

## Comparing Versions of the HEI

	Construct	Max Points	Component	Standard for Maximum Points <sup>1</sup>			Standard for Minimum Score of Zero <sup>1</sup>			
				2005	2010	2015 & 2020	2005	2010	2015 & 2020	
<b>Adequacy</b>	Fruits	10	Total Fruits	≥0.8 c equivalents (5 points)			No fruits			
			Whole Fruits	≥0.4 c equivalents (5 points)			No whole fruits			
	Vegetables	10	Total Vegetables	≥1.1 c equivalents (5 points)			No vegetables			
			Dark Green/Orange Vegetables & Legumes	≥0.4 c equivalents (5 points)	---		No dark green/orange vegetables or legumes	---		
			Greens & Beans	---	≥0.2 c equivalents (5 points)		---	No dark green vegetables or legumes <sup>2</sup>		
	Grains	10	Total Grains	≥3.0 oz equivalents (5 points)	---		No grains	---		
			Whole Grains <sup>3</sup>	≥1.5 oz equivalents (5 points)	≥1.5 oz equivalents (10 points)		No whole grains			
	Dairy	10	Milk/Dairy <sup>4</sup>	≥1.3 c equivalents (10 points)			No dairy			
	Protein Foods	10	Meat & Beans	≥2.5 oz equivalents (10 points)	---		No meat or beans	---		
			Total Protein Foods	---	≥2.5 oz equivalents (5 points)		---	No protein foods		
			Seafood & Plant Proteins	---	≥0.8 oz equivalents (5 points)		---	No seafood or plant proteins		
	Fats	10	Oils	≥12 gram oil (10 points)	---		No Oil	---		
			Fatty Acid Ratio	---	(PUFAs + MUFAs)/SFAs <sup>5</sup> ≥2.5 (10 points)		---	(PUFAs + MUFAs)/SFAs <sup>5</sup> ≤1.2		
<b>Moderation</b>	Refined Grains	10	Refined Grains	---	≤1.8 oz equivalents (10 points)		---	≥4.3 oz equivalents		
	Sodium	10	Sodium	≤0.7 gram (10 points) <sup>6</sup>	≤1.1 gram (10 points)		≥2.0 grams			
	Empty Calories	20	SoFAAs <sup>7</sup> (2005) Empty Calories (2010)	≤20% of energy (20 points)	≤19% of energy (20 points)	---		≥ 50% of energy		---
			Added Sugars	---		≤6.5% of energy (10 points)		---		≥26% of energy
			Saturated Fats	≤7% of energy (10 points) <sup>6</sup>	---	≤8% of energy (10 points)	≥15% of energy	---	≥16% of energy	

- 1:** All standards represent amounts per 1,000 kcal (sometimes shown as percentage of energy) except for Fatty Acids.
- 2:** Legumes includes dry beans and peas.
- 3:** Whole grains received a maximum of 5 points in HEI-2005; it received a maximum of 10 points in HEI-2010 and HEI-2015.
- 4:** Component name was Milk in HEI-2005 and was Dairy in HEI-2010 and HEI-2015.
- 5:** PUFAs = polyunsaturated fatty acids; MUFAs = monounsaturated fatty acids; SFAs = saturated fatty acids.
- 6:** In 2005, the Sodium and Saturated Fats components had three standards each, corresponding to scores of 0, 8, and 10 points. Only minimum and maximum standards are shown here.
- 7:** SoFAAS = Solid fats, alcohols, and added sugars.