

Average Healthy Eating Index-2015 Scores for Non-Pregnant Non-Lactating, Pregnant, and Lactating Women 20-44 Years, WWEIA, NHANES 2013-2018

Component	Maximum Points	Non-Pregnant Non-Lactating Women	Pregnant Women	Lactating Women
		Mean Score		
Total HEI Score	100	53	63	62
Adequacy				
Total Fruits	5	2.2	4.1	3.1
Whole Fruits	5	3.1	5.0	4.4
Total Vegetables	5	3.3	3.7	3.3
Greens and Beans	5	3.6	4.4	4.5
Whole Grains	10	2.3	3.6	4.2
Dairy	10	6.7	6.7	5.3
Total Protein Foods	5	5.0	5.0	5.0
Seafood and Plant Protein	5	4.6	4.8	5.0
Fatty Acids	10	3.2	4.2	5.6
Moderation				
Refined Grains	10	4.8	6.9	5.4
Sodium	10	3.7	4.5	3.1
Added Sugars	10	6.3	5.3	7.8
Saturated Fats	10	4.4	5.2	5.6

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

^a Calculated using the population ratio method.

Note: The Healthy Eating Index-2015 (HEI-2015) 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 2015–2020 Dietary Guidelines for Americans. Intakes equal to or better than the standards set for each component are assigned a maximum score. Maximum HEI-2015 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-2015 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-2015 total and component scores reflect usual dietary intakes among Americans in the United States, during 2013-2018.

This tool was developed by the U.S. Department of Agriculture, Center for Nutrition Policy and Promotion and the U.S. Department of Health and Human Services, National Cancer Institute.

Sources: National Center for Health Statistics, What We Eat in America, National Health and Nutrition Examination Survey (2013–2018). What We Eat in America, National Health and Nutrition Examination Survey (2013–2018).

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>.

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