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	2028	2230	2420	2631	2810	3024	3220
Protein, g	36	47	53	59	63	70	73	78	83	91	97	101	103
Carbohydrate, g	135	166	199	223	228	259	283	314	341	372	402	421	436
Fiber, total dietary, g	15	19	24	29	29	34	36	41	44	50	54	58	59
Total lipid (fat), g	38	42	46	58	58	62	73	80	88	95	100	113	128
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	1.6
Saturated fats, g	10.0	10.8	11.7	14.2	14.5	14.9	18.4	20.3	22.3	23.7	24.3	27.1	31.1
Monounsaturated fats, g	13.4	15.0	16.4	20.6	20.8	22.4	26.4	28.9	31.6	34.3	35.9	41.1	46.5
Polyunsaturated fats, g	12.0	13.7	14.9	19.0	19.0	20.9	23.9	26.0	28.3	31.0	32.9	38.2	43.0
Linoleic acid (18:2), g	10.7	12.2	13.2	16.9	16.9	18.6	21.3	23.1	24.5	27.7	29.4	34.0	38.4
Linolenic acid (18:3), g	1.27	1.46	1.56	1.99	2.0	2.20	2.50	2.72	2.95	3.2	3.43	4.0	4.5
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	3.58	4.50	4.93	5.40	5.76	5.90	6.58	7.58
Cholesterol, mg	78	107	109	111	115	114	120	123	125	127	152	155	160
Minerals													
Calcium, mg	781	995	1057	1120	1267	1328	1355	1413	1465	1535	1597	1629	1643
Iron, mg	8	10	13	15	15	18	18	21	23	26	28	29	30
Magnesium, mg	169	221	264	311	321	370	390	428	461	511	551	583	594
Phosphorus, mg	842	1092	1210	1340	1456	1597	1642	1756	1860	2004	2125	2210	2241
Potassium, mg	1551	2013	2315	2650	2767	3152	3358	3660	3807	4182	4468	4765	4825
Sodium, mg	786	1017	1122	1204	1305	1419	1447	1566	1672	1796	1906	1943	1965
Zinc, mg	6	8	9	10	11	12	12	14	15	16	17	18	18
Copper, mg	0.6	0.8	1.0	1.3	1.3	1.5	1.6	1.8	1.9	2.2	2.3	2.5	2.6
Manganese, mg	2.0	2.6	3.3	4.0	4.0	4.7	4.9	5.5	6.1	6.8	7.4	7.8	7.9
Selenium, µg	40	53	61	66	70	78	79	86	94	102	111	113	114
Vitamins													
Vitamin A, µg_RAE	469	601	638	732	781	870	891	973	1005	1100	1144	1177	1190
Vitamin E, mg AT	5	6	7	8	8	10	11	12	12	14	15	17	18
Vitamin D, IU	145	184	188	192	221	224	226	231	235	239	248	249	251
Vitamin C, mg	54	64	82	92	92	100	117	127	128	138	156	163	163
Thiamin, mg	0.8	1.1	1.3	1.5	1.5	1.7	1.8	2.0	2.2	2.4	2.6	2.7	2.8
Riboflavin, mg	1.1	1.4	1.6	1.7	1.8	2.0	2.0	2.1	2.2	2.4	2.6	2.6	2.6
Niacin, mg	7	10	12	14	14	17	17	19	21	24	26	27	27
Vitamin B-6, mg	0.9	1.2	1.4	1.7	1.7	1.9	2.0	2.3	2.4	2.7	2.9	3.1	3.1
Vitamin B-12, µg	2.4	3.1	3.3	3.5	3.9	4.1	4.1	4.3	4.5	4.7	5.0	5.0	5.0
Choline, mg	150	202	219	242	254	274	286	304	317	340	375	392	399
Vitamin K, µg	59	88	91	125	125	134	141	173	177	207	212	231	241
Folate, µg_DFE	290	391	484	565	570	678	698	796	878	989	1076	1125	1140

*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

Available at www.cnpp.usda.gov/USDAFoodPatterns

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		M/F	M/F	M/F	M/F	F	F	M	F	F	M	F	M	M	M	M	M	M	M
comparison		1 to 3	4 to 8	4 to 8	4 to 8	9 to 13	51-70	9 to 13	14-18	31-50	51-70	19-30	14-18	31-50	19-30	19-30	14-18	19-30	14-18
Macronutrients																			
Energy	%goal	100%	100%	99%	100%	103%	103%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Protein	%RDA	275%	246%	277%	311%	187%	138%	201%	149%	149%	127%	155%	147%	136%	146%	159%	183%	178%	195%
Protein	%kcal	14%	16%	15%	15%	15%	15%	15%	15%	15%	14%	14%	14%	14%	14%	14%	14%	13%	13%
Carbohydrate	%RDA	104%	127%	153%	172%	175%	175%	192%	192%	192%	211%	211%	235%	235%	256%	279%	303%	317%	328%
Carbohydrate	%kcal	54%	55%	58%	56%	55%	55%	56%	56%	56%	55%	55%	56%	56%	55%	56%	56%	55%	53%
Dietary fiber	%AI	107%	115%	122%	128%	128%	128%	132%	132%	132%	126%	126%	129%	129%	128%	133%	134%	134%	129%
Total fat	%kcal	34%	32%	30%	32%	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%
Monounsat. fat	%kcal	12%	11%	11%	12%	11%	11%	11%	11%	11%	12%	12%	12%	12%	12%	12%	12%	13%	13%
Polyunsat. fat	%kcal	11%	10%	10%	11%	10%	10%	11%	11%	11%	11%	11%	11%	11%	11%	11%	11%	12%	12%
Linoleic acid	%AI	152%	122%	132%	169%	169%	154%	160%	174%	160%	157%	183%	148%	140%	150%	166%	192%	204%	216%
Linolenic acid	%AI	181%	163%	173%	222%	200%	182%	192%	209%	209%	163%	237%	177%	177%	194%	209%	228%	257%	257%
Minerals																			
Calcium	%RDA	112%	100%	106%	112%	97%	106%	100%	100%	131%	111%	133%	107%	139%	144%	151%	121%	161%	125%
Iron	%RDA	109%	102%	126%	149%	187%	187%	208%	111%	93%	216%	96%	179%	246%	273%	308%	245%	351%	259%
Magnesium	%RDA	212%	170%	203%	239%	134%	100%	148%	98%	111%	89%	121%	101%	98%	112%	124%	131%	142%	141%
Phosphorus	%RDA	183%	218%	242%	268%	116%	208%	124%	124%	222%	228%	228%	137%	244%	259%	280%	166%	309%	176%
Potassium	%AI	52%	53%	61%	70%	61%	59%	69%	66%	66%	70%	70%	77%	77%	80%	88%	94%	100%	102%
Sodium	%UL	52%	54%	59%	63%	59%	57%	63%	60%	60%	61%	61%	66%	66%	71%	76%	81%	83%	84%
Zinc	%RDA	199%	156%	180%	206%	136%	136%	144%	128%	144%	107%	147%	118%	118%	128%	140%	151%	156%	158%
Copper	%RDA	189%	191%	234%	289%	183%	140%	208%	164%	162%	176%	176%	195%	193%	209%	234%	257%	273%	284%
Manganese	%AI	165%	175%	220%	265%	249%	217%	228%	270%	240%	198%	253%	235%	224%	249%	280%	322%	322%	342%
Selenium	%RDA	201%	178%	203%	221%	174%	121%	186%	135%	135%	138%	138%	151%	151%	165%	179%	197%	201%	202%
Vitamins																			
Vitamin A	%RDA	156%	150%	159%	183%	130%	111%	141%	121%	121%	97%	124%	106%	106%	109%	120%	125%	128%	130%
Vitamin E	%RDA	85%	85%	94%	120%	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%	242%	165%	129%	185%	166%	151%	143%	156%	162%	162%	177%	197%	214%	223%	225%
Riboflavin	%RDA	219%	236%	259%	279%	202%	162%	212%	191%	174%	150%	178%	161%	161%	169%	180%	194%	198%	199%
Niacin	%RDA	124%	124%	150%	174%	116%	95%	130%	112%	112%	101%	115%	115%	115%	126%	142%	155%	161%	163%
Vitamin B-6	%RDA	183%	200%	238%	275%	168%	111%	186%	155%	143%	115%	151%	168%	168%	180%	200%	217%	229%	231%
Vitamin B-12	%RDA	271%	260%	276%	290%	216%	160%	219%	164%	164%	165%	165%	173%	173%	181%	190%	201%	202%	203%
Choline	%AI	75%	81%	88%	97%	68%	59%	72%	68%	64%	51%	66%	55%	55%	57%	61%	68%	71%	72%
Vitamin K	%AI	196%	161%	166%	227%	209%	139%	226%	181%	151%	119%	158%	233%	146%	150%	174%	289%	194%	325%
Folate	%RDA	194%	195%	242%	283%	190%	136%	215%	162%	162%	167%	167%	191%	191%	212%	239%	261%	273%	277%

*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