

**Nutritional goals for each age/GENDER group used in assessing the adequacy
of USDA Food Patterns at various calorie levels**

AGE GROUP 1-3, GENDER MALE/FEMALE

Suggested Calories - 1000 kcal. Macronutrients - Protein 13 g, Carbohydrates 130 g, Fiber 14 g. Minerals - Calcium 700 mg, Iron 7 mg, Magnesium 80 mg, Phosphorus 460 mg, Potassium 3000 mg, Sodium 1500 mg, Zinc 3 mg, Copper 0.34 mg, Manganese 1.2 mg, Selenium 20 mg. Vitamins - Vitamin A 300 mg RAE, Vitamin E 6 mg AT, Vitamin D 600 IU, Vitamin C 15 mg, Thiamin 0.5 mg, Riboflavin 0.5 mg, Niacin 6 mg, Vitamin B6 0.5 mg, Vitamin B12 0.9 mg, Choline 200 mg, Vitamin K 30 mg, Folate 150 mg DFE.

AGE GROUP 4-8, GENDER FEMALE

Suggested Calories - 1200 kcal. Macronutrients - Protein 19 g, Carbohydrates 130 g, Fiber 16.8 g. Minerals - Calcium 1000 mg, Iron 10 mg, Magnesium 130 mg, Phosphorus 500 mg, Potassium 3800 mg, Sodium 1900 mg, Zinc 5 mg, Copper 0.44 mg, Manganese 1.5 mg, Selenium 30 mg. Vitamins - Vitamin A 400 mg RAE, Vitamin E 7 mg AT, Vitamin D 600 IU, Vitamin C 25 mg, Thiamin 0.6 mg, Riboflavin 0.6 mg, Niacin 8 mg, Vitamin B6 0.6 mg, Vitamin B12 1.2 mg, Choline 250 mg, Vitamin K 55 mg, Folate 200 mg DFE..

AGE GROUP 4-8, GENDER MALE

Suggested Calories - 1400 - 1600 kcal. Macronutrients - Protein 19 g, Carbohydrates 130 g, Fiber 16.8 g. Minerals - Calcium 1000 mg, Iron 10 mg, Magnesium 130 mg, Phosphorus 500 mg, Potassium 3800 mg, Sodium 1900 mg, Zinc 5 mg, Copper 0.44 mg, Manganese 1.5 mg, Selenium 30 mg. Vitamins - Vitamin A 400 mg RAE, Vitamin E 7 mg AT, Vitamin D 600 IU, Vitamin C 25 mg, Thiamin 0.6 mg, Riboflavin 0.6 mg, Niacin 8 mg, Vitamin B6 0.6 mg, Vitamin B12 1.2 mg, Choline 250 mg, Vitamin K 55 mg, Folate 200 mg DFE.

AGE GROUP 9-13, GENDER FEMALE

Suggested Calories - 1600 kcal. Macronutrients - Protein 34 g, Percent of Calories from Protein 10-30%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 22.4 g, Total Fat Not specified, Percent of Calories from Fat 25-35%, Saturated Fat Not specified, Percent of Calories from Saturated Fat 10%, Linoleic Acid 10 g, Linolenic Acid 1 g. Minerals - Calcium 1300 mg, Iron 8 mg, Magnesium 240 mg, Phosphorus 1250 mg, Potassium 4500 mg, Sodium 2200 mg, Zinc 8 mg, Copper 0.7 mg, Manganese 1.6 mg, Selenium 40 mg. Vitamins - Vitamin A 600 mg RAE, Vitamin E 11 mg AT, Vitamin D 600 IU Vitamin C 45 mg, Thiamin 0.9 mg, Riboflavin 0.9 mg, Niacin 12 mg, Vitamin B6 1 mg , Vitamin B12 1.8 mg, Choline 375 mg, Vitamin K 60 mg, Folate 300 mg DFE.

AGE GROUP 9-13, GENDER MALE

Suggested Calories 1800 kcal. Macronutrients - Protein 34 g, Carbohydrates 130 g, Fiber 22.4 g, Dietary Fiber 14g/1000kcal, Total Fat unspecified, Saturated Fat unspecified, Linoleic Acid 12 g, Linolenic Acid 1 g. Minerals - Calcium 1300 mg, Iron 8 mg, Magnesium 240 mg, Phosphorus 1250 mg, Potassium 4500 mg, Sodium 2200 mg, Zinc 8 mg, Copper 0.7 mg, Manganese 1.6 mg, Selenium 40 mg. Vitamins - Vitamin A 600 mg RAE, Vitamin E 11 mg AT, Vitamin D 600 IU, Vitamin C 45 mg, Thiamin 0.9 mg, Riboflavin 0.9 mg, Niacin 12 mg, Vitamin B6 1 mg, Vitamin B12 1.8 mg, Choline 375 mg, Vitamin K 60 mg, Folate 300 mg DFE.

AGE GROUP 14-18, GENDER FEMALE

Suggested Calories 1800 kcal. Macronutrients - Protein 46 g, Carbohydrates 130 g, Fiber 25.2 g, Dietary Fiber 14g/1000kcal, Total Fat Not specified, Saturated Fat Not specified, Linoleic Acid 11 g, Linolenic Acid 1.1 g. Minerals - Calcium 1300 mg, Iron 15 mg, Magnesium 360 mg, Phosphorus 1250 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 9 mg, Copper 0.89 mg, Manganese 1.6 mg, Selenium 55 mg. Vitamins - Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 45 mg, Thiamin 0.9 mg, Riboflavin 1 mg, Niacin 12 mg, Vitamin B6 1 mg, Vitamin B12 1.8 mg, Choline 425 mg, Vitamin K 75 mg, Folate 300 mg DFE.

AGE GROUP 14-18, GENDER MALE

Suggested Calories- 2200-3200 kcal. Macronutrients- Protein 46 g, 10-30% of calories, Carbohydrates 130 g, 45-65% of calories, Fiber 30.8 g (14g/1000kcal), Total Fat 25-35% of calories, Saturated Fat Less than 10% of calories, Linoleic Acid 16 g, Linolenic Acid 1.6 g. Minerals - Calcium 1300 mg, Iron 11 mg, Magnesium 410 mg, Phosphorus 1250 mg, Potassium 4700 mg, Sodium Less than 2300 mg, Zinc 11 mg, Copper 0.89 mg, Manganese 2.2 mg, Selenium 55 mg. Vitamins- Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 0.9 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 75 mg, Folate 400 mg DFE.

AGE GROUP 19-30, GENDER FEMALE

Suggested Calories- 1800 kcal. Macronutrients - Protein 46 g, Carbohydrates 130 g, Fiber Not specified in the table, Total Fat Not specified in the table, Saturated Fat Not specified in the table, Linoleic Acid 12 g, Linolenic Acid 1.1 g. Minerals - Calcium 1000 mg, Iron 18 mg, Magnesium 310 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium Less than 2300 mg, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins - Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.3 mg, Niacin 14 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 19-30, GENDER MALE

Suggested Calories- 2800 kcal. Macronutrients- Protein 56 g, Percent kcal 10-35%, Carbohydrates 130 g, Percent kcal 45-65%, Fiber 33.6 g, Total fat 20-35%, Saturated fat 10%, Linoleic acid 17 g, Linolenic acid 1.6 g. Minerals- Calcium 1000 mg, Iron 8 mg, Magnesium 400 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 11 mg, Copper 0.9 mg, Manganese 2.2 mg, Selenium 55 mg. Vitamins - Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 31-50, GENDER FEMALE

Suggested Calories - 1800 kcal. Macronutrients- Protein 46 g, Carbohydrates 130 g, Fiber 25.2 g (14g/1000kcal), Total Fat Not specified, Saturated Fat Not specified, Linoleic Acid 12 g, Linolenic Acid 1.1 g. Minerals - Calcium 1000 mg, Iron 18 mg, Magnesium 310 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium Not specified, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins - Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.3 mg, Niacin 14 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 31-50, GENDER MALE

Suggested Calories- 2200 kcal. Macronutrients - Protein 56 g, Carbohydrates 130 g, Fiber 25.2 g, Total fat unspecified, Saturated fat unspecified. Minerals - Calcium 1000 mg, Iron 8 mg, Magnesium 410 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium Less than 2300 mg, Zinc 11 mg, Copper 0.89 mg, Manganese 2.2 mg, Selenium 55 mg. Vitamins - Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 90 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 75 mg, Folate 400 mg DFE.

AGE GROUP 51-100, GENDER FEMALE

Suggested Calories - 1600 kcal. Macronutrients- Protein 46 g, 10-35% of kcal, Carbohydrates 130 g, 45-65% of kcal, Fibre 22.4 g (14g/1000kcal), Total Fat unspecified, but the AMDR is 20-35% of kcal, Saturated Fat 10% of kcal, Linoleic Acid 11 g, Linolenic Acid 1.1 g. Minerals- Calcium 1200 mg, Iron 8 mg, Magnesium 320 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium Less than 2300 mg, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins- Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.3 mg, Niacin 14 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 51-100, GENDER MALE

Suggested Calories - 1600 kcal, 1800 kcal, 2000 kcal. Macronutrients - Protein 56 g, Carbohydrates 130 g, (45-65)%, Fiber 28g [14g/1000kcal], Total Fat (20-35)%, Saturated Fat 10%, Linoleic Acid 11 g, Linolenic Acid 1.1 g, 1.6 g. Minerals - Calcium 1200 mg, Iron 8 mg, Magnesium 420 mg, Phosphorus 700 mg, Potassium 4700 mg , Sodium 2300 mg, Zinc 8 mg, 11 mg, Copper 0.9 mg, Manganese 1.8 mg, 2.3 mg, Selenium 55 mg. Vitamins - Vitamin A 900 mg RAE, Vitamin E 15 mg, Vitamin D 600 IU, Vitamin C 75 mg, 90 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.7 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 120 mg, Folate 400 mg.