Supplement—Sixth International Congress on Vegetarian Nutrition

311S Preface to the Sixth International Congress on Vegetarian Nutrition. M Wien, S Rajaram, and J Sabaté

Plant-based dietary patterns, mortality, and healthy aging

313S Diet pattern and longevity: do simple rules suffice? A commentary. DR Jacobs Jr and MJ Orlich


329S Vegetarian diets and bone status. KL Tucker

336S Macular xanthophylls, lipoprotein-related genes, and age-related macular degeneration. E Koo, M Neuringer, and JP SanGiovanni

347S Cognition: the new frontier for nuts and berries. P Pribis and B Shukitt-Hale

Vegetarian dietary patterns, cardiometabolic diseases, and cancer

353S Vegetarian diets in the Adventist Health Study 2: a review of initial published findings. MJ Orlich and GE Fraser

359S Global epidemiology of obesity, vegetarian dietary patterns, and noncommunicable disease in Asian Indians. PN Singh, KN Arthur, MJ Orlich, W James, A Purty, JS Job, S Rajaram, and J Sabaté

365S Nutritional adequacy of plant-based diets for weight management: observations from the NHANES. B Farmer

369S Gut microbiota and cardiometabolic outcomes: influence of dietary patterns and their associated components. JMW Wong

378S Cancer in British vegetarians: updated analyses of 4998 incident cancers in a cohort of 32,491 meat eaters, 8612 fish eaters, 18,298 vegetarians, and 2246 vegans. TJ Key, PN Appleby, FL Crowe, KE Bradbury, JA Schmidt, and RC Travis


394S Fruit, vegetable, and fiber intake in relation to cancer risk: findings from the European Prospective Investigation into Cancer and Nutrition (EPIC). KE Bradbury, PN Appleby, and TJ Key

Foods of interest to vegetarians

399S Nuts in the prevention and treatment of metabolic syndrome. J Salas-Salvadó, M Guasch-Ferré, M Bulló, and J Sabaté

408S Long-term associations of nut consumption with body weight and obesity. CL Jackson and FB Hu

412S A review of the effects of nuts on appetite, food intake, metabolism, and body weight. SY Tan, J Dhillon, and RD Mattes

423S Soy foods, isoflavones, and the health of postmenopausal women. M Messina

431S Genistein inhibits human prostate cancer cell detachment, invasion, and metastasis. JM Pavese, SN Krishna, and RC Bergan

437S Nutritional and health benefits of dried beans. V Messina

Nutrients of interest to vegetarians

443S Health benefits of plant-derived α-linolenic acid. S Rajaram

449S Achieving optimal n-3 fatty acid status: the vegetarian’s challenge . . . or not. WS Harris

453S Plant compared with marine n-3 fatty acid effects on cardiovascular risk factors and outcomes: what is the verdict? TAB Sanders
Is iron and zinc nutrition a concern for vegetarian infants and young children in industrialized countries? RS Gibson, A-LM Heath, and EA Szymek-Gay

Bone nutrients for vegetarians. AR Mangels

Vegetarian diets: a planet perspective

Sustainability of plant-based diets: back to the future. J Sabaté and S Soret

Protein production: planet, profit, plus people? H Aiking

Climate change mitigation and health effects of varied dietary patterns in real-life settings throughout North America. S Soret, A Mejia, M Batech, K Jaceldo-Siegl, H Harwatt, and J Sabaté

Temporal perspectives of vegetarian diets

Vegetarian nutrition: past, present, future. C Leitzmann