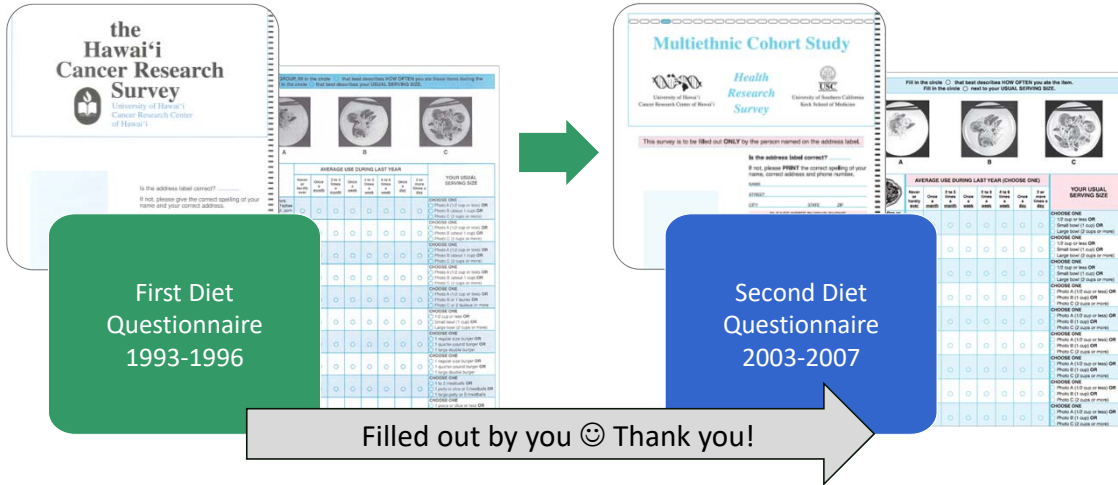


The Multiethnic Cohort Study Diet Questionnaire



The Healthy Eating Index is used to monitor how well people in the United States are following the Dietary Guidelines for Americans or, essentially, how well people are eating.

PERFECT HEI SCORE

LOW HEI SCORE

HOW MEC PARTICIPANTS COMPARE

MEN

WOMEN

The orange line represents those with the highest Healthy Eating Index-2105 score while the blue line represents those with the lowest. The higher the score, the better the diet quality.

Dietary Patterns

MEDITERRANEAN DIET

The Mediterranean diet is a heart-healthy eating plan that emphasizes fruits, vegetables, whole grains, beans, nuts and seeds, and healthy fats.

DASH DIET

The DASH diet is rich in fruits, vegetables, whole grains, and low-fat dairy foods; includes fish, poultry, nuts, and beans; and is limited in sugar-sweetened foods and beverages, red meat, sodium and saturated fats.

HEALTHY EATING INDEX

The idea behind the Healthy Eating Index is to consume a healthy eating pattern that includes a variety of vegetables, whole fruits, whole grains, fat-free or low-fat dairy products, a variety of lean protein foods.

Everything you eat and drink matters. Focus on variety, amount, and nutrition. Following any of the recommended dietary patterns are associated with longevity and healthful aging.