

## Evaluating Dietary Quality in Diet Counselling: Progress Update

**Supplementary Table 1. Comparison of Scoring Components of Healthy Eating Index (HEI) and its Adaptations**

	HEI 1995	HEI-C 1995	HEI-C 2005	AHEI 2002	AHEI 2010 <sup>a</sup>	HEI-2005 <sup>b</sup>	HEI-2010 <sup>b</sup>	HEI-2015 <sup>b</sup>
<b>Adequacy</b>								
<b>Fruits and fruit subgroups</b>								
Total Fruit - standard	2 to 4 svgs			≥ 4 svgs		≥ 0.8 c/ 1000 kcal	≥ 0.8 c/ 1000 kcal	≥ 0.8 c/ 1000 kcal
max score	10			10		5	5	5
Whole fruit			0.8 to 2.1 svgs		≥ 4 svgs (≥2 cups)	≥ 0.4 c/ 1000 kcal	≥ 0.4 c/ 1000 kcal	≥ 0.4 c/ 1000 kcal
max score			5		10	5	5	5
<b>Vegetables and vegetable subgroups</b>								
Total vegetables	3 to 5 svgs			≥ 5 svgs	≥ 5 svgs (≥2.5 cups)	≥ 1.1 c/ 1000 kcal	≥ 1.1 c/ 1000 kcal	≥ 1.1 c/ 1000 kcal
max score	10			10	10	5	5	5
Dark Green and orange vegetables and legumes			0.8 to 2.1 svgs			≥ 0.4 c/ 1000 kcal		
max score			5			5		
Greens and beans							≥ 0.2 c/ 1000 kcal	≥ 0.2 c/ 1000 kcal
max score							5	5
Total Vegetables and Fruits		5 to 10 svgs	4 to 10 svgs					
max score		20	10					
<b>Grains and grains subgroups</b>								
Total grains	6 to 11 svgs	5 to 12 svgs	3 to 8 svgs			≥ 3 oz/ 1000 kcal		
max score	10	10	5			5		

## Evaluating Dietary Quality in Diet Counselling: Progress Update

	HEI 1995	HEI-C 1995	HEI-C 2005	AHEI 2002	AHEI 2010 <sup>a</sup>	HEI-2005 <sup>b</sup>	HEI-2010 <sup>b</sup>	HEI-2015 <sup>b</sup>
Whole grains			1.5 to 4 svgs	15 g	W: 75 g M: 90 g	≥ 1.5 oz/ 1000 kcal	≥ 1.5 oz/ 1000 kcal	≥ 1.5 oz/ 1000 kcal
max score			5	10	10	5	10	10
<b><i>Milk and Dairy Products</i></b>								
Milk / dairy	2 to 3 svgs	2 svgs	2 to 4 svgs			≥ 1.3 c/ 1000 kcal	≥ 1.3 c/ 1000 kcal	≥ 1.3 c/ 1000 kcal
max score	10	10	10			10	10	10
<b><i>Meat and beans and total protein foods and protein subgroups</i></b>								
Meat and beans	2 to 3 svgs	2 to 3 svgs	1 to 3 svgs			≥ 2.5 oz/ 1000 kcal		
max score	10	10	10			10		
Total protein foods							≥ 2.5 oz/ 1000 kcal	≥ 2.5 oz/ 1000 kcal
max score							5	5
Seafood and plant proteins							≥ 0.8 oz/ 1000 kcal	≥ 0.8 oz/ 1000 kcal
max score							5	5
Nuts and legumes				1 svg	≥ 1oz			
max score				10	10			
Red and/or processed meats				white:red 0 vs >4	≤ 1.5 svg			
max score				10	10			
<b><i>Oils and fatty acids subgroups</i></b>								
Oils			30-45 g unsaturated			≥ 12g/ 1000 kcal		
max score			10			10		

## Evaluating Dietary Quality in Diet Counselling: Progress Update

	HEI 1995	HEI-C 1995	HEI-C 2005	AHEI 2002	AHEI 2010 <sup>a</sup>	HEI-2005 <sup>b</sup>	HEI-2010 <sup>b</sup>	HEI-2015 <sup>b</sup>
Fatty acids				PUFA:SFA ≤ 0.1 vs ≥ 1	PUFA ≤ 2 vs ≥10% kcal		(PUFA + MUFA)/SFA ≥ 2.5 vs ≤1.2	(PUFA + MUFA)/SFA ≥ 2.5 vs ≤1.2
max score				10	10		10	10
Trans fat				≥ 4% vs ≤ 0.5% kcal	≥ 4% vs ≤0.5% kcal			
max score				10	10			
Omega-3 fats					250 mg			
max score					10			
<b>Moderation</b>								
Total fat	≤ 30% vs ≥ 45% kcal	≤ 30% vs ≥ 45% kcal						
max score	10	10						
Saturated Fats - max/min standard	≤ 10% vs ≥ 15% kcal	≤10% vs ≥ 15% kcal	7 to 15% kcal			≤7 vs ≥15% kcal		≤8 vs ≥16% kcal
max score	10	10	10			10		10
Cholesterol	≤ 300 vs ≥ 450 mg	≤ 300 vs ≥ 450 mg						
max score	10	10						
Refined grains							≤1.8 vs ≥4.3 equiv/ 1000 kcal	≤1.8 vs ≥4.3 equiv/ 1000 kcal
max score							10	10
Sodium	≤ 2.4 vs ≥ 4.8 g	≤ 2.4 vs ≥ 4.8 g	AI to UL		lowest to highest decile	≤0.7 vs ≥2.0 g/ 1000 kcal	≤1.1 vs ≥2.0g/ 1000 kcal	≤1.1 vs ≥2.0 g/ 1000 kcal
max score	10	10	10		10	10	10	10

## Evaluating Dietary Quality in Diet Counselling: Progress Update

	HEI 1995	HEI-C 1995	HEI-C 2005	AHEI 2002	AHEI 2010 <sup>a</sup>	HEI-2005 <sup>b</sup>	HEI-2010 <sup>b</sup>	HEI-2015 <sup>b</sup>
Empty calories (solid fat, alcohol, added sugar)			<5 vs >40% kcal			≤20 vs ≥50% kcal	≤19% vs ≥50% kcal	
max score			20			20	20	
<b>Other Dimensions</b>								
Variety	≥ 8 vs ≤ 3 items/d	≥ 1 svg each food group vs < all food groups						
max score	10	10						
Multivitamin use				<5 y to ≥5 y				
max score				10				
Added sugars								≤6.5 vs ≥26% kcal
max score								10
Sugar Sweetened Beverages, juice					< 8 oz			
max score					10			
Alcohol				W: 0.5-1.5 vs ≥ 2.5 drinks M: 0.5-2 vs ≥ 3.5 drinks	W: 0.5-1.5 vs ≥ 2.5 drinks M: 0.5-2 vs ≥ 3.5 drinks			
max score				10	10			
<b>Total score</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>90</b>	<b>110</b>	<b>100</b>	<b>100</b>	<b>100</b>

Notes: PUFA = polyunsaturated fatty acid, SFA = saturated fatty acid, MUFA = monounsaturated fatty acid. <sup>a</sup>Wang DD, Leung CW, Li Y, Ding EL, Chiuve SE, Hu FB, Willett WC. Trends in dietary quality among adults in the United States, 1999 through 2010. JAMA Intern Med. 2014 Oct;174(10):1587-95. <sup>b</sup>National Cancer Institute. Developing the Healthy Eating Index; 2020 (cited 2021 May 4). Available from: <https://epi.grants.cancer.gov/hei/developing.html>