Adhering to recommended diets lowers risk of chronic diseases, 32-year study finds
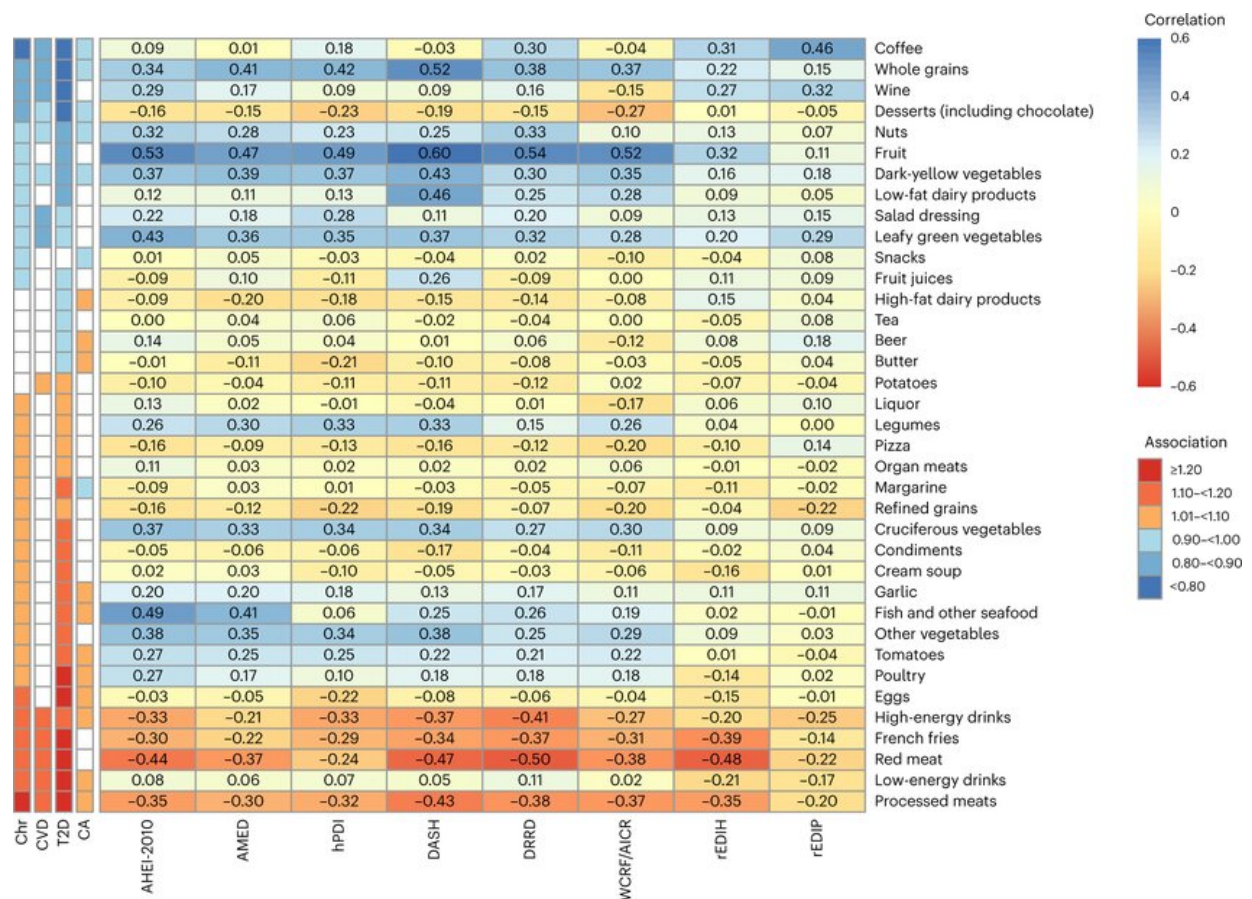
March 16 2023, by Justin Jackson

AHEI-2010	AMED	hPDI	DASH	DRRD	WCRF/AICR	rEDIH	rEDIP	Food group
0.09	0.01	0.18	−0.03	0.30	−0.04	0.31	0.46	Coffee
0.34	0.41	0.42	0.52	0.38	0.37	0.22	0.15	Whole grains
0.29	0.17	0.09	0.09	0.16	−0.15	0.27	0.32	Wine
−0.16	−0.15	−0.23	−0.19	−0.15	−0.27	0.01	−0.05	Desserts (including chocolate)
0.32	0.28	0.23	0.25	0.33	0.10	0.13	0.07	Nuts
0.53	0.47	0.49	0.60	0.54	0.52	0.32	0.11	Fruit
0.37	0.39	0.37	0.43	0.30	0.35	0.16	0.18	Dark-yellow vegetables
0.12	0.11	0.13	0.46	0.25	0.28	0.09	0.05	Low-fat dairy products
0.22	0.18	0.28	0.11	0.20	0.09	0.13	0.15	Salad dressing
0.43	0.36	0.35	0.37	0.32	0.28	0.20	0.29	Leafy green vegetables
0.01	0.05	−0.03	−0.04	0.02	−0.10	−0.04	0.08	Snacks
−0.09	0.10	−0.11	0.26	−0.09	0.00	0.11	0.09	Fruit juices
−0.09	−0.20	−0.18	−0.15	−0.14	−0.08	0.15	0.04	High-fat dairy products
0.00	0.04	0.06	−0.02	−0.04	0.00	−0.05	0.08	Tea
0.14	0.05	0.04	0.01	0.06	−0.12	0.08	0.18	Beer
−0.01	−0.11	−0.21	−0.10	−0.08	−0.03	−0.05	0.04	Butter
−0.10	−0.04	−0.11	−0.11	−0.12	0.02	−0.07	−0.04	Potatoes
0.13	0.02	−0.01	−0.04	0.01	−0.17	0.06	0.10	Liquor
0.26	0.30	0.33	0.33	0.15	0.26	0.04	0.00	Legumes
−0.16	−0.09	−0.13	−0.16	−0.12	−0.20	−0.10	0.14	Pizza
0.11	0.03	0.02	0.02	0.02	0.06	−0.01	−0.02	Organ meats
−0.09	0.03	0.01	−0.03	−0.05	−0.07	−0.11	−0.02	Margarine
−0.16	−0.12	−0.22	−0.19	−0.07	−0.20	−0.04	−0.22	Refined grains
0.37	0.33	0.34	0.34	0.27	0.30	0.09	0.09	Cruciferous vegetables
−0.05	−0.06	−0.06	−0.17	−0.04	−0.11	−0.02	0.04	Condiments
0.02	0.03	−0.10	−0.05	−0.03	−0.06	−0.16	0.01	Cream soup
0.20	0.20	0.18	0.13	0.17	0.11	0.11	0.11	Garlic
0.49	0.41	0.06	0.25	0.26	0.19	0.02	−0.01	Fish and other seafood
0.38	0.35	0.34	0.38	0.25	0.29	0.09	0.03	Other vegetables
0.27	0.25	0.25	0.22	0.21	0.22	0.01	−0.04	Tomatoes
0.27	0.17	0.10	0.18	0.18	0.18	−0.14	0.02	Poultry
−0.03	−0.05	−0.22	−0.08	−0.06	−0.04	−0.15	−0.01	Eggs
−0.33	−0.21	−0.33	−0.37	−0.41	−0.27	−0.20	−0.25	High-energy drinks
−0.30	−0.22	−0.29	−0.34	−0.37	−0.31	−0.39	−0.14	French fries
−0.44	−0.37	−0.24	−0.47	−0.50	−0.38	−0.48	−0.22	Red meat
0.08	0.06	0.07	0.05	0.11	0.02	−0.21	−0.17	Low-energy drinks
−0.35	−0.30	−0.32	−0.43	−0.38	−0.37	−0.35	−0.20	Processed meats

Left association columns: Chr, CVD, T2D, CA

Correlation legend: 0.6, 0.4, 0.2, 0, −0.2, −0.4, −0.6

Association legend: ≥1.20; 1.10–<1.20; 1.01–<1.10; 0.90–<1.00; 0.80–<0.90; <0.80

Baseline Spearman's correlations between energy-adjusted cumulative average dietary patterns and food groups in the pooled data of three cohorts (n = 205,852 participants) Spearman's correlation coefficients are shown and highlighted in color. Food groups are ordered based on the HRs of their associations with major chronic disease. The associations of food groups (comparing the 90th with the 10th percentile) with major chronic disease (Chr), major CVD, type 2 diabetes (T2D) or total cancer (CA) are indicated on the left of the figure. We

reported unadjusted P values based on two-sided statistical tests. Significant associations (P

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