

John Doe

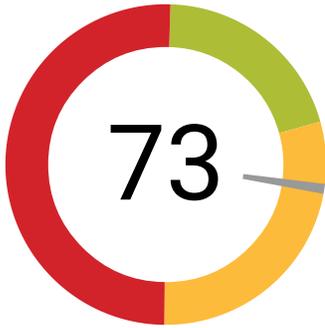
NAME

6/25/2025

REPORT DATE

6/25/2025

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.

Female
GENDER

58
AGE

2587
EER¹

1498
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

<p>FRUIT</p> <p>8.9 cups RECOMMENDED 3.5 cups</p>	<p>PROTEIN (198 g)</p> <p>18 % of Calories RECOMMENDED 10 - 35 % of Calories</p>	<p>CARBOHYDRATE (631 g)</p> <p>56 % of Calories RECOMMENDED 45 - 65 % of Calories</p>	<p>FAT (132 g)</p> <p>26 % of Calories RECOMMENDED 20 - 35 % of Calories</p>	<p>SATURATED FAT (35 g)</p> <p>7 % of Calories RECOMMENDED <= 10 % of Calories</p>
<p>VEGETABLES</p> <p>9.4 cups RECOMMENDED 4.8 cups</p>	<p>ADDED SUGAR (68 g)</p> <p>6 % of Calories RECOMMENDED <= 10 % of Calories</p>	<p>FIBER</p> <p>83.5 g RECOMMENDED 21 g</p>	<p>TOTAL FOLATE</p> <p>1054 mcg RECOMMENDED 400 mcg OVER</p>	<p>IRON</p> <p>39.4 mg RECOMMENDED 8 mg</p>
<p>WHOLE GRAINS</p> <p>2.2 ounces RECOMMENDED 6.5 ounces UNDER</p>	<p>CALCIUM</p> <p>1683 mg RECOMMENDED 1200 mg</p>	<p>VITAMIN A (RAE)</p> <p>3671 mcg RECOMMENDED 700 mcg OVER</p>	<p>VITAMIN C</p> <p>574 mg RECOMMENDED 75 mg</p>	<p>VITAMIN D</p> <p>405 IU RECOMMENDED 600 IU UNDER</p>

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