Your Healthy Eating Index Report

The Healthy Eating Index is a way to see how the foods you ate on December 7, 2021 match eating goals in the Dietary Guidelines for Americans 2015-2020. The Guidelines recommend eating foods from different food groups (adequacy components) and limiting intake of certain types of food (moderation components) to meet nutrient needs, support a healthy body weight and reduce your risk for getting diseases like diabetes, heart disease and cancer.

Your Healthy Eating Index TOTAL SCORE is 53 out of 100

![Score Categories Diagram]

<table>
<thead>
<tr>
<th>Dietary Component</th>
<th>Your Score</th>
<th>Best Possible Score</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TOTAL SCORE</strong></td>
<td>53</td>
<td>100</td>
</tr>
<tr>
<td><strong>Adequacy Components</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fruits</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Whole Fruits</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Total Vegetables</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Greens &amp; Beans</td>
<td>2</td>
<td>5</td>
</tr>
<tr>
<td>Whole Grains</td>
<td>7</td>
<td>10</td>
</tr>
<tr>
<td>Dairy</td>
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<td>10</td>
</tr>
<tr>
<td>Total Protein Foods</td>
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<td>5</td>
</tr>
<tr>
<td>Seafood &amp; Plant Proteins</td>
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<td>5</td>
</tr>
<tr>
<td>Healthy Fats</td>
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<td>10</td>
</tr>
<tr>
<td><strong>Moderation Components</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Refined Grains</td>
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<td>10</td>
</tr>
<tr>
<td>Sodium</td>
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<td>10</td>
</tr>
<tr>
<td>Added Sugars</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<td>10</td>
</tr>
</tbody>
</table>

Your calorie intake on 12/07/2021: 1,351 calories
How can I improve my score?

Your Total Score is affected by the food choices you make. When you eat foods that match the goals in the Dietary Guidelines for Americans, your Total Score improves (higher score = better diet).

Here are suggestions for you based on your component scores. Follow the dietary advice listed under the “Big Changes Needed” and “Some Changes Needed” categories to improve your diet for good health.

**Big Changes Needed**

- **Greens & Beans**
  - Choose dark-green vegetables (like collard greens, spinach) and beans, peas and lentils.

- **Dairy**
  - Choose low or fat-free dairy foods and fortified soy beverages.

- **Healthy Fats**
  - Choose vegetable oils such as corn, canola, and olive. Limit foods made with animal fats (butter, lard) and tropical oils (coconut, palm). Choose lean meats and low fat dairy.

- **Sodium**
  - Choose foods that are lower in sodium. Read product labels to choose lower sodium products. Limit the amount of salt and salty seasonings and sauces added at the table and in cooking.

- **Saturated Fats**
  - Choose foods that are lower in saturated fats. Choose lean meats and low or non-fat dairy. Read product labels to choose foods that are low in saturated fat.

**Some Changes Needed**

- **Whole Grains**
  - Choose breads, pasta, tortillas, rice, and breakfast cereals made with whole grains like whole wheat flour, whole grain corn, and oatmeal.

- **Total Protein Foods**
  - Choose protein foods such as seafood, meat, poultry, eggs, beans, peas, lentils, nuts and soy products.

**On Track**

- **Total Fruits**
  - Choose fruits including those that are fresh, canned, frozen or dried and fruit juices.

- **Whole Fruits**
  - Choose whole fruits (fresh, canned, frozen, or dried).

- **Total Vegetables**
  - Choose fresh, frozen, canned, or dried vegetables and vegetable juices.

- **Seafood & Plant Proteins**
  - Choose seafood, nuts, seeds, soy products, and legumes (beans and peas).

- **Refined Grains**
  - Limit refined grain foods like white bread, white rice, and cereals made with non-whole grain flours. Choose whole grains instead.

- **Added Sugars**
  - Limit sugary foods and drinks like regular soda, sweetened coffee drinks, cakes, cookies, and candies. Read labels to choose food products low in added sugars.
Answers to Frequently Asked Questions

What is a good Healthy Eating Index Total Score?
A Total Score of
- 80 or higher indicates good diet quality
- 51-79 means diet needs improvement
- 50 or lower indicates poor diet quality

How does my Healthy Eating Index score compare to other Americans?
Your Healthy Eating Index total score: 53
Average Healthy Eating Index total score for Americans: 59

Resources
Visit MyPlate.gov to learn more about Dietary Guidelines for Americans and its recommendations.
Visit FDA.gov to learn how to read the Nutrition Facts Panel.
For tips on budget-friendly healthy foods and budget-friendly recipes download the ShopSimple with MyPlate app.
If you are struggling to afford healthy foods for your family visit FeedingAmerica.org to learn about food assistance programs.
To find a Registered Dietitian to help you in bettering your diet search the Academy of Nutrition and Dietetics Find an Expert database (www.eatright.org/find-a-nutrition-expert). Check with your health insurer to learn if the services of a dietitian may be covered by your plan.

IMPORTANT NOTE
This report reflects how you ate on December 7, 2021. Your Healthy Eating Index Total Score may be much higher or lower on other days if this day was different from how you typically eat.

Report Details
2015 version of the Healthy Eating Index is reported
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Report name: NDSR 2022 HEI 2015 Report