Table 2: Food Intake Amounts by Healthy Eating Index-2010 decile

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Dietary component** | **HEI-2010 Decile [mean (SE)]** | | | | | | | | | |  |
| **1st** | **2nd** | **3rd** | **4th** | **5th** | **6th** | **7th** | **8th** | **9th** | **10th** | **p-value** |
| *n* | 1127 | 1164 | 1164 | 1127 | 1186 | 1056 | 1070 | 1006 | 1067 | 953 |  |
| Total calories | 2305 (41) | 2368 (38) | 2380 (38) | 2446 (50) | 2361 (40) | 2401 (43) | 2287 (41) | 2286 (52) | 2164 (45) | 2082 (40) | <0.001 |
| Total fats | 86.1 (2.2) | 88.7 (1.7) | 90.7 (1.6) | 92.4 (2.1) | 90.9 (1.9) | 91.6 (2.1) | 86.5 (2.0) | 85.3 (2.1) | 80.8 (1.8) | 77.2 (2.3) | <0.001 |
| Total sugars | 154.4 (4.0) | 152.1 (4.5) | 146.7 (3.9) | 142.6 (4.1) | 133.1 (3.9) | 128.4 (4.2) | 122.2 (3.8) | 123.4 (3.9) | 117.0 (4.0) | 117.3 (2.6) | <0.001 |
| Total milk | 131.9 (7.6) | 171.8 (15.7) | 198.3 (10.8) | 214.2 (14.4) | 239.4 (14.0) | 252.9 (18.5) | 248.2 (14.4) | 276.5 (19.8) | 254.6 (18.0) | 283.0 (16.1) | <0.001 |
| Whole milk | 49.7 (4.2) | 75.6 (10.8) | 76.8 (6.4) | 80.7 (6.5) | 89.7 (10.4) | 73.6 (7.2) | 74.5 (6.1) | 87.4 (10.7) | 57.2 (4.5) | 44.6 (4.6) | 0.14 |
| 2% milk | 34.5 (4.6) | 41.3 (4.8) | 69.6 (7.6) | 74.5 (9.3) | 77.8 (9.4) | 73.9 (10.5) | 81.3 (11.3) | 82.9 (8.9) | 73.1 (10.2) | 62.6 (8.1) | <0.001 |
| 1% milk | 13.3 (3.5) | 13.3 (5.0) | 9.1 (1.1) | 11.8 (2.3) | 22.6 (4.0) | 46.9 (10.0) | 29.6 (4.7) | 32.3 (5.1) | 37.8 (6.3) | 39.1 (9.4) | <0.001 |
| Skim milk | 34.4 (3.1) | 41.8 (5.8) | 42.7 (5.0) | 47.2 (9.0) | 49.4 (7.8) | 58.5 (10.1) | 62.8 (7.7) | 73.9 (10.5) | 86.5 (12.2) | 136.7 (12.2) | <0.001 |
| Butter | 2.6 (0.4) | 2.2 (0.2) | 2.2 (0.3) | 1.9 (0.3) | 2.2 (0.3) | 2.0 (0.3) | 1.9 (0.2) | 1.7 (0.2) | 1.6 (0.2) | 1.1 (0.2) | <0.001 |
| Cheese | 50.4 (2.9) | 45.0 (2.5) | 37.4 (2.3) | 37.7 (2.1) | 34.4 (1.7) | 33.8 (1.8) | 28.7 (1.8) | 33.9 (2.8) | 25.1 (1.9) | 22.5 (1.6) | <0.001 |
| Yogurt | 2.9 (0.9) | 4.5 (1.6) | 4.4 (1.2) | 4.6 (1.1) | 7.2 (2.0) | 8.5 (2.1) | 14.6 (2.6) | 10.3 (1.7) | 15.2 (1.8) | 24.9 (3.2) | <0.001 |
| Eggs | 21.7 (1.6) | 23.5 (1.6) | 25.7 (1.9) | 27.0 (1.7) | 27.7 (1.7) | 25.9 (1.8) | 26.7 (1.7) | 26.2 (1.9) | 28.9 (1.9) | 23.1 (2.2) | 0.14 |
| Corn flour | 12.0 (1.3) | 12.7 (1.0) | 13.1 (1.0) | 13.1 (1.1) | 13.2 (1.0) | 15.1 (1.1) | 12.5 (1.1) | 14.1 (1.2) | 13.2 (1.0) | 10.1 (0.7) | 0.69 |
| Sweet corn | 8.6 (2.1) | 14.5 (3.4) | 18.8 (4.7) | 24.1 (4.5) | 22.9 (3.5) | 25.6 (4.0) | 28.2 (5.4 ) | 27.7 (5.1) | 24.5 (3.4) | 34.1 (6.6) | 0.001 |
| Rice | 7.0 (1.1) | 8.7 (1.1) | 8.4 (0.7) | 10.5 (1.3) | 10.4 (1.2) | 12.5 (1.4) | 18.5 (2.3) | 14.2 (1.6) | 15.5 (1.9) | 13.3 (1.2) | <0.001 |
| Wheat flour | 123.5 (3.1) | 111.2 (3.8) | 104.6 (2.8) | 105.2 (3.4) | 97.6 (2.6) | 97.9 (3.2) | 85.4 (2.1) | 92.5 (3.8) | 79.0 (2.8) | 67.0 (2.2) | <0.001 |
| Total meat | 145.9 (6.0) | 163.2 (5.5) | 170.9 (5.7) | 194.9 (7.4) | 183.5 (5.4) | 192.6 (6.7) | 170.8 (6.3) | 149.7 (6.2) | 151.6 (5.6) | 132.4 (7.6) | 0.002 |
| Beef | 70.9 (4.4) | 68.3 (3.9) | 70.2 (4.3) | 83.7 (4.7) | 78.9 (5.3) | 75.2 (4.4) | 67.4 (5.0) | 57.3 (4.4) | 47.5 (2.9) | 38.5 (3.3) | <0.001 |
| Pork | 38.5 (2.7) | 46.5 (3.7) | 33.7 (2.3) | 41.4 (3.1) | 38.5 (3.0) | 39.4 (3.5) | 32.8 (3.0) | 26.3 (2.7) | 21.8 (2.5) | 17.3 (2.6) | <0.001 |
| Chicken | 32.0 (3.3) | 43.3 (3.3) | 60.9 (4.1) | 62.8 (4.9) | 58.8 (3.8) | 66.4 (3.8) | 61.5 (3.9) | 58.9 (3.8) | 72.1 (4.6) | 68.0 (6.1) | <0.001 |
| Turkey | 4.5 (1.0) | 5.2 (0.8) | 6.0 (1.3) | 7.0 (1.0) | 7.4 (1.9) | 11.6 (2.8) | 9.1 (1.0) | 7.2 (1.7) | 10.2 (1.4) | 8.7 (1.4) | <0.001 |
| Soy | 0.3 (0.04) | 0.9 (0.3) | 0.6 (0.3) | 0.6 (0.2) | 0.9 (0.2) | 1.5 (0.5) | 1.3 (0.3) | 2.5 (0.6) | 4.6 (0.9) | 7.3 (1.2) | <0.001 |
| Vegetables | 239.7 (10.8) | 301.8 (10.9) | 329.3 (13.4) | 160.2 (12.1) | 360.0 (11.8) | 392.1 (12.9) | 380.2 (12.1) | 419.0 (17.4) | 379.5 (14.9) | 402.7 (11.7) | <0.001 |
| Fruit | 72.0 (7.0) | 121.9 (12.2) | 167.3 (12.1) | 233.4 (11.3) | 232.9 (13.8) | 306.4 (20.6) | 336.1 (20.6) | 419.5 (29.6) | 519.3 (31.3) | 623.0 (24.9) | <0.001 |

Note: Total calories are reported in kilocalories. All dietary components are in grams. “Vegetables” category excludes sweet corn. HEI-2010 is the Healthy Eating Index – 2010. HEI-2010 Deciles are broken down as follows: 1st (<28.4588); 2nd (28.4588 – 33.5201); 3rd (33.5201 – 37.6966); 4th (37.6966 – 41.1847); 5th (41.1847 – 45.0942); 6th (45.0942 – 48.8289); 7th (48.8289 – 52.9546); 8th (52.9546 – 57.7242); 9th (57.7242 – 65.3374); 10th (>65.3374). P-values are for overall trend (F test).