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Reference

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Title: Fruit and vegetable consumption in eight Latin-American countries: results from ELANS study

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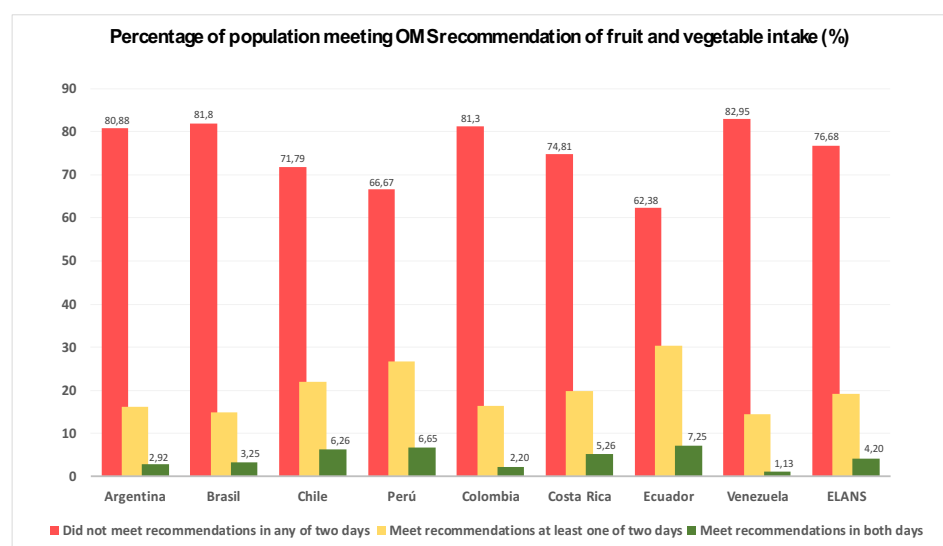
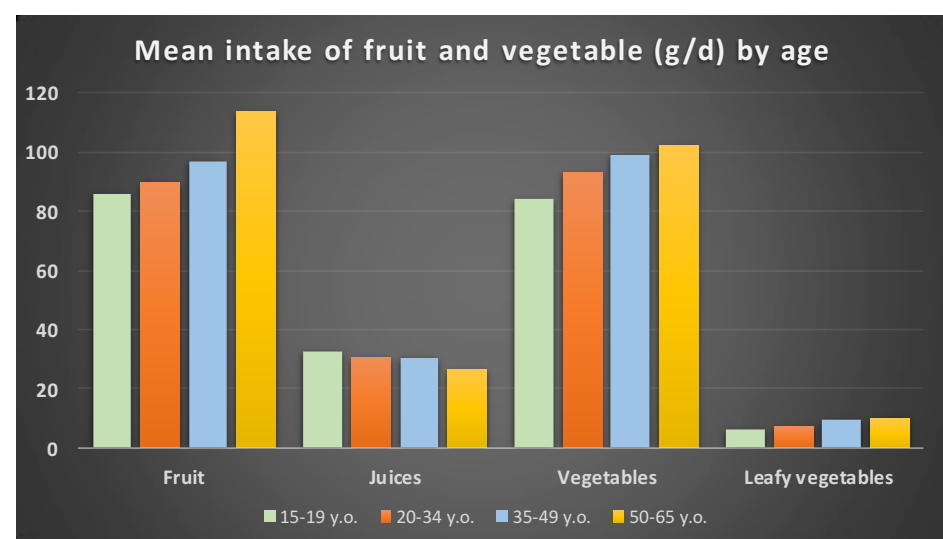
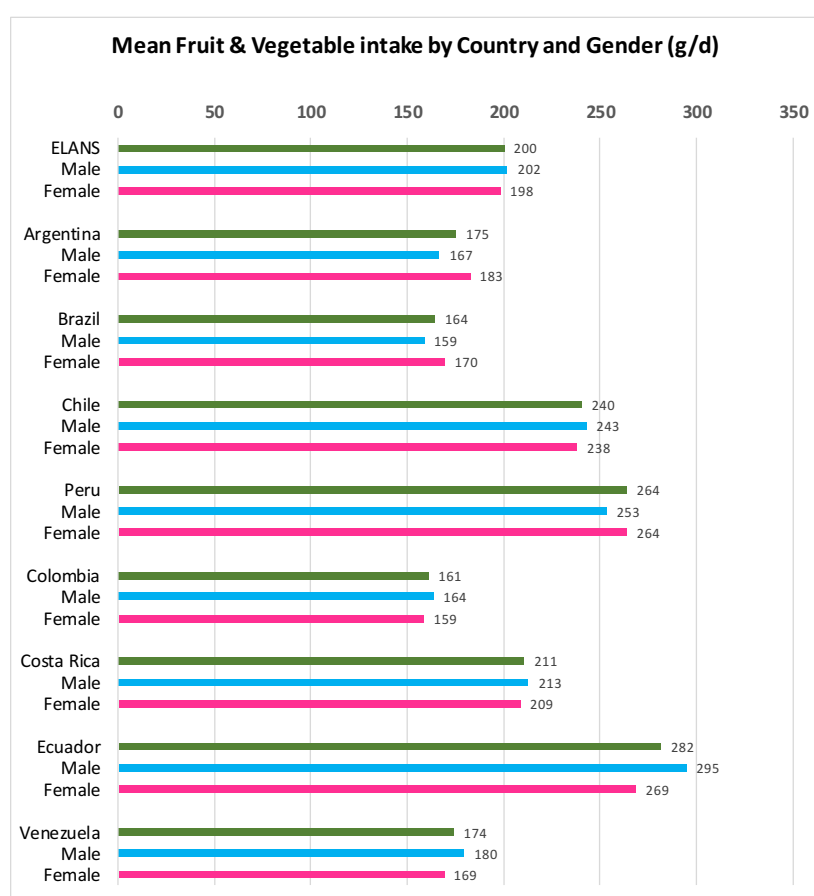
Background and Objectives:

It has been recognized that fruit and vegetable intake (FVI) are important to prevent chronic diseases such as cancer, coronary heart disease and diabetes. The World Health Organization (WHO) recommended a minimum of five servings of fruit and vegetables or 440 g per day.

Methods:

Data from the ELANS study, conducted in eight Latin-American countries (Argentina, Brazil, Colombia, Costa Rica, Chile, Ecuador, Peru and Venezuela) was analyzed using descriptive statistics. The ELANS study interviewed 9218 subjects (4409 males and 4809 females) of the main cities in each country. The FVI was collected using two 24 hours' dietary recall, following the multiple pass methodology. The analysis was performed by age group, gender and socioeconomic level (SEL).

Results:



Conclusions:

The findings reinforce the low intake of fruit and vegetable (FV) by the Latin-American population, since 95.8% did not reach the recommendation in both days. In addition, this low intake was independent of sex, age or SES. Programs and policies to encourage FVI are required to help mitigate future health issues associated with inadequate FVI.

Keywords:

Fruit and vegetable intake, Latin-America, Multiple pass method, ELANS.

Conflict of Interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

Further Collaborators:

On behalf of ELANS Study Group.