

Abstract

# Legumes and Nuts/Seeds Consumption of Adults Living in Türkiye: A Cross-Sectional Study <sup>†</sup>

Hilal Hizli-Guldemir <sup>1,\*</sup> , Fatma Elif Sezer <sup>2</sup>, Merve Pehlivan <sup>2</sup>, Fatmanur Özyürek-Arpa <sup>2</sup>, Neda Saleki <sup>2</sup> and Büşranur Delice <sup>3</sup>

<sup>1</sup> Department of Nutrition and Dietetics, Faculty of Health Sciences, Anadolu University, 26470 Tepebaşı, Türkiye

<sup>2</sup> Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Medipol University, 34810 Istanbul, Türkiye; fesezer@medipol.edu.tr (F.E.S.); mervepehlivan@medipol.edu.tr (M.P.); fozyurek@medipol.edu.tr (F.Ö.-A.); nyousefirad@medipol.edu.tr (N.S.)

<sup>3</sup> Research Institute for Health Sciences and Technologies (SABITA), Istanbul Medipol University, 34810 Istanbul, Türkiye; busranur.delice@medipol.edu.tr

\* Correspondence: hilalhizli@gmail.com

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**Abstract:** Sustainable nutrition is becoming increasingly popular as a strategy for ensuring food production and consumption with environmental, social, and economic sustainability. Current studies show the need for a plant-based diet to reduce greenhouse gas emissions and improve population health. In this preliminary cross-sectional study, the consumption of legumes and nuts/seeds of adults living in Turkey was investigated. A total of 3624 adults (50.8% were women) were included in the study. Legumes and nuts/seeds consumption frequencies, consumption patterns and one-day food consumption records were taken. Of the individuals, 44.4% were of a normal weight, 36.7% were overweight and 15.1% were obese. Legumes were preferred by 57.4% for lunch and by 40.8% for dinner, and nuts/seeds were preferred by 72.7% for snacks. Every fortnight, 36.4% of the individuals consumed beans, 27.9% consumed peas, 20.4% consumed red kidney beans, 25.4% consumed green lentils and 34.6% consumed chickpeas. Red lentils were the most frequently consumed legumes, with 81.1% of the study participants consuming them once every fifteen days or more. The average monthly consumption of beans was  $274.78 \pm 245.17$  g, for red lentils, it was  $232.43 \pm 270.13$  g and for chickpeas, it was  $246.52 \pm 233.55$  g. Legumes were consumed at least once a week as 75.9% soup, 65.2% as a main/side dish, and dried nuts 86.1% as snacks. The most consumed nuts/seeds over 100 g per month were sunflower seeds, pumpkin seeds, raw hazelnuts, roasted hazelnuts, and roasted chickpeas. The next step is to investigate the factors affecting the current consumption types and amounts of these food groups with regression analysis, which will constitute the most important building block of a healthy diet within the framework of sustainable nutrition.

**Keywords:** legumes; nuts; sustainability; plant-based diet



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