

# Package ‘heiscore.data’

January 22, 2025

**Title** Data Only Package to 'heiscore'

**Version** 0.0.1

**Description** Contains the National Health and Nutrition Examination Survey 24-hour dietary recall data and Healthy Eating Index scoring standards used by the 'heiscore' package.

**License** CC0

**Depends** R (>= 3.5)

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**Author** Vijetha Ramdas [aut, cre],  
Berkeley Ho [aut],  
Abhra Sarkar [aut]

**Maintainer** Vijetha Ramdas <vramdas06@gmail.com>

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fped\_0506

2005-06 FPED Data

**Description**

Raw dietary intake data from the 2005-06 NHANES cycle converted to Food Patterns Equivalents Database components

**Usage**

fped\_0506

**Format**

fped\_0506:

A data frame with 9,950 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFallPROTLEG, DR2\_PFallPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PfSEAPLANTLEG, DR2\_PfSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

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fped\_0708

2007-08 FPED Data

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#### Description

Raw dietary intake data from the 2007-08 NHANES cycle converted to Food Patterns Equivalents Database components

#### Usage

fped\_0708

#### Format

fped\_0708:

A data frame with 9,762 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFALLPROTLEG, DR2\_PFALLPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PFSEAPLANTLEG, DR2\_PFSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

fped\_0910

2009-10 FPED Data

**Description**

Raw dietary intake data from the 2009-10 NHANES cycle converted to Food Patterns Equivalents Database components

**Usage**

fped\_0910

**Format**

fped\_0910:

A data frame with 10,253 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFallPROTLEG, DR2\_PFallPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PfSEAPLANTLEG, DR2\_PfSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

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fped\_1112

2011-12 FPED Data

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#### Description

Raw dietary intake data from the 2011-12 NHANES cycle converted to Food Patterns Equivalents Database components

#### Usage

fped\_1112

#### Format

fped\_1112:

A data frame with 9,338 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFALLPROTLEG, DR2\_PFALLPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PFSEAPLANTLEG, DR2\_PFSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

fped\_1314

2013-14 FPED Data

**Description**

Raw dietary intake data from the 2013-14 NHANES cycle converted to Food Patterns Equivalents Database components

**Usage**

fped\_1314

**Format**

fped\_1314:

A data frame with 9,813 rows and 51 columns:

**SEQN** Respondent sequence number**WTDRD1, WTDRD2** Day 1 and 2 survey weight**SEX** Gender of the respondent**RACE\_ETH** Race/Ethnicity of the respondent**AGE** Age of the respondent (in years)**FAMINC** Family income category of the respondent (in USD)**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)**DR1\_PFallPROTLEG, DR2\_PFallPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)**DR1\_PfSEAPLANTLEG, DR2\_PfSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)



**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

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fped\_1516

2015-16 FPED Data

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#### Description

Raw dietary intake data from the 2015-16 NHANES cycle converted to Food Patterns Equivalents Database components

#### Usage

fped\_1516

#### Format

fped\_1516:

A data frame with 9,544 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFALLPROTLEG, DR2\_PFALLPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PFSEAPLANTLEG, DR2\_PFSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

fped\_1718

2017-18 FPED Data

**Description**

Raw dietary intake data from the 2017-18 NHANES cycle converted to Food Patterns Equivalents Database components

**Usage**

fped\_1718

**Format**

fped\_1718:

A data frame with 8,704 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFallPROTLEG, DR2\_PFallPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PfSEAPLANTLEG, DR2\_PfSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

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fped\_1720

2017-20 FPED Data

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#### Description

Raw dietary intake data from the 2017-March 2020 Pre-pandemic NHANES cycle converted to Food Patterns Equivalents Database components

#### Usage

fped\_1720

#### Format

fped\_1720:

A data frame with 14,300 rows and 51 columns:

**SEQN** Respondent sequence number

**WTDRD1, WTDRD2** Day 1 and 2 survey weight

**SEX** Gender of the respondent

**RACE\_ETH** Race/Ethnicity of the respondent

**AGE** Age of the respondent (in years)

**FAMINC** Family income category of the respondent (in USD)

**DR1TKCAL, DR2TKCAL** Day 1 and 2 kilocalories consumed

**DR1T\_F\_TOTAL, DR2T\_F\_TOTAL** Day 1 and 2 total intact or cut fruits and fruit juices consumed (in cups)

**DR1\_FWHOLEFRT, DR2\_FWHOLEFRT** Day 1 and 2 total intact or cut fruits consumed (in cups)

**DR1T\_F\_JUICE, DR2T\_F\_JUICE** Day 1 and 2 fruit juices consumed (in cups)

**DR1\_VTOTALLEG, DR2\_VTOTALLEG** Day 1 and 2 vegetables and legumes consumed (in cups)

**DR1\_VDRKGRLEG, DR2\_VDRKGRLEG** Day 1 and 2 dark green vegetables and legumes consumed (in cups)

**DR1\_VNONDRKGR, DR2\_VNONDRKGR** Day 1 and 2 non-dark green vegetables and legumes consumed (in cups)

**DR1T\_V\_DRKGR, DR2T\_V\_DRKGR** Day 1 and 2 dark green vegetables consumed (in cups)

**DR1T\_V\_LEGUMES, DR2T\_V\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as vegetables (in cups)

**DR1T\_G\_WHOLE, DR2T\_G\_WHOLE** Day 1 and 2 whole grains consumed (in ounces)

**DR1T\_D\_TOTAL, DR2T\_D\_TOTAL** Day 1 and 2 total milk, yogurt, cheese, and whey consumed (in cups)

**DR1\_PFALLPROTLEG, DR2\_PFALLPROTLEG** Day 1 and 2 total animal and plant proteins consumed, including meat, poultry, fish, eggs, nuts, seeds, soy, and legumes (in ounces)

**DR1\_PFSEAPLANTLEG, DR2\_PFSEAPLANTLEG** Day 1 and 2 total seafood, nuts, seeds, soy products (other than beverages), and legumes consumed (in ounces)

**DR1\_PF\_MPE, DR2\_PF\_MPE** Day 1 and 2 total Meat, Poultry (including organ meats and cured meats), and Eggs consumed (in ounces)

**DR1\_PF\_SSNS, DR2\_PF\_SSNS** Day 1 and 2 total Seafood, Soy, Nuts, and Seeds consumed (in ounces)

**DR1T\_PF\_LEGUMES, DR2T\_PF\_LEGUMES** Day 1 and 2 legumes consumed, where legumes are computed as protein foods (in ounces)

**DR1\_TFACIDS, DR2\_TFACIDS** Day 1 and 2 ratios of total poly- and mono-unsaturated fatty acids to saturated fatty acids consumed

**DR1T\_G\_REFINED, DR2T\_G\_REFINED** Day 1 and 2 refined or non-whole grains consumed (in ounces)

**DR1TSODI, DR2TSODI** Day 1 and 2 sodium consumed (in mg)

**DR1T\_ADD\_SUGARS, DR2T\_ADD\_SUGARS** Day 1 and 2 added sugars consumed (in teaspoons)

**DR1TSEFAT, DR2TSEFAT** Day 1 and 2 saturated fatty acids consumed (in grams)

**DR1\_MONOPOLY, DR2\_MONOPOLY** Day 1 and 2 total Monounsaturated Fatty Acids and Total Polyunsaturated Fatty Acids consumed (in grams)

#### Source

<https://www.ars.usda.gov/northeast-area/beltsville-md-bhnrc/beltsville-human-nutrition-research-center/food-surveys-research-group/docs/fped-databases/>

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HEI\_scoring\_standards *HEI-2020 Scoring Standards*

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**Description**

A table outlining the criteria for achieving the maximum HEI score in each of the 13 components for individuals ages 2 years or older.

**Usage**

HEI\_scoring\_standards

**Format**

HEI\_scoring\_standards:

A data frame with 13 rows and 6 columns:

**component** HEI Component

**max\_points** The maximum number of points allotted to the HEI component

**max\_amount** The amount of the HEI component required to earn a maximum component score

**zero\_score** The amount of the HEI component that would earn 0 points towards the component score

**unit** The HEI component's unit of measurement

**component\_type** Whether the HEI component is an 'adequacy' or 'moderation' type

**Source**

<https://www.fns.usda.gov/cnpp/how-hei-scored>

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HEI\_scoring\_standards\_toddlers

*HEI-Toddlers-2020 Scoring Standards*

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**Description**

A table outlining the criteria for achieving the maximum HEI score in each of the 13 components for young children, ages 12 through 23 months.

**Usage**

HEI\_scoring\_standards\_toddlers

**Format**

HEI\_scoring\_standards\_toddlers:

A data frame with 13 rows and 6 columns:

**component** HEI Component

**max\_points** The maximum number of points allotted to the HEI component

**max\_amount** The amount of the HEI component required to earn a maximum component score

**zero\_score** The amount of the HEI component that would earn 0 points towards the component score

**unit** The HEI component's unit of measurement

**component\_type** Whether the HEI component is an 'adequacy' or 'moderation' type

**Source**

<https://www.fns.usda.gov/cnpp/how-hei-scored>

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