



fighting heart disease  
and stroke  
european heart network

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## **EHN Statement on the PURE study**

The PURE study included data from 18 countries, mainly low- and middle- income countries. Only three high income countries were included (Canada, Sweden and United Arab Emirates).

There are significant differences between diets in high-income countries and low- and middle-income countries. There are also significant socio-economic differences, e.g. general health status and access to health care. Additionally, we take note that the study does not distinguish between different types of carbohydrates, i.e. complex carbohydrates rich in fibre are not distinguished from simple carbohydrates, e.g. sugars.

It would not be prudent to draw conclusions on what sort of level of intakes of fat, including saturated fat, and carbohydrates should be recommended for Europeans on the basis of the PURE study.

For further statements from the EHN, please go to  
<http://www.ehnheart.org/publications/position-papers.html>