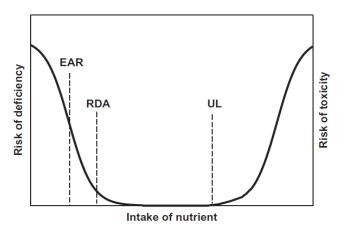
### RECOMMENDATION ON ESSENTIAL NUTRIENT (IOM)



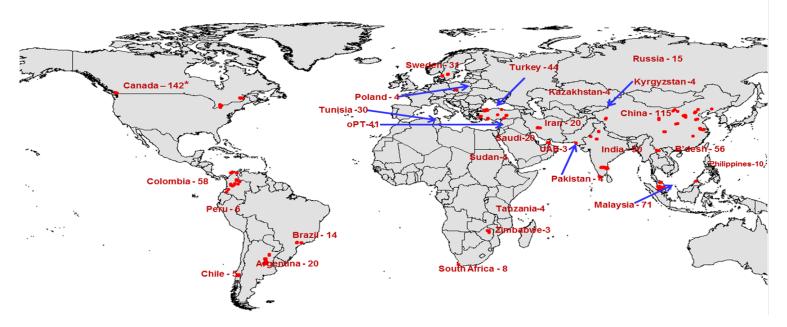
Heaney R AJH 2013

Criterion	Definition					
Recommended Dietary	The average daily dietary nutrient intake level sufficient to meet the nutrient requirement of nearly all (97					
Allowance	to 98 percent) healthy individuals in a particular life stage and gender group					
Estimated Average	The daily value of a nutrient that is estimated to meet the nutrient requirement of half the healthy					
Requirement	individuals in a life stage and gender group					
<b>Tolerable Upper Limit Intak</b>	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

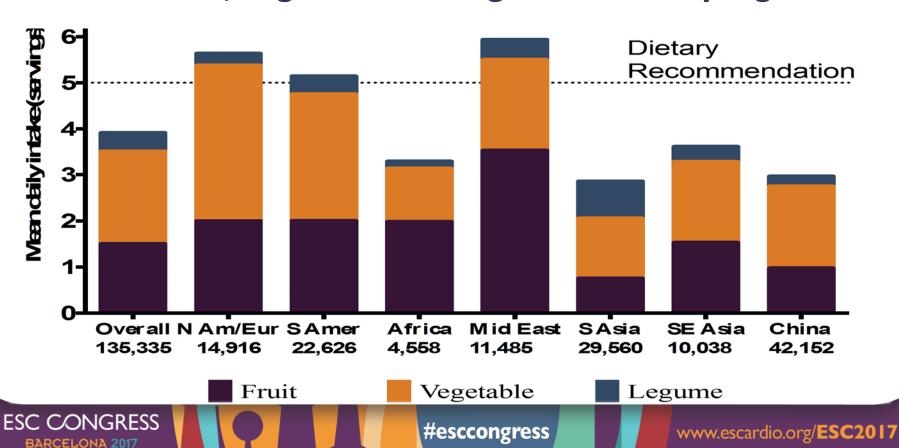




Target: 200,000 people

### Amasin Through K

#### 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	
Intake	•	HR (95% CI)	Intake	·	HR (95% CI)
<1/day	•	1.00 (1.00, 1.00)	<1/day	†	1.00 (1.00, 1.00)
1 to <2/day	<del></del>	1.01 (0.91, 1.12)	1 to <2/day	<del></del>	1.03 (0.89, 1.18)
2 to <3/day		0.91 (0.82, 1.01)	2 to <3/day	+•-	1.09 (0.96, 1.20)
3 to <4/day	<b>—</b>	0.78 (0.69, 0.88)	3 to <4/day	<del></del>	1.06 (0.92, 1.22)
4 to <5/day	<del></del>	0.83 (0.72, 0.95)	4 to <5/day		<del>-</del> 1.20 (1.02, 1.40)
5 to <6/day	<b></b>	0.78 (0.66, 0.91)	5 to <6/day		0.95 (0.79, 1.14)
6 to <7/day		0.84 (0.70, 1.00)	6 to <7/day		0.93 (0.76, 1.14)
7 to <8/day		0.83 (0.67, 1.02)	7 to <8/day	<del></del>	0.97 (0.77, 1.21)
>8/day		0.81 (0.68, 0.96)	>8/day		0.90 (0.74, 1.10)
0.6	0.8 1 1.2	P-trend=0.0001	0.6	0.8 1 1.2	1.4 P-trend=0.13



### Risk of mortality and major CVD by raw



vegetable intake (servings)

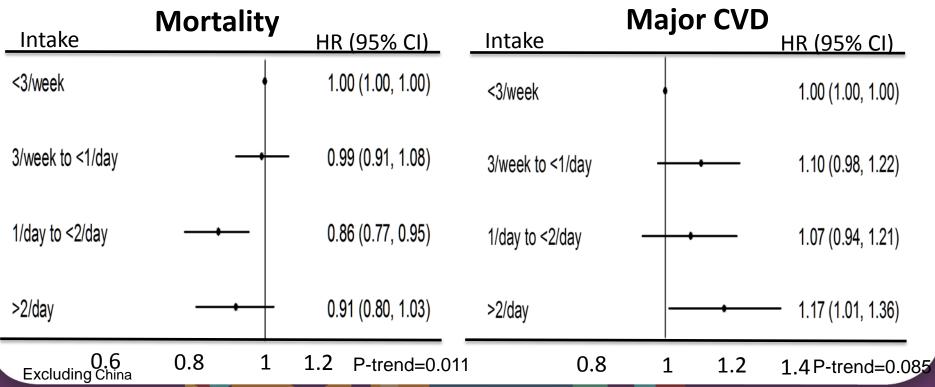
Mortality				Major CVD					
Intake			HR (95% CI)	<u>Intake</u>					HR (95% CI)
<1/month		•	1.00 (1.00, 1.00)	<1/month					1.00 (1.00, 1.00)
1/month to <1/week		_	0.86 (0.76, 0.98)	1/month to <	:1/week		•	-	0.96 (0.82, 1.13)
1/week to <3/week			0.78 (0.68, 0.89)	1/week to <3/week					0.86 (0.73, 1.01)
>3/week			0.77 (0.66, 0.89)	>3/week		<del></del>			0.91 (0.77, 1.09)
Excluding Chir	0.6 0.8	1	1.2 P-trend=0.0	0004	0.6	0.8	1	1.2	P-trend=0.27



### Risk of mortality and major CVD by cooked



vegetable intake (servings)





### **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