

Package ‘heiscore.data’

May 8, 2026

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.

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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)

DR1TSFAT, DR2TSFAT 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_0708

2007-08 FPED Data

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/>

fped_1112

2011-12 FPED Data

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)

DR1T_SFAT, DR2T_SFAT 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_1516

2015-16 FPED Data

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)

DR1T_SFAT, DR2T_SFAT 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_1720

2017-20 FPED Data

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/>

HEI_scoring_standards *HEI-2020 Scoring Standards*

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>

HEI_scoring_standards_toddlers

HEI-Toddlers-2020 Scoring Standards

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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