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

| 0 - 50 Big Changes Needed | 51 - 79 Some Changes Needed | 80 - 99 On Track | 100 |

YOUR HEALTHY EATING INDEX 2015 TOTAL AND COMPONENT SCORES

Dietary Component	Your Score	Best Possible Score	
TOTAL SCORE	**53**	**100**	53 / 100
Adequacy Components - Eat more of these to get a higher score			
Total Fruits	5	5	5
Whole Fruits	5	5	5
Total Vegetables	5	5	5
Greens & Beans	2	5	2 / 5
Whole Grains	7	10	7 / 10
Dairy	0	10	0 / 10
Total Protein Foods	3	5	3 / 5
Seafood & Plant Proteins	5	5	5
Healthy Fats	0	10	0 / 10
Moderation Components - Eat less of these to get a higher score			
Refined Grains	10	10	10
Sodium	0	10	0 / 10
Added Sugars	10	10	10
Saturated Fat	1	10	1 / 10

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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University of Minnesota
NDSR
Nutrition Data System for Research