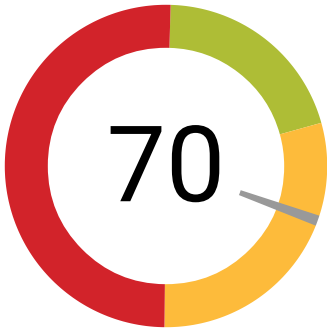


NAME 6/5/2025 REPORT DATE

5/5/2025 COMPLETED ON



HEI SCORE

- > 80 Good
- > 50 and <= 80 Improve
- <= 50 Poor

Your Healthy Eating Index (HEI) is a score calculated from food groups like fruits, vegetables, healthy fats, high sodium foods as well as other components. The score is from 0 to 100, 100 being the healthiest diet.

Needs Improvement

You may be surprised how small changes to your diet will help you improve your HEI score and your overall health.

Fill your plate with fruits, vegetables, and healthy fats. Foods with sodium, sugar and refined grains should be eaten in moderation.

Male
GENDER
50
AGE
3026
EER¹
1748
BMR²
25.1
BMI³
71 in. (180 cm)
HEIGHT
180 lbs. (81.6 kg)
WEIGHT
Moderately Active
ACTIVITY LEVEL

EER¹ Estimated Energy Requirement (EER) is the number of calories needed daily to maintain your current body weight. EER is calculated based on your age, height, weight, gender (including pregnancy or lactation if applicable), and activity level.
BMR² Basal metabolic rate (BMR) is the energy (kcal) required to perform basic, life-sustaining functions.
BMI³ Body mass index (BMI) is calculated from your height and weight. BMI is a reliable indicator of body fat for most people.

EATING PATTERNS NUTRIENTS

FRUIT 4.2 cups RECOMMENDED 2.0 cups	PROTEIN (101 g) 16 % of Calories RECOMMENDED 10 - 35 % of Calories	CARBOHYDRATE (351 g) 55 % of Calories RECOMMENDED 45 - 65 % of Calories	FAT (81 g) 29 % of Calories RECOMMENDED 20 - 35 % of Calories	SATURATED FAT (16 g) 6 % of Calories RECOMMENDED <= 10 % of Calories
VEGETABLES 5.4 cups RECOMMENDED 2.7 cups	ADDED SUGAR (29 g) 5 % of Calories RECOMMENDED <= 10 % of Calories	FIBER 45.3 g RECOMMENDED 38 g	TOTAL FOLATE 677 mcg RECOMMENDED 400 mcg	IRON 32.8 mg RECOMMENDED 8 mg
WHOLE GRAINS 1.1 ounces RECOMMENDED 3.7 ounces UNDER	CALCIUM 1148 mg RECOMMENDED 1000 mg	VITAMIN A (RAE) 1400 mcg RECOMMENDED 900 mcg	VITAMIN C 451 mg RECOMMENDED 90 mg	VITAMIN D 128 IU RECOMMENDED 600 IU UNDER

Note: Nutrient intakes shown here reflect only those from food and beverage sources (not from supplement intakes).