**Recommended Intake of Three Healthy Dietary Patterns Defined by the Dietary Guideline 2020-2025**

|  | **Currenta** | **US- Style** | **Vegetarian** | **Mediterranean** |
| --- | --- | --- | --- | --- |
| **Food group** |  |  |  |  |
| **Vegetables** (cup eq/day) **b,c,d** | **1.6** | **2.5** | **2.5** | **2.5** |
| **Dark-Green Vegetables** (cup eq/wk) | **1.2** | **1.5** | **1.5** | **1.5** |
| **Red and Orange Vegetables (**cup eq/wk) | **2.6** | **5.5** | **5.5** | **5.5** |
| **Beans, Peas, Lentils (**cup eq/wk) | **0.8** | **1.5** | **1.5** | **1.5** |
| **Starchy Vegetables** (cup eq/wk) | **3.0** | **5** | **5** | **5** |
| **Other Vegetables** (cup eq/wk) | **3.8** | **4** | **4** | **4** |
| **Fruits** (cup eq/day) **b,c** | **0.91** | **2** | **2** | **2.5** |
| **Grains** (ounce eq/day) | **6.1** | **6** | **6.5** | **6** |
| **Whole Grains** (ounce eq/day) **b,c** | **0.87** | **3** | **3.5** | **3** |
| **Refined Grains** (ounce eq/day) | **5.2** | **3** | **3** | **3** |
| **Dairy** (cup eq/day) **c** | **1.4** | **3** | **3** | **2** |
| **Protein Foods (ounce eq/day)** | **5.4** | **5.5** | **3.5** | **6.5** |
| **Meats, Poultry, Eggs (ounce eq/wk)** | **32** | **26** | **3** | **26** |
| Red meat (ounce eq/wk) **b,c** | **10.7** | **4** | **0** | **4** |
| Processed meats (ounce eq/wk) **b,c** | **6.5** | **0** | **0** | **0** |
| Poultry (ounce eq/wk) | **10.9** | **16** | **0** | **16** |
| Egg (ounce eq/wk) | **4.1** | **6** | **3** | **6** |
| **Seafood (ounce eq/wk) b** | **4** | **8** | **0** | **15** |
| **Nuts, Seeds, Soy Products (ounce eq/wk)** | **6.1** | **5** | **21** | **5** |
| Nuts/seeds (ounce eq/wk) **b** | **5.4** | **4.5** | **7** | **4.5** |
| Soy product (ounce eq/wk) | **0.69** | **0.5** | **8** | **0.5** |
| Beans, Peas, Lentils (ounce eq/wk) | **0** | **0** | **6** | **0** |
| **Oils (grams/day)** | **27.5** | **27** | **27** | **27** |
| **Limit on calories for other uses (kcal/day)** | **478** | **240** | **250** | **240** |
| **Limit on Calories for Other Uses (%/day)** | **24** | **12** | **13** | **12** |
| **Added sugarse** | **12** | **6** | **6** | **6** |
| **Saturated fat** | **12** | **6** | **6** | **6** |

a. current intake was estimated using dietary data collected among US adults in two most recent cycles of NHANES (2015-2016 and 2017-2018), and adjusted for total energy intake for per 2000 kcal per day

b. relative risk estimates are available for CVD

c. relative risk estimates are available for cancer

d. for vegetables, relative risk estimates are for vegetables excluding starchy vegetables

e. relative risk estimates are not available for added sugars but for sugar-sweetened beverages