New research shows worldwide shortfall in fruit and vegetable consumption and implications on phytonutrients and their health benefits

The Nutrilite Health Institute commissioned new research which was published in the British Journal of Nutrition, as well as was utilized for the development of The Global Phytonutrient Report. The Global Phytonutrient Report: A Global Snapshot of Fruit and Vegetable Intake and Availability, and Implications for Phytonutrient Intakes*, documents new information on the availability and consumption of fruits and vegetables worldwide, and the implications for intake of phytonutrients – powerful organic compounds found in fruits and vegetables that may provide a range of health benefits, such as strengthening the body’s antioxidant protection1,2 and promoting healthy immune response.3

Insights within the report underscore the need to better understand the relationship between fruit and vegetable consumption, phytonutrients and their role in promoting optimal health. While specific recommendations for phytonutrient intake amounts have not yet been established, it is clear that consumption of the appropriate quantity and variety of fruits and vegetables is the best way to ensure intake levels of phytonutrients that support optimal health.

More information about The Global Phytonutrient Report can be found here. For additional information about phytonutrient research from the Nutrilite Health Institute, contact Lindsay Pott at lindsay.pott@amway.com or Clare Wade at clare.wade@amway.com.

* The Global Phytonutrient Report: A Global Snapshot of Fruit and Vegetable Intake and Availability, and Implications for Phytonutrient Intakes was developed by Nutrilite using results from an analysis of fruit and vegetable intakes conducted for Nutrilite by Exponent, Inc. The analysis of fruit and vegetable intakes was conducted using data from several sources: World Health Organization’s (WHO) World Health Survey (WHS), the Global Environment Monitoring System – Food Contamination Monitoring and Assessment Programme (GEMS/Food) and the Food and Agriculture Organizations (FAO) Supply Utilization Accounts (SUA) and Food Balance Sheets. All implications and inferences presented in this report were prepared by Nutrilite and represent the opinions of Nutrilite.

The thirteen regions in the analysis conducted for Nutrilite by Exponent, Inc. correspond to the 2006 diet clusters identified by the WHO GEMS/Food Program and include: Americas and Australia (e.g. United States); South/Central America (e.g. Mexico); South America (e.g. Brazil); Southern Europe/Mediterranean (e.g. Italy); Western Europe (e.g. Germany); Northern Europe (e.g. Sweden); Eastern Europe (e.g. Russia); Asia (A) (e.g. China and India); Asia (B) (e.g. Japan and Korea); Northern Africa/Middle East (e.g. Morocco); Central Africa (A) (e.g. Cameroon); Central Africa (B) (e.g. Nigeria); Southern Africa (e.g. South Africa). Both Asia and Central Africa were separated by GEMS into two clusters.

