

## Average Healthy Eating Index-2020 Scores for the U.S. Population - Total Ages 2 and Older and by Age Groups, WWEIA, NHANES 2017-2018<sup>a</sup>

Components	Maximum Points	Ages 2+Years	Ages 2-18 Years	Ages 19-59 Years	Ages 60+ Years
				Mean Score	
<b>Total HEI-2020 Score</b>	100	58	54	57	61
<b>Adequacy</b>					
Total Fruits	5	2.8	3.7	2.4	3.1
Whole Fruits	5	4.2	4.9	3.6	4.7
Total Vegetables	5	3.2	2.2	3.4	3.7
Greens and Beans	5	2.9	1.6	3.4	3.1
Whole Grains	10	2.7	3.0	2.3	3.3
Dairy	10	5.6	7.4	5.2	5.1
Total Protein Foods	5	5.0	4.7	5.0	5.0
Seafood and Plant Protein	5	5.0	3.1	5.0	5.0
Fatty Acids	10	4.2	3.2	4.4	4.5
<b>Moderation</b>					
Refined Grains	10	6.1	4.6	6.2	7.3
Sodium	10	4.2	5.1	3.9	4.2
Added Sugars	10	6.7	6.2	6.7	7.2
Saturated Fats	10	4.9	4.7	5.2	4.6

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

<sup>a</sup> Calculated using the population ratio method.

Note: The Healthy Eating Index-2020 (HEI-2020) is a measure of diet quality with 13 components used to assess how well a set of foods aligns with the key recommendations of the *Dietary Guidelines for Americans, 2020-2025*. Intakes equal to or better than the standards set for each component are assigned a maximum score. Maximum HEI-2020 component scores range from 5 to 10 points. Scores for intakes between the minimum and maximum standards are scored proportionately. Scores for each component are summed to create a total maximum HEI-2020 score of 100 points. Nine of the 13 components assess adequacy components. The remaining four components assess dietary components that should be consumed in moderation. For the adequacy components, higher scores reflect higher intakes. 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. HEI-2020 total and component scores reflect usual dietary intakes in the U.S. population, during 2017-2018.

The HEI-2020 was developed in collaboration by the U.S. Department of Agriculture, Food and Nutrition Service and the U.S. Department of Health and Human Services, National Cancer Institute.