

In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and cardiovascular disease? (DGAC 2010)

Conclusion

Consistent evidence suggests at least a moderate inverse relationship between vegetable and fruit consumption with myocardial infarction and stroke, with significantly larger, positive effects noted above five servings of vegetables and fruits per day. Notwithstanding prior work on dietary patterns that emphasize vegetables and fruits, insufficient evidence published since 2004 is available to assess the independent relationship between vegetable and fruit intake and blood pressure or serum cholesterol.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and cardiovascular disease?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and selected health outcomes?](#)