

Six large international studies
244,597 participants from 80 countries in 6 continents

The PURE Healthy Eating Pattern



Fruit
2–3 servings
daily



Vegetables
2–3 servings
daily



Legumes
3–4 servings
weekly



Nuts
7 servings
weekly



Fish
2–3 servings
weekly



Dairy
14 servings
weekly

Generally healthy people and patients with vascular disease



Median of 8.3 years follow-up

15,707 deaths and 40,764 cardiovascular events



Total PURE healthy diet score is the sum of the 6 component scores; total scores range from 0 to 6 (healthiest diet)

An improvement of diet by 20% (1 quintile) is associated with an

- A 8% lower risk of death
- B 6% lower risk of major cardiovascular events