



**Question: What is the relationship between acculturation and dietary intake?**

**Table 1:** Association between multidimensional or multiple proxy measures of acculturation and dietary intake in Latino/Hispanic populations

Author, Year Sample Size Data Source, Location Risk of Bias*	Race/Ethnicity/Nativity Age Gender	Acculturation Measure Dietary Intake Measure	Results	Trend by Acculturation Measure
<b>Longitudinal Study (1 year)</b>				
<b>Unger, 2004</b>  <b>N=2004</b>  <b>School-based survey, California</b>  <b>Risk of bias: 2/24</b>	Latino/ Hispanic (69%), Asian Descent (31%)  11y  53.7% female	Subscale of the Acculturation, Habits, and Interests Multicultural Scale for Adolescents (AHIMSA) (validated); language proxy  <b>Dietary Measure:</b> Self- reported fast-food intake	<b>Fast-food consumption:</b>  Acculturation to US associated with increased frequency ( $\beta=0.078$ , $P<0.001$ )  <b>Language usage:</b> Non significant (NS)	<b>US orientation subscale of the AHIMSA (high vs. low):</b>  <i>Fast-food:</i> Positive association  <b>English language use:</b>  <i>Fast-food:</i> No association
<b>Cross-sectional Studies</b>				



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<p><b>Corral , 2008</b></p> <p><b>Nativity N=7,230</b> <b>Language N=3,257</b></p> <p><b>2001 California Health Interview Survey (CHIS), California</b></p> <p><b>Risk of bias: 2/24</b></p>	<p><b>Nativity:</b> Mexico (67.1%), US (32.9%)</p> <p>38.6y (SD=13.6)</p> <p>57.8% female</p>	<p><b>Proxies:</b> Nativity; language spoken at home</p> <p><b>Dietary Measure:</b> Dichotomous question - intake of 5 servings fruits and vegetables per day over past month</p>	<p><b>Consumption of 5 or more fruits and vegetables, Prevalence rate (% yes), Traditional vs. Acculturated (Chi-square test, regression):</b></p> <p><b>Nativity proxy</b></p> <p><i>Men:</i> 62.3% vs. 47.1%, P&lt;0.001; OR=0.66 (95% CI=0.43-0.62, P&lt;0.001); <i>Women:</i> 56.3% vs. 37.9%, P&lt;0.001; OR=0.50 (95% CI=0.43-0.08, P&lt;0.001)</p> <p><b>Language proxy</b></p> <p><i>Men:</i> 61.2% vs. 48.5%, P&lt;0.001; OR=0.48 (95% CI=0.37-0.03, P&lt;0.001); <i>Women:</i> 55.9% vs. 36.7%, P&lt;0.001; OR=0.63 (95% CI=0.45-0.88, P&lt;0.002)</p>	<p><b>Nativity:</b> <i>Fruit and vegetables (men and women):</i> Negative association</p> <p><b>Language:</b> <i>Fruit and vegetables (men and women):</i> Negative association</p>
<p><b>Erinosho, 2012</b></p> <p><b>N=1,105</b></p> <p><b>2007 CHIS, California</b></p> <p><b>Risk of bias:0/24</b></p>	<p>Latino/ Hispanic (40.4%), non-Hispanic white (59.6%)</p> <p><b>Children:</b> 3-5y</p> <p>NR</p>	<p><b>Scale developed from:</b> Caregiver place of birth, length of residence, language spoken</p> <p><b>Dietary Measure:</b> 8-item dietary screener; caregiver reported intake of 3-5y children</p>	<p><b>Caregiver's level of acculturation and dietary intake of children:</b></p> <p><i>Sweets:</i> <math>\beta</math> (95% CI)=0.09 (0.10, 0.18), P&lt;0.05 <i>Fruit:</i> NS <i>100% fruit juice:</i> NS <i>Vegetables (including fried potatoes):</i> NS <i>Fruits and vegetables (F/V):</i> NS <i>Sugar-sweetened beverages:</i> NS</p>	<p><b>Increased caregiver acculturation:</b></p> <p><i>Sweets:</i> Positive association <i>F/V:</i> No association <i>Fruit juice:</i> No association <i>SSB:</i> No association</p>



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<p><b>Van Wieren, 2011</b>  <b>N=76,638</b>  <b>2005 and 2007 CHIS, California</b>  <b>Risk of bias: 0/24</b></p>	<p>Latino/ Hispanic (21%), non-Hispanic white (79%)  ~46y  ~50% female</p>	<p>6-item acculturation scale (validated)  <b>Dietary Measure:</b> Frequency fruit/vegetable (F/V), fast food (FF), soda intake; dichotomous variables: 5-a-day F/V intake; FF/soda intake (0 vs. ≥1 servings/day)</p>	<p><b>All Latino/Hispanic:</b> <b>Fast food (FF) consumption: ORs (95% CIs) of consuming any daily fast food:</b> <i>Low:</i> OR=0.74 (0.63-0.88), <i>Moderate:</i> OR=1.35 (1.17-1.56), <i>High:</i> OR=1.69 (1.48-1.93) (P&lt;0.0001);</p> <p><b>Soda consumption: ORs (95% CIs) of consuming any daily soda:</b> <i>Low:</i> OR=1.74 (1.54-1.96), <i>Moderate:</i> OR= 1.60 (1.46-1.75), <i>High:</i> OR=1.40 (1.27-1.54) (P&lt;0.0001)</p> <p><b>5-a-day fruit/vegetable consumption:</b> NS</p> <p><b>By country/region of origin:</b> <b>Daily fast food intake:</b> Increased acculturation was associated with increased intake among Mexicans (N=13,070) (P&lt;0.0001), Central Americans (N=337) (P=0.0164), and Puerto Ricans (N=282) (P=0.0028); No associations found among Guatemalans (N=418), Salvadorans (N=682), and South Americans (N=533)</p> <p><b>5-a-day fruit/vegetable consumption:</b> NS among all Latino sub-groups <b>Daily soda consumption:</b> Increased acculturation associated with reduced adjusted ORs for Mexicans (P&lt;0.0001); Soda consumption among the other Latino subgroups: NS</p>	<p><b>Increased acculturation (among Latinos/Hispanics):</b>  <i>Fast-food intake:</i> Positive association <i>Soda intake:</i> Negative association <i>5/day Fruits/vegetables:</i> No association</p>
<p><b>2015 Dietary Guidelines Advisory Committee</b></p>		<p><b>NEL Systematic Review</b></p>		<p>www.NEL.gov</p>



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<p><b>Creighton, 2012</b></p> <p><b>N=1,610</b></p> <p><b>L.A.FANS-2, California</b></p> <p><b>Risk of bias: 2/24</b></p>	<p>Mexican Americans, African Americans, European Americans (distribution not reported)</p> <p>39.9y (SD=0.76); 27.8-45.6</p> <p>51% female</p>	<p><b>Proxies:</b> Immigrant generation, language, social measures</p> <p><b>Dietary Measure:</b> Number servings fruit, vegetables, sweetened beverages (SSB), and fast food consumed in the previous day</p>	<p><b>Higher linguistic acculturation:</b></p> <p><i>Fruits:</i> <math>\beta=-0.146</math>, <math>P&lt;0.05</math>  <i>Vegetables:</i> <math>\beta=-0.156</math>, <math>P&lt;0.05</math>  <i>Fast Food:</i> <math>\beta=0.079</math>, <math>P&lt;0.05</math>  <i>Sugar sweetened beverage (SSB):</i> NS</p> <p><b>Higher social acculturation:</b> No significant associations</p> <p><b>Immigrant generation (Ref: 1st generation from Mexico &lt;15y)</b>  <b>1st generation from Mexico (&gt;15y)</b>            No significant associations</p> <p><b>2nd generation from Mexico</b>  <i>Vegetables, Fruits, Fast Food:</i> NS  <i>SSB:</i> <math>\beta=0.291</math>, <math>P&lt;0.10</math></p> <p><b>3rd generation from Mexico</b>  <i>Vegetables, Fruits, Fast Food:</i> NS  <i>SSB:</i> <math>\beta= 0.370</math>, <math>P&lt;0.10</math></p> <p><b>3rd generation white</b>  <i>Fruits:</i> NS  <i>Vegetables:</i> <math>\beta=0.396</math>, <math>P&lt;0.05</math>  <i>Fast Food:</i> NS  <i>SSB:</i> NS</p> <p><b>3rd generation black</b></p> <p><i>Fruits:</i> <math>\beta=- 0.346</math>, <math>P&lt;0.10</math>  <i>Vegetables:</i> NS  <i>Fast Food:</i> <math>\beta= 0.174</math>, <math>P&lt;0.10</math>  <i>SSB:</i> <math>\beta=0.425</math>, <math>P&lt;0.05</math></p>	<p><b>Linguistic acculturation:</b></p> <p><i>Fruit:</i> Negative association  <i>Vegetables:</i> Negative association  <i>Fast food:</i> Positive association  <i>SSB:</i> No association</p> <p><b>Social acculturation:</b></p> <p><i>Fruits, vegetables, SSB, or fast food:</i> No association</p> <p><b>Immigrant generations:</b></p> <p><i>SSB:</i> Positive association in 2nd/3rd generation Mexicans; 3rd generation blacks  <i>NS:</i> 3rd generation whites</p> <p><i>Fast food:</i> Positive association 3rd generation blacks only  <i>Vegetables:</i> Positive association in 3rd generation whites  <i>NS:</i> 2nd/3rd generation Mexicans and 3rd generation blacks</p> <p><i>Fruits:</i> NS in 2nd and 3rd generation Mexicans; 3rd generation whites;            Negative association in 3rd generation blacks</p>
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<p><b>Dubowitz, 2008</b></p> <p><b>N=641</b></p> <p><b>Baseline wellness trial data, Massachusetts</b></p> <p><b>Risk of bias: 2/24</b></p>	<p>Latino /Hispanic (72%), non-Hispanic black (7%), non-Hispanic white (16%), other (5%)</p> <p>18-44y</p> <p>100% female (Post-partum)</p>	<p><b>Proxies:</b> Race/ethnicity, nativity, duration of residence, language acculturation, instrumental and emotional support, socioeconomic position, census tract</p> <p><b>Dietary Measure:</b> 61-item FFQ; usual F/V intake during last 4 weeks</p>	<p><b>Fruit and vegetable intake:</b></p> <p><b>Foreign born and years of residence in US:</b> US-born (reference)</p> <p><i>Foreign born (&gt;14 y in US):</i> NS  <i>Foreign born (10-14y in US):</i> <math>\beta=1.388</math>, <math>P&lt;0.05</math>  <i>Foreign born (5-9y in US):</i> <math>\beta=2.036</math>, <math>P&lt;0.01</math>  <i>Foreign born (&lt;5y in US):</i> <math>\beta=1.974</math>, <math>P&lt;0.01</math></p> <p><b>Language spoken at home:</b></p> <p>Spanish (reference)  <i>English:</i> NS  <i>Both:</i> <math>\beta=1.111</math>, <math>P&lt;0.01</math></p> <p><b>Higher proportion of foreign born people in census tract:</b> <math>\beta=0.029</math>, <math>P&lt;0.01</math></p> <p><b>Higher instrumental/emotional support:</b> <math>\beta=0.044</math>, <math>P&lt;0.01</math></p>	<p><b>Nativity and duration of residence:</b> Foreign-born women living in the US between 0 and 14 years had significantly higher fruit and vegetable consumption than the US-born, although foreign-born living in the U.S. for more than 14 years did not have significantly different consumption.</p> <p><b>Language:</b> Speaking both English and Spanish in the home, compared to only Spanish, was related to greater fruit and vegetable consumption.</p>



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<p><b>Ghaddar, 2010</b></p> <p><b>N=2,381</b></p> <p><b>Alliance for a Healthy Border, states along US/Mexico border, Texas, Arizona, California, and New Mexico</b></p> <p><b>Risk of bias: 0/24</b></p>	<p>Latino/Hispanic (100%)</p> <p>&gt;18y</p> <p>78.8% female</p>	<p>Short Acculturation Scale for Hispanics (SASH) (validated) scale for language acculturation; country of birth</p> <p><b>Dietary Measure:</b> Fruit/Vegetable intake questions from BRFSS 2005 survey; 12-item health habits scale</p>	<p><b>Language scale:</b> Low acculturation had a higher <b>fruit and vegetable weekly consumption</b> relative to the moderate to high acculturation group (OR=13.88, 95% CI=3.67-25.61)</p> <p><b>Country of birth:</b> Those born in Mexico had a higher <b>fruit and vegetable intake</b> compared to those born in the US (OR=17.0, 95% CI=6.29-28.79).</p> <p><b>Language scale:</b> Participants speaking primarily Spanish language scored more points on the <b>Healthy Habits Scale</b> than those who did not (OR=0.82, 95% CI=0.10-1.54).</p> <p><b>Country of birth:</b> Those born in Mexico scored higher on the <b>Healthy Habits Scale</b> than those born in the US (OR=1.52, 95% CI=0.81-2.24).</p>	<p><b>SASH score (language) and Country of Birth results consistent:</b> Less acculturation was associated with higher fruit and vegetable consumption and more healthy habits</p>



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<p><b>Kasirye, 2005</b></p> <p><b>N=1,062</b></p> <p><b>Study of Hispanic Acculturation, Reproduction and the Environment, California</b></p> <p><b>Risk of bias: 2/24</b></p>	<p>Latino/Hispanic (100%)</p> <p>25.2y (SD=6.3)</p> <p>100% female (pregnant)</p>	<p>Acculturation Rating Scale for Mexican Americans (ARSMA-II) short version (Validated)</p> <p><b>Dietary Measure:</b> Reported intake of F/V and FF in previous month (not validated)</p>	<p><b>Odds Ratio for intake of more than 3 servings of fruit/day:</b></p> <p><i>Low Acculturation:</i> 1.0 <i>Moderate Acculturation:</i> 1.1 (0.8-1.5) <i>High Acculturation:</i> 0.5 (0.3-0.7)</p> <p><b>Odds Ratio for intake of more than 3 servings of vegetables/day:</b></p> <p><i>Low Acculturation:</i> 1.0 <i>Moderate Acculturation:</i> 0.9 (0.6-1.3) <i>High Acculturation:</i> 0.8 (0.5-1.2)</p> <p><b>Odds Ratio for intake of more than 2 servings of fast food/week:</b></p> <p><i>Low Acculturation:</i> 1.0 <i>Moderate Acculturation:</i> 4.3 (2.6-7.3) <i>High Acculturation:</i> 4.9 (2.8-8.6)</p>	<p><b>Increased ARSMA-II:</b></p> <p><b>Higher acculturation score:</b> <i>Fruit intake:</i> Negative association <i>Vegetable intake:</i> No association <i>Fast-food intake:</i> Positive association</p>
<p><b>Matias, 2013</b></p> <p><b>N=802</b></p> <p><b>Fruit/vegetable analysis N=783, Fat analysis N=717</b></p> <p><b>Mexican Immigration to California: Agricultural Safety and Acculturation (MICASA) cohort,</b></p>	<p><b>Nativity:</b> Mexico; Central America</p> <p>37y (SD=10)</p> <p>52% female</p>	<p>Acculturation Rating Scale for Mexican Americans (ARSMA)-II short version; country of birth, length of residence, age at immigration, school attendance in US</p> <p><b>Dietary Measure:</b> Block Fruit/Vegetable/Fiber Screener; Block Fat Screener</p>	<p><b>Consumption of fruit and vegetables</b></p> <p><i>Acculturation level:</i> NS</p> <p><i>US school attendance:</i> NS</p> <p><i>Longer US residence:</i> Associated with increased odds of meeting the ≥5 servings of fruits or vegetables/ day dietary recommendation: OR=1.5 ( 95% CI: 1.0-2.3; P=0.035</p> <p><i>Central America nativity:</i> Associated</p>	<p><b>Consumption of fruits and vegetables:</b></p> <p><i>ARSMA-II:</i> No association <i>US School attendance:</i> No association <i>Length in US:</i> Positive association</p> <p><b>Nativity: Men and Women in Central America:</b> Positive association</p> <p><b>Percent calories from fat:</b></p>



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<p><b>California</b></p> <p><b>Risk of bias: 0/24</b></p>			<p>with significantly increased odds of consuming <math>\geq 5</math> daily servings of fruits and vegetables (Adjusted OR: 2.7; 95% CI: 1.2, 6.2; P=0.024)</p> <p><b>Average daily percent of calories from fat</b></p> <p><i>Higher acculturation level:</i> OR=0.2 (95% CI:0.1–0.5) <i>United States school attendance:</i> OR= 0.5 (95% CI:0.3–0.7)</p> <p><b>Association between country of birth and fat intake (modified by gender):</b></p> <p><i>Men born in Mexico vs. US:</i> OR=2.8 (95% CI: 1.1–7.2) <i>Women born in Central America vs. US:</i> OR=4.8 (95% CI: 1.6-14.7), had higher odds of consuming <math>\leq 35\%</math> of calories from fat</p>	<p><i>ARSMA-II:</i> Positive association <i>US School attendance:</i> Positive association <i>Length in US:</i> No association</p> <p><b>Nativity:</b> <i>Men from Mexico and Women from Central America:</i> Positive association</p>



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<p><b>Montez, 2008</b></p> <p><b>N=1,245</b></p> <p><b>National Health Interview Survey (NHIS), USA</b></p> <p><b>Risk of bias: 2/24</b></p>	<p>Mexican Descent</p> <p>25-64y</p> <p>100% female</p>	<p><b>Proxies:</b> Language, nativity, interaction between nativity and language acculturation</p> <p><b>Dietary Measure:</b> Food frequency screener developed by NCI</p>	<p><b>Acculturation and diet (least-squares regression)</b></p> <p><b>Country of birth:</b></p> <p><i>Fruits and vegetables (F/V):</i> NS <i>Fiber:</i> <math>\beta=-2.44</math> (95%CI=-4.17-0.72, <math>P&lt;0.01</math>) <i>Percent energy from fat:</i> <math>\beta=2.06</math> (95%CI=0.73-3.39, <math>P&lt;0.01</math>)</p> <p><b>Language acculturation:</b></p> <p><i>Fruits and vegetables:</i> NS <i>Fiber:</i> <math>\beta=-1.07</math> (95%CI=-1.68-0.46, <math>P&lt;0.01</math>) <i>Percent energy from fat:</i> NS</p> <p><b>Country of birth x language acculturation:</b></p> <p><i>Fruits and vegetables:</i> <math>\beta=-0.27</math> (95%CI= -0.59-0.05, <math>P&lt;0.10</math>) <i>Fiber:</i> NS <i>Percent energy from fat:</i> NS</p>	<p><b>US born:</b></p> <p><i>F/V:</i> No association <i>Fiber:</i> Negative association <i>% calories fat:</i> Positive association</p> <p><b>Increased English use:</b></p> <p><i>F/V:</i> No association <i>Fiber:</i> Negative association <i>% calories fat:</i> No association</p> <p><b>Nativity X language:</b></p> <p><i>F/V:</i> Negative association <i>Fiber:</i> No association <i>% calories fat:</i> No association</p>
<p><b>van Rompay, 2012</b></p> <p><b>N=1,219</b></p> <p><b>Boston Puerto Rican Health Study, Massachusetts</b></p>	<p>Puerto Rican Descent</p> <p>45-75y</p> <p>72% female</p>	<p><b>Summary score combining:</b> Psychological Acculturation Scale (PAS); Bi-dimensional Acculturation Scale (BAS); length of stay</p>	<p><b>Dietary intake (mean g/d) by BAS quartiles:</b></p> <p><i>Saturated fat intake:</i> Q1(23.4), Q2(23.4), Q3(23.7), Q4(24.8), P for trend 0.03</p>	<p><b>Increased acculturation scale score (BAS):</b></p> <p><i>Total fiber:</i> No association</p> <p><i>Fiber from fruit:</i> Positive association</p>



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<p><b>Risk of bias: 0/24</b></p>		<p><b>Dietary Measure:</b> 246 item FFQ - carbohydrate quality, fiber</p>	<p><i>PUFA intake:</i> Q1(21.8), Q2(21.4), Q3(20.8), Q4(19.3), P for trend 0.0001</p> <p><i>Starch intake:</i> Q1(126), Q2(128), Q3(125), Q4(120), P for trend 0.005;</p> <p><i>Fruit fiber intake:</i> Q1(1.8), Q2(1.7), Q3(1.7), Q4(2.1), P for trend 0.009;</p> <p><i>Non-starchy vegetable fiber intake:</i> Q1(2.4), Q2(2.4), Q3(2.4), Q4(2.6), P for trend 0.05</p> <p><i>Starchy vegetable fiber intake:</i> Q1(2.6), Q2(2.4), Q3(2.4), Q4(2.1), P for trend 0.009</p> <p><i>Legume fiber intake:</i> Q1(6.6), Q2(7.0), Q3(6.2), Q4(5.8), P for trend 0.01;</p> <p><i>Cereal fiber intake:</i> Q1(4.5), Q2(4.9), Q3(4.9), Q4(5.4), P for trend 0.004</p> <p><i>Protein intake; Carbohydrate intake; Total fat intake; MUFA intake; Added sugars intake; Total dietary fiber intake; Total energy (Kcal/d):</i> P for trend NS.</p> <p>Greater PAS associated with <b>lower starch intake and higher fruit fiber</b></p> <p>LOS associated with <b>lower starchy vegetables and legume fiber, and</b></p>	<p><i>Fiber from non-starchy vegetables:</i> Positive association</p> <p><i>Fiber from starchy vegetables:</i> Negative association</p> <p><i>Cereal fiber:</i> Negative association</p> <p><i>Legume fiber:</i> Negative association</p> <p>Greater <b>PAS</b> associated with lower starch intake and higher fruit fiber</p> <p><b>LOS</b> associated with lower starchy vegetables and legume fiber, and higher cereal fiber</p>



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			<b>higher cereal fiber</b>	

\*Risk of Bias as determined using the Nutrition Evidence Library Bias Assessment Tool