

**TITLE:** Are We Eating Enough Legumes? Evidence from the National Health and Nutrition Examination Survey (NHANES) 2011-2014 and Beans, Lentils, Peas (BLP) 2017 Survey

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**STUDENT SUBMISSION:** No

**TOPIC/TARGET AUDIENCE:** The target audience are policy makers and researchers.

**ABSTRACT:** **BACKGROUND:** Ample scientific evidence suggests disease prevention benefits of regular legume consumption, however, the most recent data on legume consumption patterns in the U.S. adults remain unknown. **AIM:** Evaluate legume consumption patterns in U.S. adults by using cross-sectional data from the 2011-12 and 2013-14-year cycles of NHANES and a cross-sectional, on-line survey conducted using families around Corvallis. **METHODS:** Participants were grouped into four groups based on legume consumption: non-consumers; low legume consumers (< 0.25 cups/d, which are the dietary recommendations for legume consumption); marginal legume consumption (0.25-0.5 cups/d, the latter being the cut-off point demonstrating nutritional and disease prevention benefits); and disease prevention legume consumption ( $\geq$  0.5 cups/d legume consumption). **SUMMARY:** Legume consumption remained low in U.S. adults with a declining trend from 2011 to 2014 2014 (mature legumes: 12.8 to 8.3%; dry beans: 10.0 to 6.5%). Less than 5% of the population consumed legumes on a daily basis; approximately 1/3 of the population did not consume legumes during the last month. **IMPLICATIONS:** Improved communication about the benefits of regular legume consumption is needed to reverse the declining trend of legume consumption in US adults.

**OBJECTIVE(S):** Name current trends in legume consumption of U.S. adults.

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