

Average Healthy Eating Index-2015 Scores for Americans by Age Group

| Component | Maximum points | Scores Obtained by Various Age Groups | | | |
|----------------------------|----------------|---------------------------------------|-----------------------|----------------------|--------------------------|
| | | All Americans (2+ years) | Children (2-17 years) | Adults (18-64 years) | Older Adults (65+ years) |
| Total HEI Score | 100 | 58.9 | 54.9 | 58.0 | 65.5 |
| Adequacy: | | | | | |
| Total Fruits | 5 | 2.8 | 3.6 | 2.4 | 3.7 |
| Whole Fruits | 5 | 4.0 | 4.6 | 3.5 | 5.0 |
| Total Vegetables | 5 | 3.2 | 2.3 | 3.3 | 3.9 |
| Greens and Beans | 5 | 3.0 | 1.9 | 3.2 | 3.3 |
| Whole Grains | 10 | 2.8 | 3.0 | 2.5 | 4.0 |
| Dairy | 10 | 6.5 | 8.9 | 5.9 | 5.9 |
| Total Protein Foods | 5 | 5.0 | 4.7 | 5.0 | 5.0 |
| Seafood and Plant Proteins | 5 | 5.0 | 3.0 | 5.0 | 5.0 |
| Fatty Acids | 10 | 4.3 | 2.7 | 4.6 | 5.0 |
| Moderation: | | | | | |
| Refined Grains | 10 | 6.2 | 4.7 | 6.3 | 7.6 |
| Sodium | 10 | 4.0 | 4.4 | 3.9 | 4.0 |
| Added Sugars | 10 | 6.5 | 6.1 | 6.4 | 7.5 |
| Saturated Fats | 10 | 5.8 | 5.1 | 6.0 | 5.7 |

Due to rounding, HEI component scores in each age group may not add up precisely to the total HEI score of 100.

Notes: The Healthy Eating Index-2015 (HEI-2015) is a measure of diet quality used to assess how well a set of foods aligns with the *2015-2020 Dietary Guidelines for Americans*. The HEI-2015 includes 13 components that can be summed to a maximum total score of 100 points. The components capture the balance among food groups, subgroups, and dietary elements including those to encourage, called adequacy components, and those for which there are limits, called moderation components. For the adequacy components, higher scores reflect higher intakes that meet or exceed the standards. For the moderation components, higher scores reflect lower intakes because lower intakes are more desirable. A higher total score indicates a diet that aligns better with the Dietary Guidelines.

Sources:

Data—National Center for Health Statistics, *What We Eat in America/National Health and Nutrition Examination Survey, 2013-2014*. Healthy Eating Index-2015 Scores—U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, access <https://www.cnpp.usda.gov>.

References:

Center for Disease Control and Prevention, *National Health and Nutrition Examination Survey Data, 2013-2014*. Hyattsville, MD: U.S. Department of Health and Human Services.

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015-2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <http://www.health.gov/dietaryguidelines/2015/guidelines/>.