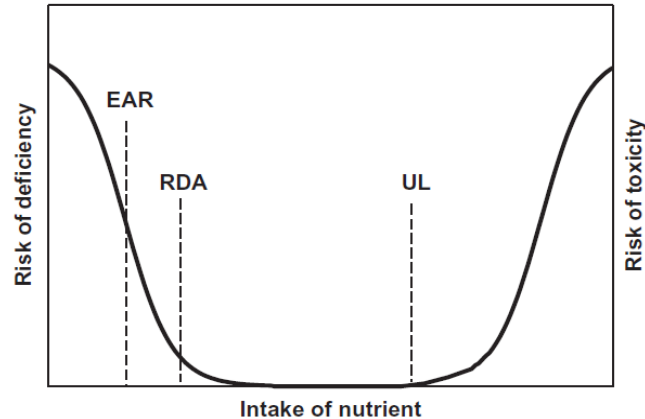


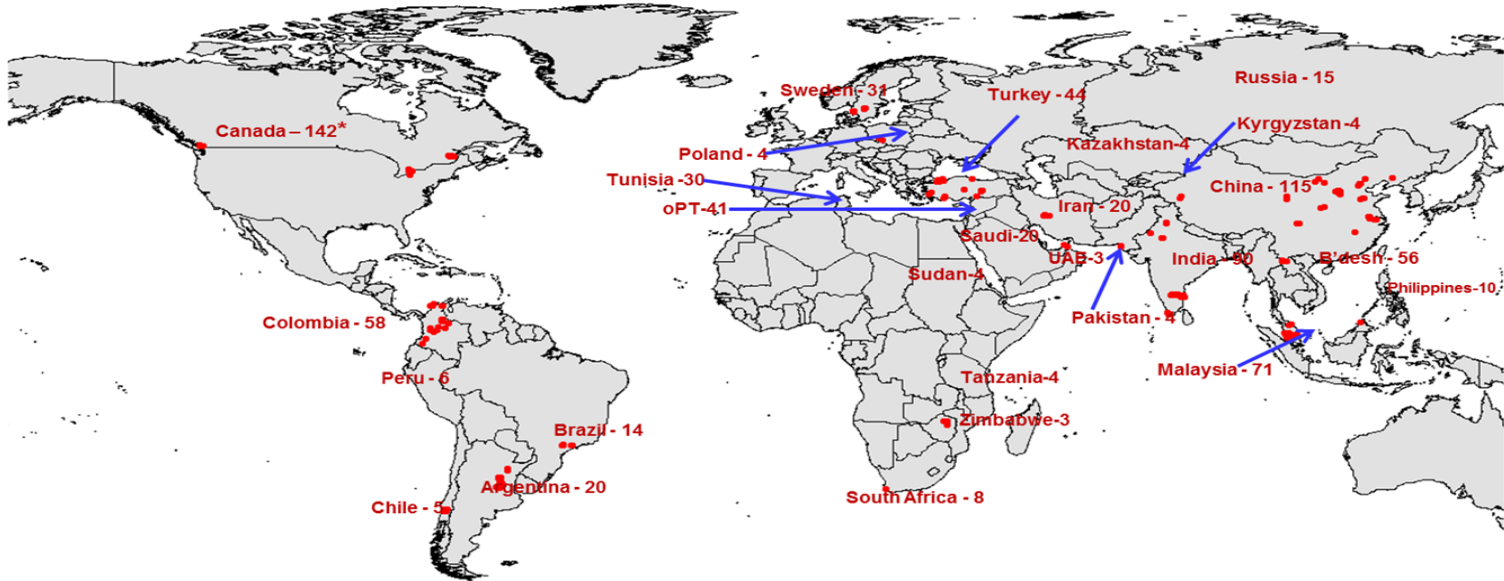
# RECOMMENDATION ON ESSENTIAL NUTRIENT (IOM)



Heaney R *AJH* 2013

Criterion	Definition
Recommended Dietary Allowance	The average daily dietary nutrient intake level sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life stage and gender group
Estimated Average Requirement	The daily value of a nutrient that is estimated to meet the nutrient requirement of half the healthy individuals in a life stage and gender group
Tolerable Upper Limit Intake	The highest average daily nutrient intake level that is likely to pose no risk of adverse health effects to almost all individuals in the general population. As intake increases above the UL, the potential risk of adverse effects may increase.
Adequate Intake	Observed or experimentally determined estimate of nutrient intake by a group of healthy people

# PURE: 135,335 from 667 communities in 18 (Phase 1) countries from 5 continents

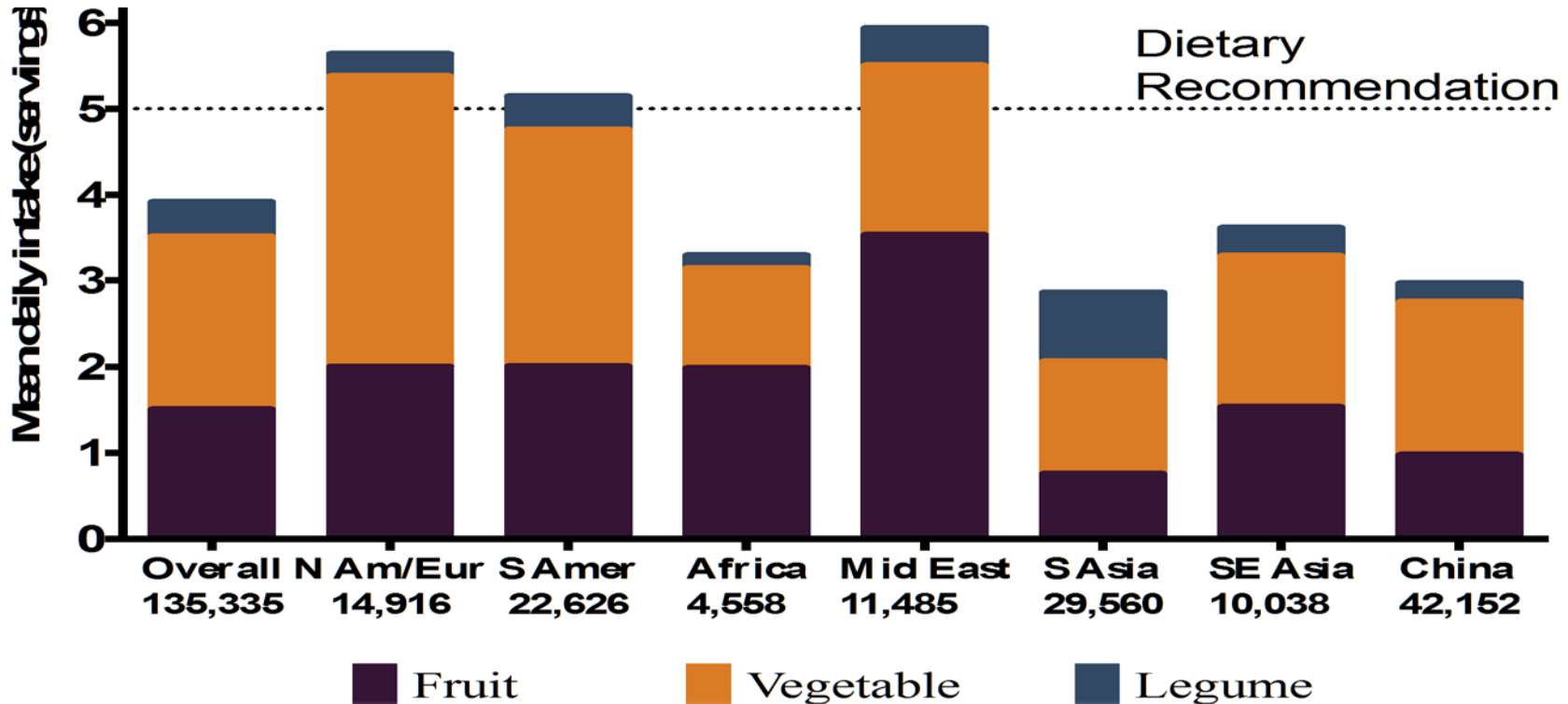


Target: 200,000 people



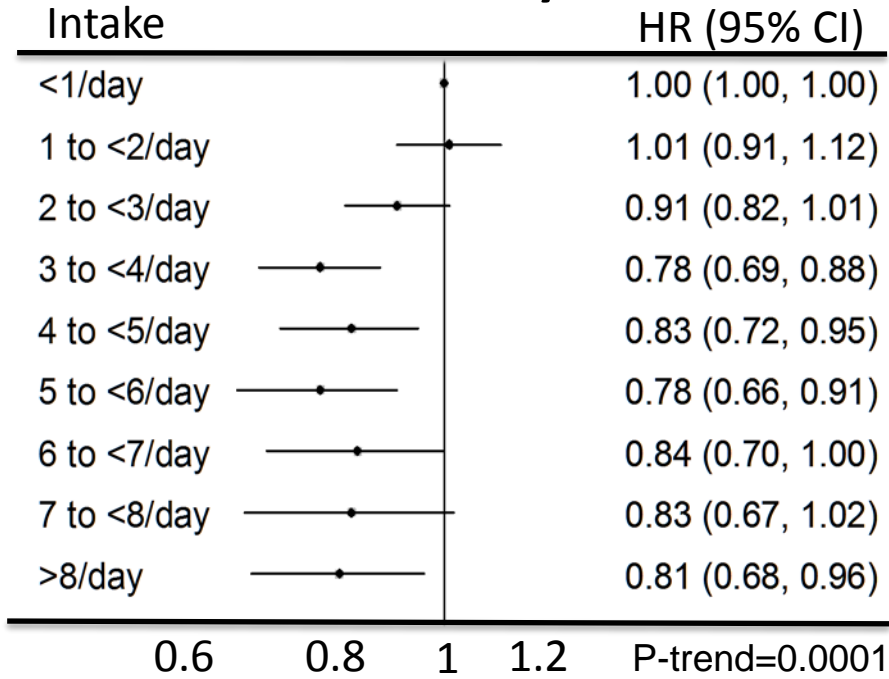
PURE

# Mean fruit, vegetable and legume intake by region

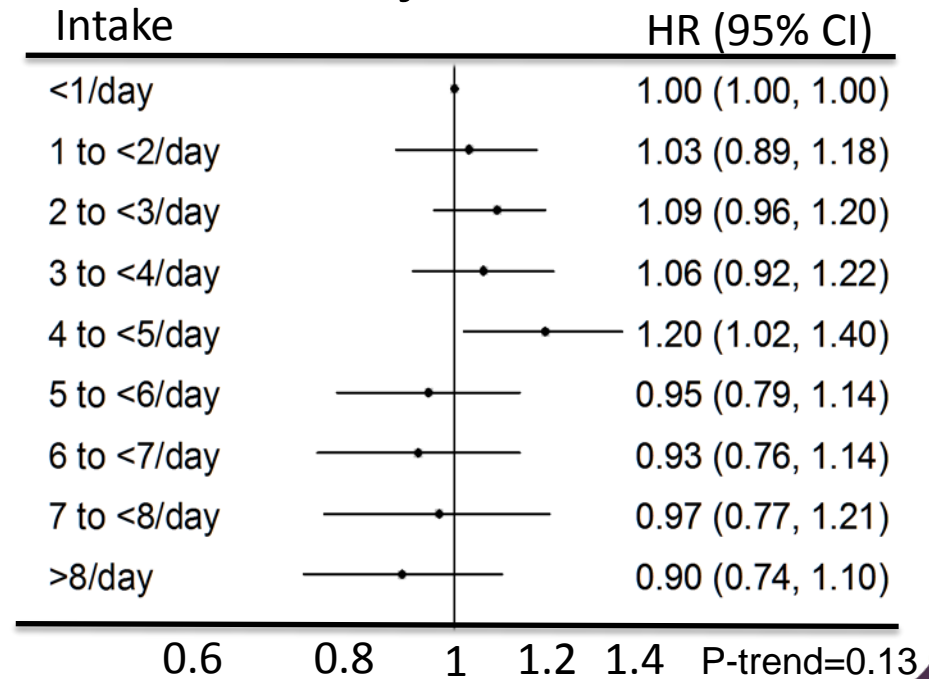


# Risk of mortality and major CVD by total fruit, vegetable and legume intake (servings/day)

## Mortality



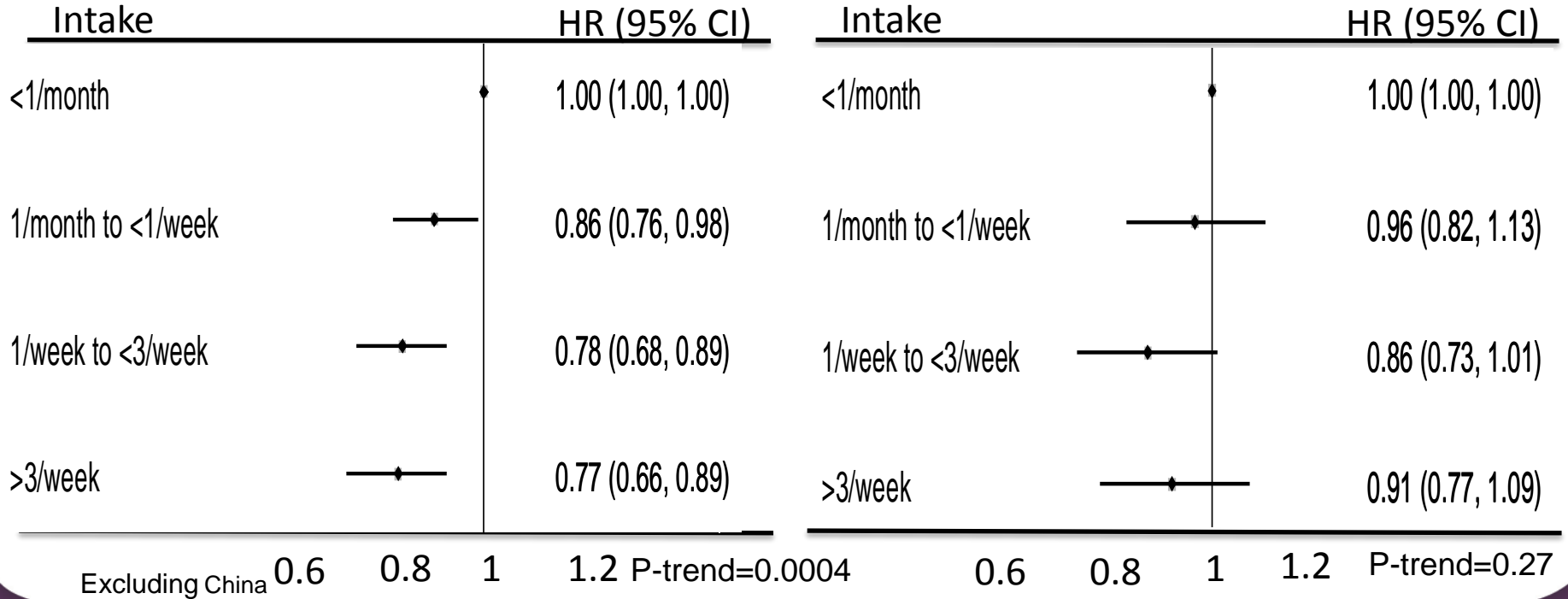
## Major CVD



# Risk of mortality and major CVD by raw vegetable intake (servings)

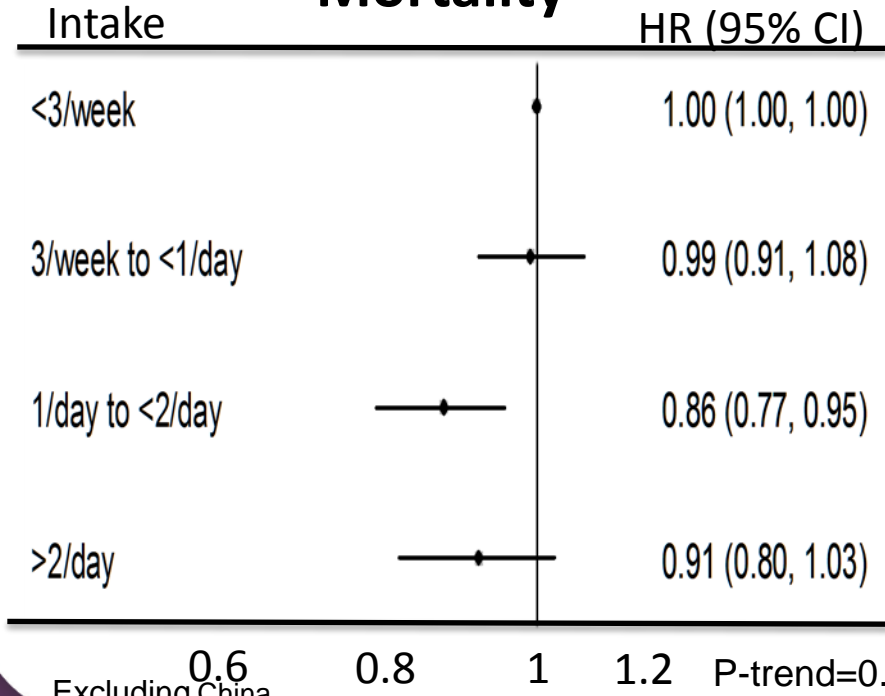
## Mortality

## Major CVD

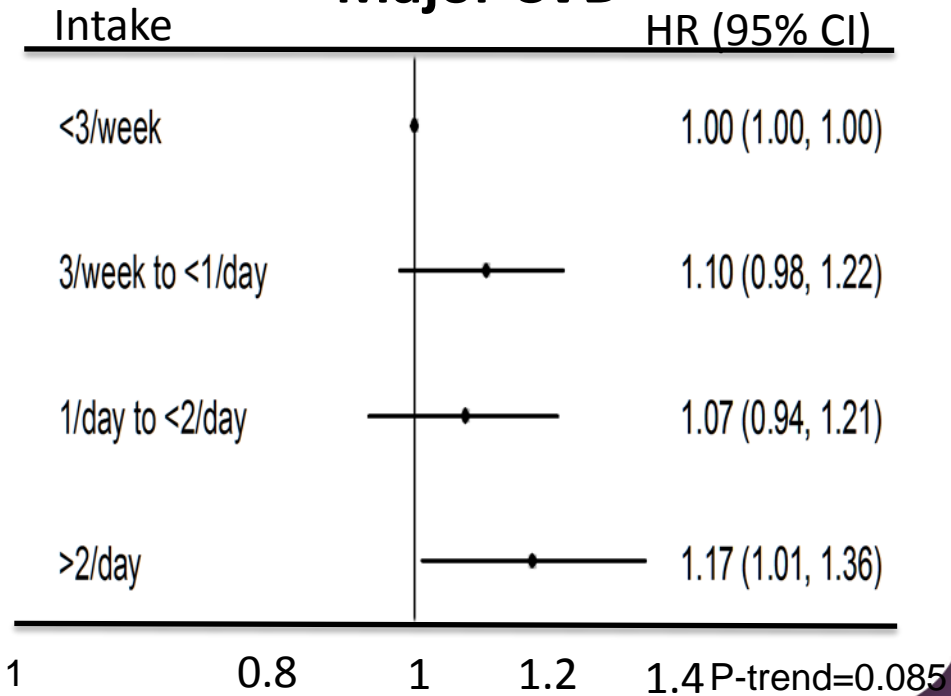


# Risk of mortality and major CVD by cooked vegetable intake (servings)

## Mortality



## Major CVD



# Conclusions

- Fruit, vegetables and legumes associated with a moderately lower risk of mortality, but not CVD
- Benefits appear to reach a maximum versus mortality at 3 to 4 daily servings (375 g)
- Raw vegetables appear to be more protective than cooked vegetables
- A balanced diet of >3-4 daily servings fruit, vegs. and legumes is associated with lower mortality