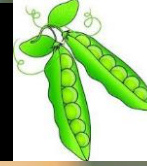


Spill the Beans



Legume Consumption Patterns in US Adults:

National Health and Nutrition Examination Survey (NHANES) 2011–2014 and Beans, Lentils, Peas (BLP) 2017 Survey

Thushanthi Perera, Candace Russo, Yumie Takata and Gerd Bobe

Dr. Thushanthi Perera was able to publish the third chapter of her doctoral dissertation, the journal article titled 'Legume Consumption Patterns in US Adults: National Health and Nutrition Examination Survey (NHANES) 2011–2014 and Beans, Lentils, Peas (BLP) 2017 Survey' in April 2020 in the journal *'nutrients'* (Impact factor 4.17). Her publication team included her doctoral supervisor Dr. Gerd Bobe and Dr. Takata and Ms. Russo from Oregon State University, United States.

The published study was a part of a larger study conducted since 2013 to promote legumes as a dietary strategy for chronic disease prevention. In this study the research team evaluated legume consumption patterns in the US adults using cross-sectional data from NHANES and a cross-sectional, online survey of Oregon families using the BLP Survey. The study findings suggested that legume consumption declined in US adults, warranting improved communication about the benefits of regular legume consumption. The study further highlighted that there is a disconnect between known nutritional and health benefits of legumes, current dietary recommendations for legumes, and current legume consumption patterns. This disconnect raises questions on the effectiveness of the current efforts in providing consumers information about the nutritional and health benefits of legumes and how to incorporate a variety of legume types into their diet.

The final chapter to identify the reasons for this disconnect between DRs and legume consumption patterns and to evaluate the overall acceptance of legumes as a food group among US adults is currently under publication.



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