

**DHQIII** Diet  
History  
Questionnaire



**Your Healthy Eating Index (HEI)  
Report**

**Study Title**

# Your HEI report

Below is a report about your total diet quality score. This score is compiled from the information you provided about items you ate and drank.

The report is divided into two parts:

- 1) Eat For Good Health: these are the foods and drinks that you need to have more of
- 2) Limit For Good Health: these are the foods and drinks that you should have less of

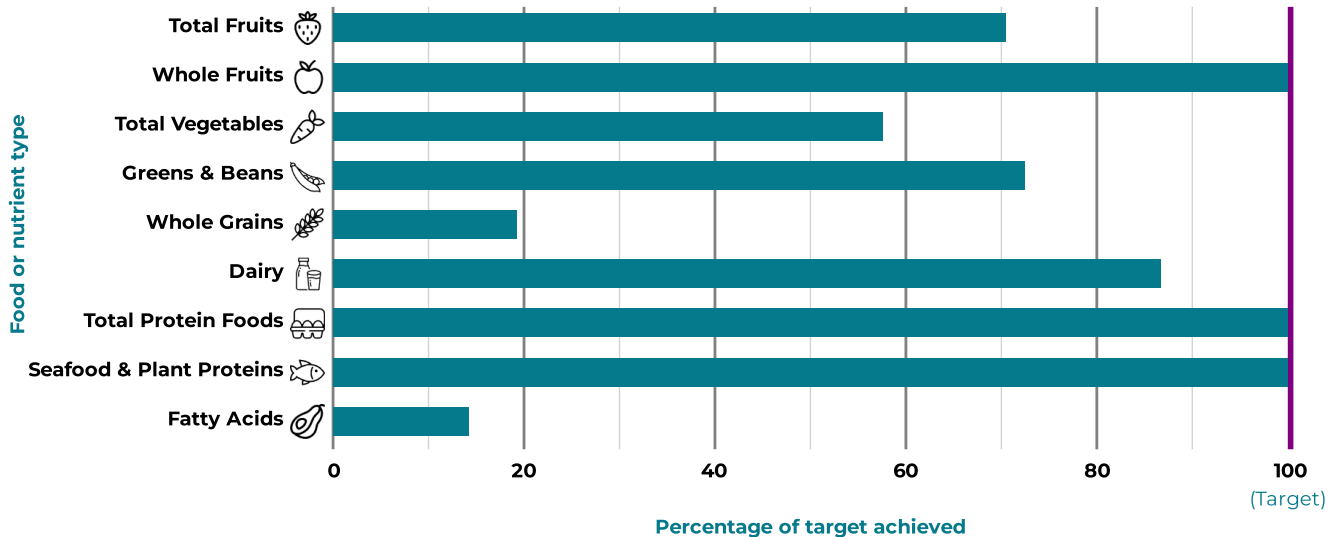
Keep in mind that your score could be low because you are eating too many high-calorie foods. Or it could be low because you are not eating enough of certain foods, such as fruit. To improve your score, you may need to cut back on sugary foods and drinks, fried foods, desserts, and other high-calorie items. And you may need to eat more healthy foods like fruits, vegetables, and whole grains.

## Overall diet quality score (out of 100): 58

The overall score is the sum of the score of foods to limit for good health and foods to eat more of for good health.

### EAT

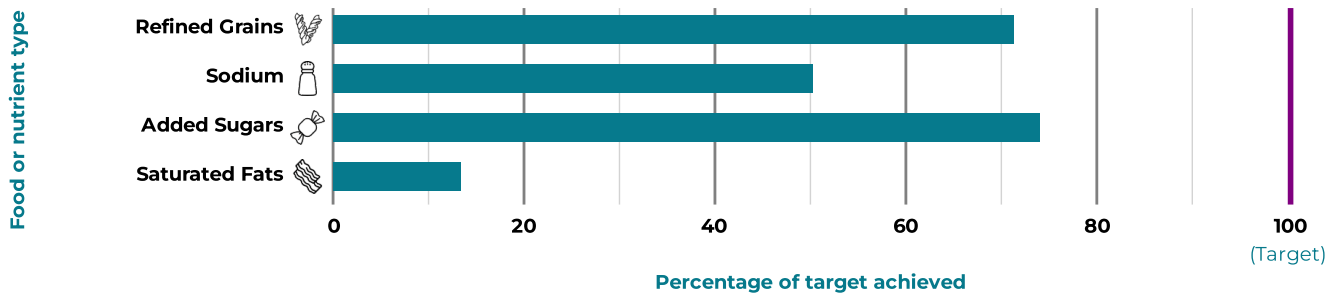
FOR GOOD HEALTH



The more that you eat these foods, the higher your score.

### LIMIT

FOR GOOD HEALTH



The more that you limit eating these foods, the higher your score.

## CHANGES YOU SHOULD MAKE



### TOTAL VEGETABLES

Measures all of the vegetables you eat. The score for total vegetables includes Greens & Beans plus all other vegetables you eat.

- **Based on the foods you reported:** You should eat more vegetables each day.
- **Take action:** Be sure to eat many servings of vegetables every day. See the Greens and Beans section of your report for other actions you should take.



### WHOLE GRAINS

Measures whether you are eating enough whole grains in your diet. Whole grains like brown rice and whole wheat breads have more nutrients and fiber. Refined grains are foods made with white flour and have less fiber. Other good sources of whole grains are popcorn, oats, and whole grain cereals like Raisin Bran.

- **Based on the foods you reported:** Your whole grain intake should change.
- **Take action:** Swap some of your refined grains with whole grains. For example, try brown rice instead of white rice or whole wheat bread rather than white bread. At least half of the grains you eat should be whole grains.



### FATTY ACIDS

Measures the amount of healthy unsaturated fats compared to the amount of unhealthy saturated fats. Experts advise that your total fat intake include a higher amount of healthy unsaturated fats compared to unhealthy saturated fats.

- **Based on the foods you reported:** Your combination of unsaturated and saturated fats intake should change.
- **Take action:** Eat more nuts, seeds, seafood, and oils. Eat fewer meats with unhealthy fat (such as ground beef) and full-fat dairy products (such as whole milk, and cheeses and yogurts made from whole milk).

## CHANGES YOU COULD MAKE



### TOTAL FRUITS, including juice

Measures all fruits, including juices, that you ate and drank. Examples of whole fruits include apples, oranges, and strawberries. Examples of fruits juices are apple juice and orange juice.

- **Based on the foods you reported:** You could eat more fruit each day.
- **Take action:** Eat more fruit each day, with a focus on eating whole fruit rather than drinking fruit juice.



### GREENS & BEANS

Measures leafy green vegetables (like broccoli, spinach, and lettuce) and beans (like black beans and chickpeas).

- **Based on the foods you reported:** You could eat more greens and beans each day.
- **Take action:** Be sure to eat many servings of vegetables every day. Try to eat dark green vegetables or beans at least a few times each week.



### DAIRY

Measures dairy sources, including milk, cheese, yogurt, or fortified soy drinks. These dairy products contain important nutrients such as calcium.

- **Based on the foods you reported:** Your dairy intake could change.
- **Take action:** Eat more dairy each day by eating 2 to 3 servings of low-fat dairy daily.

## YOU ARE DOING GREAT



### WHOLE FRUITS, not including juice

Measures intake of fruit, not including juices. Whole fruits like apples, oranges, and strawberries have more fiber than fruit juice.

- **Based on the foods you reported:** Your whole fruit intake is great!
- **Take action:** Keep up the good work by eating plenty of whole fruits each day.



### TOTAL PROTEIN FOODS

Measures most major protein foods you eat, like meat, eggs, seafood, and plant proteins (beans and soy foods).

- **Based on the foods you reported:** The total amount of protein foods you ate is great!
- **Take action:** Keep up the good work by continuing to eat protein foods from a variety of sources.



### SEAFOOD & PLANT PROTEINS

Measures the protein from seafood (like fish and shellfish) and plant proteins (like beans, peas, nuts, seeds, and soy foods).

- **Based on the foods you reported:** Your intake of seafood and/or plant proteins is great!
- **Take action:** Keep up the good work by eating seafood and/or plant proteins.

## CHANGES YOU SHOULD MAKE



### SODIUM

Measures the sodium (salt) in the foods you ate. Sodium is often found in high amounts in canned and processed foods, salty snacks, soups, condiments, sliced deli meats, pizza, and restaurant foods. Also, foods that have moderate amounts of sodium, such as bread and cheese, can add large amounts of sodium when eaten often.

- **Based on the foods you reported:** your sodium intake should change.
- **Take action:** Eat less than 2,300 milligrams of sodium (one teaspoon) daily. Limit foods that are high in sodium by reading the label of foods you often eat. Also, try not to add salt to your food.



### SATURATED FATS

Measures the amount of unhealthy saturated fats in the foods you eat. Often, unhealthy fats are found in butter, red meat, sausages, pastries, fried foods, and full-fat dairy foods like whole milk, cheese, and ice cream.

- **Based on the foods you reported:** your saturated fats intake should change.
- **Take action:** Aim to have less than 10% of your total calories come from saturated fats (less than 20 grams daily in a 2,000-calorie diet). It helps to limit foods like butter, red meat, sausages, pastries, and full-fat dairy foods like whole milk, cheese, and ice cream. When eating dairy and meat, look for reduced-fat options at the store, such as low-fat yogurt, lean cuts of meat, and white meat like chicken breast.

## CHANGES YOU COULD MAKE



### REFINED GRAINS

Measures the amount of refined grains you are eating. Refined grains are found in foods such as white bread and rolls, pasta, white rice, flour tortillas, and desserts made with white flour. Experts advise eating limited amounts of refined grains. Instead include whole grain foods like brown rice or whole wheat bread products in your diet.

- **Based on the foods you reported:** Your refined grains intake could change.
- **Take action:** Limit the amount of refined grains you eat. Eat whole grain foods at least half of the time that you eat grains.



### ADDED SUGARS

Measures the amount of calories you eat and drink that come from foods with added sugars. This includes more than just the sugar you put in beverages like coffee or tea. Sugar is also added to processed foods such as cereal, yogurt, desserts, and soft drinks. Experts advise avoiding added sugars as much as possible.

- **Based on the foods you reported:** Your added sugars intake could change.
- **Take action:** Limit added sugars to less than 10% of your total calories (less than 50 grams of sugar daily in a 2,000-calorie diet or roughly less than 12.5 teaspoons). You can do this by avoiding sugar-sweetened drinks, desserts, and other foods with added sugars.

## Resources

For more information, visit <https://www.dietaryguidelines.gov/resources/consumer-resources>, which has links to resources such as:

- **Dietary Guidelines for Americans, 2020–2025:** This consumer brochure helps you make every bite count, with simple tips that set you on a path to healthy eating. The benefits of healthy eating add up over time, bite by bite.
- **MyPlate Introduction:** Get inspiration and ideas that you can easily incorporate into your life to help improve overall health and well-being over time. Starting simple can lead to realistic and positive lifestyle changes to achieve a longer and healthier life.
- **MyPlate Plan:** Not sure where to get started on your path to healthy eating? The MyPlate Plan gives you your personal food group targets—what and how much to eat within your calorie allowance. Your food plan will be personalized to you, based on your age, sex, height, weight, and physical activity level.
- **Healthfinder.gov:** Get tips on how to eat healthy on a budget, plan ahead to save time, and eat healthy away from home.
- **Nutrition Education:** Explore materials about menu labeling and the Nutrition Facts label.
- **FoodSafety.gov:** Learn more about how to keep food safe to eat.

Custom text may appear here.

