

Dietary Constituents for HEI-2020

HEI Component	Dietary Constituents ¹	Additional Information
From FPED² (or other food-based database)		
Total Fruits	Total Fruits in cup equivalents	Includes whole fruits and fruit juice.
Whole Fruits	Citrus, Melons, Berries + Other Intact Fruits in cup equivalents	Excludes fruit juice.
Total Vegetables	Total Vegetables + Legumes (Beans and Peas) in cup equivalents	
Greens and Beans	Dark Green Vegetables + Legumes (Beans and Peas) in cup equivalents	
Whole Grains	Whole Grains in ounce equivalents	
Dairy	Total Dairy in cup equivalents	Includes all milk products (e.g., fluid milk, yogurt, and cheese). Includes fortified soy milk. Excludes other plant-based milks.
Total Protein Foods	Total Meat, Poultry, and Seafood (including organ meats and cured meats) + Eggs + Nuts and Seeds + Soy + Legumes (Beans and Peas) in ounce equivalents	Excludes fortified soy milk (which is included in Dairy). Does not include protein from all sources (e.g., does not include protein from dairy); rather, this component includes foods considered to be part of the food group Protein Foods. Lean fraction only (saturated/solid fats are counted separately).
Seafood and Plant Proteins	Seafood (high in omega-3) + Seafood (low in omega-3) + Soy + Nuts and Seeds + Legumes (Beans and Peas) in ounce equivalents	Excludes fortified soy milk (which is included in Dairy).
Refined Grains	Refined Grains in ounce equivalents	
Added Sugars	Added Sugars	Includes caloric sweeteners and syrups used as sweeteners in other food products, and sugar added in food preparation, processing, and at the table. Teaspoon equivalents are converted to energy (kcal) in the scoring process.

HEI Component	Dietary Constituents ¹	Additional Information
From FNDDS³ (or other nutrient database)		
Energy	Energy (kilocalories)	Energy from foods and drinks, including alcohol. Does not include energy from supplements or nutritional supplement beverages or formulas. Does not include energy from human milk or infant/toddler formula.
Sodium	Sodium	Sodium is converted from milligrams to grams in scoring process.
Saturated Fats	Total Saturated Fatty Acids	Saturated fats are calculated in grams but converted to energy (kcal) in the scoring process.
Fatty Acids	(Total Monounsaturated Fatty Acids + Total Polyunsaturated Fatty Acids)/Total Saturated Fatty Acids	Calculated as a ratio.

¹ = Dietary constituents in this table come from the Food Patterns Equivalents Database (FPED) and the Food and Nutrient Database for Dietary Studies (FNDDS).

² = See the [FPED overview](#). Detailed information about the FPED food groups can be found in [FPED documentation](#).

³ = See the [FNDDS overview](#). Detailed information about the FNDDS food groups can be found in [FNDDS documentation](#).