# Single Source - Note-taking Analysis Worksheet

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| SOURCE information (authors/title - citation information) Duthie et. al., 2018  |
| Main ARGUMENT and/or RESEARCH QUESTION(s) Does increasing vegetable and fruit intake for 12 weeks decrease blood pressure in Scottish Adults with low vegetable and fruit intake?  |
| METHODS used  **Participants:** 51 Scottish adults with low veg intake (<3 serv/d) were recruited and randomly assigned to the intervention (n = 25) or control groups (n = 26) **Intervention:** Participants were provided with 480g of vegetables and fruit per week for 12 weeks and were instructed to eat all of it. They were also given cooking and storage instructions. **Measures:** Measurements were taken at baseline, 4 weeks, 12 weeks and 18 weeks. Measures included 3 day food records to determine vegetable and fruit intake and blood pressure readings by a Sphygmomanometer. An average of 3 blood pressure readings was used. |
| Key FINDINGS and/or CONTRIBUTIONS Vegetable and fruit intake increased by 5 servings to 8.4 servings per day. The vegetable intake of the control group was unchanged. There was no change in blood pressure in either the intervention or control groups.  |
| STRENGTHS of the article or study Strong methods for measuring dietary intake and blood pressure. Providing the food was also a strength of the study design  |
| LIMITATIONS of the article or study Small sample size and short duration of the study. They grouped vegetables and fruits together. The sample was not diverse. They used a group with a low vegetable and fruit intake.  |
| Write a 1-paragraph SUMMARY  This study did not find that increasing vegetable and fruit intake affected blood pressure in a group of 51 Scottish adults with low vegetable and fruit intake at baseline. Participants were randomized to intervention or control groups. Intervention participants were given 480g of vegetables and fruit every week for 12 weeks. Dietary intake and blood pressure were measured at baseline, 4 weeks, 12 weeks and 18 weeks. While vegetable and fruit intake increased by about 5 servings per day, there was no change in blood pressure. |

