

APPENDIX 9. VEGAN ADAPTATION OF THE USDA FOOD PATTERNS

For each food group or subgroup,^a recommended average daily intake amounts^b at all calorie levels. Recommended intakes from vegetable and protein foods subgroups are per week. For more information and tools for application, go to MyPyramid.gov.

Calorie level of pattern ^c	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000	3,200
Fruits	1 c	1 c	1½ c	1½ c	1½ c	2 c	2 c	2 c	2 c	2½ c	2½ c	2½ c
Vegetables^d	1 c	1½ c	1½ c	2 c	2½ c	2½ c	3 c	3 c	3½ c	3½ c	4 c	4 c
Dark-green vegetables	½ c/wk	1 c/wk	1 c/wk	1½ c/wk	1½ c/wk	1½ c/wk	2 c/wk	2 c/wk	2½ c/wk	2½ c/wk	2½ c/wk	2½ c/wk
Red and orange vegetables	2½ c/wk	3 c/wk	3 c/wk	4 c/wk	5½ c/wk	5½ c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	7½ c/wk	7½ c/wk
Beans and peas (legumes)	½ c/wk	½ c/wk	½ c/wk	1 c/wk	1½ c/wk	1½ c/wk	2 c/wk	2 c/wk	2½ c/wk	2½ c/wk	3 c/wk	3 c/wk
Starchy vegetables	2 c/wk	3½ c/wk	3½ c/wk	4 c/wk	5 c/wk	5 c/wk	6 c/wk	6 c/wk	7 c/wk	7 c/wk	8 c/wk	8 c/wk
Other vegetables	1½ c/wk	2½ c/wk	2½ c/wk	3½ c/wk	4 c/wk	4 c/wk	5 c/wk	5 c/wk	5½ c/wk	5½ c/wk	7 c/wk	7 c/wk
Grains^e	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	6 oz-eq	6 oz-eq	7 oz-eq	8 oz-eq	9 oz-eq	10 oz-eq	10 oz-eq	10 oz-eq
Whole grains	½ oz-eq	2 oz-eq	2½ oz-eq	3 oz-eq	3 oz-eq	3 oz-eq	3½ oz-eq	4 oz-eq	4½ oz-eq	5 oz-eq	5 oz-eq	5 oz-eq
Refined grains	½ oz-eq	2 oz-eq	2½ oz-eq	2 oz-eq	3 oz-eq	3 oz-eq	3½ oz-eq	4 oz-eq	4½ oz-eq	5 oz-eq	5 oz-eq	5 oz-eq
Protein foods^d	2 oz-eq	3 oz-eq	4 oz-eq	5 oz-eq	5 oz-eq	5½ oz-eq	6 oz-eq	6½ oz-eq	6½ oz-eq	7 oz-eq	7 oz-eq	7 oz-eq
Beans and peas ^f	5 oz-eq/wk	7 oz-eq/wk	10 oz-eq/wk	12 oz-eq/wk	12 oz-eq/wk	13 oz-eq/wk	15 oz-eq/wk	16 oz-eq/wk	16 oz-eq/wk	17 oz-eq/wk	17 oz-eq/wk	17 oz-eq/wk
Soy products	4 oz-eq/wk	5 oz-eq/wk	7 oz-eq/wk	9 oz-eq/wk	9 oz-eq/wk	10 oz-eq/wk	11 oz-eq/wk	11 oz-eq/wk	11 oz-eq/wk	12 oz-eq/wk	12 oz-eq/wk	12 oz-eq/wk
Nuts and seeds	6 oz-eq/wk	8 oz-eq/wk	11 oz-eq/wk	14 oz-eq/wk	14 oz-eq/wk	15 oz-eq/wk	17 oz-eq/wk	18 oz-eq/wk	18 oz-eq/wk	20 oz-eq/wk	20 oz-eq/wk	20 oz-eq/wk
Dairy (vegan)^g	2 c	2½ c	2½ c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c	3 c
Oils^h	12 g	12 g	11 g	14 g	16 g	18 g	20 g	21 g	24 g	25 g	33 g	40 g
Maximum SoFASⁱ limit, calories (% total calories)	137 (14%)	121 (10%)	121 (9%)	121 (8%)	161 (9%)	258 (13%)	266 (12%)	330 (14%)	362 (14%)	395 (14%)	459 (15%)	596 (19%)

a,b,c,d,e. See Appendix 7, notes a through e.

f. Total recommended beans and peas amounts would be the sum of amounts recommended in the vegetable and the protein foods groups. An ounce-equivalent of beans and peas in the protein foods group is ¼ cup, cooked. For example, in the 2,000 calorie pattern, total weekly beans and peas recommendation is (13 oz-eq/4) + 1½ cups = about 5 cups, cooked.

g. The vegan "dairy group" is composed of calcium-fortified beverages and foods from plant sources. For analysis purposes the following products were included: calcium-fortified soy beverage, calcium-fortified rice milk, tofu made with calcium-sulfate, and calcium-fortified soy yogurt. The amounts in the 1,200 and 1,400 calorie patterns have increased to reflect new RDAs for calcium that are higher than previous recommendations for children ages 4 to 8 years.

h,i. See Appendix 7, notes g and h.