MyPyramid Food Intake Patterns

These tables show the suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The tables also show the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

### MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns individuals to a calorie level based on their sex, age, and activity level. The tables at right identify the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments. *Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes, Macronutrients Report, 2002. Sedentary ≤30 minutes a day of moderate physical activity in addition to daily activities. Mod. Active is at least 30 minutes up to 1 hour of moderate physical activity in addition to daily activities. Active is ≥1 hour or more a day of moderate physical activity in addition to daily activities.


### Calories per Day

<table>
<thead>
<tr>
<th>Calories/Day</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,400</td>
<td>1 1/2 cups</td>
<td>1 cup of grain</td>
</tr>
<tr>
<td>1,600</td>
<td>2 cups</td>
<td>1 1/2 cups</td>
</tr>
<tr>
<td>1,800</td>
<td>2 1/2 cups</td>
<td>2 cups</td>
</tr>
<tr>
<td>2,000</td>
<td>3 cups</td>
<td>2 1/2 cups</td>
</tr>
<tr>
<td>2,200</td>
<td>3 1/2 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td>2,400</td>
<td>4 cups</td>
<td>3 1/2 cups</td>
</tr>
<tr>
<td>2,600</td>
<td>4 1/2 cups</td>
<td>4 cups</td>
</tr>
<tr>
<td>2,800</td>
<td>5 cups</td>
<td>4 1/2 cups</td>
</tr>
<tr>
<td>3,000</td>
<td>5 1/2 cups</td>
<td>5 cups</td>
</tr>
<tr>
<td>3,200</td>
<td>6 cups</td>
<td>5 1/2 cups</td>
</tr>
</tbody>
</table>

### MyPyramid Subgroup Amounts

#### GRAINS

Grains Group includes all foods made from wheat, rice, oats, cornmeal, and barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

#### VEGETABLES

1. Calorie Levels are set across a wide range to accommodate the needs of different individuals. The Calorie Levels tables can be used to help assign individuals to the food intake pattern at a particular calorie level.

2. Fruit Group includes all fresh, frozen, canned, and dried fruits and juice in general. 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

3. Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup includes all fresh, frozen, canned, and dried vegetables and vegetable juices. Some vegetables are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are nutrient-dense include macaroni, certain salad dressings, and soft margarine.

4. Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheeses. Some foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1/2 cup of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

5. Oil includes fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocado.

6. Meat and Beans Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 cup of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

7. Grains Group includes all foods made from wheat, rice, oats, cornmeal, and barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal is considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

#### VEGAN SUBGROUP AMOUNTS ARE PER WEEK

- **1 c/wk** 1,000<br> 1 cup of grains<br> 1 c/wk 1,200<br> 1 1/2 cups of grains<br> 1 c/wk 1,400<br> 2 cups of grains<br> 1.5 c/wk 1,600<br> 2 1/2 cups of grains<br> 1 c/wk 1,800<br> 2 cups of grains<br> 1.5 c/wk 2,000<br> 2 1/2 cups of grains

#### MyPyramid and Dietary Guidelines for Americans 2005

*1 ounce equivalents are set across a wide range to accommodate the needs of different individuals. The Calorie Levels tables can be used to help assign individuals to the food intake pattern at a particular calorie level. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The tables also show the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.*
The Dietary Guidelines for Americans 2005

Key Recommendations for Each Area of the Guidelines:

1. Adequate nutrients within calorie needs
   a. Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.
   b. Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the USDA Food Guide or the DASH Eating Plan.
   c. Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2 1/2 cups of vegetables per day are recommended for a reference 2,000-calorie intake.
   d. To prevent gradual weight gain and unhealthy body weight gain in adulthood: Engage in physical activity while not exceeding caloric intake requirements. Some people may need to consult with a healthcare provider before participating in this level of activity.
   e. Choose whole and enriched grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the daily grain intake should come from whole-grain foods.
   f. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   g. Consume 3 or more once-equivalents of whole-grain products per day, with the reminder of recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
   h. Consume less than 2,300 mg (approximately 1 tsp) of sodium per day for most Americans, 2,400 mg per day for individuals 14 years of age and older who may become pregnant, pregnant and lactating women, and individuals with certain medical conditions.
   i. Avoid raw (unpasteurized) milk or any products made with unpasteurized milk, raw or partially cooked eggs and foods containing raw eggs, raw or partially cooked meat and poultry, unpasteurized juices, and raw sprouts.
   j. Consume fiber-rich fruits, vegetables, and whole grains often.
   k. Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   l. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   m. Consume 3 or more once-equivalents of whole-grain products per day, with the reminder of recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
   n. Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   o. Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   p. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   q. Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   r. Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   s. Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   t. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   u. Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   v. Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   w. Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   x. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   y. Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   z. Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   {. Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   |. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }. Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }. Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   {. Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }. Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }). Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }). Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }). Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }). Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }). Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.
   }). Choose and prepare foods and beverages with little added sugars, saturated fatty acids, trans fatty acids, salt, and alcohol.
   }). Consume 1 to 2 servings of dry beans (such as black, white, or pinto beans), peas, or lentils each week.
   }). Consume adequate amounts of calcium, vitamin D, and vitamin B12.
   }}