

Average Healthy Eating Index-2015 Scores for Non-Pregnant, Pregnant and Lactating Women 20-44 Years
WWEIA, NHANES 2013-2016

Component	Maximum Points	Non-Pregnant Women	Pregnant Women	Lactating Women
		Mean Score		
Total HEI Score	100	54	63	62
Adequacy				
Total Fruits	5	2.3	4.0	3.1
Whole Fruits	5	3.3	5.0	4.4
Total Vegetables	5	3.4	3.7	3.3
Greens and Beans	5	3.7	4.4	4.5
Whole Grains	10	2.3	3.6	4.2
Dairy	10	6.2	6.7	5.3
Total Protein Foods	5	5.0	5.0	5.0
Seafood and Plant Protein	5	4.7	4.8	5.0
Fatty Acids	10	3.5	4.2	5.6
Moderation				
Refined Grains	10	4.9	6.9	5.4
Sodium	10	3.5	4.4	3.2
Added Sugars	10	6.3	5.4	7.7
Saturated Fats	10	4.6	5.1	5.6

Due to rounding, HEI component scores in each age group may not add up precisely to the total HEI maximum 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.fns.usda.gov/resource/healthy-eating-index-hei>.

References: Center for Disease Control and Prevention, National Health and Nutrition Examination Survey Data, 2015-2016. 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/>.

Update of the Healthy Eating Index: HEI-2015. Krebs-Smith S, Pannucci T, Subar A, Kirkpatrick S, Lerman J, Tooze J. *J Acad Nutr Diet*. 2018 Sep; 118(9):1591-1602.

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