids, g	0.5	0.5	0.5	0.7	0.7	0.6	0.9	1.0	1.2	1.2	1.2	1.3	2
Saturated fats, g	10.0	10.8	11.7	14.2	14.5	14.9	18.6	20.5	22.6	23.8	24.7	27.2	31.4
Monounsaturated fats, g	13.4	15.0	16.4	20.6	20.8	22.4	26.9	29.4	32.4	34.8	37.1	41.6	47.4
Polyunsaturated fats, g	12.0	13.7	14.9	19.0	19.0	20.9	24.6	26.6	29.5	31.7	34.6	38.8	44.2
Linoleic acid (18:2), g	10.7	12.2	13.2	16.9	16.9	19.2	21.9	23.7	25.5	28.3	30.8	34.6	39.4
Linolenic acid (18:3), g	1.27	1.46	1.56	1.99	2.0	2.30	2.60	2.82	3.10	3.34	3.64	4.11	4.7
EPA (20:5 n-3), g	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DHA (22:6 n-3), g	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01
Stearic Acid (18:0), g	2.43	2.62	2.83	3.43	3.48	3.63	4.50	4.97	5.50	5.81	6.01	6.63	7.67
Cholesterol, mg	78	107	109	111	115	114	120	122	125	126	152	154	160
Minerals													
Calcium, mg	781	995	1057	1120	1267	1306	1333	1391	1443	1513	1575	1607	1621
Iron, mg	8	10	13	15	15	17	17	20	22	25	27	28	28
Magnesium, mg	169	221	264	311	321	355	374	413	446	496	536	568	579
Phosphorus, mg	842	1092	1210	1340	1456	1551	1596	1710	1815	1959	2079	2164	2196
Potassium, mg	1551	2013	2315	2650	2767	3105	3311	3613	3760	4135	4420	4718	4778
Sodium, mg	786	1017	1122	1204	1305	1377	1405	1524	1631	1755	1865	1901	1923
Zinc, mg	6	8	9	10	11	12	12	13	14	15	17	17	17
Copper, mg	0.6	0.8	1.0	1.3	1.3	1.5	1.6	1.7	1.9	2.1	2.3	2.5	2.5
Manganese, mg	2.0	2.6	3.3	3.9	4.0	4.3	4.6	5.2	5.7	6.5	7.1	7.4	7.5
Selenium, µg	40	53	61	63	70	71	76	83	91	99	108	110	111
Vitamins													
Vitamin A, µg_RAE	469	601	638	732	781	800	869	951	984	1079	1124	1155	1169
Vitamin E, mg AT	5	6	7	8	8	10	11	12	13	14	15	17	18
Vitamin D, IU	145	184	188	192	221	192	223	228	232	236	245	246	248
Vitamin C, mg	54	64	82	92	92	100	116	127	127	138	155	162	162
Thiamin, mg	0.8	1.1	1.3	1.5	1.5	1.6	1.7	1.9	2.1	2.4	2.6	2.7	2.7
Riboflavin, mg	1.1	1.4	1.6	1.7	1.8	1.8	2.0	2.1	2.2	2.3	2.5	2.6	2.6
Niacin, mg	7	10	12	14	14	16	16	18	20	23	25	26	26
Vitamin B-6, mg	0.9	1.2	1.4	1.7	1.7	1.8	2.0	2.2	2.3	2.6	2.8	3.0	3.0
Vitamin B-12, µg	2.4	3.1	3.3	3.5	3.9	3.5	4.0	4.2	4.4	4.6	4.8	4.9	4.9
Choline, mg	150	202	219	242	254	258	283	301	313	336	372	389	395
Vitamin K, µg	59	88	91	125	125	136	142	175	180	209	216	233	244
Folate, µg_DFE	290	391	484	565	570	642	667	765	846	958	1044	1093	1108

*Includes 2 cup eq Dairy; **Includes 2.5 cup eq of Dairy; ***Includes 3 cup eq Dairy; All patterns at 1800 or more calories include 3 cup eq of Dairy

Comparison of nutrient content of each Healthy Vegetarian Eating Pattern to the nutritional goals for that pattern

CALORIE LEVEL		1000*	1200**	1400**	1600**	1600***	1600***	1800	1800	1800	2000	2000	2200	2200	2400	2600	2800	3000	3200
Age/sex group for comparison		M/F 1 to 3	M/F 4 to 8	M/F 4 to 8	M/F 4 to 8	F 9 to 13	F 51-70	M 9 to 13	F 14-18	F 31-50	M 51-70	F 19-30	M 14-18	M 31-50	M 19-30	M 19-30	M 14-18	M 19-30	M 14-18
Macronutrients																			
Energy	%goal	100%	100%	100%	98%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	275%	246%	277%	305%	183%	135%	201%	149%	149%	127%	155%	147%	136%	146%	159%	183%	178%	195%
Protein	%kcal	14%	16%	15%	15%	16%	16%	15%	15%	15%	14%	14%	14%	14%	14%	14%	14%	13%	13%
Carbohydrate	%RDA	104%	127%	153%	166%	169%	169%	192%	192%	192%	211%	211%	235%	235%	256%	279%	303%	317%	328%
Carbohydrate	%kcal	54%	55%	57%	55%	55%	55%	56%	56%	56%	55%	55%	56%	56%	55%	56%	56%	55%	53%
Dietary fiber	%AI	107%	115%	122%	125%	126%	126%	132%	132%	132%	126%	126%	129%	129%	128%	133%	134%	134%	129%
Total fat	%kcal	34%	32%	31%	33%	32%	32%	32%	32%	32%	34%	34%	33%	33%	34%	33%	33%	34%	37%
Trans fat	%kcal	0.5%	0.4%	0.3%	0.4%	0.4%	0.4%	0.3%	0.3%	0.3%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0.4%	0%
Saturated fat	%kcal	9%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	8%	9%
Monounsatur. fat	%kcal	12%	11%	11%	12%	12%	12%	11%	11%	11%	12%	12%	12%	12%	12%	12%	12%	13%	13%
Polyunsatur. fat	%kcal	11%	10%	10%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	12%	12%
Linoleic acid	%AI	152%	122%	140%	168%	168%	153%	160%	174%	160%	157%	183%	148%	140%	150%	166%	192%	204%	216%
Linolenic acid	%AI	181%	163%	186%	220%	199%	181%	192%	209%	209%	163%	237%	177%	177%	194%	209%	228%	257%	257%
Minerals																			
Calcium	%RDA	112%	100%	106%	111%	96%	104%	100%	100%	131%	111%	133%	107%	139%	144%	151%	121%	161%	125%
Iron	%RDA	109%	102%	126%	144%	180%	180%	208%	111%	93%	216%	96%	179%	246%	273%	308%	245%	351%	259%
Magnesium	%RDA	212%	170%	203%	236%	132%	99%	148%	98%	111%	89%	121%	101%	98%	112%	124%	131%	142%	141%
Phosphorus	%RDA	183%	218%	242%	264%	115%	205%	124%	124%	222%	228%	228%	137%	244%	259%	280%	166%	309%	176%
Potassium	%AI	52%	53%	61%	69%	61%	59%	69%	66%	66%	70%	70%	77%	77%	80%	88%	94%	100%	102%
Sodium	%UL	52%	54%	59%	61%	57%	55%	63%	60%	60%	61%	61%	66%	66%	71%	76%	81%	83%	84%
Zinc	%RDA	199%	156%	180%	203%	134%	134%	144%	128%	144%	107%	147%	118%	118%	128%	140%	151%	156%	158%
Copper	%RDA	189%	191%	234%	284%	181%	140%	208%	164%	162%	176%	176%	195%	193%	209%	234%	257%	273%	284%
Manganese	%AI	165%	175%	220%	260%	244%	217%	228%	270%	240%	198%	253%	235%	224%	249%	280%	322%	322%	342%
Selenium	%RDA	201%	178%	203%	211%	166%	121%	186%	135%	135%	138%	138%	151%	151%	165%	179%	197%	201%	202%
Vitamins																			
Vitamin A	%RDA	156%	150%	160%	182%	129%	111%	141%	121%	121%	97%	124%	106%	106%	109%	120%	125%	128%	130%
Vitamin E	%RDA	85%	85%	98%	119%	76%	56%	88%	64%	64%	72%	72%	78%	78%	85%	93%	100%	111%	123%
Vitamin D	%RDA	24%	31%	31%	32%	37%	37%	37%	37%	37%	37%	37%	38%	38%	39%	39%	41%	41%	41%
Vitamin C	%RDA	358%	257%	328%	368%	205%	123%	221%	153%	133%	129%	155%	169%	141%	142%	153%	207%	180%	216%
Thiamin	%RDA	162%	180%	215%	230%	157%	129%	185%	166%	151%	143%	156%	162%	162%	177%	197%	214%	223%	225%
Riboflavin	%RDA	219%	236%	259%	272%	198%	162%	212%	191%	174%	150%	178%	161%	161%	169%	180%	194%	198%	199%
Niacin	%RDA	124%	124%	150%	166%	111%	95%	130%	112%	112%	101%	115%	115%	115%	126%	142%	155%	161%	163%
Vitamin B-6	%RDA	183%	200%	238%	272%	166%	111%	186%	155%	143%	115%	151%	168%	168%	180%	200%	217%	229%	231%
Vitamin B-12	%RDA	271%	260%	277%	286%	214%	160%	219%	164%	164%	165%	165%	173%	173%	181%	190%	201%	202%	203%
Choline	%AI	75%	81%	88%	96%	67%	59%	72%	68%	64%	51%	66%	55%	55%	57%	61%	68%	71%	72%
Vitamin K	%AI	196%	161%	171%	227%	208%	139%	226%	181%	151%	119%	158%	233%	146%	150%	174%	289%	194%	325%
Folate	%RDA	194%	195%	242%	270%	181%	136%	215%	162%	162%	167%	167%	191%	191%	212%	239%	261%	273%	277%

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