

'Western' diet associated with respiratory symptoms, COPD

March 5 2018



(HealthDay)—A "Western" diet appears to be associated with chronic

obstructive pulmonary disease (COPD), respiratory symptoms, and decreased lung function, according to a study published online Feb. 15 in the *Annals of the American Thoracic Society*.

Emily P. Brigham, M.D., from the Johns Hopkins University School of Medicine in Baltimore, and colleagues used data from the Atherosclerosis Risk in Communities Study (ARIC; 15,792 participants) to assess associations between dietary pattern and pulmonary assessments.

The researchers found that higher scores in the Western diet pattern (quintile 5 versus quintile 1) were associated with higher prevalence of COPD (prevalence ratio [PR], 1.62), wheeze (PR, 1.37), cough (PR, 1.32), and phlegm (PR, 1.27). In addition, the Western diet was associated with lower prevalence of percent predicted forced expiratory volume in 1 second (FEV₁), percent predicted forced vital capacity (FVC), and FEV₁/FVC ratio. In contrast, those with higher scores in the "Prudent" diet pattern (quintile 5 versus quintile 1) had lower prevalence of COPD (PR, 0.82) and cough (PR, 0.77) and higher percent predicted FEV₁ and FEV₁/FVC ratio.

"A Western [dietary pattern](#) was associated with [respiratory symptoms](#), lower lung function, and COPD in ARIC participants," the authors write.

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Citation: 'Western' diet associated with respiratory symptoms, COPD (2018, March 5) retrieved 13 March 2024 from <https://medicalxpress.com/news/2018-03-western-diet-respiratory-symptoms-copd.html>

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