

HEI-2015¹ Components and Scoring Standards

Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
Adequacy:			
Total Fruits ²	5	≥0.8 cup equivalent per 1,000 kcal	No Fruit
Whole Fruits ³	5	≥0.4 cup equivalent per 1,000 kcal	No Whole Fruit
Total Vegetables ⁴	5	≥1.1 cup equivalent per 1,000 kcal	No Vegetables
Greens and Beans ⁴	5	≥0.2 cup equivalent per 1,000 kcal	No Dark-Green Vegetables or Legumes
Whole Grains	10	≥1.5 cup equivalent per 1,000 kcal	No Whole Grains
Dairy ⁵	10	≥1.3 cup equivalent per 1,000 kcal	No Dairy
Total Protein Foods ⁴	5	≥2.5 cup equivalent per 1,000 kcal	No Protein Foods
Seafood and Plant Proteins ^{4,6}	5	≥0.8 cup equivalent per 1,000 kcal	No Seafood or Plant Proteins
Fatty Acids ⁷	10	(PUFAs + MUFAs)/SFAs ≥2.5	(PUFAs + MUFAs)/SFAs ≤1.2
Moderation:			
Refined Grains	10	≤1.8 ounce equivalent per 1,000 kcal	≥4.3 ounce equivalent per 1,000 kcal
Sodium	10	≤1.1 grams per 1,000 kcal	≥2.0 grams per 1,000 kcal
Added Sugars	10	≤6.5% of energy	≥26% of energy
Saturated Fats	10	≤8% of energy	≥16% of energy

¹ Intakes between the minimum and maximum standards are scored proportionately.

² Includes 100% fruit juice.

³ Includes all forms except juice.

⁴ Includes legumes (beans and peas).

⁵ Includes all milk products, such as fluid milk, yogurt, and cheese, and fortified soy beverages.

⁶ Includes seafood, nuts, seeds, soy products (other than beverages), and legumes (beans and peas).

⁷ Ratio of poly- and mono-unsaturated fatty acids (PUFAs and MUFAs) to saturated fatty acids (SFAs).