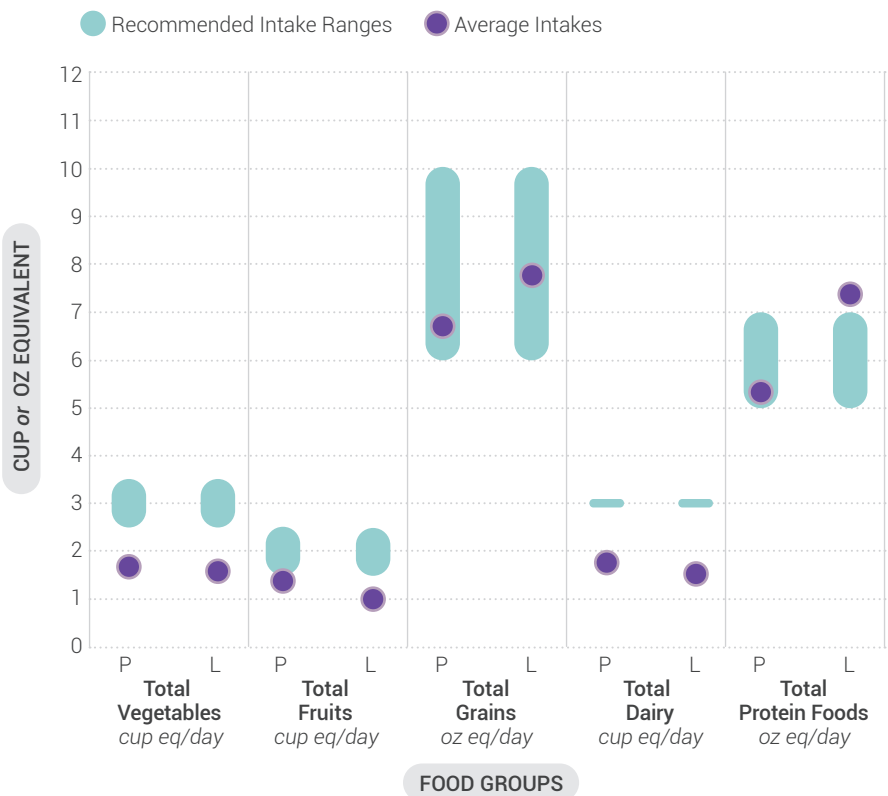
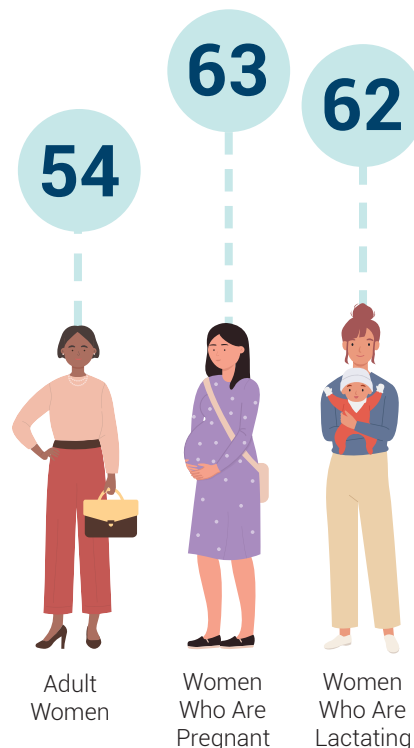


Current Intakes: Women Who Are Pregnant or Lactating

Average Daily Food Group Intakes Compared to Recommended Intake Ranges

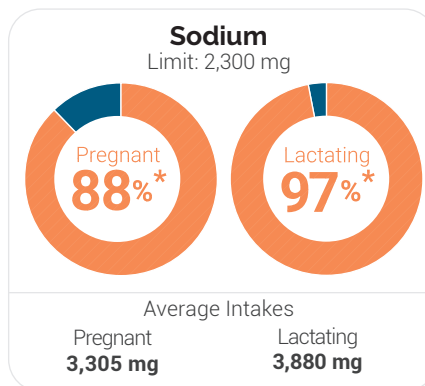
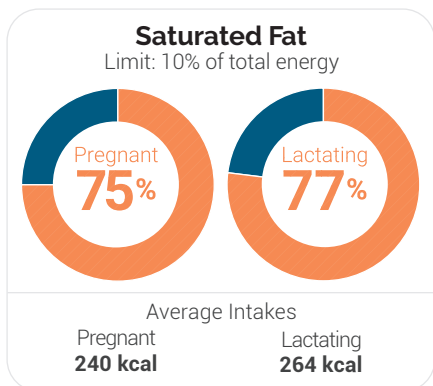
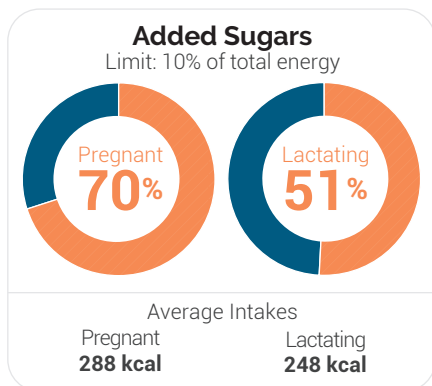


Healthy Eating Index Score (on a scale of 0-100)



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

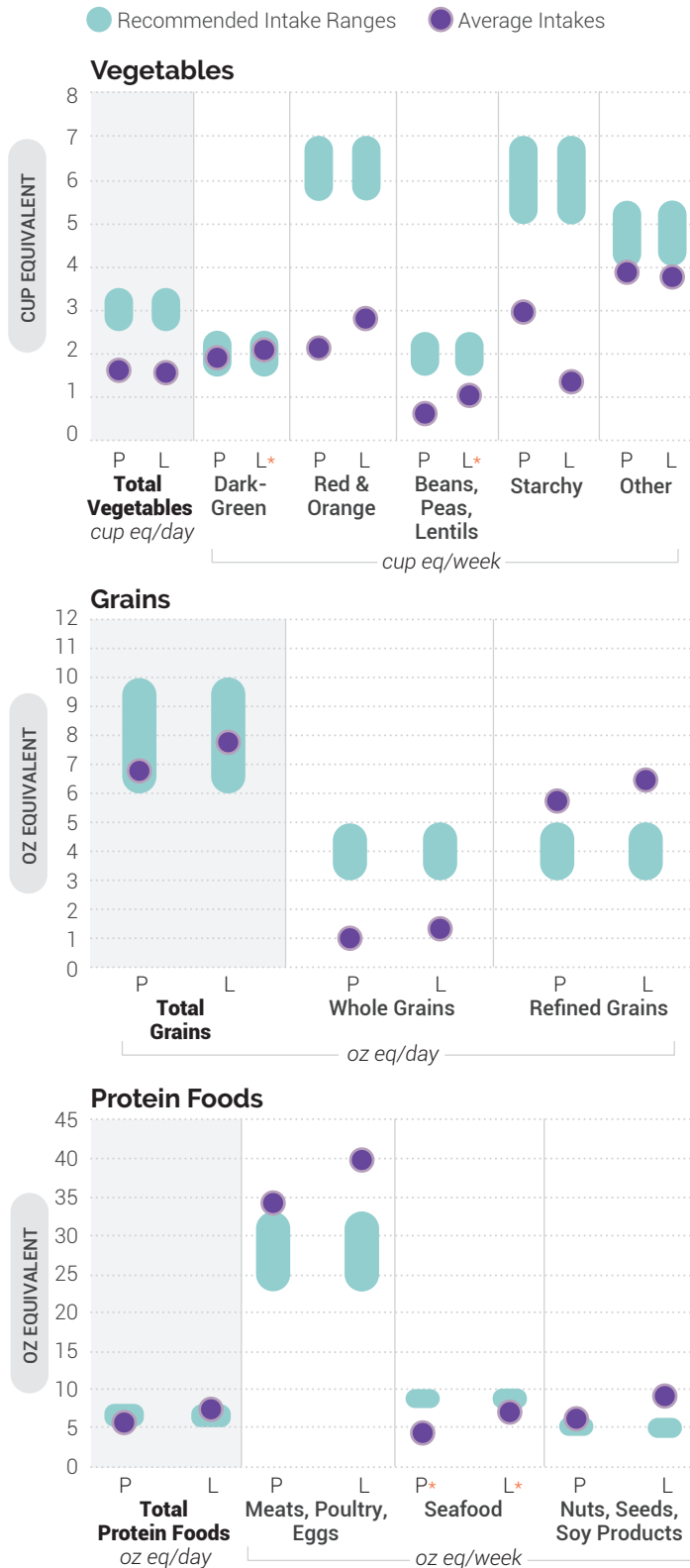
● Exceeding Limit ● Within Recommended Limit



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

Data Sources: Average Intakes and HEI-2015 Scores: Analysis of What We Eat in America, NHANES 2013-2016, women ages 20-44, 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: Women Who Are Pregnant or Lactating



Data Sources: *Average Intakes:* Analysis of What We Eat in America, NHANES 2013-2016, women ages 20-44, 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.