

Prepared upon request for the 2015 Dietary Guidelines Advisory Committee

Average Healthy Eating Index-2010 scores for Americans ages 2 years and older (NHANES 2009-2010)

HEI-2010 components	Average HEI scores by age group and by sex*										
	2 -3 y	4-8 y	9-13 y	14-18 y	19-30 y	31-50 y	51-70 y	>=71 y	>=2 Yrs	All Males	All Females
	n=477	n=958	n=887	n=802	n=1242	n=1979	n=1771	n=926	n=9042	n=4501	n=4541
▲ Adequacy (higher score indicates higher consumption)											
Total Fruit (of 5 pts total)	5.0	4.6	3.2	2.8	2.6	2.8	3.5	4.6	3.3	2.9	3.8
Percent	100	92	64	56	52	56	70	92	66	58	76
Whole Fruit (5 pts)	5.0	4.2	3.0	2.5	2.0	3.0	3.7	4.9	3.3	2.8	3.7
Percent	100	84	60	50	40	60	74	98	66	56	74
Total Vegetables (5 pts)	2.1	2.0	2.1	2.5	2.9	3.5	4.0	4.0	3.3	3.0	3.5
Percent	42	40	42	50	58	70	80	80	66	60	70
Greens and Beans (5 pts)	1.0	0.9	1.2	0.9	1.8	2.5	3.4	3.0	2.3	1.9	2.8
Percent	20	18	24	18	36	50	68	60	46	38	56
Whole grains (10 pts)	3.3	2.6	2.0	1.8	1.7	2.7	3.0	3.6	2.5	2.3	2.8
Percent	33	26	20	18	17	27	30	36	25	23	28
Dairy (10 pts)	10.0	10.0	8.9	7.7	6.4	6.2	6.3	6.4	6.9	6.7	7.2
Percent	100	100	89	77	64	62	63	64	69	67	72
Total Protein Foods (5 pts)	3.9	4.0	4.2	4.8	5.0	5.0	5.0	5.0	5.0	5.0	5.0
Percent	78	80	84	96	100	100	100	100	100	100	100
Seafood/Plant Proteins (5 pts)	3.0	2.2	2.5	2.5	3.3	4.8	5.0	5.0	4.2	4.0	4.4
Percent	60	44	50	50	66	96	100	100	84	80	88
Fatty Acids (10 pts)	2.2	2.8	3.1	3.8	4.3	4.4	4.5	4.8	4.1	4.1	4.2
Percent	22	28	31	38	43	44	45	48	41	41	42
▼ Moderation (higher score indicates lower consumption)											
Refined Grains (10 pts)	7.5	5.1	3.6	4.3	5.6	6.5	7.2	6.9	6.1	6.1	6.0
Percent	75	51	36	43	56	65	72	69	61	61	60
Sodium (10 pts)	5.8	5.0	4.4	3.6	3.9	3.6	3.2	3.6	3.7	3.7	3.8
Percent	58	50	44	36	39	36	32	36	37	37	38
Empty Calories (20 pts)	13.7	11.6	10.5	10.6	11.1	12.3	12.9	13.9	12.1	11.8	12.3
Percent	69	58	53	53	56	62	65	70	61	59	62
Total HEI-2010 Score (100 pts)	62.5	54.9	48.7	47.8	50.5	57.4	61.6	65.8	56.6	54.4	59.5
Overall Percent	63	55	49	48	51	57	62	66	57	54	60

*HEI-2010 scores estimated based on day 1 dietary recalls, National Health and Nutrition Examination Survey (NHANES) 2009--2010.

Intakes of energy, fatty acids, sodium, and alcohol calculated using the Food and Nutrient Database for Dietary Studies, version 5.0.

Food group intakes for 2009-10 were calculated using the Food Patterns Equivalents Database, 2009-2010.

DATA SOURCE: What We Eat in America, National Health and Nutrition Examination Survey (NHANES) 2009-2010

Prepared by the Center for Nutrition Policy and Promotion, U.S. Department of Agriculture.