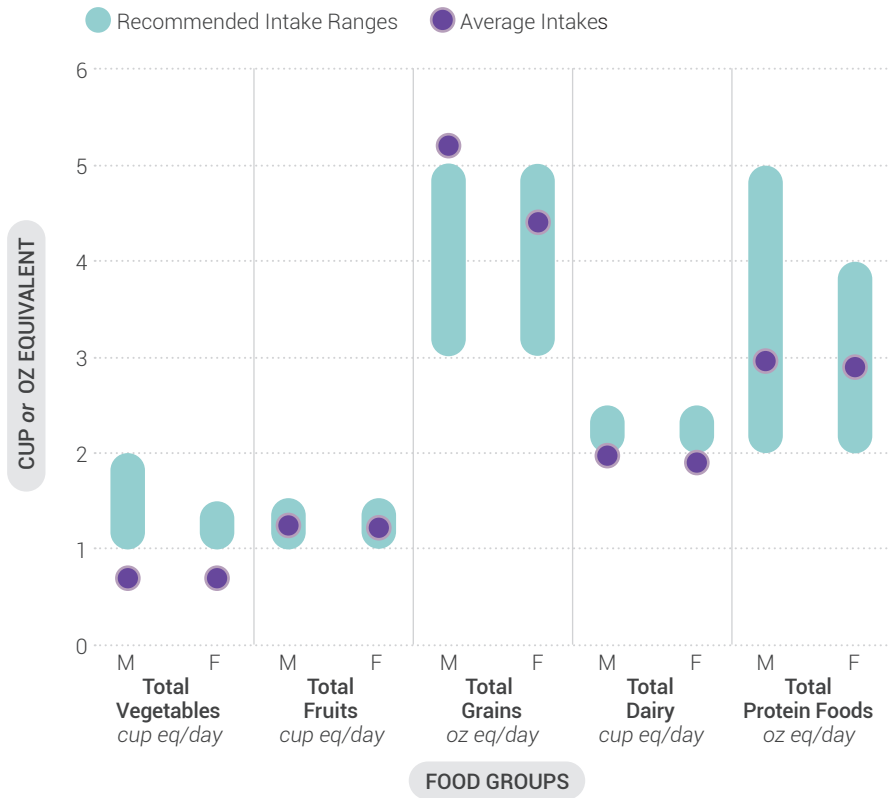
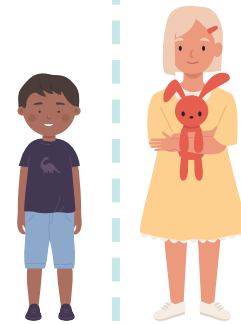


Current Intakes: Ages 2 Through 4

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

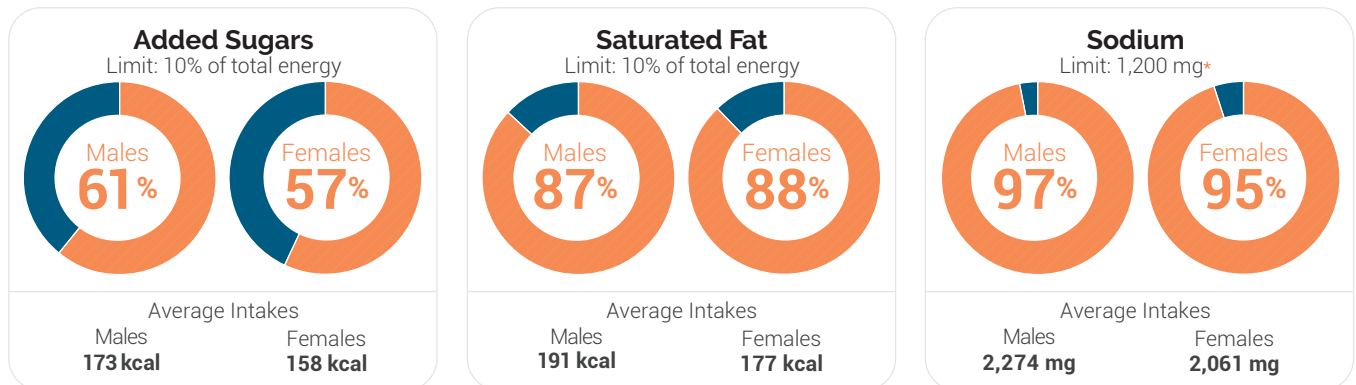


Healthy Eating Index Score (on a scale of 0-100)



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

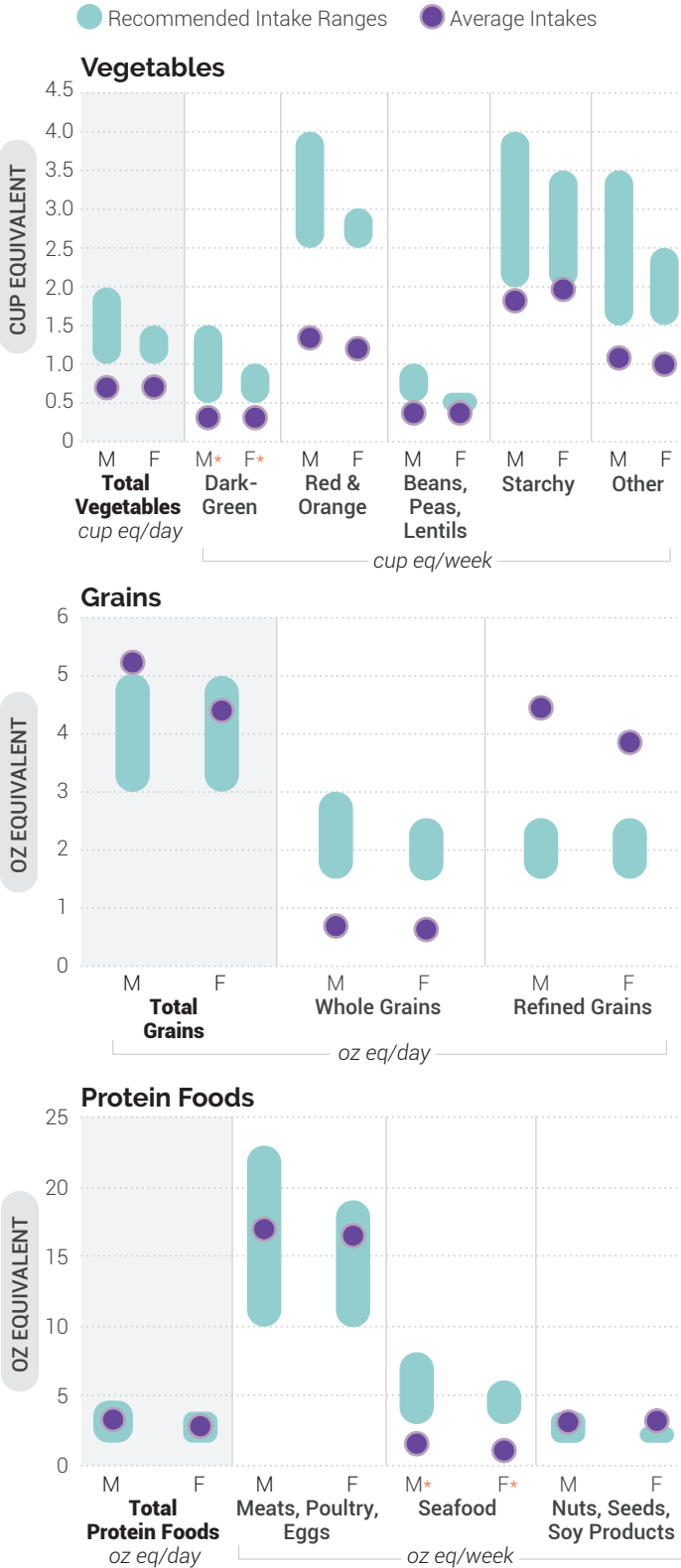
● Exceeding Limit ● Within Recommended Limit



*NOTE: Children ages 2 through 3 should reduce sodium intake if above 1,200 mg/day and those age 4 should reduce intake if above 1,500 mg/day.

Data Sources: Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2015-2016, day 1 dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3). Percent Exceeding Limits: What We Eat in America, NHANES 2013-2016, 2 days dietary intake data, weighted.

Average Intakes of Subgroups Compared to Recommended Intake Ranges: Ages 2 Through 4



Data Sources: *Average Intakes:* Analysis of What We Eat in America, NHANES NHANES 2015-2016, day 1 dietary intake data, weighted.
Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

*NOTE: Estimates may be less precise than others due to small sample size and/or large relative standard error.