

TITLE: Reasons for the Disconnect Between Dietary Recommendations and Legume Consumption Patterns in U.S. Adults

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STUDENT SUBMISSION: No

TOPIC/TARGET AUDIENCE: The target audience is program developers and evaluators and researchers

ABSTRACT: BACKGROUND: Although legumes are recognized as a food group with dietary recommendations, less than 15% of U.S. adults consume legumes on a given day.

OBJECTIVE: The objective was to identify reasons for the disconnect between dietary recommendations and legume consumption patterns in U.S. adults.

METHODS: In an online survey, we identified benefits, barriers, and preferences for legume consumption. The selected response group were adults in the Corvallis, Oregon, area that are interested in healthy nutrition.

SUMMARY: Based on their perceptions, we identified three legume consumer groups corresponding to their recent legume consumption: 'skeptics' (non-legume consumers), 'starters' (low or marginal legume consumers: 0.1-0.5 cups/d legume consumption), and 'experienced' (disease prevention legume consumers: ≥ 0.5 cups/d legume consumption). Reasons for these differences are that regular legume consumers are experienced in using a variety of legume types, dishes, and preparation techniques, whereas non-consumers have limited interest or knowledge about legumes' disease prevention benefits, type and dish variety, and preparation techniques, which should be the focus of future legume information materials.

IMPLICATIONS: A combination of food and dietary disease prevention information, hands-on cooking/food preparation tips, and tasty recipes with samples are needed to promote bean consumption.

OBJECTIVE(S): Name the main barriers and motivating factors for legume consumption.
