

Sample Meal Patterns for the Healthy US-Style Food Pattern at the 2000 Calorie Level

Meal and Snack Plans A, B, and C are examples that show just a few ways to combine meals and snacks to meet daily food group intake targets. For the 2,000 calorie food pattern, these targets are:

- Fruits 2 cups
- Vegetables 2 ½ cups
- Grains 6 ounces (at least 3 ounces whole grains)
- Protein Foods 5 ½ ounces
- Dairy 3 cups

Meal and Snack Plan A	Meal and Snack Plan B	Meal and Snack Plan C
Breakfast	Breakfast	Breakfast
1 ounce Grains	1 ounce Grains	1 cup Fruit
½ cup Fruit	1 cup Dairy	1 cup Dairy
½ cup Dairy	1 ½ ounces Protein Foods	
Morning Snack	Morning Snack	Morning Snack
1 ounce Grains	1 cup Fruit	1 ounce Grains
1 cup Fruit	½ cup Dairy	½ cup Dairy
		1 ½ ounces Protein Foods
Lunch	Lunch	Lunch
2 ounces Grains	2 ounces Grains	2 ounces Grains
1 cup Vegetables	1 cup Vegetables	1 cup Vegetables
½ cup Fruit	½ cup Dairy	1 cup Dairy
1 cup Dairy	2 ounces Protein Foods	
2 ½ ounces Protein Foods		
Afternoon Snack	Afternoon Snack	Afternoon Snack
½ cup Vegetables	1 ounce Grains	1 ounce Grains
½ cup Dairy	½ cup Vegetables	½ cup Vegetables
		½ cup Dairy
		2 ounces Protein Foods
Dinner	Dinner	Dinner
2 ounces Grains	2 ounces Grains	2 ounces Grains
1 cup Vegetable	1 cup Vegetables	1 cup Vegetables
1 cup Dairy	1 cup Fruit	1 cup Fruit
3 ounces Protein Foods	1 cup Dairy	2 ounces Protein Foods
	2 ounces Protein Foods	

^a Food intake patterns at 1000, 1200, and 1400 calories are designed to meet the nutritional needs of 2- to 8-year-old children. Patterns from 1600 to 3200 calories are designed to meet the nutritional needs of children 9 years and older and adults. If a child 4 to 8 years of age needs more calories and, therefore, is following a pattern at 1600 calories or more, his/her recommended amount from the dairy group should be 2.5 cups per day. Children 9 years and older and adults should not use the 1000-, 1200-, or 1400-calorie patterns.

^b Foods in each group and subgroup are:

Vegetables

- **Dark-green vegetables:** All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw: for example, broccoli; spinach; romaine; kale; collard, turnip, and mustard greens.
- **Red and orange vegetables:** All fresh, frozen, and canned red and orange vegetables or juice, cooked or raw: for example, tomatoes, tomato juice, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.
- **Legumes (beans and peas):** All cooked from dry or canned beans and peas: for example, kidney beans, white beans, black beans, lentils, chickpeas, pinto beans, split peas, and edamame (green soybeans). Does not include green beans or green peas.
- **Starchy vegetables:** All fresh, frozen, and canned starchy vegetables: for example, white potatoes, corn, green peas, green lima beans, plantains, and cassava.
- **Other vegetables:** All other fresh, frozen, and canned vegetables, cooked or raw: for example, iceberg lettuce, green beans, onions, cucumbers, cabbage, celery, zucchini, mushrooms, and green peppers.

Fruits

- **All fresh, frozen, canned, and dried fruits and fruit juices:** for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, and raisins.

Grains

- **Whole grains:** All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal, quinoa, popcorn, and brown rice.
- **Refined grains:** All refined-grain products and refined grains used as ingredients: for example, white breads, refined grain cereals and crackers, pasta, and white rice. Refined grain choices should be enriched.

Protein Foods

- All seafood, meats, poultry, eggs, soy products, nuts, and seeds. Meats and poultry should be lean or low-fat and nuts should be unsalted. Legumes (beans and peas) can be considered part of this group as well as the vegetable group, but should be counted in one group only.

Dairy

- All milk, including lactose-free and lactose-reduced products and fortified soy beverages (soymilk), yogurt, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

^c Food group amounts shown in cup-(c) or ounce-equivalents (oz-eq). Oils are shown in grams (g). Quantity equivalents for each food group are:

- **Fruits and Vegetables**, 1 cup-equivalent is: 1 cup raw or cooked fruit or vegetable, 1 cup fruit or vegetable juice, 2 cups leafy salad greens, ½ cup dried fruit or vegetable.
- **Grains**, 1 ounce-equivalent is: ½ cup cooked rice, pasta, or cereal; 1-ounce dry pasta or rice; 1 medium (1 ounce) slice bread; 1 ounce of ready-to-eat cereal (about 1 cup of flaked cereal).
- **Protein Foods**, 1 ounce-equivalent is: 1-ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or tofu; 1 Tbsp peanut butter; ½ ounce nuts or seeds.
- **Dairy**, 1 cup-equivalent is: 1 cup milk, yogurt, or fortified soymilk; 1½ ounces natural cheese such as cheddar cheese or 2 ounces of processed cheese.

^d Amounts of whole grains in the Patterns for children are less than the minimum of 3 oz-eq in all Patterns recommended for adults.