

HEI-2010 Total and Component Scores¹ for Children, Adults, and Older Adults, During 2005-2006

HEI-2010 Dietary Component (maximum score)	Children 2-17 years (n=3,489)	Adults 18-64 years (n=4,012)	Older Adults ≥ 65 years (n=1,048)
	Mean Score (standard error)		
Total fruit (5)	3.32 (0.12)	2.45 (0.13)	4.12 (0.22)
Whole fruit (5)	3.49 (0.17)	2.93 (0.18)	4.99 (0.05)
Total vegetables (5)	2.17 (0.04)	3.41 (0.08)	4.07 (0.10)
Greens and beans (5)	0.57 (0.06)	2.55 (0.15)	2.67 (0.25)
Whole grains (10)	1.68 (0.13)	1.99 (0.12)	3.45 (0.19)
Dairy (10)	8.44 (0.17)	5.81 (0.14)	6.33 (0.24)
Total protein foods (5)	4.36 (0.09)	5.00 (0.00)	5.00 (0.00)
Seafood and plant proteins (5)	2.74 (0.23)	3.74 (0.19)	4.72 (0.25)
Fatty acids (10)	2.90 (0.12)	4.04 (0.09)	3.99 (0.24)
Refined grains (10)	4.84 (0.21)	6.22 (0.10)	7.03 (0.23)
Sodium (10)	5.08 (0.26)	4.39 (0.14)	4.26 (0.22)
Empty calories (20)	9.91 (0.28)	11.12 (0.25)	12.88 (0.35)
Total HEI score (100)	49.48 (0.66)	53.67 (0.78)	63.50 (0.98)

¹Calculated using the population ratio method.

Data source: National Health and Nutrition Examination Survey, 2005-2006.

HEI-2010 Total and Component Scores¹ for Children, Adults, and Older Adults During 2007-2008

HEI-2010 Dietary Component (maximum score)	Children 2-17 years (n=2,839)	Adults 18-64 years (n=4,294)	Older Adults ≥ 65 years (n=1,396)
	Mean Score (standard error)		
Total fruit (5)	3.75 (0.23)	2.63 (0.14)	4.33 (0.16)
Whole fruit (5)	4.61 (0.35)	3.52 (0.20)	5.00 (0.00)
Total vegetables (5)	2.17 (0.07)	3.41 (0.11)	4.23 (0.09)
Greens and beans (5)	0.73 (0.12)	2.80 (0.19)	3.14 (0.25)
Whole grains (10)	1.84 (0.12)	1.97 (0.13)	3.26 (0.15)
Dairy (10)	8.49 (0.17)	5.68 (0.18)	6.15 (0.13)
Total protein foods (5)	4.53 (0.10)	5.00 (0.00)	5.00 (0.00)
Seafood and plant proteins (5)	2.44 (0.12)	3.55 (0.19)	4.13 (0.29)
Fatty acids (10)	2.95 (0.14)	4.19 (0.15)	4.54 (0.23)
Refined grains (10)	5.11 (0.24)	6.35 (0.12)	6.68 (0.20)
Sodium (10)	4.95 (0.23)	4.20 (0.13)	4.13 (0.24)
Empty calories (20)	10.23 (0.27)	11.00 (0.41)	13.53 (0.26)
Total HEI score (100)	51.82 (1.14)	54.30 (1.16)	64.12 (1.03)

¹Calculated using the population ratio method.

Data source: National Health and Nutrition Examination Survey, 2007-2008.