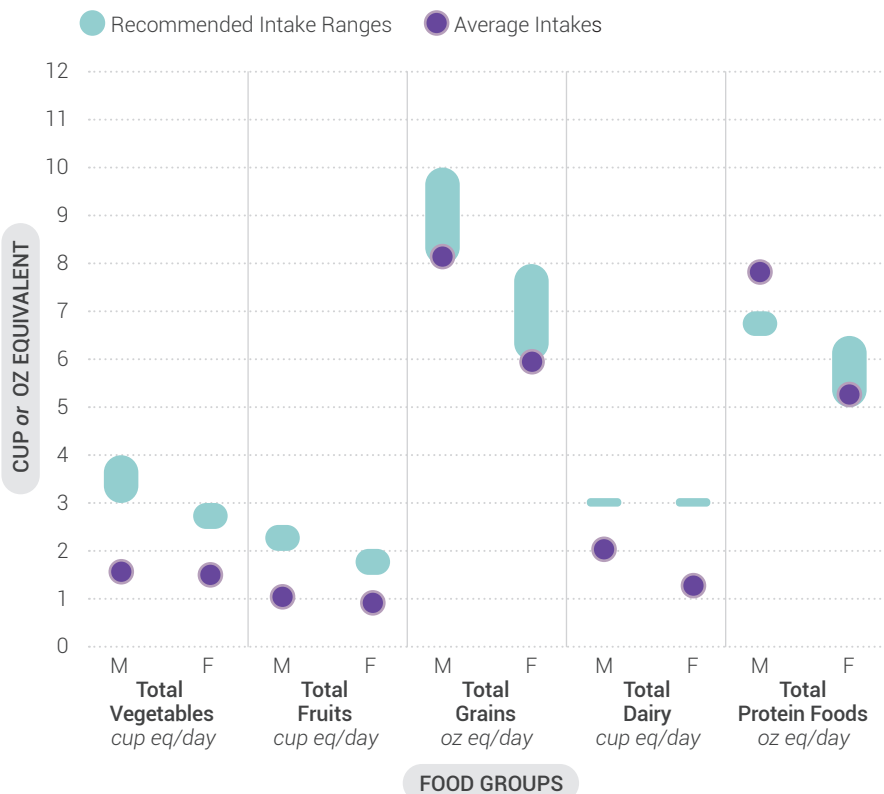


# Current Intakes: Ages 19 Through 30

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

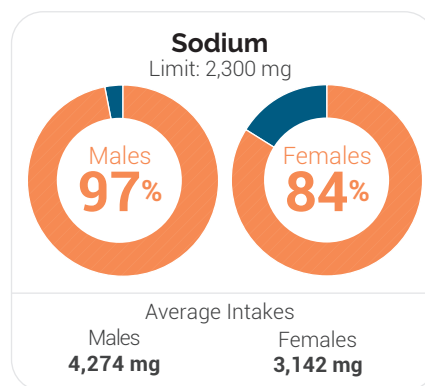
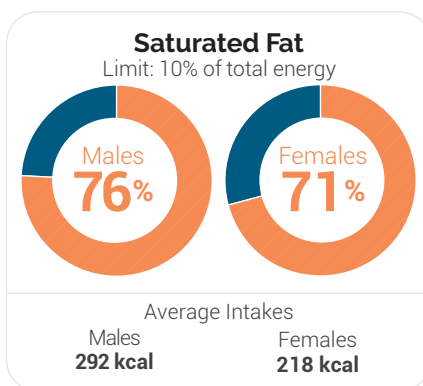
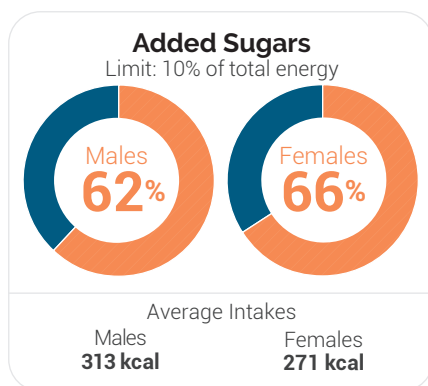


Healthy Eating Index Score (on a scale of 0-100)



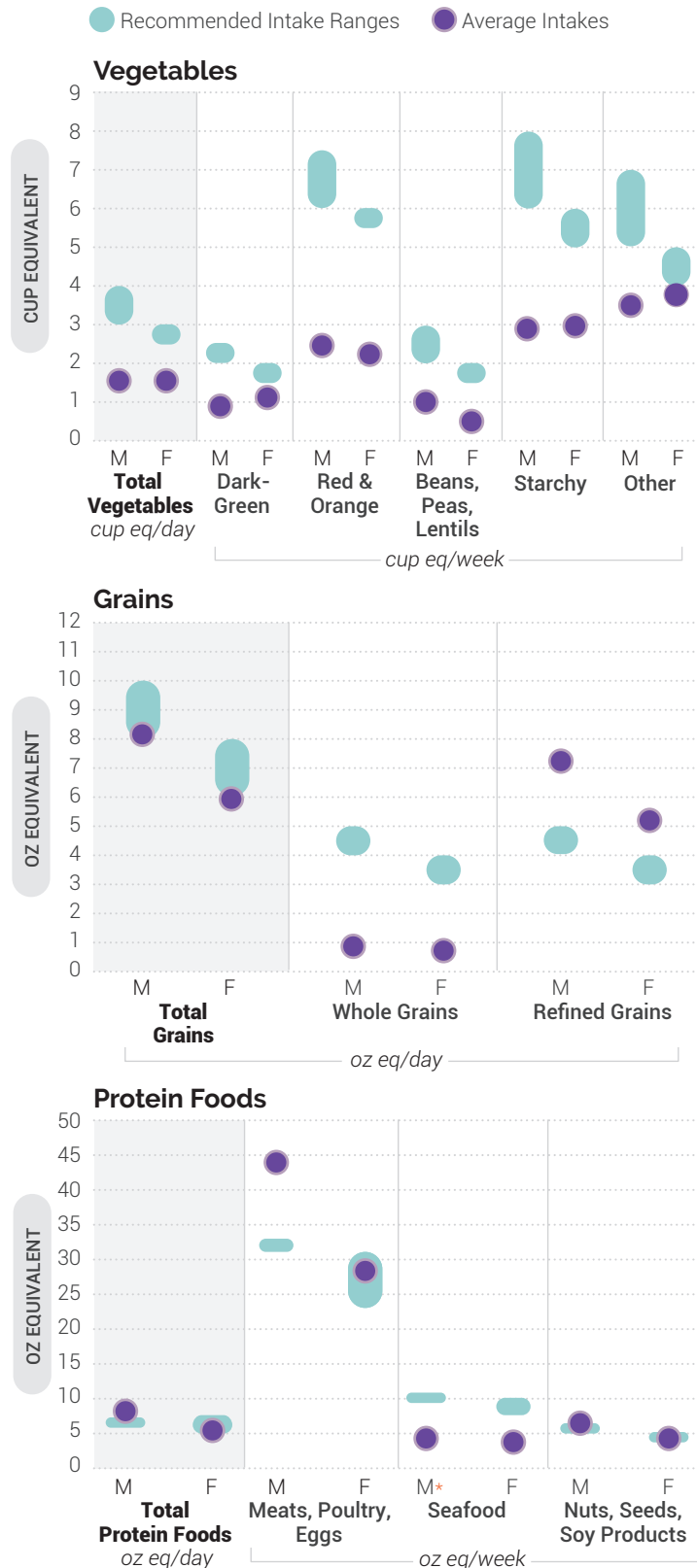
Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit



**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 19 Through 30



**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.