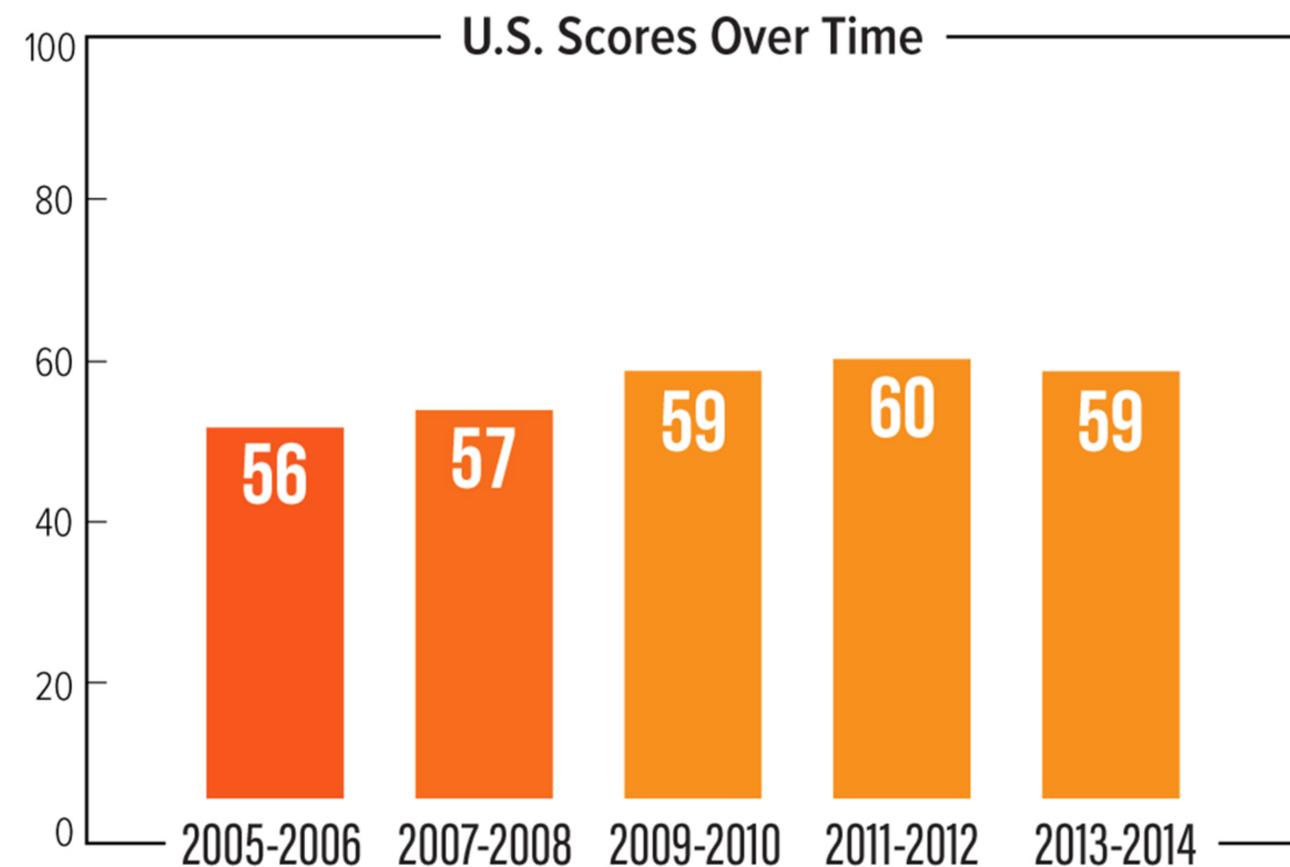
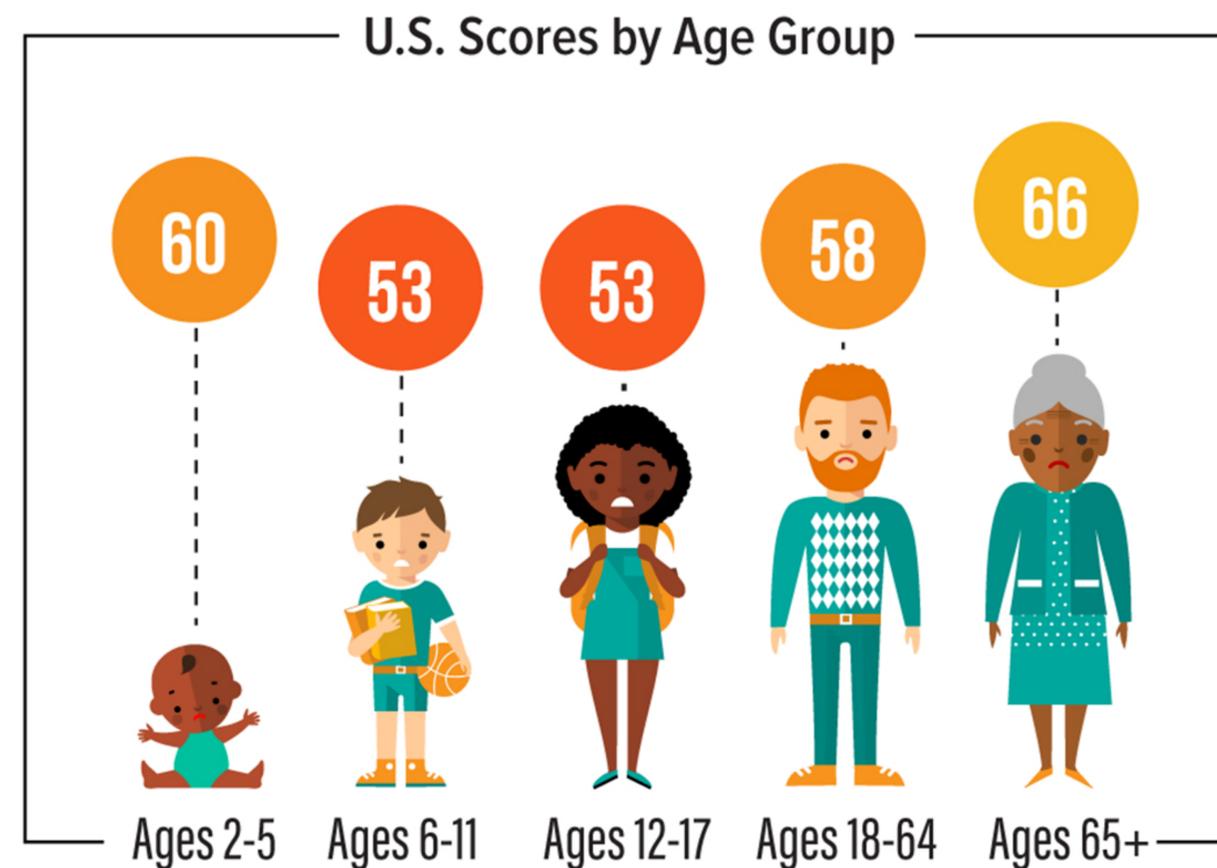


How Healthy Is the American Diet?



The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.
(on a scale from 0-100)



Data source for Healthy Eating Index scores: What We Eat in America, National Health and Nutrition Examination Survey (undated data are from 2013-2014).