

Indicators of Diet Quality, Nutrition, and Health for Americans by Program Participation Status, 2011–2016: SNAP Report



Appendix B. Healthy Eating Index



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Appendix B. Healthy Eating Index



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Appendix B. Healthy Eating Index

Table B.1. Healthy Eating Index 2015 Scores for SNAP Participants and Nonparticipants by Age Group and Gender

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
All individuals 2+ years old									
Both genders									
Sample size	–	23,691	–	5,866	–	4,460	–	12,001	–
Total fruit	5	2.9	(0.04)	2.6	(0.08)	3.0 ***	(0.08)	3.0 ***	(0.05)
Whole fruit	5	4.0	(0.06)	3.1	(0.11)	3.8 ***	(0.10)	4.2 ***	(0.07)
Total vegetables	5	3.3	(0.03)	2.9	(0.05)	3.3 ***	(0.07)	3.4 ***	(0.04)
Greens and beans	5	3.0	(0.07)	2.6	(0.10)	2.9	(0.14)	3.1 ***	(0.08)
Whole grains	10	2.9	(0.04)	2.3	(0.08)	2.5	(0.09)	3.1 ***	(0.06)
Dairy	10	6.4	(0.05)	6.2	(0.10)	6.1	(0.11)	6.5 *	(0.07)
Total protein foods	5	4.9	(0.01)	4.9	(0.01)	4.9	(0.02)	4.9 *	(0.02)
Seafood and plant proteins	5	4.5	(0.04)	4.2	(0.11)	4.3	(0.09)	4.5 **	(0.05)
Fatty acids	10	4.3	(0.06)	4.1	(0.12)	4.3	(0.12)	4.3	(0.07)
Refined grains	10	6.2	(0.06)	5.9	(0.12)	5.4 ***	(0.12)	6.4 ***	(0.07)
Sodium	10	4.0	(0.06)	4.3	(0.12)	3.8 **	(0.15)	3.9 **	(0.07)
Added sugars	10	6.5	(0.05)	5.3	(0.13)	6.4 ***	(0.12)	6.8 ***	(0.06)
Saturated fats	10	5.7	(0.05)	6.0	(0.10)	6.0	(0.13)	5.5 ***	(0.07)
Total HEI-2015 Score	100	58.6	(0.25)	54.5	(0.47)	56.7 **	(0.48)	59.9 ***	(0.31)
Men and boys									
Sample size	–	11,815	–	2,779	–	2,237	–	6,107	–
Total fruit	5	2.6	(0.05)	2.3	(0.10)	2.7 *	(0.11)	2.7 **	(0.07)
Whole fruit	5	3.5	(0.08)	2.8	(0.13)	3.3 *	(0.15)	3.7 ***	(0.11)
Total vegetables	5	3.0	(0.04)	2.7	(0.07)	3.1 ***	(0.09)	3.1 ***	(0.05)
Greens and beans	5	2.6	(0.08)	2.3	(0.14)	2.7	(0.18)	2.6	(0.11)
Whole grains	10	2.8	(0.06)	2.3	(0.12)	2.2	(0.11)	3.0 ***	(0.08)
Dairy	10	6.4	(0.07)	6.2	(0.15)	6.1	(0.16)	6.5	(0.11)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Total protein foods	5	4.9	(0.01)	4.9	(0.02)	4.9	(0.02)	4.9	(0.02)
Seafood and plant proteins	5	4.4	(0.07)	4.0	(0.18)	4.3	(0.12)	4.5 *	(0.07)
Fatty acids	10	4.2	(0.08)	4.2	(0.19)	4.2	(0.18)	4.2	(0.10)
Refined grains	10	6.2	(0.09)	6.0	(0.18)	5.3 **	(0.18)	6.5 *	(0.10)
Sodium	10	4.0	(0.08)	4.7	(0.17)	3.9 **	(0.20)	3.8 ***	(0.10)
Added sugars	10	6.6	(0.08)	5.4	(0.22)	6.5 ***	(0.16)	6.8 ***	(0.10)
Saturated fats	10	5.7	(0.08)	6.2	(0.14)	5.9	(0.19)	5.6 ***	(0.10)
Total HEI-2015 Score	100	56.9	(0.35)	54.0	(0.69)	55.1	(0.68)	57.9 ***	(0.44)
Women and girls									
Sample size	–	11,876	–	3,087	–	2,223	–	5,894	–
Total fruit	5	3.2	(0.06)	2.8	(0.12)	3.2 *	(0.12)	3.3 ***	(0.08)
Whole fruit	5	4.4	(0.08)	3.4	(0.17)	4.3 ***	(0.15)	4.7 ***	(0.10)
Total vegetables	5	3.6	(0.04)	3.1	(0.08)	3.6 **	(0.12)	3.7 ***	(0.06)
Greens and beans	5	3.4	(0.11)	2.8	(0.14)	3.0	(0.20)	3.6 ***	(0.13)
Whole grains	10	3.0	(0.06)	2.4	(0.11)	2.8 *	(0.14)	3.3 ***	(0.08)
Dairy	10	6.4	(0.07)	6.2	(0.13)	6.1	(0.15)	6.5 *	(0.09)
Total protein foods	5	4.9	(0.02)	4.9	(0.02)	4.9	(0.03)	4.8 *	(0.02)
Seafood and plant proteins	5	4.5	(0.05)	4.3	(0.13)	4.3	(0.13)	4.6	(0.06)
Fatty acids	10	4.4	(0.08)	4.1	(0.14)	4.4	(0.18)	4.4	(0.10)
Refined grains	10	6.2	(0.08)	5.9	(0.16)	5.5	(0.16)	6.4 *	(0.11)
Sodium	10	4.0	(0.08)	4.0	(0.17)	3.8	(0.22)	4.1	(0.10)
Added sugars	10	6.5	(0.07)	5.3	(0.16)	6.2 ***	(0.17)	6.8 ***	(0.09)
Saturated fats	10	5.7	(0.07)	5.8	(0.14)	6.1	(0.17)	5.5	(0.10)
Total HEI-2015 Score	100	60.2	(0.35)	55.1	(0.63)	58.2 ***	(0.67)	61.8 ***	(0.44)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Children 2–18 years old									
Both genders									
Sample size	–	8,670	–	2,849	–	1,618	–	3,780	–
Total fruit	5	3.5	(0.07)	3.1	(0.09)	3.5 *	(0.14)	3.7 ***	(0.10)
Whole fruit	5	4.3	(0.10)	3.7	(0.14)	4.2 *	(0.18)	4.5 ***	(0.12)
Total vegetables	5	2.3	(0.04)	2.4	(0.05)	2.5	(0.09)	2.2 *	(0.05)
Greens and beans	5	1.7	(0.08)	1.9	(0.11)	1.9	(0.20)	1.5 *	(0.10)
Whole grains	10	2.9	(0.06)	2.5	(0.10)	2.6	(0.12)	3.2 ***	(0.10)
Dairy	10	8.5	(0.09)	8.2	(0.13)	8.3	(0.21)	8.6 *	(0.13)
Total protein foods	5	4.5	(0.05)	4.6	(0.06)	4.5	(0.08)	4.4 *	(0.07)
Seafood and plant proteins	5	3.1	(0.09)	2.9	(0.16)	2.9	(0.20)	3.2	(0.13)
Fatty acids	10	3.0	(0.08)	3.3	(0.13)	3.2	(0.19)	2.8 **	(0.12)
Refined grains	10	4.8	(0.09)	4.6	(0.15)	4.4	(0.20)	5.0 *	(0.13)
Sodium	10	4.6	(0.08)	4.4	(0.12)	4.4	(0.18)	4.8 *	(0.11)
Added sugars	10	6.0	(0.07)	5.7	(0.12)	6.2 *	(0.15)	6.0	(0.10)
Saturated fats	10	5.1	(0.08)	5.3	(0.12)	5.4	(0.21)	4.9 *	(0.12)
Total HEI-2015 Score	100	54.3	(0.36)	52.7	(0.57)	54.1	(0.82)	54.8 **	(0.50)
Boys									
Sample size	–	4,374	–	1,434	–	811	–	1,916	–
Total fruit	5	3.4	(0.10)	3.1	(0.13)	3.4	(0.18)	3.6 *	(0.14)
Whole fruit	5	4.2	(0.14)	3.6	(0.23)	3.9	(0.25)	4.5 **	(0.19)
Total vegetables	5	2.2	(0.05)	2.3	(0.06)	2.3	(0.12)	2.1 *	(0.07)
Greens and beans	5	1.6	(0.11)	1.7	(0.13)	2.1	(0.35)	1.4	(0.15)
Whole grains	10	2.9	(0.08)	2.7	(0.14)	2.4	(0.15)	3.1 *	(0.13)
Dairy	10	8.6	(0.13)	8.6	(0.20)	8.5	(0.31)	8.7	(0.19)
Total protein foods	5	4.6	(0.06)	4.6	(0.08)	4.5	(0.10)	4.5	(0.09)
Seafood and plant proteins	5	3.0	(0.14)	2.7	(0.22)	3.2	(0.30)	3.0	(0.19)
Fatty acids	10	2.9	(0.11)	3.3	(0.17)	3.2	(0.27)	2.6 **	(0.16)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Refined grains	10	4.8	(0.12)	4.5	(0.22)	4.3	(0.30)	5.1 *	(0.18)
Sodium	10	4.5	(0.12)	4.3	(0.16)	4.5	(0.27)	4.6	(0.17)
Added sugars	10	5.9	(0.09)	5.9	(0.17)	6.2	(0.19)	5.9	(0.13)
Saturated fats	10	5.1	(0.12)	5.5	(0.15)	5.5	(0.33)	4.9 *	(0.18)
Total HEI-2015 Score	100	53.8	(0.53)	52.7	(0.81)	53.9	(1.32)	54.1	(0.74)
Girls									
Sample size	–	4,296	–	1,415	–	807	–	1,864	–
Total fruit	5	3.6	(0.09)	3.1	(0.12)	3.7 *	(0.20)	3.7 ***	(0.13)
Whole fruit	5	4.4	(0.14)	3.7	(0.17)	4.4 *	(0.27)	4.5 ***	(0.13)
Total vegetables	5	2.4	(0.06)	2.4	(0.07)	2.6	(0.13)	2.3	(0.08)
Greens and beans	5	1.8	(0.10)	2.1	(0.18)	1.7	(0.21)	1.7 *	(0.14)
Whole grains	10	2.9	(0.10)	2.3	(0.13)	2.8	(0.19)	3.2 ***	(0.15)
Dairy	10	8.3	(0.13)	7.9	(0.17)	8.1	(0.28)	8.6 **	(0.17)
Total protein foods	5	4.4	(0.08)	4.6	(0.09)	4.5	(0.12)	4.3 *	(0.11)
Seafood and plant proteins	5	3.2	(0.12)	3.1	(0.22)	2.7	(0.26)	3.3	(0.17)
Fatty acids	10	3.2	(0.12)	3.4	(0.19)	3.3	(0.25)	3.0	(0.17)
Refined grains	10	4.9	(0.13)	4.7	(0.21)	4.6	(0.26)	4.9	(0.19)
Sodium	10	4.7	(0.10)	4.5	(0.18)	4.4	(0.23)	4.9	(0.14)
Added sugars	10	6.0	(0.11)	5.6	(0.17)	6.2 *	(0.23)	6.1 *	(0.15)
Saturated fats	10	5.1	(0.11)	5.1	(0.19)	5.3	(0.25)	5.0	(0.16)
Total HEI-2015 Score	100	54.9	(0.50)	52.6	(0.81)	54.4	(0.94)	55.5 **	(0.67)
Adults 19–59 years old									
Both genders									
Sample size	–	10,269	–	2,215	–	1,994	–	5,473	–
Total fruit	5	2.5	(0.05)	2.1	(0.12)	2.6 **	(0.11)	2.6 ***	(0.07)
Whole fruit	5	3.6	(0.09)	2.4	(0.17)	3.4 ***	(0.15)	3.9 ***	(0.11)
Total vegetables	5	3.5	(0.04)	2.8	(0.07)	3.5 ***	(0.11)	3.6 ***	(0.06)
Greens and beans	5	3.4	(0.10)	2.4	(0.14)	3.2 **	(0.20)	3.6 ***	(0.12)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Whole grains	10	2.6	(0.06)	1.9	(0.11)	2.3 **	(0.13)	2.8 ***	(0.08)
Dairy	10	5.7	(0.07)	5.5	(0.14)	5.2	(0.14)	5.8 *	(0.10)
Total protein foods	5	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	4.9	(0.06)	4.5	(0.17)	4.7	(0.12)	4.9 *	(0.06)
Fatty acids	10	4.7	(0.08)	4.3	(0.17)	4.8 *	(0.16)	4.7 *	(0.10)
Refined grains	10	6.5	(0.08)	6.4	(0.18)	5.3 ***	(0.17)	6.7	(0.11)
Sodium	10	3.8	(0.08)	4.7	(0.18)	3.8 **	(0.23)	3.6 ***	(0.10)
Added sugars	10	6.4	(0.08)	4.5	(0.22)	6.2 ***	(0.18)	7.0 ***	(0.10)
Saturated fats	10	6.0	(0.08)	6.3	(0.14)	6.3	(0.17)	5.8 **	(0.10)
Total HEI-2015 Score	100	58.4	(0.36)	52.8	(0.67)	56.5 ***	(0.68)	60.2 ***	(0.44)
Men									
Sample size	–	5,094	–	997	–	1,012	–	2,776	–
Total fruit	5	2.2	(0.06)	1.8	(0.15)	2.3 **	(0.14)	2.3 **	(0.09)
Whole fruit	5	2.9	(0.11)	2.1	(0.19)	2.8 *	(0.20)	3.2 ***	(0.16)
Total vegetables	5	3.1	(0.05)	2.6	(0.10)	3.2 ***	(0.12)	3.3 ***	(0.07)
Greens and beans	5	2.8	(0.11)	2.3	(0.20)	2.9	(0.23)	2.9 *	(0.14)
Whole grains	10	2.4	(0.09)	1.8	(0.16)	2.0	(0.17)	2.6 ***	(0.12)
Dairy	10	5.7	(0.11)	5.3	(0.19)	5.3	(0.22)	5.8	(0.16)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	4.9	(0.10)	4.3	(0.29)	4.6	(0.15)	4.9 *	(0.09)
Fatty acids	10	4.5	(0.11)	4.3	(0.26)	4.5	(0.22)	4.6	(0.14)
Refined grains	10	6.6	(0.12)	6.5	(0.27)	5.3 **	(0.26)	6.8	(0.14)
Sodium	10	3.8	(0.10)	5.1	(0.25)	4.0 **	(0.29)	3.5 ***	(0.14)
Added sugars	10	6.5	(0.13)	4.6	(0.35)	6.3 ***	(0.24)	7.0 ***	(0.15)
Saturated fats	10	6.0	(0.12)	6.6	(0.19)	6.2	(0.26)	5.9 **	(0.15)
Total HEI-2015 Score	100	56.4	(0.49)	52.3	(0.95)	54.3	(0.90)	57.7 ***	(0.60)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Women									
<i>Sample size</i>	–	5,175	–	1,218	–	982	–	2,697	–
Total fruit	5	2.9	(0.08)	2.4	(0.19)	2.9 *	(0.18)	3.0 **	(0.12)
Whole fruit	5	4.2	(0.13)	2.7	(0.28)	4.0 ***	(0.23)	4.7 ***	(0.17)
Total vegetables	5	3.8	(0.07)	3.1	(0.10)	3.9 ***	(0.18)	4.0 ***	(0.08)
Greens and beans	5	3.9	(0.18)	2.6	(0.20)	3.6 **	(0.33)	4.3 ***	(0.19)
Whole grains	10	2.8	(0.08)	2.0	(0.14)	2.6 **	(0.20)	3.1 ***	(0.11)
Dairy	10	5.7	(0.09)	5.6	(0.19)	5.2	(0.17)	5.9	(0.12)
Total protein foods	5	5.0	(0.00)	5.0	(0.01)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	4.9	(0.08)	4.6	(0.19)	4.8	(0.19)	4.9	(0.09)
Fatty acids	10	4.8	(0.12)	4.3	(0.21)	5.0 *	(0.25)	4.8	(0.15)
Refined grains	10	6.4	(0.11)	6.3	(0.24)	5.4 **	(0.23)	6.6	(0.16)
Sodium	10	3.8	(0.12)	4.2	(0.25)	3.6	(0.35)	3.7	(0.15)
Added sugars	10	6.4	(0.11)	4.4	(0.26)	6.2 ***	(0.26)	7.0 ***	(0.13)
Saturated fats	10	5.9	(0.10)	6.0	(0.20)	6.5	(0.23)	5.7	(0.14)
Total HEI-2015 Score	100	60.4	(0.54)	53.3	(0.95)	58.6 ***	(1.01)	62.6 ***	(0.65)
Older adults 60+ years old									
Both genders									
<i>Sample size</i>	–	4,752	–	802	–	848	–	2,748	–
Total fruit	5	3.5	(0.09)	3.5	(0.18)	3.4	(0.20)	3.4	(0.10)
Whole fruit	5	4.7	(0.07)	4.4	(0.15)	4.5	(0.18)	4.7	(0.09)
Total vegetables	5	4.1	(0.06)	3.8	(0.17)	3.8	(0.17)	4.2	(0.08)
Greens and beans	5	3.6	(0.16)	3.7	(0.27)	3.0	(0.27)	3.7	(0.20)
Whole grains	10	3.8	(0.11)	3.4	(0.24)	3.1	(0.22)	4.0	(0.14)
Dairy	10	5.8	(0.10)	5.8	(0.28)	5.9	(0.31)	5.8	(0.13)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	5.0	(0.00)	4.7	(0.20)	4.9	(0.11)	5.0	(0.00)
Fatty acids	10	4.9	(0.13)	4.7	(0.34)	4.2	(0.35)	5.0	(0.15)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Refined grains	10	7.1	(0.13)	6.3	(0.26)	6.6	(0.28)	7.3 ***	(0.16)
Sodium	10	3.9	(0.13)	3.4	(0.31)	3.3	(0.30)	4.0	(0.16)
Added sugars	10	7.4	(0.10)	7.3	(0.21)	7.1	(0.22)	7.4	(0.11)
Saturated fats	10	5.6	(0.11)	6.0	(0.29)	5.6	(0.31)	5.6	(0.13)
Total HEI-2015 Score	100	64.5	(0.54)	62.1	(1.19)	60.5	(1.07)	65.2 *	(0.69)
Men									
Sample size	–	2,347	–	348	–	414	–	1,415	–
Total fruit	5	3.0	(0.12)	3.0	(0.28)	3.1	(0.30)	3.0	(0.14)
Whole fruit	5	4.4	(0.16)	3.8	(0.30)	3.9	(0.37)	4.4	(0.20)
Total vegetables	5	3.9	(0.09)	3.4	(0.26)	3.9	(0.29)	4.0	(0.11)
Greens and beans	5	3.3	(0.27)	3.3	(0.40)	3.2	(0.45)	3.3	(0.34)
Whole grains	10	3.8	(0.16)	3.1	(0.37)	2.6	(0.25)	4.0 *	(0.20)
Dairy	10	5.6	(0.15)	5.8	(0.53)	5.5	(0.30)	5.5	(0.18)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	5.0	(0.00)	4.8	(0.24)	5.0	(0.10)	5.0	(0.01)
Fatty acids	10	4.9	(0.18)	5.2	(0.65)	4.5	(0.58)	5.0	(0.23)
Refined grains	10	7.1	(0.21)	6.4	(0.43)	6.6	(0.39)	7.3	(0.27)
Sodium	10	3.8	(0.20)	4.2	(0.44)	2.8 *	(0.43)	3.9	(0.25)
Added sugars	10	7.6	(0.13)	7.2	(0.34)	8.1	(0.32)	7.5	(0.16)
Saturated fats	10	5.7	(0.16)	6.1	(0.48)	5.2	(0.43)	5.7	(0.19)
Total HEI-2015 Score	100	63.2	(0.89)	61.2	(2.14)	59.4	(1.73)	63.7	(1.13)
Women									
Sample size	–	2,405	–	454	–	434	–	1,333	–
Total fruit	5	3.8	(0.12)	3.9	(0.23)	3.7	(0.26)	3.8	(0.15)
Whole fruit	5	5.0	(0.03)	4.9	(0.13)	4.9	(0.15)	5.0	(0.06)
Total vegetables	5	4.2	(0.09)	4.1	(0.23)	3.8	(0.20)	4.3	(0.11)
Greens and beans	5	3.9	(0.20)	4.0	(0.36)	2.9 *	(0.33)	4.0	(0.24)
Whole grains	10	3.9	(0.15)	3.7	(0.31)	3.5	(0.34)	3.9	(0.19)

Healthy Eating Index 2015 (HEI-2015) Components by Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Dairy	10	6.0	(0.15)	5.9	(0.28)	6.2	(0.50)	6.0	(0.18)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	5.0	(0.00)	4.7	(0.30)	4.8	(0.19)	5.0	(0.00)
Fatty acids	10	4.8	(0.18)	4.3	(0.32)	4.0	(0.43)	5.1 *	(0.21)
Refined grains	10	7.2	(0.16)	6.2	(0.31)	6.6	(0.39)	7.3 **	(0.20)
Sodium	10	4.0	(0.17)	2.7	(0.42)	3.7	(0.42)	4.2 **	(0.21)
Added sugars	10	7.2	(0.14)	7.4	(0.26)	6.3 **	(0.31)	7.4	(0.16)
Saturated fats	10	5.6	(0.15)	6.0	(0.36)	5.9	(0.44)	5.4	(0.17)
Total HEI-2015 Score	100	65.6	(0.65)	62.8	(1.28)	61.4	(1.33)	66.4 *	(0.84)

Notes: “All individuals” includes respondents with missing SNAP participation or income. Estimates are based on the day 1 dietary recall. Mean component scores may not sum to total score due to rounding. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. – Denotes not applicable

Sources: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES respondents aged 2 and older with complete day 1 dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.

Table B.2. Healthy Eating Index 2010 Scores for SNAP Participants and Nonparticipants by Age Group and Gender

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
All individuals 2+ years old									
Both genders									
<i>Sample size</i>	–	23,691	–	5,866	–	4,460	–	12,001	–
Total fruit	5	2.9	(0.04)	2.6	(0.08)	3.0 ***	(0.08)	3.0 ***	(0.05)
Whole fruit	5	4.0	(0.06)	3.1	(0.11)	3.8 ***	(0.10)	4.2 ***	(0.07)
Total vegetables	5	3.3	(0.03)	2.9	(0.05)	3.3 ***	(0.07)	3.4 ***	(0.04)
Greens and beans	5	2.8	(0.07)	2.3	(0.11)	2.7 *	(0.14)	3.0 ***	(0.08)
Whole grains	10	2.9	(0.04)	2.3	(0.08)	2.5	(0.09)	3.1 ***	(0.06)
Dairy	10	6.4	(0.05)	6.2	(0.10)	6.1	(0.11)	6.5 *	(0.07)
Total protein foods	5	4.9	(0.01)	4.9	(0.01)	4.9	(0.02)	4.9 *	(0.02)
Seafood and plant proteins	5	4.0	(0.07)	3.1	(0.13)	3.4	(0.14)	4.3 ***	(0.08)
Fatty acids	10	4.3	(0.06)	4.1	(0.12)	4.3	(0.12)	4.3	(0.07)
Refined grains	10	6.2	(0.06)	5.9	(0.12)	5.4 ***	(0.12)	6.4 ***	(0.07)
Sodium	10	4.0	(0.05)	4.3	(0.12)	3.8 **	(0.15)	3.9 **	(0.07)
Empty calories	20	13.0	(0.09)	11.6	(0.19)	13.0 ***	(0.18)	13.4 ***	(0.11)
Total HEI-2010 Score	100	58.8	(0.29)	53.4	(0.49)	56.2 ***	(0.52)	60.4 ***	(0.35)
Men and boys									
<i>Sample size</i>	–	11,815	–	2,779	–	2,237	–	6,107	–
Total fruit	5	2.6	(0.05)	2.3	(0.10)	2.7 *	(0.11)	2.7 **	(0.07)
Whole fruit	5	3.5	(0.08)	2.8	(0.13)	3.3 *	(0.14)	3.7 ***	(0.11)
Total vegetables	5	3.0	(0.04)	2.6	(0.07)	3.1 ***	(0.09)	3.1 ***	(0.05)
Greens and beans	5	2.5	(0.08)	2.1	(0.15)	2.6 *	(0.18)	2.5 *	(0.11)
Whole grains	10	2.8	(0.06)	2.3	(0.12)	2.2	(0.11)	3.0 ***	(0.08)
Dairy	10	6.4	(0.07)	6.2	(0.15)	6.1	(0.16)	6.5	(0.11)
Total protein foods	5	4.9	(0.01)	4.9	(0.02)	4.9	(0.02)	4.9	(0.02)
Seafood and plant proteins	5	3.8	(0.12)	2.9	(0.19)	3.2	(0.19)	4.2 ***	(0.14)
Fatty acids	10	4.2	(0.08)	4.2	(0.20)	4.2	(0.18)	4.2	(0.10)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Refined grains	10	6.2	(0.09)	6.0	(0.18)	5.3 **	(0.18)	6.5 *	(0.10)
Sodium	10	4.0	(0.08)	4.7	(0.17)	3.9 **	(0.19)	3.8 ***	(0.10)
Empty calories	20	12.9	(0.13)	11.4	(0.28)	13.0 ***	(0.24)	13.2 ***	(0.16)
Total HEI-2010 Score	100	56.8	(0.40)	52.3	(0.72)	54.3 *	(0.69)	58.2 ***	(0.51)
Women and girls									
Sample size	–	11,876	–	3,087	–	2,223	–	5,894	–
Total fruit	5	3.2	(0.06)	2.8	(0.12)	3.2 *	(0.12)	3.3 ***	(0.08)
Whole fruit	5	4.4	(0.08)	3.4	(0.17)	4.3 ***	(0.15)	4.7 ***	(0.10)
Total vegetables	5	3.5	(0.04)	3.1	(0.08)	3.5 **	(0.12)	3.7 ***	(0.06)
Greens and beans	5	3.2	(0.11)	2.5	(0.16)	2.7	(0.22)	3.4 ***	(0.13)
Whole grains	10	3.0	(0.06)	2.4	(0.11)	2.8 *	(0.14)	3.3 ***	(0.08)
Dairy	10	6.4	(0.07)	6.2	(0.13)	6.1	(0.15)	6.5 *	(0.09)
Total protein foods	5	4.9	(0.02)	4.9	(0.02)	4.9	(0.03)	4.8 *	(0.02)
Seafood and plant proteins	5	4.2	(0.09)	3.4	(0.19)	3.6	(0.20)	4.4 ***	(0.09)
Fatty acids	10	4.4	(0.08)	4.1	(0.14)	4.4	(0.17)	4.4	(0.10)
Refined grains	10	6.2	(0.08)	5.9	(0.16)	5.5	(0.16)	6.4 *	(0.11)
Sodium	10	4.0	(0.08)	4.0	(0.17)	3.8	(0.22)	4.1	(0.10)
Empty calories	20	13.1	(0.12)	11.7	(0.26)	13.1 ***	(0.26)	13.5 ***	(0.14)
Total HEI-2010 Score	100	60.7	(0.40)	54.4	(0.66)	58.0 ***	(0.76)	62.5 ***	(0.48)
Children 2–18 years old									
Both genders									
Sample size	–	8,670	–	2,849	–	1,618	–	3,780	–
Total fruit	5	3.5	(0.07)	3.1	(0.09)	3.5 *	(0.13)	3.7 ***	(0.10)
Whole fruit	5	4.3	(0.10)	3.7	(0.14)	4.2 *	(0.18)	4.5 ***	(0.12)
Total vegetables	5	2.2	(0.04)	2.2	(0.05)	2.3	(0.09)	2.1	(0.05)
Greens and beans	5	0.9	(0.07)	0.8	(0.12)	1.2	(0.21)	0.9	(0.09)
Whole grains	10	2.9	(0.06)	2.5	(0.10)	2.6	(0.12)	3.2 ***	(0.10)
Dairy	10	8.5	(0.09)	8.2	(0.13)	8.3	(0.21)	8.6 *	(0.13)
Total protein foods	5	4.5	(0.05)	4.6	(0.06)	4.5	(0.08)	4.4 *	(0.07)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Seafood and plant proteins	5	2.9	(0.09)	2.8	(0.16)	2.5	(0.20)	3.1	(0.13)
Fatty acids	10	3.0	(0.08)	3.3	(0.13)	3.2	(0.19)	2.8 **	(0.12)
Refined grains	10	4.8	(0.09)	4.6	(0.15)	4.4	(0.20)	5.0 *	(0.13)
Sodium	10	4.6	(0.08)	4.4	(0.12)	4.4	(0.18)	4.8 *	(0.11)
Empty calories	20	12.4	(0.11)	12.1	(0.19)	13.0 **	(0.24)	12.3	(0.16)
Total HEI-2010 Score	100	54.5	(0.36)	52.4	(0.56)	54.3 *	(0.80)	55.3 ***	(0.49)

Boys

Sample size	–	4,374	–	1,434	–	811	–	1,916	–
Total fruit	5	3.4	(0.10)	3.1	(0.13)	3.4	(0.18)	3.6 *	(0.14)
Whole fruit	5	4.2	(0.14)	3.6	(0.22)	3.9	(0.25)	4.5 **	(0.19)
Total vegetables	5	2.1	(0.05)	2.2	(0.06)	2.2	(0.12)	2.0	(0.07)
Greens and beans	5	1.0	(0.11)	0.8	(0.16)	1.5	(0.37)	0.9	(0.13)
Whole grains	10	2.9	(0.08)	2.7	(0.15)	2.4	(0.16)	3.1 *	(0.13)
Dairy	10	8.6	(0.13)	8.6	(0.20)	8.5	(0.30)	8.7	(0.19)
Total protein foods	5	4.6	(0.06)	4.6	(0.08)	4.5	(0.10)	4.5	(0.09)
Seafood and plant proteins	5	2.7	(0.14)	2.6	(0.22)	2.5	(0.31)	2.9	(0.19)
Fatty acids	10	2.9	(0.11)	3.3	(0.17)	3.2	(0.27)	2.6 **	(0.16)
Refined grains	10	4.8	(0.12)	4.5	(0.22)	4.2	(0.30)	5.0 *	(0.18)
Sodium	10	4.5	(0.12)	4.3	(0.15)	4.5	(0.27)	4.6	(0.17)
Empty calories	20	12.3	(0.15)	12.4	(0.26)	13.0	(0.33)	12.0	(0.23)
Total HEI-2010 Score	100	54.0	(0.50)	52.7	(0.81)	53.8	(1.27)	54.6	(0.70)

Girls

Sample size	–	4,296	–	1,415	–	807	–	1,864	–
Total fruit	5	3.6	(0.09)	3.1	(0.13)	3.7 *	(0.20)	3.7 ***	(0.13)
Whole fruit	5	4.4	(0.14)	3.7	(0.17)	4.4 *	(0.27)	4.5 ***	(0.13)
Total vegetables	5	2.2	(0.06)	2.2	(0.07)	2.5 *	(0.13)	2.2	(0.08)
Greens and beans	5	0.8	(0.09)	0.9	(0.18)	0.9	(0.20)	0.8	(0.13)
Whole grains	10	2.9	(0.10)	2.3	(0.13)	2.8	(0.19)	3.2 ***	(0.15)
Dairy	10	8.3	(0.13)	7.9	(0.17)	8.1	(0.28)	8.6 **	(0.17)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Total protein foods	5	4.4	(0.08)	4.6	(0.09)	4.5	(0.12)	4.3 *	(0.11)
Seafood and plant proteins	5	3.2	(0.12)	3.0	(0.23)	2.5	(0.24)	3.3	(0.17)
Fatty acids	10	3.2	(0.12)	3.4	(0.19)	3.3	(0.25)	3.0	(0.17)
Refined grains	10	4.8	(0.13)	4.7	(0.21)	4.6	(0.26)	4.9	(0.19)
Sodium	10	4.7	(0.10)	4.5	(0.18)	4.4	(0.23)	4.9	(0.14)
Empty calories	20	12.5	(0.17)	11.8	(0.29)	13.0 **	(0.33)	12.6 *	(0.23)
Total HEI-2010 Score	100	55.1	(0.51)	52.0	(0.78)	54.8 *	(0.95)	56.1 ***	(0.69)
Adults 19–59 years old									
Both genders									
Sample size	–	10,269	–	2,215	–	1,994	–	5,473	–
Total fruit	5	2.5	(0.05)	2.1	(0.12)	2.6 **	(0.11)	2.6 ***	(0.07)
Whole fruit	5	3.6	(0.09)	2.4	(0.17)	3.4 ***	(0.15)	3.9 ***	(0.11)
Total vegetables	5	3.5	(0.04)	2.8	(0.07)	3.5 ***	(0.11)	3.6 ***	(0.06)
Greens and beans	5	3.4	(0.10)	2.4	(0.16)	3.2 **	(0.21)	3.6 ***	(0.12)
Whole grains	10	2.6	(0.06)	1.9	(0.11)	2.3 **	(0.13)	2.8 ***	(0.08)
Dairy	10	5.7	(0.07)	5.5	(0.13)	5.2	(0.14)	5.8 *	(0.10)
Total protein foods	5	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	4.2	(0.12)	3.2	(0.18)	3.6	(0.20)	4.6 ***	(0.13)
Fatty acids	10	4.7	(0.08)	4.3	(0.17)	4.8 *	(0.16)	4.7 *	(0.10)
Refined grains	10	6.5	(0.08)	6.4	(0.18)	5.3 ***	(0.18)	6.7	(0.11)
Sodium	10	3.8	(0.08)	4.7	(0.18)	3.8 **	(0.22)	3.6 ***	(0.10)
Empty calories	20	12.9	(0.13)	10.4	(0.29)	12.8 ***	(0.26)	13.5 ***	(0.16)
Total HEI-2010 Score	100	58.2	(0.43)	51.0	(0.69)	55.5 ***	(0.75)	60.6 ***	(0.51)
Men									
Sample size	–	5,094	–	997	–	1,012	–	2,776	–
Total fruit	5	2.2	(0.06)	1.8	(0.15)	2.3 **	(0.14)	2.3 **	(0.09)
Whole fruit	5	2.9	(0.11)	2.1	(0.19)	2.8 *	(0.20)	3.2 ***	(0.15)
Total vegetables	5	3.1	(0.05)	2.6	(0.10)	3.2 ***	(0.12)	3.3 ***	(0.07)
Greens and beans	5	2.8	(0.11)	2.3	(0.21)	2.8	(0.23)	2.9 *	(0.14)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Whole grains	10	2.4	(0.09)	1.8	(0.16)	2.0	(0.17)	2.6 ***	(0.12)
Dairy	10	5.6	(0.10)	5.3	(0.19)	5.3	(0.22)	5.8	(0.16)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	4.1	(0.18)	2.8	(0.27)	3.3	(0.27)	4.5 ***	(0.22)
Fatty acids	10	4.5	(0.11)	4.3	(0.26)	4.5	(0.22)	4.6	(0.14)
Refined grains	10	6.5	(0.12)	6.5	(0.27)	5.3 **	(0.27)	6.8	(0.14)
Sodium	10	3.8	(0.10)	5.1	(0.25)	4.0 **	(0.28)	3.5 ***	(0.14)
Empty calories	20	12.8	(0.19)	10.1	(0.41)	12.6 ***	(0.36)	13.4 ***	(0.24)
Total HEI-2010 Score	100	55.9	(0.57)	49.7	(0.94)	53.1 *	(0.92)	57.9 ***	(0.72)
Women									
Sample size	–	5,175	–	1,218	–	982	–	2,697	–
Total fruit	5	2.9	(0.08)	2.3	(0.19)	2.9 *	(0.18)	3.0 **	(0.12)
Whole fruit	5	4.2	(0.13)	2.8	(0.28)	4.0 ***	(0.23)	4.7 ***	(0.17)
Total vegetables	5	3.8	(0.07)	3.1	(0.11)	3.9 ***	(0.19)	4.0 ***	(0.08)
Greens and beans	5	3.9	(0.18)	2.5	(0.23)	3.5 *	(0.36)	4.2 ***	(0.19)
Whole grains	10	2.8	(0.08)	2.0	(0.14)	2.6 **	(0.21)	3.1 ***	(0.11)
Dairy	10	5.7	(0.09)	5.6	(0.19)	5.2	(0.17)	5.9	(0.12)
Total protein foods	5	5.0	(0.00)	5.0	(0.01)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	4.4	(0.14)	3.5	(0.24)	3.9	(0.31)	4.6 ***	(0.13)
Fatty acids	10	4.8	(0.12)	4.3	(0.21)	5.0 *	(0.24)	4.8	(0.15)
Refined grains	10	6.4	(0.11)	6.3	(0.24)	5.4 **	(0.23)	6.6	(0.16)
Sodium	10	3.8	(0.12)	4.2	(0.25)	3.6	(0.34)	3.7	(0.15)
Empty calories	20	13.0	(0.17)	10.6	(0.41)	13.0 ***	(0.37)	13.6 ***	(0.20)
Total HEI-2010 Score	100	60.6	(0.63)	52.2	(1.01)	58.0 ***	(1.17)	63.2 ***	(0.72)
Older adults 60+ years old									
Both genders									
Sample size	–	4,752	–	802	–	848	–	2,748	–
Total fruit	5	3.5	(0.09)	3.5	(0.18)	3.4	(0.20)	3.4	(0.10)
Whole fruit	5	4.7	(0.07)	4.4	(0.15)	4.5	(0.18)	4.7	(0.09)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Total vegetables	5	4.1	(0.06)	3.8	(0.17)	3.8	(0.17)	4.2	(0.08)
Greens and beans	5	3.6	(0.16)	3.7	(0.27)	2.9 *	(0.30)	3.7	(0.21)
Whole grains	10	3.8	(0.11)	3.4	(0.24)	3.1	(0.22)	4.0	(0.14)
Dairy	10	5.8	(0.10)	5.8	(0.28)	5.9	(0.30)	5.8	(0.12)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	4.8	(0.11)	3.6	(0.39)	4.1	(0.30)	4.9 ***	(0.10)
Fatty acids	10	4.9	(0.13)	4.7	(0.34)	4.2	(0.35)	5.0	(0.15)
Refined grains	10	7.1	(0.13)	6.3	(0.26)	6.6	(0.28)	7.3 ***	(0.16)
Sodium	10	3.9	(0.13)	3.4	(0.30)	3.3	(0.30)	4.0 *	(0.16)
Empty calories	20	14.3	(0.17)	14.4	(0.43)	13.7	(0.42)	14.4	(0.20)
Total HEI-2010 Score	100	65.6	(0.63)	62.0	(1.30)	60.5	(1.13)	66.4 **	(0.78)

Men

Sample size	–	2,347	–	348	–	414	–	1,415	–
Total fruit	5	3.0	(0.12)	3.0	(0.28)	3.1	(0.30)	3.0	(0.14)
Whole fruit	5	4.4	(0.16)	3.8	(0.30)	3.9	(0.37)	4.4	(0.19)
Total vegetables	5	3.9	(0.09)	3.4	(0.26)	3.9	(0.29)	4.0	(0.11)
Greens and beans	5	3.3	(0.27)	3.2	(0.40)	3.2	(0.45)	3.3	(0.33)
Whole grains	10	3.8	(0.16)	3.1	(0.37)	2.6	(0.25)	4.0 *	(0.20)
Dairy	10	5.6	(0.15)	5.8	(0.53)	5.5	(0.30)	5.5	(0.18)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)	5.0	(0.00)
Seafood and plant proteins	5	4.8	(0.21)	3.6	(0.53)	4.1	(0.46)	4.9 *	(0.20)
Fatty acids	10	4.9	(0.18)	5.2	(0.66)	4.5	(0.59)	5.0	(0.23)
Refined grains	10	7.1	(0.21)	6.4	(0.43)	6.6	(0.40)	7.3	(0.27)
Sodium	10	3.8	(0.20)	4.2	(0.44)	2.8 *	(0.43)	3.9	(0.25)
Empty calories	20	14.3	(0.26)	14.1	(0.76)	14.3	(0.50)	14.3	(0.31)
Total HEI-2010 Score	100	64.0	(1.09)	60.8	(2.43)	59.4	(1.80)	64.7	(1.30)

Women

Sample size	–	2,405	–	454	–	434	–	1,333	–
Total fruit	5	3.8	(0.12)	3.9	(0.23)	3.7	(0.26)	3.8	(0.15)

Healthy Eating Index 2010 (HEI-2010) Components By Subgroup	Maximum Possible HEI Score	All Individuals		SNAP Participants		Income-Eligible Nonparticipants		Higher Income Nonparticipants	
		Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error	Mean Score	Standard Error
Whole fruit	5	5.0	(0.03)	4.9	(0.13)	4.9	(0.15)	5.0	(0.06)
Total vegetables	5	4.2	(0.09)	4.1	(0.23)	3.7	(0.20)	4.3	(0.11)
Greens and beans	5	3.9	(0.20)	4.0	(0.36)	2.6 **	(0.39)	4.0	(0.27)
Whole grains	10	3.8	(0.15)	3.7	(0.31)	3.5	(0.34)	3.9	(0.19)
Dairy	10	6.0	(0.14)	5.9	(0.28)	6.2	(0.49)	6.0	(0.17)
Total protein foods	5	5.0	(0.00)	5.0	(0.00)	5.0	(0.01)	5.0	(0.00)
Seafood and plant proteins	5	4.8	(0.12)	3.5	(0.56)	4.1	(0.39)	4.9 *	(0.08)
Fatty acids	10	4.8	(0.18)	4.3	(0.32)	4.0	(0.43)	5.1 *	(0.21)
Refined grains	10	7.1	(0.16)	6.2	(0.31)	6.6	(0.39)	7.3 **	(0.20)
Sodium	10	4.0	(0.17)	2.7	(0.41)	3.7	(0.42)	4.2 **	(0.21)
Empty calories	20	14.3	(0.24)	14.7	(0.48)	13.3	(0.64)	14.4	(0.27)
Total HEI-2010 Score	100	66.9	(0.73)	62.9	(1.28)	61.4	(1.43)	67.8 **	(0.94)

Notes: "All individuals" includes respondents with missing SNAP participation or income. Estimates are based on the day 1 dietary recall. Mean component scores may not sum to total score due to rounding. Estimates are weighted to account for differential probabilities of selection, nonresponse to survey instruments, and differences between the final sample and the U.S. civilian noninstitutionalized population, such that different age distributions of SNAP participants and nonparticipants are accounted for. Significant differences in estimates are noted by * $p < .05$, ** $p < .01$, or *** $p < .001$. Differences were tested using two-sample t -tests comparing SNAP participants with income-eligible nonparticipants or higher income nonparticipants. SNAP participants consist of individuals in households that at the time of data collection reported receiving SNAP benefits. Source: National Health And Nutrition Examination Survey (NHANES) 2011–2016 dietary recalls; Food Pattern Equivalents Database 2011–2012, 2013–2014, and 2015–2016. Sample includes NHANES respondents aged 2 and older with complete dietary recall data. Sample excludes pregnant and breastfeeding women 20–44 years old; pregnant and breastfeeding women outside of these age ranges could not be identified in the data.