Current Intakes: Ages 60 and Older

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

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

63

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

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 60 and Older

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).