

## Healthy Eating Index (HEI)-2010 Total and Individual Component Scores for the U.S. Food Supply, 1970-2010

Year	Adequacy components <sup>a</sup> (maximum score) <sup>b</sup>									Moderation components <sup>c</sup> (maximum score)			Total <b>HEI-2010 (100)</b>
	Total Fruit (5)	Whole Fruit (5)	Total Vegetables <sup>d</sup> (5)	Greens and Beans <sup>d</sup> (5)	Whole Grains (10)	Dairy <sup>e</sup> (10)	Total Protein Foods (5)	Seafood and Plant Proteins (5)	Fatty Acids <sup>f</sup> (10)	Refined Grains (10)	Sodium (10)	Empty Calories <sup>g</sup> (20)	
1970	1.8	2.5	3.0	1.4	2.9	5.6	5.0	2.5	3.3	8.7	0.0	11.8	48
1971	1.8	2.5	2.9	1.4	2.9	5.6	5.0	2.5	3.1	8.8	0.0	12.0	49
1972	1.7	2.3	2.9	1.3	2.8	5.5	5.0	2.6	3.4	9.0	0.0	11.8	48
1973	1.8	2.4	2.9	1.5	2.9	5.6	5.0	2.7	3.8	8.7	0.0	11.8	49
1974	1.8	2.4	2.9	1.2	2.9	5.4	5.0	2.6	4.0	8.7	0.0	12.5	49
1975	1.9	2.5	3.0	1.4	2.9	5.3	5.0	2.7	4.2	8.4	0.0	12.8	50
1976	1.9	2.4	2.9	1.3	2.8	5.2	5.0	2.6	4.4	8.4	0.0	12.7	50
1977	1.9	2.4	2.9	1.3	2.8	5.3	5.0	2.5	4.4	8.5	0.0	12.6	50
1978	1.9	2.5	2.8	1.1	2.8	5.2	5.0	2.7	4.7	8.4	0.0	12.7	50
1979	1.9	2.4	2.8	1.1	2.7	5.2	5.0	2.6	4.7	8.3	0.0	12.6	49
1980	2.0	2.5	2.8	1.1	2.7	5.1	5.0	2.4	4.6	8.2	0.1	12.9	49
1981	1.9	2.4	2.8	1.2	2.7	5.0	5.0	2.6	4.7	8.1	1.0	13.1	51

1982	2.0	2.5	2.9	1.5	2.7	5.1	5.0	2.7	5.0	8.1	1.0	13.1	52
1983	2.1	2.5	2.8	1.3	2.7	5.1	5.0	2.7	4.8	8.2	2.9	13.4	53
1984	2.0	2.5	2.9	1.2	2.7	5.1	5.0	2.7	4.8	8.1	2.7	12.7	52
1985	1.9	2.4	2.8	1.9	2.6	5.0	5.0	2.8	5.0	7.9	3.3	12.5	53
1986	2.0	2.5	2.8	1.6	2.6	5.0	5.0	2.9	4.8	7.7	3.2	12.9	53
1987	2.1	2.6	2.8	1.3	2.6	5.0	5.0	3.0	4.9	7.3	3.4	13.2	53
1988	2.0	2.6	2.8	1.7	2.7	5.0	5.0	3.0	5.1	7.2	2.4	13.3	53
1989	2.1	2.7	2.9	1.6	2.8	5.0	5.0	3.0	5.2	7.1	1.4	13.3	52
1990	1.9	2.5	2.9	1.4	2.8	5.1	5.0	3.1	5.4	6.9	0.2	13.1	50
1991	1.9	2.4	2.9	1.5	2.7	5.0	5.0	3.2	5.8	6.9	0.4	13.1	51
1992	1.9	2.6	2.9	1.6	2.7	5.0	5.0	3.1	6.0	6.9	0.0	12.9	51
1993	2.0	2.5	2.9	1.2	2.6	4.8	5.0	3.4	6.3	6.8	0.0	12.2	50
1994	2.0	2.5	2.9	1.5	2.6	4.9	5.0	3.2	6.2	6.7	0.0	12.3	50
1995	1.9	2.4	2.9	1.6	2.6	4.9	5.0	3.2	5.8	6.7	0.0	12.3	49
1996	2.0	2.4	2.9	1.3	2.6	4.9	5.0	3.3	6.0	6.3	0.0	12.6	49
1997	2.0	2.5	2.9	1.5	2.6	4.8	5.0	3.4	6.3	6.2	0.0	12.8	50
1998	2.0	2.5	2.9	1.7	2.5	4.8	5.0	3.1	5.7	6.4	0.0	12.6	49
1999	2.0	2.4	2.9	2.0	2.5	4.7	5.0	3.0	6.0	6.5	0.0	12.6	50

2000	1.9	2.3	2.7	1.7	2.4	4.5	5.0	3.5	6.7	6.8	0.0	11.6	49
2001	1.8	2.2	2.7	1.6	2.4	4.6	4.9	3.4	7.0	6.9	0.0	11.7	49
2002	1.8	2.2	2.7	1.8	2.3	4.5	5.0	3.4	7.3	7.2	0.0	12.1	50
2003	1.8	2.2	2.7	2.0	2.4	4.5	5.0	3.6	7.3	7.1	0.0	12.5	51
2004	1.8	2.3	2.8	2.2	2.3	4.6	5.0	3.5	7.1	7.2	0.0	12.5	51
2005	1.8	2.2	2.7	1.9	2.4	4.7	5.0	3.4	7.6	7.1	0.0	12.9	52
2006	1.8	2.3	2.7	2.3	2.4	4.6	5.0	3.4	7.3	7.0	0.0	13.6	52
2007	1.8	2.2	2.7	2.1	2.4	4.6	5.0	3.4	7.3	6.9	0.0	14.8	53
2008	1.8	2.3	2.5	1.9	2.4	4.6	5.0	3.6	7.3	6.8	0.0	15.2	53
2009	1.8	2.3	2.6	2.1	2.4	4.9	5.0	3.6	7.3	6.6	0.0	15.9	54
2010	1.8	2.3	2.6	2.1	2.4	4.8	5.0	3.8	7.3	6.7	0.3	15.7	55

<sup>a</sup> Higher scores are achieved through a greater supply relative to energy or a more appropriate balance in the case of Fatty Acids.

<sup>b</sup> Supplies between the minimum (zero points) and maximum standards are scored proportionately.

<sup>c</sup> Higher scores are achieved through a lower supply relative to energy.

<sup>d</sup> Beans and peas first count toward Total Protein Foods and Seafood and Plant Proteins; any amount available after the Total Protein Foods standard is met counts toward the Total Vegetables and Greens and Beans components.

<sup>e</sup> Includes calcium-fortified dairy alternatives.

<sup>f</sup> Ratio of polyunsaturated and monounsaturated fatty acids over saturated fatty acids.

<sup>g</sup> Includes calories from solid fats, alcohol, and added sugars; threshold for counting alcohol is >13 grams/1000 kcal.