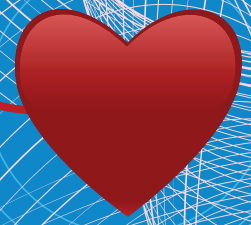# ... just the FACTS

'PURE' STUDY FINDS HIGH-QUALITY DIET WHICH INCLUDES RED MEAT IS ASSOCIATED WITH LOWER CVD RISK

STUDY DESIGN:

The global Prospective Urban Rural Epidemiological (PURE) study diet score was used to evaluate diet quality and CVD risk in 5 major studies.

OBJECTIVE:

To compare CVD risk associated with the highest and lowest quality diets in the PURE, ONTARGET, TRANSCEND, INTERHEART, and INTERSTROKE study populations.

PARTICIPANTS:

More than 218,000 participants from more than 50 countries were divided into 5 groups (quintiles 1 to 5) based on the quality of their diet using the PURE diet score.

RESULTS:

- A diet emphasising fruit, vegetables, nuts, legumes, dairy foods, fish and red meat is associated with the lowest risk of major CVD (including MI and stroke).
- Diets with higher intakes of unprocessed red meat (~1.5 servings per day) are associated with lower CDV risk than diets with low red meat intake.
- Results were consistent in patients with and without CVD.

Foods	Least Healthy - Quintile 1 (Servings per Day)	Most Healthy - Quintile 5 (Servings per Day)
Vegetables and fruit	1.8	8.4
Nuts and legumes	0.7	2.5
Dairy foods	0.6	3.0
Fish	0.2	0.3
Red Meat	0.3	1.4

CONCLUSION:

High-quality diets emphasising vegetables, fruit, nuts, legumes, dairy foods, fish and unprocessed red meat are associated with a lower risk of CVD.

Mente A, et al. PURE - Association of dietary quality and risk of cardiovascular disease and mortality in more than 218,000 people from over 50 countries. European Society of Cardiology Congress, 2018; Abstract 5160, as reported by the American College of Cardiology: PURE: Healthy Diet Including Dairy and Meats May Be Good For Hearts Worldwide and Medscape: PURE Diet Score Recommends 7 Foods, Including Dairy and Meat.

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