



Healthy Eating Index—2005



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THE HEALTHY EATING INDEX (HEI) is a measure of diet quality that assesses conformance to Federal dietary guidance. The original HEI was created by the U.S. Department of Agriculture (USDA) in 1995. Release of new Dietary Guidelines for Americans in 2005 motivated a revision of the HEI. The food group standards are based on the recommendations found in MyPyramid (see Britten *et al.*, *Journal of Nutrition Education and Behavior* 38(6S) S78-S92). The standards were created using a density approach, that is, they are expressed as a percent of calories or per 1,000 calories. The components of the HEI-2005 and the scoring standards are shown below.

Healthy Eating Index—2005 components and standards for scoring¹

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
Total Fruit (includes 100% juice)	5	≥0.8 cup equiv. per 1,000 kcal	No Fruit
Whole Fruit (not juice)	5	≥0.4 cup equiv. per 1,000 kcal	No Whole Fruit
Total Vegetables	5	≥1.1 cup equiv. per 1,000 kcal	No Vegetables
Dark Green and Orange Vegetables and Legumes ²	5	≥0.4 cup equiv. per 1,000 kcal	No Dark Green or Orange Vegetables or Legumes
Total Grains	5	≥3.0 oz equiv. per 1,000 kcal	No Grains
Whole Grains	5	≥1.5 oz equiv. per 1,000 kcal	No Whole Grains
Milk ³	10	≥1.3 cup equiv. per 1,000 kcal	No Milk
Meat and Beans	10	≥2.5 oz equiv. per 1,000 kcal	No Meat or Beans
Oils ⁴	10	≥12 grams per 1,000 kcal	No Oil
Saturated Fat	10	≤7% of energy ⁵	≥15% of energy
Sodium	10	≤0.7 gram per 1,000 kcal ⁵	≥2.0 grams per 1,000 kcal
Calories from Solid Fats, Alcoholic beverages, and Added Sugars (SoFAAS)	20	≤20% of energy	≥50% of energy

¹Intakes between the minimum and maximum levels are scored proportionately, except for Saturated Fat and Sodium (see note 5).

²Legumes counted as vegetables only after Meat and Beans standard is met.

³Includes all milk products, such as fluid milk, yogurt, and cheese, and soy beverages.

⁴Includes nonhydrogenated vegetable oils and oils in fish, nuts, and seeds.

⁵Saturated Fat and Sodium get a score of 8 for the intake levels that reflect the 2005 Dietary Guidelines, <10% of calories from saturated fat and 1.1 grams of sodium/1,000 kcal, respectively.

Using data from the National Health and Nutrition Examination Survey, 2001-2002, a psychometric evaluation found the HEI-2005 to satisfy several types of validity tests. Reliability analyses suggest that the individual components provide additional insight to that of the summary score. The HEI-2005 is a standardized tool that can be used in nutrition monitoring, interventions, and research. Further details on the development and evaluation of the HEI-2005 and population scores are available at www.cnpp.usda.gov/HealthyEatingIndex.htm.

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