Dietary Patterns and Body Weight: Index/Score

EXCLUDED ARTICLES

PubMed

#	Citation	Rationale for Exclusion
1	Abidoye RO, Madueke LA, Abidoye GO. The relationship between dietary habits and body-mass index using the Federal Airport Authority of Nigeria as the sample. Nutr Health. 2002;16(3):215-27. PubMed PMID: 12418805.	Nigeria classified as "low" on Human Development Index (HDI)
2	Aeberli I, Kaspar M, Zimmermann MB. Dietary intake and physical activity of normal weight and overweight 6 to 14 year old Swiss children. Swiss Med Wkly.2007 Jul 28;137(29-30):424-30. PubMed PMID: 17705105..	Study did not examine dietary intake using an index/ score
3	Ahluwalia N, Ferrières J, Dallongeville J, Simon C, Ducimetière P, Amouyel P, Arveiler D, Ruidavets JB. Association of macronutrient intake patterns with being overweight in a population-based random sample of men in France. Diabetes Metab. 2009 Apr;35(2):129-36. Epub 2009 Feb 28. PubMed PMID: 19251447.	Study did not examine dietary intake using an index/ score
4	Akman M, Akan H, Izbirak G, Tanriöver Ö, Tilev SM, Yildiz A, Tektaş S, Vitrinel A, Hayran O Eating patterns of Turkish adolescents: a cross-sectional survey. Nutr J. 2010 Dec 19;9:67. PubMed PMID: 21167070; PubMed Central PMCID:PMC3018368.	Study did not examine dietary intake using an index/ score
5	Al Mamun A, Cramb SM, O'Callaghan MJ, Williams GM, Najman JM. Childhood overweight status predicts diabetes at age 21 years: a follow-up study. Obesity (Silver Spring). 2009 Jun;17(6): 1255-61. Epub 2009 Feb 12. PubMed PMID: 19214172.	Study did not examine dietary intake using an index/ score
6	Al-Rethaiaa AS, Fahmy AE, Al-Shwaiyat NM. Obesity and eating habits among college students in Saudi Arabia: a cross sectional study. Nutr J. 2010 Sep19;9:39. PubMed PMID: 20849655; PubMed Central PMCID: PMC2949783.	Study did not examine dietary intake using an index/ score
7	Al-Solaiman Y, Jesri A, Mountford WK, Lackland DT, Zhao Y, Egan BM. DASH lowers blood pressure in obese hypertensives beyond potassium, magnesium and fibre. J Hum Hypertens. 2010 Apr;24(4):237-46. Epub 2009 Jul 23. PubMed PMID:19626043; PubMed Central PMCID: PMC2841705.	Study did not examine dietary intake using index/ score and BW not outcome
8	Alexy U, Libuda L, Mersmann S, Kersting M. Convenience foods in children's diet and association with dietary quality and body weight status. Eur J Clin Nutr. 2011 Feb;65(2):160-6. Epub 2010 Dec 8. PubMed PMID: 21139631.	Study did not examine dietary intake using an index/ score
9	Alexy U, Sichert-Hellert W, Kersting M, Schultze-Pawlitschko V. Pattern of long-term fat intake and BMI during childhood and adolescence--results of the DONALD Study. Int J Obes Relat Metab Disord. 2004 Oct;28(10):1203-9. PubMed PMID:15211368.	Study did not examine dietary intake using an index/ score
10	Amin TT, Al-Sultan AI, Ali A. Overweight and obesity and their relation to dietary habits and socio-demographic characteristics among male primary school children in Al-Hassa, Kingdom of Saudi Arabia. Eur J Nutr. 2008 Sep;47(6):310-8. Epub 2008 Aug 1. PubMed PMID: 18677544.	Study did not examine dietary intake using an index/ score
11	Andreoli A, Lauro S, Di Daniele N, Sorge R, Celi M, Volpe SL. Effect of a moderately hypoenergetic Mediterranean diet and exercise program on body cell mass and cardiovascular risk factors in obese women. Eur J Clin Nutr. 2008Jul;62(7): 892-7. Epub 2007 May 16. PubMed PMID: 17522604.	Study did not examine dietary intake using an index/ score
12	Arata A, Battini V, Chiorri C, Masini B. An exploratory survey of eating behaviour patterns in adolescent students. Eat Weight Disord. 2010 Dec;15(4):e200-7. PubMed PMID: 21406943.	Study did not examine dietary intake using an index/ score
13	Ask AS, Hernes S, Aarek I, Johannessen G, Haugen M. Changes in dietary pattern in 15 year old adolescents following a 4 month dietary intervention with school	Study did not examine relationship between

	breakfast--a pilot study. Nutr J. 2006 Dec 7;5:33. PubMed PMID: 17150115; PubMed Central PMCID: PMC1713247.	dietary patterns and body weight
14	Atikessé L, de Grosbois SB, St-Jean M, Penashue BM, Benuen M. Innu food consumption patterns: traditional food and body mass index. Can J Diet Pract Res. 2010 Fall;71(3):e41-9. PubMed PMID: 20825693..	Study examined Innu population
15	Azadbakht L, Kimiagar M, Mehrabi Y, Esmaillzadeh A, Padyab M, Hu FB, Willett WC. Soy inclusion in the diet improves features of the metabolic syndrome: a randomized crossover study in postmenopausal women. Am J Clin Nutr. 2007 Mar;85(3):735-41. PubMed PMID: 17344494.	Study did not examine dietary intake using an index/ score
16	Babio N, Bulló M, Salas-Salvadó J. Mediterranean diet and metabolic syndrome: the evidence. Public Health Nutr. 2009 Sep;12(9A):1607-17. Review. PubMed PMID:19689829.	Narrative review
17	Bach A, Serra-Majem L, Carrasco JL, Roman B, Ngo J, Bertomeu I, Obrador B. The use of indexes evaluating the adherence to the Mediterranean diet in epidemiological studies: a review. Public Health Nutr. 2006 Feb;9(1A):132-46.PubMed PMID: 16512961.	Narrative review
18	Balcells E, Delgado-Noguera M, Pardo-Lozano R, Roig-González T, Renom A, González-Zobl G, Muñoz-Ortego J, Valiente-Hernández S, Pou-Chaubron M, Schröder H. Soft drinks consumption, diet quality and BMI in a Mediterranean population. Public Health Nutr. 2011 May;14(5):778-84. Epub 2010 Oct 19. PubMed PMID: 20955643.	Does not examine relationship between dietary pattern and body weight measure
19	Bautista-Castaño I, Molina-Cabrillana J, Montoya-Alonso JA, Serra-Majem L. Variables predictive of adherence to diet and physical activity recommendations in the treatment of obesity and overweight, in a group of Spanish subjects. Int J Obes Relat Metab Disord. 2004 May;28(5):697-705. PubMed PMID: 14993911.	Does not examine dietary pattern with index or score
20	Becquey E, Savy M, Danel P, Dabiré HB, Tapsoba S, Martin-Prével Y. Dietary patterns of adults living in Ouagadougou and their association with overweight.Nutr J. 201	Burkina Faso classified as “low” HDI
21	Bédard A, Goulet J, Riverin M, Lamarche B, Lemieux S. Effects of a dietary intervention promoting the adoption of a Mediterranean food pattern on fast-food consumption among healthy French-Canadian women. Br J Nutr. 2010. Dec;104(11):1662-5. Epub 2010 Aug 9. PubMed PMID: 20691126.	Before and after study
22	Bemelmans WJ, Broer J, de Vries JH, Hulshof KF, May JF, Meyboom-De Jong B. Impact of Mediterranean diet education versus posted leaflet on dietary habits and serum cholesterol in a high risk population for cardiovascular disease. Public Health Nutr. 2000 Sep;3(3):273-83. PubMed PMID: 10979147.	Study did not examine dietary intake using an index/ score
23	Berg CM, Lappas G, Strandhagen E, Wolk A, Torén K, Rosengren A, Aires N, Thelle DS, Lissner L. Food patterns and cardiovascular disease risk factors: the Swedish INTERGENE research program. Am J Clin Nutr. 2008 Aug;88(2):289-97. PubMedPMID: 18689363.	Study did not examine dietary intake using an index/ score
24	Bilenko N, Fraser D, Vardi H, Shai I, Shahar DR. Mediterranean diet and cardiovascular diseases in an Israeli population. Prev Med. 2005 Mar;40(3):299-305. PubMed PMID: 15533543.	Does not include body weight as an outcome
25	Bisset S, Gauvin L, Potvin L, Paradis G. Association of body mass index and dietary restraint with changes in eating behaviour throughout late childhood and early adolescence: a 5-year study. Public Health Nutr. 2007 Aug;10(8):780-9. PubMed PMID: 17381909.	Examined dietary behaviors, not dietary patterns
26	Blum JW, Jacobsen DJ, Donnelly JE. Beverage consumption patterns in elementary school aged children across a two-year period. J Am Coll Nutr. 2005Apr;24(2):93-8. PubMed PMID: 15798075.	Examined beverage patterns, not diet patterns
27	Blumenthal JA, Babyak MA, Sherwood A, Craighead L, Lin PH, Johnson J, Watkins LL, Wang JT, Kuhn C, Feinglos M, Hinderliter A. Effects of the dietary approaches to stop hypertension diet alone and in combination with exercise and caloric restriction on insulin sensitivity and lipids. Hypertension. 2010May;55(5):1199-205. PubMed PMID: 20212264.	Does not examine dietary pattern with index or score

28	Bouchard-Mercier A, Paradis AM, Godin G, Lamarche B, Pérusse L, Vohl MC. Associations between dietary patterns and LDL peak particle diameter: a cross-sectional study. J Am Coll Nutr. 2010 Dec;29(6):630-7. PubMed PMID:21677127.	Study did not examine dietary intake using an index/ score
29	Boynton A, Neuhouser ML, Wener MH, Wood B, Sorensen B, Chen-Levy Z, Kirk EA, Yasui Y, Lacroix K, McTiernan A, Ulrich CM. Associations between healthy eating patterns and immune function or inflammation in overweight or obese postmenopausal women. Am J Clin Nutr. 2007 Nov;86(5):1445-55. PubMed PMID:17991658.	Does not include body weight as an outcome
30	Brandhagen M, Forslund HB, Lissner L, Winkvist A, Lindroos AK, Carlsson LM, Sjöström L, Larsson I. Alcohol and macronutrient intake patterns are related to general and central adiposity. Eur J Clin Nutr. 2011 Nov 16. doi: 10.1038/ejcn.2011.189. [Epub ahead of print] PubMed PMID: 22085868.	Study did not examine dietary intake using an index/ score
31	Brinkworth GD, Noakes M, Keogh JB, Luscombe ND, Wittert GA, Clifton PM.Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects. Int J Obes Relat Metab Disord. 2004 May;28(5):661-70. Erratum in: Int J Obes Relat Metab Disord.2004 Sep;28(9):1187. PubMed PMID: 15007396.	Study did not examine dietary intake using an index/ score
32	Brunt A, Rhee Y, Zhong L. Differences in dietary patterns among college students according to body mass index. J Am Coll Health. 2008 May-Jun;56(6): 629-34. PubMed PMID: 18477517.	Study did not examine dietary intake using an index/ score
33	Carrera PM, Gao X, Tucker KL. A study of dietary patterns in the Mexican-American population and their association with obesity. J Am Diet Assoc. 2007 Oct;107(10):1735-42. PubMed PMID: 17904933.	Study did not examine dietary intake using an index/ score
34	Carter SJ, Roberts MB, Salter J, Eaton CB. Relationship between Mediterranean Diet Score and atherothrombotic risk: findings from the Third National Health and Nutrition Examination Survey (NHANES III), 1988-1994. Atherosclerosis. 2010 Jun;210(2):630-6. Epub 2010 Jan 14. PubMed PMID: 20138282.	Does not include body weight as an outcome
35	Carty CL, Kooperberg C, Neuhouser ML, Tinker L, Howard B, Wactawski-Wende J, Beresford SA, Snetselaar L, Vitolins M, Allison M, Budrys N, Prentice R, Peters U. Low-fat dietary pattern and change in body-composition traits in the Women's Health Initiative Dietary Modification Trial. Am J Clin Nutr. 2011Mar;93(3):516-24. Epub 2010 Dec 22. PubMed PMID: 21177798; PubMed Central PMCID: PMC3041598.	Study did not examine dietary intake using an index/ score
36	Carvalho Francescantonio Menezes IH, Borges Neutzling M, Aguiar CarrazedoTaddei JA. Risk factors for overweight and obesity in adolescents of a Brazilian University: a case-control study. Nutr Hosp. 2009 Jan-Feb;24(1):17-24. PubMed PMID: 19266108.	Study did not examine dietary intake using an index/ score
37	Cho YA, Shin A, Kim J. Dietary patterns are associated with body mass index in a Korean population. J Am Diet Assoc. 2011 Aug;111(8):1182-6. PubMed PMID:21802564.	Study did not examine dietary intake using an index/ score
38	Choi J, Se-Young O, Lee D, Tak S, Hong M, Park SM, Cho B, Park M. Characteristics of diet patterns in metabolically obese, normal weight adults (Korean National Health and Nutrition Examination Survey III, 2005). Nutr Metab Cardiovasc Dis. 2010 Dec 24. [Epub ahead of print] PubMed PMID: 21186103.	Study did not examine dietary intake using an index/ score
39	Chourdakis M, Tzellos T, Papazisis G, Toulis K, Kouvelas D. Eating habits, health attitudes and obesity indices among medical students in northern Greece.	Study did not examine dietary intake using an index/ score
40	Chrysohoou C, Panagiotakos DB, Aggelopoulos P, Kastorini CM, Kehagia I, Pitsavos C, Stefanadis C. The Mediterranean diet contributes to the preservation of left ventricular systolic function and to the long-term favorable prognosis of patients who have had an acute coronary event. Am J Clin Nutr. 2010Jul;92(1):47-54. Epub 2010 May 19. PubMed PMID: 20484450.	Does not include body weight as an outcome

41	Cronk CE, Hoffmann RG, Mueller MJ, Zerpa-Uriona V, Dasgupta M, Enriquez F.Effects of a culturally tailored intervention on changes in body mass index and health-related quality of life of Latino children and their parents. Am J Health Promot. 2011 Mar-Apr;25(4):e1-11. PubMed PMID: 21473182.	Study did not examine dietary intake using an index/ score
42	Das SK, Gilhooly CH, Golden JK, Pittas AG, Fuss PJ, Cheatham RA, Tyler S,Tsay M, McCrory MA, Lichtenstein AH, Dallal GE, Dutta C, Bhapkar MV, Delany JP,Saltzman E, Roberts SB. Long-term effects of 2 energy-restricted diets differing in glycemic load on dietary adherence, body composition, and metabolism in CALERIE: a 1-y randomized controlled trial. Am J Clin Nutr. 2007Apr;85(4):1023-30. PubMed PMID: 17413101.	Study did not examine dietary intake using an index/ score
43	Davy BM, Harrell K, Stewart J, King DS. Body weight status, dietary habits, and physical activity levels of middle school-aged children in rural Mississippi. South Med J. 2004 Jun;97(6):571-7. PubMed PMID: 15255424.	Study did not examine dietary intake using an index/ score
44	de Andrade SC, de Azevedo Barros MB, Carandina L, Goldbaum M, Cesar CL, Fisberg RM. Dietary quality index and associated factors among adolescents of the state of Sao Paulo, Brazil. J Pediatr. 2010 Mar;156(3):456-60. Epub 2009 Dec 14. PubMed PMID: 20004911.	Does not include body weight as an outcome
45	De Lorenzo A, Noce A, Bigioni M, Calabrese V, Della Rocca DG, Di Daniele N, Tozzo C, Di Renzo L. The effects of Italian Mediterranean organic diet (IMOD) on health status. Curr Pharm Des. 2010;16(7):814-24. PubMed PMID: 20388092.	Study did not examine dietary intake using an index/ score
46	De Lorenzo A, Petroni ML, De Luca PP, Andreoli A, Morini P, Iacopino L, Innocente I, Perriello G. Use of quality control indices in moderately hypocaloric Mediterranean diet for treatment of obesity. Diabetes Nutr Metab.2001 Aug;14(4):181-8. PubMed PMID: 11716286.	Study examined hypocaloric diet for treatment of obesity
47	Dedoussis GV, Panagiotakos DB, Chrysohoou C, Pitsavos C, Zampelas A, Choumerianou D, Stefanadis C. Effect of interaction between adherence to a Mediterranean diet and the methylenetetrahydrofolate reductase 677C-->T mutation on homocysteine concentrations in healthy adults: the ATTICA Study. Am J Clin Nutr. 2004 Oct;80(4):849-54. PubMed PMID: 15447889.	Does not include body weight as an outcome
48	Drichoutis AC, Lazaridis P, Nayga RM Jr. Can Mediterranean diet really influence obesity? Evidence from propensity score matching. Eur J Health Econ.2009 Oct;10(4):371-88. Epub 2008 Dec 5. PubMed PMID: 19057934.	Review
49	Duc Son le NT, Hanh TT, Kusama K, Kunii D, Sakai T, Hung NT, Yamamoto S. Anthropometric characteristics, dietary patterns and risk of type 2 diabetes mellitus in Vietnam. J Am Coll Nutr. 2005 Aug;24(4):229-34. PubMed PMID:16093399.	Vietnam classified as "medium" on Human Development Index
50	Duvigneaud N, Wijndaele K, Matton L, Philippaerts R, Lefevre J, Thomis M, Delecluse C, Duquet W. Dietary factors associated with obesity indicators and level of sports participation in Flemish adults: a cross-sectional study. Nutr J. 2007 Sep 21;6:26. PubMed PMID: 17883880; PubMed Central PMCID: PMC2094711.	Study did not examine dietary intake using an index/ score
51	Earland J, Campbell J, Srivastava A. Dietary habits and health status of African-Caribbean adults. J Hum Nutr Diet. 2010 Jun;23(3):264-71. PubMed PMID: 20337851.	Study did not examine dietary intake using an index/ score
52	Elhayany A, Lustman A, Abel R, Attal-Singer J, Vinker S. A low carbohydrate A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study. Diabetes Obes Metab. 2010 Mar;12(3):204-9. PubMed PMID: 20151996.	Study did not examine dietary intake using an index/ score
53	Esmaillzadeh A, Azadbakht L. Major dietary patterns in relation to general obesity and central adiposity among Iranian women. J Nutr. 2008 Feb;138(2):358-63. PubMed PMID: 18203904.	Study did not examine dietary intake using an index/ score
54	Esposito K, Kastorini CM, Panagiotakos DB, Giugliano D. Mediterranean diet and weight loss: meta-analysis of randomized controlled trials. Metab Syndr Relat	Study design is meta-analysis

	Disord. 2011 Feb;9(1):1-12. Epub 2010 Oct 25. Review. PubMed PMID: 20973675.	
55	Esposito K, Marfella R, Ciotola M, Di Palo C, Giugliano F, Giugliano G, D'Armiento M, D'Andrea F, Giugliano D. Effect of a mediterranean-style diet on endothelial dysfunction and markers of vascular inflammation in the metabolic syndrome: a randomized trial. JAMA. 2004 Sep 22;292(12):1440-6. PubMed PMID:15383514.	Study did not examine dietary intake using an index/ score
56	Fargnoli JL, Fung TT, Olenczuk DM, Chamberland JP, Hu FB, Mantzoros CS. Adherence to healthy eating patterns is associated with higher circulating total and high-molecular-weight adiponectin and lower resistin concentrations in women from the Nurses' Health Study. Am J Clin Nutr. 2008 Nov;88(5):1213-24. PubMedPMID: 18996855.	BW measures not primary outcomes
57	Ferreira SR, Gimeno SG, Hirai AT, Harima H, Matsumura L, Pittito Bde A. Effects of an intervention in eating habits and physical activity in Japanese-Brazilian women with a high prevalence of metabolic syndrome in Bauru, São Paulo State, Brazil. Cad Saude Publica. 2008;24 Suppl 2:S294-302. PubMed PMID: 18670709.	Study did not examine dietary intake using an index/ score
58	Filippidis FT, Tzavara Ch, Dimitrakaki C, Tountas Y. Compliance with a healthy lifestyle in a representative sample of the Greek population: preliminary results of the Hellas Health I study. Public Health. 2011 Jul;125(7):436-41.PubMed PMID: 21723571.	Does not include relationship between score and body weight
59	Fitzgerald KC, Chiuve SE, Buring JE, Ridker PM, Glynn RJ. Comparison of Associations of Adherence to a Dietary Approaches to Stop Hypertension (DASH)-style Diet With Risks of Cardiovascular Disease and Venous Thromboembolism. J Thromb Haemost. 2011 Dec 8. doi:10.1111/j.1538-7836.2011.04588.x. PubMed PMID: 22151600.	Does not include body weight as an outcome
60	Forbes LE, Storey KE, Fraser SN, Spence JC, Plotnikoff RC, Raine KD, Hanning RM, McCargar LJ. Dietary patterns associated with glycemic index and glycemic load among Alberta adolescents. Appl Physiol Nutr Metab. 2009 Aug;34(4):648-58. PubMed PMID: 19767800.	Study did not examine dietary intake using an index/ score
61	Fragopoulou E, Panagiotakos DB, Pitsavos C, Tampourlou M, Chrysohoou C, Nomikos T, Antonopoulou S, Stefanadis C. The association between adherence to the Mediterranean diet and adiponectin levels among healthy adults: the ATTICA study. J Nutr Biochem. 2010 Apr;21(4): 285-9. Epub 2009 Apr 14. PubMed PMID: 19369051.	Does not include body weight as an outcome
62	Francis DK, Van den Broeck J, Younger N, McFarlane S, Rudder K, Gordon-Strachan G, Grant A, Johnson A, Tulloch-Reid M, Wilks R. Fast-food and sweetened beverage consumption: association with overweight and high waist circumference in adolescents. Public Health Nutr. 2009 Aug;12(8):1106-14. PMID: 19243675.	Study did not examine dietary intake using an index/ score
63	Fraser A, Abel R, Lawlor DA, Fraser D, Elhayany A. A modified Mediterranean diet is associated with the greatest reduction in alanine aminotransferase levels in obese type 2 diabetes patients: results of a quasi-randomised controlled trial. Diabetologia. 2008 Sep;51(9):1616-22. Epub 2008 Jul 3. PubMed PMID:18597068.	Study did not examine dietary intake using an index/ score
64	Fung TT, Rimm EB, Spiegelman D, Rifai N, Tofler GH, Willett WC, Hu FB. Association between dietary patterns and plasma biomarkers of obesity and cardiovascular disease risk. Am J Clin Nutr. 2001 Jan;73(1):61-7. PubMed PMID:11124751.	Study did not examine dietary intake using an index/ score
65	Fung TT, Rexrode KM, Mantzoros CS, Manson JE, Willett WC, Hu FB. Mediterranean diet and incidence of and mortality from coronary heart disease and stroke in women.Circulation. 2009 Mar 3;119(8):1093-100. Epub 2009 Feb 16. Erratum in: Circulation. 2009 Mar 31;119(12):e379. PMID:19221219.	BW measures not primary outcomes
66	Gallant AR, Tremblay A, Pérusse L, Bouchard C, Després JP, Drapeau V. The Three-Factor Eating Questionnaire and BMI in adolescents: results from the	Study did not examine dietary intake using an

	Québec family study. Br J Nutr. 2010 Oct;104(7):1074-9. Epub 2010 May 7. PubMed PMID:20447324.	index/ score
67	Galli-Tsinopoulou A, Grammatikopoulou MG, Stylianou C, Kokka P, Emmanouilidou E. A preliminary case-control study on nutritional status, body composition, and glycemic control of Greek children and adolescents with type 1 diabetes. JDiabetes. 2009 Mar;1(1):36-42. doi: 10.1111/j.1753-0407.2008.00002.x. Epub 2008 Dec 17. PubMed PMID: 20923518.	Study did not examine dietary intake using an index/ score
68	Garaulet M, Hernandez-Morante JJ, Tebar FJ, Zamora S. Relation between degree of obesity and site-specific adipose tissue fatty acid composition in a Mediterranean population. Nutrition. 2011 Feb;27(2):170-6. Epub 2010 Jun 11. PubMed PMID: 20541362.	Study does not examine relationship between dietary patterns and body weight measures
69	García-Lorda P, Salas-Salvadó J, Fernàndez Ballart J, Murphy MM, Bulló M, Arija V. Dietary calcium and body mass index in a Mediterranean population 2007 Jan;77(1):34-40. PubMed PMID: 17685093.	Study does not examine relationship between dietary patterns and body weight measures
70	Ghosh A, Bose K, Das Chaudhuri AB. Association of food patterns, central obesity measures and metabolic risk factors for coronary heart disease (CHD) in middle aged Bengalee Hindu men, Calcutta, India. Asia Pac J Clin Nutr. 2003;12(2):166-71. PubMed PMID: 12810406.	India classified as "medium" on Human Development Index
71	Goulet J, Lapointe A, Lamarche B, Lemieux S. Effect of a nutritional intervention promoting the Mediterranean food pattern on anthropometric profile in healthy women from the Québec city metropolitan area. Eur J Clin Nutr. 2007 Nov;61(11):1293-300. Epub 2007 Feb 7. PubMed PMID: 17299486.	Before and after
72	Goulet J, Lamarche B, Nadeau G, Lemieux S. Effect of a nutritional intervention promoting the Mediterranean food pattern on plasma lipids, lipoproteins and body weight in healthy French-Canadian women. Atherosclerosis. 2003 Sep;170(1):115-24. PubMed PMID: 12957689.	Before and after
73	Goyal RK, Shah VN, Saboo BD, Phatak SR, Shah NN, Gohel MC, Raval PB, Patel SS. Prevalence of overweight and obesity in Indian adolescent school going children: its relationship with socioeconomic status and associated lifestyle factors. J Assoc Physicians India. 2010 Mar;58:151-8. PubMed PMID: 20848812.	India classified as "medium" on Human Development Index
74	Greenberg I, Stampfer MJ, Schwarzfuchs D, Shai I; DIRECT GroupAdherence and success in long-term weight loss diets: the dietary intervention randomized controlled trial (DIRECT). J Am Coll Nutr. 2009 Apr;28(2):159-68. PubMed PMID: 19828901.	Study did not examine dietary intake using an index/ score
75	Guallar-Castillón P, Rodríguez-Artalejo F, Fornés NS, Banegas JR, Etxezarreta PA, Ardanaz E, Barricarte A, Chirlaque MD, Iraeta MD, Larrañaga NL, Losada A, Mendez M, Martínez C, Quirós JR, Navarro C, Jakszyn P, Sánchez MJ, Tormo MJ, González CA. Intake of fried foods is associated with obesity in the cohort of Spanish adults from the European Prospective Investigation into Cancer and Nutrition. Am J Clin Nutr. 2007 Jul;86(1):198-205. PubMed PMID: 17616781.	Study did not examine dietary intake using an index/ score
76	Guelinckx I, Devlieger R, Mullie P, Vansant G. Effect of lifestyle intervention on dietary habits, physical activity, and gestational weight gain in obese pregnant women: a randomized controlled trial. Am J Clin Nutr. 2010 Feb;91(2):373-80. Epub 2009 Dec 2. PubMed PMID: 19955397.	Study did not examine dietary intake using an index/ score
77	Haerens L, Vereecken C, Maes L, De Bourdeaudhuij I. Relationship of physical activity and dietary habits with body mass index in the transition from childhood to adolescence: a 4-year longitudinal study. Public Health Nutr. 2010 Oct;13(10A):1722-8. PubMed PMID: 20883572.	Study did not examine dietary intake using an index/ score
78	Halton TL, Liu S, Manson JE, Hu FB. Low-carbohydrate-diet score and risk of type 2 diabetes in women. Am J Clin Nutr. 2008 Feb;87(2):339-46. PubMed PMID:18258623; PubMed Central PMCID: PMC2760285.	Study did not examine dietary intake using an index/ score
79	Halton TL, Willett WC, Liu S, Manson JE, Albert CM, Rexrode K, Hu FB. Low-	Study did not examine

	carbohydrate-diet score and the risk of coronary heart disease in women. NEngl J Med. 2006 Nov 9;355(19):1991-2002. PubMed PMID: 17093250.	dietary intake using an index/ score
80	Hamaideh SH, Al-Khateeb RY, Al-Rawashdeh AB. Overweight and obesity and their correlates among Jordanian adolescents. J Nurs Scholarsh. 2010 Dec;42(4):387-94. doi: 10.1111/j.1547-5069.2010.01367.x. PubMed PMID: 21091621.	Jordan classified as "medium" on HDI
81	Hampl JS, Heaton CL, Taylor CA. Snacking patterns influence energy and nutrient intakes but not body mass index J Hum Nutr Diet. 2003 Feb;16(1):3-11. PubMed PMID: 12581404.	Study did not examine dietary intake using an index/ score
82	Hanning RM, Woodruff SJ, Lambraki I, Jessup L, Driezen P, Murphy CC. Nutrient intakes and food consumption patterns among Ontario students in grades six, seven, and eight. Can J Public Health. 2007 Jan-Feb;98(1):12-6. PubMed PMID: 17278670.	Does not include body weight as an outcome
83	Haro-Mora JJ, García-Escobar E, Porras N, Alcázar D, Gaztambide J, Ruíz-Órpez A, García-Serrano S, Rubio-Martín E, García-Fuentes E, López-Siguero JP, Soriguer F, Rojo-Martínez G.Children whose diet contained olive oil had a lower likelihood of increasing their body mass index Z-score over 1 year. Eur J Endocrinol. 2011 Sep;165(3):435-9.PubMed PMID: 21715417.	Independent variable is olive oil consumption
84	Harriss LR, English DR, Powles J, Giles GG, Tonkin AM, Hodge AM, Brazionis L, O'Dea K. Dietary patterns and cardiovascular mortality in the Melbourne Collaborative Cohort Study. Am J Clin Nutr. 2007 Jul;86(1):221-9. PubMed PMID: 17616784.	Independent variables do not include index or score
85	Hasselbalch AL. Genetics of dietary habits and obesity - a twin study. DanMed Bull. 2010 Sep;57(9):B4182. PubMed PMID: 20816022.	Independent variables do not include index or score
86	Hausman DB, Johnson MA, Davey A, Poon LW.Body mass index is associated with dietary patterns and health conditions in georgia centenarians. J Aging Res. 2011;2011:138015. Epub 2011 May 30. PubMed PMID: 21748003; PubMed Central PMCID: PMC3124838.	Independent variables do not include index or score
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93	Hu FB, Rimm EB, Stampfer MJ, Ascherio A, Spiegelman D, Willett WC. Prospective study of major dietary patterns and risk of coronary heart disease in men.. Am J Clin Nutr. 2000 Oct;72(4):912-21. PubMed PMID: 11010931.	Factor analysis
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146	Neslişah R, Emine AY. Energy and nutrient intake and food patterns among Turkish university students. Nutr Res Pract. 2011 Apr;5(2):117-23. Epub 2011 Apr 23. PubMed PMID: 21556225; PubMed Central PMCID: PMC3085800.	Independent variables are nutritional values of each meal & snack
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152	Nisar N, Qadri MH, Fatima K, Perveen S. Karachi. Dietary habits and life style among the students of a private medical university Karachi. J Pak Med Assoc. 2009 Feb;59(2):98-101. PubMed PMID: 19260574.	Pakistan classified as "low" on HDI
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156	O'Loughlin J, Maximova K, Tan Y, Gray-Donald K. Lifestyle risk factors for chronic disease across family origin among adults in multiethnic, low-income, urban neighborhoods Ethn Dis. 2007 Autumn;17(4):657-63. PubMed PMID: 18072375.	Study did not examine dietary intake using an index/ score
157	Ochoa MC, Moreno-Aliaga MJ, Martínez-González MA, Martínez JA, Marti A;GENOI Members. Predictor factors for childhood obesity in a Spanish case-control study. Nutrition. 2007 May;23(5):379-84. Epub 2007 Apr 3. PubMed PMID: 17408922.	Study did not examine dietary intake using an index/ score
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162	Olumakaiye MF, Atinmo T, Olubayo-Fatiregun MA. Food consumption patterns of Nigerian adolescents and effect on body weight. J Nutr Educ Behav. 2010 May-Jun;42(3):144-51. Epub 2010 Jan 18. PubMed PMID: 20083439.	Study did not examine dietary intake using an index/ score
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164	Osler M, Heitmann BL, Høidrup S, Jørgensen LM, Schroll M. Food intake patterns, self rated health and mortality in Danish men and women. A prospective	Study did not examine dietary intake using an

	observational study. J Epidemiol Community Health. 2001 Jun;55(6):399-403. PubMed PMID: 11350996; PubMed Central PMCID: PMC1731916.	index/ score
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167	Panagiotakos DB, Pitsavos C, Chrysohoou C, Vlismas K, Skoumas Y, Palliou K, Stefanadis C. Dietary habits mediate the relationship between socio-economic status and CVD factors among healthy adults: the ATTICA study. Public Health Nutr. 2008 Dec;11(12):1342-9. Epub 2008 Jul 11. PubMed PMID: 18616850.	Does not examine the relationship between dietary patterns and body weight
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169	Paradis AM, Godin G, Pérusse L, Vohl MC. Associations between dietary patterns and obesity phenotypes. Int J Obes (Lond). 2009 Dec;33(12):1419-26. Epub. PubMed PMID: 19736556.	Study did not examine dietary intake using an index/ score
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171	Parra-Medina D, Wilcox S, Wilson DK, Addy CL, Felton G, Poston MB. Heart Healthy and Ethnically Relevant (HHER) Lifestyle trial for improving diet and physical activity in underserved African American women. Contemp Clin Trials. 2010 Jan;31(1):92-104. PubMed PMID: 19781665.	Study did not examine dietary intake using an index/ score
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181	Quatromoni PA, Copenhafer DL, D'Agostino RB, Millen BE. Dietary patterns predict the development of overweight in women: The Framingham Nutrition Studies. J Am Diet Assoc. 2002 Sep;102(9):1239-46. PubMed PMID: 12792620.	Study did not examine dietary intake using an index/ score
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184	Rezazadeh A, Rashidkhani B. The association of general and central obesity with major dietary patterns of adult women living in Tehran, Iran. J Nutr Sci Vitaminol (Tokyo). 2010;56(2):132-8. PubMed PMID: 20495295.	Study did not examine dietary intake using an index/ score
185	Risica PM, Burkholder G, Gans KM, Lasater TM, Acharyya S, Davis C, Kirtania U. Assessing fat-related dietary behaviors among black women: reliability and validity of a new Food Habits Questionnaire. J Nutr Educ Behav. 2007 Jul-Aug;39(4):197-204. PubMed PMID: 17606245.	Study did not examine the relationship between dietary patterns and body weight
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192	Sabaté J, Wien M. Vegetarian diets and childhood obesity prevention. Am J Clin Nutr. 2010 May;91(5):1525S-1529S. Epub 2010 Mar 17. PubMed PMID: 20237136.	Review article
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207	Soori H. Pattern of dietary behaviour and obesity in Ahwaz, Islamic Republic of Iran. East Mediterr Health J. 2001 Jan-Mar;7(1-2):163-70. PubMed PMID: 12596966.	Independent variable is composite dietary behavior score
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209	Summerbell CD, Moody RC, Shanks J, Stock MJ, Geissler C. Relationship between feeding pattern and body mass index in 220 free-living people in four age groups. Eur J Clin Nutr. 1996 Aug;50(8):513-9. PubMed PMID: 8863011.	Independent variables are energy intakes at meals and snacking
210	Thompson OM, Ballew C, Resnicow K, Gillespie C, Must A, Bandini LG, Cyr H, Dietz WH. Dietary pattern as a predictor of change in BMI z-score among girls. Int J Obes (Lond). 2006 Jan;30(1):176-82. PubMed PMID: 16158084.	Independent variables are meal frequency, time of day, total energy
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216	Trichopoulou A, Costacou T, Bamia C, Trichopoulos D. Adherence to a Mediterranean diet and survival in a Greek population. N Engl J Med. 2003 Jun 26;348(26):2599-608.PMID:12826634	BW measures not primary outcomes
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220	van Dam RM, Grievink L, Ocké MC, Feskens EJ. Patterns of food consumption and risk factors for cardiovascular disease in the general Dutch population. AmClin Nutr. 2003 May;77(5):1156-63. PubMed PMID: 12716666.	Factor analysis

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222	Vansant G, Hulens M. The assessment of dietary habits in obese women: influence of eating behavior patterns. Eat Disord. 2006 Mar-Apr;14(2):121-9. PubMed PMID: 16777809.	Dependent variable is eating behavior
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227	Vincent-Baudry S, Defoort C, Gerber M, Bernard MC, Verger P, Helal O, Portugal H, Planells R, Grolier P, Amiot-Carlin MJ, Vague P, Lairon D. The Medi-RIVAGE study: reduction of cardiovascular disease risk factors after a 3-mo intervention with a Mediterranean-type diet or a low-fat diet. Am J Clin Nutr. 2005 Nov;82(5):964-71. PubMed PMID: 16280426.	Independent variables do not include index or score
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231	Weikert C, Hoffmann K, Dierkes J, Zyriax BC, Klipstein-Grobusch K, Schulze MB, Jung R, Windler E, Boeing H. A homocysteine metabolism-related dietary pattern and the risk of coronary heart disease in two independent German study populations. J Nutr. 2005 Aug;135(8):1981-8. PubMed PMID: 16046726.	Independent variables do not include index or score
232	Westerterp-Plantenga MS, IJedema MJ, Wijckmans-Duijsens NE. The role of macronutrient selection in determining patterns of food intake in obese and non-obese women. Eur J Clin Nutr. 1996 Sep;50(9):580-91. PubMed PMID: 8880037.	Independent variables do not include index or score
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	Am Diet Assoc. 1997 Mar;97(3):272-9. PubMed PMID: 9060944.	or score
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237	Yannakoulia M, Panagiotakos D, Pitsavos C, Skoumas Y, Stafanadis C. Eating patterns may mediate the association between marital status, body mass index, and blood cholesterol levels in apparently healthy men and women from the ATTICA study. Soc Sci Med. 2008 Jun;66(11): 2230-9. Epub 2008 Mar 10. PubMed PMID: 18329772.	Independent variable is marital status
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239	Zizza CA, Xu B. Snacking Is Associated with Overall Diet Quality among Adults. J Am Diet Assoc. 2011 Nov 11. [Epub ahead of print] PubMed PMID: 22078892.	Independent variables do not include index or score
240	Zulet MA, Bondia-Pons I, Abete I, de la Iglesia R, López-Legarrea P, Forga L, Navas-Carretero S, Martínez JA. The reduction of the metabolyc syndrome in Navarra-Spain (RESMENA-S) study: a multidisciplinary strategy based on chrono nutrition and nutritional education, together with dietetic and psychological control. Nutr Hosp. 2011 Jan-Feb;26(1):16-26. PubMed PMID: 21519726.	Independent variables do not include index or score

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1	Akbaraly TN, Singh-Manoux A, Tabak AG, Jokela M, Virtanen M, Ferrie JE, Marmot MG, Shipley MJ, Kivimaki M. Overall diet history and reversibility of the metabolic syndrome over 5 years: the Whitehall II prospective cohort study Diabetes Care. 2010 Nov;33(11): 2339-41. Epub 2010 Jul 29. PMID:20671094.	Dependent variable was reversion to MetS
2	Albertson AM, Thompson DR, Franko DL, Holschuh NM. Weight indicators and nutrient intake in children and adolescents do not vary by sugar content in ready-to-eat cereal: results from National Health and Nutrition Examination Survey 2001-2006. Nutr Res. 2011 Mar;31(3):22936. PMID:21481717.	Independent variable is sugar content of cereals
3	Angelopoulos P, Kourlaba G, Kondaki K, Fragiadakis GA, Manios Y. Assessing children's diet quality in Crete based on Healthy Eating Index: the Children Study. Eur J Clin Nutr. 2009 Aug;63(8):964-9. Epub 2009 Feb 18. PMID:19223917.	Dependent variable is not BW or obesity
4	Ask AS, Hernes S, Aarek I, Johannessen G, Haugen M. Changes in dietary pattern in 15 year old adolescents following a 4 month dietary intervention with school breakfast--a pilot study. Nutr J. 2006 Dec 7;5:33. PMID:17150115.	Independent variable is school breakfast
5	Bolton-Smith C, Woodward M. Dietary composition and fat to sugar ratios in relation to obesity. Int J Obes Relat Metab Disord. 1994 Dec;18(12):820-8. PMID:7894521.	Independent variables are diet composition and fat/sugar
6	Cahill JM, Freeland-Graves JH, Shah BS, Lu H. Motivations to eat are related to diet quality and food intake in overweight and obese, low-income women in early postpartum. Appetite. 2010 Oct;55(2):263-70. Epub 2010 Jun 23.	Independent variable is diet quality, not pattern

	PMID:20600414.	
7	Choi HJ, et al 2011 The influence of dietary patterns on the nutritional profile in a Korean child cohort study. Osong Public Health and Research Perspectives.	Diet pattern determined by factor/cluster analysis
8	Chrysohoou C et al. Mediterranean diet mediates the effect of diabetes mellitus on aortic distensibility in elderly individuals. IKARIA study. European Journal of Cardiovascular Prevention and Rehabilitation, 2011.	Dependent variable is not BW or obesity
9	Chrysohoou C et al. Long-term adherence to the mediterranean diet seems to confer to a lower risk of hyperuricaemia in elderly individuals. the ikaria study European Heart Journal 2011.	Dependent variable is not BW or obesity
10	De Marins, VMR, et al. Factors associated with overweight and central body fat in the city of Rio de Janeiro: Results of a two-stage random sampling survey Public Health 2011.	Independent variable is not dietary pattern
11	Dimitriadis K et al. Adherence to the mediterranean diet and albuminuria levels in adolescents: Emerging data from the lyceum leontio albuminuria (3L) study European Heart Journal 2011.	Dependent variable is not BW or obesity
12	Ford ES, Mokdad AH, Liu S. Healthy Eating Index and C-reactive protein concentration: findings from the National Health and Nutrition Examination Survey III, 1988-1994.Eur J Clin Nutr. 2005 Feb;59(2):278-83. PMID:15494735.	Dependent variable is C-reactive protein
13	Fung TT, Hu FB, Barbieri RL, Willett WC, Hankinson SE. Dietary patterns, the Alternate Healthy Eating Index and plasma sex hormone concentrations in postmeno- pausal women. Int J Cancer. 2007 Aug 15;121(4):803-9. PMID: 17455249.	Dependent variables are plasma sex hormones
14	Gaskins AJ, Rovner AJ, Mumford SL, Yeung E, Browne RW, Trevisan M, Perkins NJ, Wactawski-Wende J, Schisterman EF; BioCycle Study Group. Adherence to a Mediterranean diet and plasma concentrations of lipid peroxidation in premenopausal women.Am J Clin Nutr. 2010 Dec;92(6):1461-7. Epub 2010 Oct 13.PMID: 20943796.	Dependent variable is lipid peroxidation
15	Gregory CO, McCullough ML, Ramirez-Zea M, Stein AD. Diet scores and cardio-metabolic risk factors among Guatemalan young adults.Br J Nutr. 2009 Jun;101(12):1805-11. Epub 2008 Nov 24.PMID: 19025721.	Guatamala is not high HDI country
16	Harden CJ, Corfe BM, Richardson JC, Dettmar PW, Paxman JR. Body mass index and age affect Three-Factor Eating Questionnaire scores in male subjects. Nutr Res. 2009 Jun;29(6):379 82.PMID:19628103.	Dependent variable is behavioral
17	Hassan KM, et al. Obesity and health-related quality of life: A cross-sectional analysis of the US population International Journal of Obesity, 2003.	Dependent variable is behavioral
18	Héroux M, Janssen I, Lam M, Lee DC, Hebert JR, Sui X, Blair SN. Dietary patterns and the risk of **mortality**: impact of cardiorespiratory fitness.Int J Epidemiol. 2010 Feb;39(1):197-209. Epub 2009 Apr 20. PMID:19380370.	Independent variable is cardio-respiratory fitness
19	Hoebeeck LI, Rietzschel ER, Langlois M, De Buyzere M, De Bacquer D, De Backer G, Maes L, Gillebert T, Huybrechts I. The relationship between diet and subclinical atherosclerosis: results from the Asklepios Study. Eur J Clin Nutr. 2011 May;65(5): 606-13.Epub 2011 Jan 19.PMID:21245883.	Dependent variables BP, blood lipids, & inflammatory markers
20	Hu FB, van Dam RM, Liu S. Diet and risk of Type II diabetes: the role of types of fat and carbohydrate. Diabetologia. 2001 Jul;44(7):805-17. Review. PMID:11508264.	Narrative review
21	Huot I, Paradis G, Receveur O, Ledoux M; Quebec Heart Health Demonstration Project Research Group. Correlates of diet quality in the Quebec population. Public Health Nutr. 2004 Dec;7(8):1009-16. PMID:15548338.	Independent variable is high-fat diet
22	Jennings CS. Short communication: a system for remote monitoring of a hospital	Short Commun

	linear accelerator. Br J Radiol. 1996 May;69(821):469-71. PMID:8705186.	
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24	Kosti RI, Panagiotakos DB, Mariolis A, Zampelas A, Athanasopoulos P, Tountas Y. The Diet-Lifestyle Index evaluating the quality of eating and lifestyle behaviours in relation to the prevalence of overweight/ obesity in adolescents. Int J Food Sci Nutr. 2009;60 Suppl 3:34-47. Epub 2009 May 25 PMID:19468950.	Independent variable is Diet-Lifestyle index
25	Larsen TM, Dalskov SM, van Baak M, Jebb SA, Papadaki A, Pfeiffer AF, Martinez JA, Handjieva-Darlenska T, Kunešová M, Pihlsgård M, Stender S, Holst C, Saris WH, Astrup A; Diet, Obesity, and Genes (Diogenes) Project. Diets with high or low protein content and glycemic index for weight-loss maintenance. N Engl J Med. 2010 Nov 25;363(22):2102-13. PMID:21105792.	Independent variable is not index or score
26	Lasheras C, Fernandez S, Patterson AM. Mediterranean diet and age with respect to overall survival in institutionalized, nonsmoking elderly people. Am J Clin Nutr. 2000 Apr;71(4):987 92. PMID:10731507.	Dependent variable is survival in an institution
27	Lazarou C, Panagiotakos DB, Matalas AL. Foods E-KINDEX: a dietary index associated with reduced blood pressure levels among young children: the CYKIDS study. J Am Diet Assoc. 2009 Jun;109(6):1070-5. PMID:19465190.	Dependent variable diet quality
28	Levitan EB, Wolk A, Mittleman MA. Consistency with the DASH diet and incidence of heart failure. Arch Intern Med. 2009 May 11;169(9):851-7. PMID:19433696.	Dependent variable is heart failure
29	Linardakis M et al. Metabolic syndrome in children and adolescents in Crete, Greece, and association with diet quality and physical fitness Journal of Public Health, 2008.	Cross-sectional study
30	Lyles TE 3rd, Desmond R, Faulk LE, Henson S, Hubbert K, Heimburger DC, Ard JD. Diet variety based on macronutrient intake and its relationship with body mass index. MedGenMed. 2006 Aug 16;8(3):39. PMID:17406172.	Cross-sectional study
31	Massari M, Freeman KM, Seccareccia F, Menotti A, Farchi G; Research Group of the RIFLE Project. An index to measure the association between dietary patterns and coronary heart disease risk factors: findings from two Italian studies. Prev Med. 2004 Oct;39(4):841-7. PMID: 15351554.	Independent variables are fatty and non-fatty foods
32	McCabe-Sellers BJ, Bowman S, Stuff JE, Champagne CM, Simpson PM, Bogle ML. Assessment of the diet quality of US adults in the Lower Mississippi Delta. Am J Clin Nutr. 2007 Sep;86(3):697-706. PMID:17823435.	Dependent variable is diet quality
33	McKeown, N. M. Carbohydrate Nutrition, Insulin Resistance, and the Prevalence of the Metabolic Syndrome in the Framingham Offspring Cohort Diabetes Care, 2004.	Independent variable is carbohydrate nutrition
34	O'Neil CE, Nicklas TA, Rampersaud GC, Fulgoni VL 3rd. One hundred percent orange juice consumption is associated with better diet quality, improved nutrient adequacy, and no increased risk for overweight/obesity in children. Nutr Res. 2011 Sep;31(9):673-82. PMID:22024491.	Independent variable is orange juice consumption
35	Osler M, Heitmann BL, Gerdes LU, Jørgensen LM, Schroll M. Dietary patterns and mortality in Danish men and women: a prospective observational study. Br J Nutr. 2001 Feb;85(2):219-25. PMID:11242490.	Dependent variable is mortality
36	Osler M, Heitmann BL, Høidrup S, Jørgensen LM, Schroll M. Food intake	Independent variable

	patterns, self rated health and mortality in Danish men and women. A prospective observational study.J Epidemiol Community Health. 2001 Jun;55(6):399-403. PMID:11350996.	is self rated health
37	Osler M, Helms Andreasen A, Heitmann B, Høidrup S, Gerdes U, Mørch Jørgensen L, Schroll M. Food intake patterns and risk of coronary heart disease: a prospective cohort study examining the use of traditional scoring techniques.Eur J Clin Nutr. 2002 Jul;56(7):568-74. PMID:12080395.	Dependent variable was CHD
38	Otsuka R, Imai T, Kato Y, Ando F, Shimokata H. Relationship between number of metabolic syndrome components and dietary factors in middle-aged and elderly Japanese subjects. Hypertens Res. 2010 Jun;33(6):548-54. Epub 2010 Mar 12.PMID:20224573.	Independent variable is not index or score
39	Ozer e et al. Diet quality and obesity in Famagusta/North Cyprus Obesity Reviews	Cross-sectional study
40	Panagiotakos DB, Tzima N, Pitsavos C, Chrysohoou C, Zampelas A, Toussoulis D, Stefanadis C. The association between adherence to the Mediterranean diet and fasting indices of glucose homoeostasis: the ATTICA Study. J Am Coll Nutr. 2007 Feb;26(1):32-8.PMID:17353581.	Dependent variable is glucose homeostasis
41	Panagiotakos DB et alBackground dietary habits are strongly associated with the development of myocardial infarction at young ages: A case-control study e-SPEN, 2008.	Dependent variable is myocardial infarction
42	Provencher, V.; Drapeau, V.; Tremblay, A.; Després, J.P.; Lemieux, S. Eating behaviors and indexes of body composition in men and women from the Québec family study. Obesity research | 2003 v.11 no.6 pp.783-792.	Dependent variables are behavioral
43	Qi L, van Dam RM, Liu S, Franz M, Mantzoros C, Hu FB. Whole-grain, bran, and cereal fiber intakes and markers of systemic inflammation in diabetic women. Diabetes Care. 2006 Feb;29(2):207-11.PMID:16443861.	Independent variables are wholel grain, bran and fiber consumption
44	Rodríguez-Artalejo F, García EL, Gorgojo L, Garcés C, Royo MA, Martín Moreno JM, Benavente M, Macías A, De Oya M; Investigators of the Four Provinces Study. Consumption of bakery products, sweetened soft drinks and yogurt among children aged 6-7 years: association with **nutrient intake** and overall diet quality. Br J Nutr. 2003 Mar;89(3):419-29.PMID:12628036.	Does not answer the question: dependent variables are nutrient intake and diet quality
45	Ruidavets JB, Bongard V, Bataille V, Gourdy P, Ferrières J. Eating frequency and body fatness in middle-aged men. Int J Obes Relat Metab Disord. 2002 Nov;26(11):1476-83. PMID:12439650.	Independent variable is eating frequency
46	Ruidavets JB, Bongard V, Dallongeville J, Arveiler D, Ducimetière P, Perret B, Simon C, Amouyel P, Ferrières J. High consumptions of grain, fish, dairy products and combinations of these are associated with a low prevalence of metabolic syndrome. J Epidemiol Community Health. 2007 Sep;61(9):810-7. PMID:17699537.	Independent variables are food groups; dependent variable is insulin resistance syndrome
47	Rutherford JN, McDade TW, Feranil AB, Adair LS, Kuzawa CW. High prevalence of low HDL-c in the Philippines compared to the US: population differences in associations with diet and BMI.Asia Pac J Clin Nutr. 2010;19(1):57-67. PMID:20199988.	Independent variable is not index or score
48	Sahota P, Rudolf MC, Dixey R, Hill AJ, Barth JH, Cade J. Randomised controlled trial of primary school based intervention to reduce risk factors for obesity. BMJ. 2001 Nov 3;323(7320):1029-32.PMID:11691759.	independent variable is school meals
49	Satalic Z, Baric IC, Keser I. Diet quality in Croatian university students: energy, macronutrient and micronutrient intakes according to gender. Int J Food Sci Nutr. 2007 Aug;58(5):398-410 PMID:17558731.	Dependent variable is diet quality according to gender
50	Savy M, Martin-Prével Y, Sawadogo P, Kameli Y, Delpeuch F. Use of	Dependent variable is

	variety/diversity scores for diet quality measurement: relation with nutritional status of women in a rural area in Burkina Faso. Eur J Clin Nutr. 2005 May;59(5):703-16. PMID:15867942.	nutritional status
51	Schulze MB, Hoffmann K, Manson JE, Willett WC, Meigs JB, Weikert C, Heidemann C, Colditz GA, Hu FB. Dietary pattern, inflammation, and incidence of type 2 diabetes in women.Am J Clin Nutr. 2005 Sep;82(3):675-84; quiz 714-5. PMID:16155283.	Independent variable is not index or score
52	Shah T, Jonnalagadda SS, Kicklighter JR, Diwan S, Hopkins BL. Prevalence of metabolic syndrome risk factors among young adult Asian Indians. J Immigr Health. 2005 Apr;7(2):117-26. PMID:15789164.	Independent variable is not index or score
53	Singh RB, et al. Coronary artery disease and coronary risk factors: The South Asian paradox Journal of Nutritional and Environmental Medicine 2001.	Narrative review
54	Spencer EA, Appleby PN, Davey GK, Key TJ. Diet and body mass index in 38000 EPIC-Oxford meat-eaters, fish-eaters, vegetarians and vegans. Int J Obes Relat Metab Disord. 2003 Jun;27(6):728-34. PMID:12833118.	Independent variable is not index or score
55	Tarabusi, V Quality of diet, screened by the Mediterranean diet quality index and the evaluation of the content of advanced glycation endproducts, in a population of high school students from Emilia Romagna Mediterranean Journal of Nutrition and Metabolism 2010.	Dependent variable is diet quality
56	Taveras EM, Berkey CS, Rifas-Shiman SL, Ludwig DS, Rockett HR, Field AE, Colditz GA, Gillman MW. Association of consumption of fried food away from home with body mass index and diet quality in older children and adolescents. Pediatrics. 2005 Oct;116(4):e518-24.PMID:16199680.	Independent variable is consumption of fried foods
57	Tsigga, M. et al. Associations between diet quality, health status and diabetic complications in patients with type 2 diabetes and diabesity Obesity Reviews, 2011.	Dependent variable is T2D
58	Tzima N, Pitsavos C, Panagiotakos DB, Chrysohoou C, Polychronopoulos E, Skoumas J, Stefanadis C. Adherence to the Mediterranean diet moderates the association of aminotransferases with the prevalence of the metabolic syndrome; the ATTICA study. Nutr Metab (Lond). 2009 Jul 30;6:30. PMID:19642977.	Dependent variable is amino-transferases and met syndrome
59	von Ruesten A, Illner AK, Buijsse B, Heidemann C, Boeing H. Adherence to recommendations of the German food pyramid and risk of chronic diseases: results from the EPIC-Potsdam study. Eur J Clin Nutr. 2010 Nov;64(11):1251-9. Epub 2010 Aug 18. PMID:20717136.	Dependent variables are CVD, T2D, cancer
70	Zhang X, Yao S, Sun G, Yu S, Sun Z, Zheng L, Xu C, Li J, Sun Y. Total and abdominal obesity among rural Chinese women and the association with hypertension. Nutrition. 2012 Jan;28(1):46-52. Epub 2011 May 31. PMID:21621392.	Cross-sectional study

Excluded Articles:
Vegetarian/Vegan Diet Pattern: Secondary Search on 1/25/2012

#	Citation	Rationale for Exclusion
1	Appleby PN, Davey GK, Key TJ. Hypertension and blood pressure among meat eaters, fish eaters, vegetarians and vegans in EPIC-Oxford. Public Health Nutr. 2002 Oct;5(5):645-54.PMID:12372158.	Independent variables do not include index or score
2	Appleby PN, Thorogood M, Mann JI, Key TJ. Low body mass index in non-meat eaters: the possible roles of animal fat, dietary fibre and alcohol. Int J Obes Relat Metab Disord. 1998 May;22(5):454-60.PMID:9622343.	Independent variables do not include index or score

3	Baines S, Powers J, Brown WJ. How does the health and well-being of young Australian vegetarian and semi-vegetarian women compare with non-vegetarians? Public Health Nutr. 2007 May;10(5):436-42. PMID:17411462.	Independent variables do not include index or score
4	Barnard ND, Scialli AR, Turner-McGrievy G, Lanou AJ, Glass J. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. Am J Med. 2005 Sep;118(9):991-7. PMID:16164885.	Independent variables do not include index or score
5	Barr SI, Broughton TM. Relative weight, weight loss efforts and nutrient intakes among health-conscious vegetarian, past vegetarian and nonvegetarian women ages 18 to 50. J Am Coll Nutr. 2000 Nov-Dec;19(6):781-8. PMID: 11194532.	Independent variables do not include index or score
6	Burke LE, Warziski M, Styn MA, Music E, Hudson AG, Sereika SM. A randomized clinical trial of a standard versus vegetarian diet for weight loss: the impact of treatment preference. Int J Obes (Lond). 2008 Jan;32(1):166-76. PMID:17700579.	Independent variables do not include index or score
7	Cade JE, Burley VJ, Greenwood DC; UK Women's Cohort Study Steering Group. The UK Women's Cohort Study: comparison of vegetarians, fish-eaters and meat-eaters. Public Health Nutr. 2004 Oct;7(7):871-8.PMID:15482612.	Independent variables do not include index or score
8	Chen CW, Lin YL, Lin TK, Lin CT, Chen BC, Lin CL. Total cardiovascular risk profile of Taiwanese vegetarians. Eur J Clin Nutr. 2008 Jan;62(1):138-44. Epub 2007 Mar 14. PMID:17356561.	Independent variables do not include index or score
9	Goff LM, Bell JD, So PW, Dornhorst A, Frost GS. Veganism and its relationship with insulin resistance and intramyocellular lipid. Eur J Clin Nutr. 2005 Feb;59(2):291-8.PMID:15523486.	Independent variables do not include index or score
10	Grant R, Bilgin A, Zeuschner C, Guy T, Pearce R, Hokin B, Ashton J. The relative impact of a vegetable-rich diet on key markers of health in a cohort of Australian adolescents. Asia Pac J Clin Nutr. 2008;17(1):107-15. PMID:18364335.	Independent variables do not include index or score
11	Harman SK, Parnell WR. The nutritional health of New Zealand vegetarian and non-vegetarian Seventh-day Adventists: selected vitamin, mineral and lipid levels. N Z Med J. 1998 Mar 27;111(1062):91-4.PMID:9577459.	Independent variables do not include index or score
12	Hoffmann I, Groeneveld MJ, Boeing H, Koebnick C, Golf S, Katz N, Leitzmann C. Giessen Wholesome Nutrition Study: relation between a health-conscious diet and blood lipids. Eur J Clin Nutr. 2001 Oct;55(10):887-95.PMID:11593351.	Independent variables do not include index or score
13	Høstmark AT, Lystad E, Vellar OD, Hovi K, Berg JE. Reduced plasma fibrinogen, serum peroxides, lipids, and apolipoproteins after a 3-week vegetarian diet. Plant Foods Hum Nutr. 1993 Jan;43(1):55-61. PMID: 8464845.	Independent variables do not include index or score
14	Janelle KC, Barr SI. Nutrient intakes and eating behavior scores of vegetarian and nonvegetarian women. J Am Diet Assoc. 1995 Feb;95(2):180-6, 189, quiz 187-8. PMID:7852684.	Independent variables do not include index or score
15	Krajcovicová-Kudlácková M, Simoncic R, Béderová A, Ondreicka R, Klvanová J. Selected parameters of lipid metabolism in young vegetarians. Ann Nutr Metab. 1994;38(6):331-5. PMID:7702361.	Independent variables do not include index or score
16	Kuo CS, Lai NS, Ho LT, Lin CL. Insulin sensitivity in Chinese ovo-lactovegetarians compared with omnivores. Eur J Clin Nutr. 2004 Feb;58(2):312-6.PMID:14749752.	Independent variables do not include index or score
17	Lee Y, Krawinkel M. Body composition and nutrient intake of Buddhist vegetarians. Asia Pac J Clin Nutr. 2009;18(2):265-71.PMID:19713187.	Independent variables do not include index or score
18	Lindsted K, Tonstad S, Kuzma JW. Body mass index and patterns of mortality among Seventh-day Adventist men. Int J Obes. 1991 Jun;15(6):397-406. PMID:1885263.	Independent variables do not include index or score
19	Nakamoto K, Watanabe S, Kudo H, Tanaka A. Nutritional characteristics of middle-aged Japanese vegetarians. J Atheroscler Thromb. 2008 Jun;15(3):122-9 PMID:18603818.	Independent variables do not include index or score
20	Newby PK, Tucker KL, Wolk A. Risk of overweight and obesity among	Independent variables

	semivegetarian, lactovegetarian, and vegan women. Am J Clin Nutr. 2005 Jun;81(6):1267-74. PMID:15941875.	do not include index or score
21	Nieman DC, Underwood BC, Sherman KM, Arabatzis K, Barbosa JC, Johnson M, Shultz TD. Dietary status of Seventh-Day Adventist vegetarian and non-vegetarian elderly women. J Am Diet Assoc. 1989 Dec;89(12):1763-9. PMID:2592707.	Independent variables do not include index or score
22	Rosell M, Appleby P, Spencer E, Key T. Weight gain over 5 years in 21,966 meat-eating, fish-eating, vegetarian, and vegan men and women in EPIC-Oxford. Int J Obes (Lond). 2006 Sep;30(9):1389-96. PMID:16534521.	Independent variables do not include index or score
23	Rosell M, Appleby P, Key T. Height, age at menarche, body weight and body mass index in life-long vegetarians. Public Health Nutr. 2005 Oct;8(7):870-5. PMID:16277803.	Independent variables do not include index or score
24	Rouse IL, Armstrong BK, Beilin LJ. Vegetarian diet, lifestyle and blood pressure in two religious populations. Clin Exp Pharmacol Physiol. 1982 May-Jun;9(3):327-30. PMID:7140012.	Independent variables do not include index or score
25	Spencer EA, Appleby PN, Davey GK, Key TJ. Diet and body mass index in 38000 EPIC-Oxford meat-eaters, fish-eaters, vegetarians and vegans. Int J Obes Relat Metab Disord. 2003 Jun;27(6):728-34. PMID:12833118.	Independent variables do not include index or score
26	Thorogood M, McPherson K, Mann J. Relationship of body mass index, weight and height to plasma lipid levels in people with different diets in Britain. Community Med. 1989 Aug;11(3):230-3. PMID:2605890.	Independent variables do not include index or score
27	Toohey ML, Harris MA, DeWitt W, Foster G, Schmidt WD, Melby CL. Cardiovascular disease risk factors are lower in African-American vegans compared to lacto-ovo-vegetarians. J Am Coll Nutr. 1998 Oct;17(5):425-34. PMID:9791838.	Independent variables do not include index or score
28	Yen CE, Yen CH, Huang MC, Cheng CH, Huang YC. Dietary intake and nutritional status of vegetarian and omnivorous preschool children and their parents in Taiwan. Nutr Res. 2008 Jul;28(7):430-6. PMID:19083442.	Independent variables do not include index or score

Cross-sectional Studies: (Decision to exclude cross-sectional studies: 2/22/2012) Mediterranean Diet Pattern

#	Citation	Rationale for Exclusion
1	Buckland G, González CA, Agudo A, Vilardell M, Berenguer A, Amiano P, ArdanazE, Arriola L, Barricarte A, Basterretxea M, Chirlaque MD, Cirera L, Dorronsoro M,Egües N, Huerta JM, Larrañaga N, Marin P, Martínez C, Molina E, Navarro C, Quirós R, Rodriguez L, Sanchez MJ, Tormo MJ, Moreno-Iribas C. Adherence to the Mediterranean diet and risk of coronary heart disease in the Spanish EPIC Cohort Study. Am J Epidemiol. 2009 Dec 15;170(12):1518-29. Epub 2009 Nov 10. PubMed PMID: 19903723.	Cross-sectional rMDS
2	de Koning L, Chiuve SE, Fung TT, Willett WC, Rimm EB, Hu FB. Diet-quality scores and the risk of type 2 diabetes in men. Diabetes Care. 2011May;34(5):1150-6. Epub 2011 Apr 4. PubMed PMID: 21464460; PubMed Central PMCID: PMC3114491.	Cross-sectional HEI-05, aHEI, RFS, aMDS, DASH score
3	Mantzoros CS, Williams CJ, Manson JE, Meigs JB, Hu FB. Adherence to the Mediterranean dietary pattern is positively associated with plasma adiponectin concentrations in diabetic women. Am J Clin Nutr. 2006 Aug;84(2):328-35. PubMed PMID: 16895879.	Cross-sectional MDS
4	Martínez-González MA, García-López M, Bes-Rastrollo M, Toledo E, Martínez-Lapiscina EH, Delgado-Rodriguez M, Vazquez Z, Benito S, Beunza JJ. Mediterranean diet and the incidence of cardiovascular disease: a Spanish cohort.Nutr Metab Cardiovasc Dis. 2011 Apr;21(4):237-44. Epub 2010 Jan 21.	Cross-sectional MDS

	PubMed PMID: 20096543.	
5	Trichopoulou A, Naska A, Orfanos P, Trichopoulos D. Mediterranean diet in relation to body mass index and waist-to-hip ratio: the Greek European Prospective Investigation into Cancer and Nutrition Study. Am J Clin Nutr. 2005 Nov;82(5):935-40. PubMed PMID: 16280422.	Cross-sectional MDS
6	Tzima N, Pitsavos C, Panagiotakos DB, Skoumas J, Zampelas A, Chrysohoou C, Stefanadis C. Mediterranean diet and insulin sensitivity, lipid profile and blood pressure levels, in overweight and obese people; the Attica study. Lipids Health Dis. 2007 Sep 19;6:22. PubMed PMID: 17880675; PubMed Central PMCID: PMC2045655.	Cross-sectional MedDietScore
7	van den Brandt PA. The impact of a Mediterranean diet and healthy lifestyle on premature mortality in men and women. Am J Clin Nutr. 2011 Sep;94(3): 913-20.PubMed PMID: 21795445.	Cross-sectional Adherence to Med Diet
8	Baldini M, Pasqui F, Bordoni A, Maranesi M. Is the Mediterranean lifestyle still a reality? Evaluation of food consumption and energy expenditure in Italian and Spanish university students. Public Health Nutr. 2009 Feb;12(2):148-55. PubMed PMID: 18503726.	Cross-sectional Med DQI
9	Bulló M, Garcia-Aloy M, Martínez-González MA, Corella D, Fernández-Ballart JD, Fiol M, Gómez-Gracia E, Estruch R, Ortega-Calvo M, Francisco S, Flores-Mateo G, Serra-Majem L, Pintó X, Covas MI, Ros E, Lamuela-Raventós R, Salas-Salvadó J. Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk. Prev Med. 2011 Sep1;53(3):155-61.PubMed PMID:21708186.	Cross-sectional Adherence to Med Diet
10	Dedoussis GV, Kanoni S, Mariani E, Cattini L, Herbein G, Fulop T, Varin A, Rink L, Jajte J, Monti D, Marcellini F, Malavolta M, Mocchegiani E. Mediterranean diet and plasma concentration of inflammatory markers in old and very old subjects in the ZINCAGE population study. Clin Chem Lab Med. 2008;46(7):990-6. PubMed PMID: 18605965.	Cross-sectional MDS
11	Delisle HF, Vioque J, Gil A. Dietary patterns and quality in West-African immigrants in Madrid. Nutr J. 2009 Jan 23;8:3. PubMed PMID: 19166606.	Cross-sectional aMDS & aHEI
12	Farajian P, Risvas G, Karasouli K, Pounis GD, Kastorini CM, Panagiotakos DB, Zampelas A. Very high childhood obesity prevalence and low adherence rates to the Mediterranean diet in Greek children: the GRECO study. Atherosclerosis. 2011Aug;217(2):525-30. Epub 2011 Apr 13. PubMed PMID: 21561621.	Cross-sectional KIDMED score
13	Fung TT, McCullough ML, Newby PK, Manson JE, Meigs JB, Rifai N, Willett WC, Hu FB. Diet-quality scores and plasma concentrations of markers of inflammation and endothelial dysfunction. Am J Clin Nutr. 2005 Jul;82(1):163-73.PMID: 16002815.	Cross-sectional HEI, aHEI, DQI-R,RFS, aMED
14	Jennings A, Welch A, van Sluijs EM, Griffin SJ, Cassidy A. Diet quality is independently associated with weight status in children aged 9-10 years. J Nutr. 2011 Mar;141(3):453-9. Epub 2011 Jan 26. PubMed PMID: 21270356.	Cross-sectional DQI, HEI, and MDS
15	Kontogianni MD, Farmaki AE, Vidra N, Sofrona S, Magkanari F, Yannakoulia M. Associations between lifestyle patterns and body mass index in a sample of Greek children and adolescents. J Am Diet Assoc. 2010 Feb;110(2):215-21. PubMed PMID:20102848.	Cross-sectional KIDMED score
16	Kontogianni MD, Vidra N, Farmaki AE, Koinaki S, Belogianni K, Sofrona S,Magkanari F, Yannakoulia M. 147.Adherence rates to the Mediterranean diet are low in a representative sample of Greek children and adolescents. J Nutr. 2008 Oct;138(10):1951-6. PubMed PMID: 18806106.	Cross-sectional KIDMED score
17	Lazarou C, Panagiotakos DB, Matalas AL. 163.Physical activity mediates the protective effect of the Mediterranean diet on children's obesity status: The CYKIDS study. Nutrition. 2010 Jan;26(1):61-7. PubMed PMID: 19632093.	Cross-sectional KIDMED score

18	Mazaraki A, Tsioufis C, Dimitriadis K, Tsiachris D, Stefanadi E, Zampelas A,Richter D, Mariolis A, Panagiotakos D, Tousoulis D, Stefanadis C. Adherence to the Mediterranean diet and albuminuria levels in Greek adolescents: data from the Leontio Lyceum ALbuminuria (3L study).. Eur J Clin Nutr. 2011 Feb;65(2):219-25.PubMed PMID: 21063428.	Cross-sectional KIDMED score
19	Muñoz MA, Fíto M, Marrugat J, Covas MI, Schröder H; REGICOR and HERMES investigators. Adherence to the Mediterranean diet is associated with better mental and physical health. Br J Nutr. 2009 Jun;101(12):1821-7. Epub 2008 Dec 15.PubMed PMID: 19079848.	Cross-sectional MDS
20	Paletas K, Athanasiadou E, Sarigianni M, Paschos P, Kalogirou A, Hassapidou M, Tsapas A. The protective role of the Mediterranean diet on the prevalence of metabolic syndrome in a population of Greek obese subjects. J Am Coll Nutr. 2010 Feb;29(1):41-5. PubMed PMID: 20595644.	Cross-sectional MDS
21	Panagiotakos DB, Pitsavos C, Arvaniti F, Stefanadis C. Adherence to the Mediterranean food pattern predicts the prevalence of hypertension, hypercholesterolemia, diabetes and obesity, among healthy adults; the accuracy of the MedDietScore. Prev Med. 2007 Apr;44(4):335-40. Epub 2006 Dec 30. PubMed PMID: 17350085.	Cross-sectional study MedDietScore
22	Panagiotakos DB, Polystipioti A, Papairakleous N, Polychronopoulos E.Long-term adoption of a Mediterranean diet is associated with a better health status in elderly people; a cross-sectional survey in Cyprus. Asia Pac J Clin Nutr. 2007;16(2):331-7. PubMed PMID: 17468091.	Cross-sectional study MedDietScore
23	Panagiotakos DB, Chrysohoou C, Pitsavos C, Stefanadis C. Association between the prevalence of obesity and adherence to the Mediterranean diet: the ATTICA study.Nutrition. 2006 May;22(5):449-56. PubMed PMID: 16457990.	Cross-sectional study MedDietScore
24	Romaguera D, Norat T, Mouw T, May AM, Bamia C, et al.Adherence to the Mediterranean diated with lower abdominal adiposity in European men and women.J Nutr. 2009 Sep;139(9):1728-37. Epub 2009 Jul 1. PubMed PMID: 19571036.	Cross-sectional study Modified MDS (mMDS)
25	Rossi M, Negri E, Bosetti C, Dal Maso L, Talamini R, Giacosa A, Montella M, Franceschi S, La Vecchia C. Mediterranean diet in relation to body mass index and waist-to-hip ratio. Public Health Nutr. 2008 Feb;11(2):214-7. Epub 2007 Aug 9. PubMed PMID: 17686205.	Cross-sectional MDS
26	Satalić Z, Barić IC, Keser I, Marić B. Evaluation of diet quality with the mediterranean dietary quality index in university students. Int J Food Sci Nutr. 2004 Dec;55(8):589-97. PubMed PMID: 16019303.	Cross-sectional study Med DQI
27	Schröder H, Mendez MA, Ribas-Barba L, Covas MI, Serra-Majem L. Mediterranean diet and waist circumference in a representative national sample of young Spaniards. Int J Pediatr Obes. 2010 Dec;5(6):516-9. PubMedPMID: 20863166.	Cross-sectional HEI and MDS
28	Schröder H, Marrugat J, Vila J, Covas MI, Elosua R. Adherence to the traditional mediterranean diet is inversely associated with body mass index and obesity in a spanish population. J Nutr. 2004 Dec;134(12):3355-61.PMID:15570037	Cross-sectional MDS
29	Shubair MM, McColl RS, Hanning RM. Mediterranean dietary components and body mass index in adults: the peel nutrition and heart health survey. Chronic DisCan. 2005 Spring-Summer;26(2-3):43-51. PubMed PMID: 16251009.	Cross-sectional PCA M-score
30	Sánchez-Benito JL, Sánchez-Soriano E, Ginart Suárez J. Assessment of the Mediterranean Diet Adequacy Index of a collective of young cyclists. Nutr Hosp. 2009 Jan-Feb;24(1):77-86. PubMed PMID: 19266118.	Cross-sectional Mediterranean Adequacy Index (MAI)
31	Sánchez-Taínta A, Estruch R, Bulló M, Corella D, Gómez-Gracia E, Fiol M,Algorta J, Covas MI, Lapetra J, Zazpe I, Ruiz-Gutiérrez V, Ros E,Martínez-	Cross-sectional

	González MA; PREDIMED group. Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3,204 high-risk patients. Eur J Cardiovasc Prev Rehabil. 2008 Oct;15(5):589-93. PubMed PMID: 18830087.	MeDiet score
32	Tucak-Zorić S, Curcić IB, Mihalj H, Dumancić I, Zelić Z, Cetina NM, SmolićR, Volarević M, Missoni S, Tomljenović A, Szirovicza L, Duraković Z, Xi H, Chakraborty R, Deka R, Tucak A, Rudan P. Prevalence of metabolic syndrome in the interior of Croatia: the Baranja region.Coll Antropol. 2008 Sep;32(3):659-65.PubMed PMID: 18982734.	Cross-sectional Adherence to Med Diet
33	Tyrovolas S, Psaltopoulou T, Pounis G, Papairakleous N, Bountziouka V,Zeimbekis A, Gotsis E, Antonopoulou M, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos DB. Nutrient intake in relation to central and overall obesity status among elderly people living in the Mediterranean islands: the MEDIS study. Nutr Metab Cardiovasc Dis. 2011 Jun;21(6):438-45. Epub 2010 Feb 13. PubMed PMID: 20153615.	Cross-sectional MedDietScore
34	Tyrovolas S, Bountziouka V, Papairakleous N, Zeimbekis A, Anastassiou F, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. Adherence to the Mediterranean diet is associated with lower prevalence of obesity among elderly people living in Mediterranean islands: the MEDIS study. Int J Food Sci Nutr. 2009 Aug 11:1-14. PubMed PMID: 19672745.	Cross-sectional MedDietScore

DASH Diet Pattern:

#	Citation	Rationale for Exclusion
1	Fung TT, Chiuve SE, McCullough ML, Rexrode KM, Logroscino G, Hu FB. Adherence to a DASH-style diet and risk of coronary heart disease and stroke in women. Arch Intern Med. 2008 Apr 14;168(7):713-20. PMID:18413553	Cross-sectional DASH score
2	Karanja NM, McCullough ML, Kumanyika SK, Pedula KL, Windhauser MM, Obarzanek E, Lin PH, Champagne CM, Swain JF. Pre-enrollment diets of Dietary Approaches to Stop Hypertension trial participants. DASH Collaborative Research Group. J AmDiet Assoc. 1999 Aug;99(8 Suppl):S28-34. PubMed PMID: 10450291.	Cross-sectional Diet Quality Index (DQI)

Other Dietary Patterns:

#	Citation	Rationale for Exclusion
1	Lyles TE 3rd, Desmond R, Faulk LE, Henson S, Hubbert K, Heimburger DC, Ard JD. Diet variety based on macronutrient intake and its relationship with body mass index. MedGenMed. 2006 Aug 16;8(3):39. PubMed PMID: 17406172; PubMed Central PMCID: PMC1781268.	Cross-sectional Dietary Variety Score
2	Manios Y, Kourlaba G, Grammatikaki E, Androutsos O, Moschonis G, Roma-Giannikou E. Development of a diet-lifestyle quality index for young children and its relation to obesity: the Preschoolers Diet-Lifestyle Index. Public Health Nutr. 2010 Dec;13(12):2000-9. PubMed PMID: 20409357.	Cross-sectional Diet-Lifestyle Index

Healthy Eating Index:

#	Citation	Rationale for Exclusion
1	Beydoun MA, Boueiz A, Shroff MR, Beydoun HA, Wang Y, Zonderman AB. Associations among 25-hydroxyvitamin D, diet quality, and metabolic disturbance differ by adiposity in adults in the United States. J Clin Endocrinol Metab. 2010 Aug;95(8):3814-27. PMID:20463091.	Cross-sectional HEI-2005 HEI-dairy
2	Boynton A, Neuhouser ML, Sorensen B,McTiernan A, Ulrich CM. Predictors of diet quality among overweight and obese postmenopausal women. J Am Diet Assoc.2008 Jan;108(1):125-30. PubMed PMID: 18155998.	Cross-sectional HEI DQI
3	Drewnowski A, Fiddler EC, Dauchet L, Galan P, Hercberg S. Diet quality	Cross-sectional

	measures and cardiovascular risk factors in France: applying the Healthy Eating Index to the SU.VI.MAX study.J Am Coll Nutr. 2009 Feb;28(1):22-9. PMID:19571156.	HEI
4	Duffy P, Zizza C, Jacoby J, Tayie FA. Diet quality is low among female food pantry clients in Eastern Alabama. J Nutr Educ Behav. 2009 Nov-Dec;41(6):414-9. PubMed PMID: 19879497.	Cross-sectional HEI-2005
5	Farmer B, Larson BT, Fulgoni VL 3rd, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the national health and nutrition examination survey 1999-2004. J Am Diet Assoc. 2011 Jun;111(6):819-27. PubMed PMID:21616194.	Cross-sectional HEI-2005 Vegetarian
6	Fisberg RM, Morimoto JM, Slater B, Barros MB, Carandina L, Goldbaum M, deOliveira Latorre Mdo R, César CL. Dietary quality and associated factors among adults living in the state of São Paulo, Brazil. J Am Diet Assoc. 2006 Dec;106(12):2067-72. PubMed PMID:17126640.	Cross-sectional HEI
7	Ford ES, Mokdad AH, Liu S. Healthy Eating Index and **C-reactive** protein concentration: findings from the National Health and Nutrition Examination Survey III, 1988-1994.Eur J Clin Nutr. 2005 Feb;59(2):278-83. PMID:15494735	Cross-sectional HEI
8	Guo X, Warden BA, Paeratakul S, Bray GA. Healthy Eating Index and obesity. Eur J Clin Nutr. 2004 Dec;58(12):1580-6.PMID: 15162130.	Cross-sectional HEI-1995
9	Huffman FG, Zarini GG, McNamara E, Nagarajan A. The Healthy Eating Index and the Alternate Healthy Eating Index as predictors of 10-year CHD risk in Cuban Americans with and without type 2 diabetes. Public Health Nutr.2011Nov;14(11):2006-14 PubMed PMID: 21729463.	Cross-sectional HEI & aHEI
10	Hurley KM, Oberlander SE, Merry BC, Wrobleski MM, Klassen AC, Black MM. The healthy eating index and youth healthy eating index are unique, nonredundant measures of diet quality among low-income, African American adolescents.J Nutr. 2009 Feb;139(2):359-64. PMID:19074210.	Cross-sectional Youth HEI (YHEI)
11	Jennings A, Welch A, van Sluijs EM, Griffin SJ, Cassidy A. Diet quality is independently associated with weight status in children aged 9-10 years. J Nutr. 2011 Mar;141(3):453-9. Epub 2011 Jan 26. PubMed PMID: 21270356.	Cross-sectional Diet Quality Index (DQI), HEI, and MDS
12	Jovanović GK, Zezelj SP, Malatestinić D, Sutić IM, Stefanac VN, Dorcić F. Diet quality of middle age and older women from Primorsko-Goranska County evaluated by healthy eating index and association with body mass index. Coll Antropol. 2010 Apr;34 Suppl 2:155-60. PubMed PMID: 21302715.	Cross-sectional HEI
13	Kant AK, Graubard BI. 131.A comparison of three dietary pattern indexes for predicting biomarkers of diet and disease. J Am Coll Nutr. 2005 Aug;24(4):294-303. PubMed PMID: 16093407.	Cross-sectional HEI, RFS and Dietary Div Score
14	Keast DR, O'Neil CE, Jones JM. 135.Dried fruit consumption is associated with improved diet quality and reduced obesity in US adults: National Health and Nutrition Examination Survey, 1999-2004. Nutr Res. 2011 Jun;31(6):460-7. PubMedPMID: 21745628.	Cross-sectional HEI 2005
15	Khalil CB, Johnson-Down L, Egeland GM. 138. Emerging obesity and dietary habits among James Bay Cree youth. Public Health Nutr. 2010 Nov;13(11):1829-37. PubMed PMID: 20392310.	Cross-sectional HEI
16	Ledikwe JH, Smiciklas-Wright H, Mitchell DC, Miller CK, Jensen GL. Dietary patterns of rural older adults are associated with weight and nutritional status.J Am Geriatr Soc. 2004 Apr;52(4):589-95. PubMed PMID: 15066076.	Cross-sectional HEI
17	Previdelli AN, Lipi M, Castro MA, Marchioni DM. Dietary quality and associated factors among factory workers in the metropolitan region of São Paulo, Brazil. J Am Diet Assoc. 2010 May;110(5):786-90. PubMed PMID: 20430142.	Cross-sectional study "Modified Healthy Eating Index"
18	Schröder H, Mendez MA, Ribas-Barba L, Covas MI, Serra-Majem L. Mediterranean diet and waist circumference in a representative national sample of young Spaniards. Int J Pediatr Obes. 2010 Dec;5(6):516-9. Epub 2010 Sep 23.	Cross-sectional HEI & MDS

	PubMed PMID: 20863166.	
19	Silva KF, Prata A, Cunha DF. Frequency of metabolic syndrome and the food intake patterns in adults living in a rural area of Brazil. Rev Soc Bras Med Trop. 2011 Jul-Aug;44(4):425-9. PMID:21860887.	Cross-sectional HEI
20	Tande DL, Magel R, Strand BN. Healthy Eating Index and abdominal obesity. Public Health Nutr. 2010 Feb;13(2):208-14. Epub 2009 Aug 4. PubMed PMID: 19650960.	Cross-sectional HEI
21	Tardivo AP, Nahas-Neto J, Nahas EA, Maesta N, Rodrigues MA, Orsatti FL. Associations between healthy eating patterns and indicators of metabolic risk in postmenopausal women. Nutr J. 2010 Dec 8;9:64. PubMed PMID: 21143838; PubMedCentral PMCID: PMC3004808.	Cross-sectional HEI
22	Thacker, R et al. Healthy eating index and anthropometric, inflammatory, and lipid markers of cardiovascular risk in u.s. adolescents: Insights NHANES III Congenital Heart Disease 2011.	Cross-sectional HEI
23	Thomson JL, Tussing-Humphreys LM, Onufrak SJ, Zoellner JM, Connell CL, Bogle ML, Yadrick K. A simulation study of the potential effects of healthy food and beverage substitutions on diet quality and total energy intake in Lower Mississippi Delta adults. J Nutr. 2011 Dec;141(12): 2191-7. Epub 2011 Oct 26. PubMed PMID: 22031664.	Cross-sectional HEI-2005
24	Thomson JL, Tussing-Humphreys LM, Onufrak SJ, Connell CL, Zoellner JM, Bogle ML, Yadrick K. Simulated reductions in consumption of sugar-sweetened beverages improves diet quality in Lower Mississippi Delta adults. Food Nutr Res. 2011;55. PubMed PMID: 22022303; PubMed Central PMCID: PMC3198507.	Cross-sectional HEI-2005
25	Wang Y, Jahns L, Tussing-Humphreys L, Xie B, Rockett H, Liang H, Johnson L. Dietary intake patterns of low-income urban african-american adolescents. J Am Diet Assoc. 2010 Sep;110(9):1340-5. PubMed PMID: 20800126; PubMed Central PMCID: PMC2929676.	Cross-sectional HEI
26	Woodruff SJ, Hanning RM, McGoldrick K, Brown KS. Healthy eating index-C is positively associated with family dinner frequency among students in grades 6-8 from Southern Ontario, Canada. Eur J Clin Nutr. 2010 May;64(5):454-60. Epub 2010 Mar 3. PubMed PMID: 20197788.	Cross-sectional HEI-C (Canada)
27	Woodruff SJ, Hanning RM. Associations between diet quality and physical activity measures among a southern Ontario regional sample of grade 6 students. Appl Physiol Nutr Metab. 2010 Dec;35(6):826-33. PubMed PMID: 21164554.	Cross-sectional HEI-C (Canada)
28	Woodruff SJ, Hanning RM, Lambraki I, Storey KE, McCargar L. Healthy Eating Index-C is compromised among adolescents with body weight concerns, weight loss dieting, and meal skipping. Body Image. 2008 Dec;5(4):404-8.	Cross-sectional HEI-C (Canada)

Diet Quality Index:

#	Citation	Rationale for Exclusion
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2	Azadbakht L, Mirmiran P, Esmaillzadeh A, Azizi F. Dietary diversity score and cardiovascular risk factors in Tehranian adults. Public Health Nutr. 2006 Sep;9(6):728-36. PubMed PMID: 16925878.	Cross-sectional Dietary Diversity Score DQI – Revised
3	Biltoft-Jensen A, Groth MV, Matthiessen J, Wachmann H, Christensen T, Fagt S. Diet quality: associations with health messages included in the Danish Dietary Guidelines 2005, personal attitudes and social factors. Public Health Nutr. 2009	Cross-sectional Simple DQI (SDQI)

	Aug;12(8):1165-73. Epub 2008 Sep 15. PubMed PMID: 18789168.	
4	Kourlaba G, Panagiotakos D. 150. The number of index components affects the diagnostic accuracy of a diet quality index: the role of intracorrelation and intercorrelation structure of the components. Ann Epidemiol. 2009 Oct;19(10):692-700. Epub 2009 Jun 26. PubMed PMID: 19560370.	Cross-sectional DQI
5	Kranz S, Findeis JL, Shrestha SS. 152. Use of the Revised Children's Diet Quality Index to assess preschooler's diet quality, its sociodemographic predictors, and its association with body weight status. J Pediatr (Rio J). 2008 Jan-Feb;84(1):26-34. PubMed PMID: 18264615.	Cross-sectional Revised Children's DQI
6	Méjean C, Traissac P, Eymard-Duvernay S, El Ati J, Delpeuch F, Maire B. Diet quality of North African migrants in France partly explains their lower prevalence of diet-related chronic conditions relative to their native French peers. J Nutr. 2007 Sep;137(9):2106-13. PubMed PMID: 17709450.	Cross-sectional DQI – International
7	Scali, J.; Siari, S.; Richard, A.; Gerber, M. Food patterns in Mediterranean Southern France.Recent research developments in nutrition | 2001 v.4 no. pp.121-138.	DQI-Revised

Other Indices:

#	Citation	Rationale for Exclusion
1	Azadbakht L, Esmaillzadeh A. Dietary diversity score is related to obesity and abdominal adiposity among Iranian female youth. Public Health Nutr. 2011Jan;14(1):62-9. Epub 2010 Mar 31. PubMed PMID: 20353617.	Cross-Sectional Diet Diversity Score (DDS)
2	Azadbakht L, et al Dietary diversity score is favorably associated with the metabolic syndrome in Tehranian adults.Int J Obes (Lond). 2005 Nov;29(11):1361-7. PMID:16116493	Cross-sectional DDS
3	Bingham CM, Jallinoja P, Lahti-Koski M, Absetz P, Paturi M, Pihlajamäki H,Sahi T, Uutela A. Quality of diet and food choices of Finnish young men: a sociodemographic and health behaviour approach. Public Health Nutr. 2010Jun;13(6A):980-6. PubMed PMID: 20513269.	Cross-sectional Core Food Index (CFI) Extra Food Index (EFI)
4	Drogan D, Hoffmann K, Schulz M, Bergmann MM, Boeing H, Weikert C. A food pattern predicting prospective weight change is associated with risk of fatal but not with nonfatal cardiovascular disease. J Nutr. 2007 Aug;137(8):1961-7. PubMed PMID: 17634271.	Cross-sectional Food Pattern Score
5	Golley RK, Hendrie GA, McNaughton SA. Scores on the dietary guideline index for children and adolescents are associated with nutrient intake and socio-economic position but not adiposity. J Nutr. 2011 Jul;141(7):1340-7. Epub 2011 May 25. PubMed PMID: 21613454.	Cross-sectional Dietary Guidelines Index Children & Adolescents
6	Høstmark AT. The Oslo Health Study: a Dietary Index estimating high intake of soft drinks and low intake of fruits and vegetables was positively associated with components of the metabolic syndrome. Appl Physiol Nutr Metab. 2010 Dec;35(6):816-25. PubMed PMID: 21164553.	Cross-sectional Dietary Index score Oslo Health study Adults
7	Lazarou C, Panagiotakos DB, Spanoudis G, Matalas AL. 162. E-KINDEX: a dietary screening tool to assess children's obesogenic dietary habits. J Am Coll Nutr.2011 Apr;30(2):100-12. PubMed PMID: 21730218.	Cross-sectional Electronic (E-KINDEX) Children, Greece
8	Massari M, Freeman KM, Seccareccia F, Menotti A, Farchi G; Research Group of the RIFLE Project. An index to measure the association between dietary patterns and coronary heart disease risk factors: findings from two Italian studies. Prev Med. 2004 Oct;39(4):841-7. PubMed PMID: 15351554.	Cross-sectional Italian Risk Factors & Life Expectancy project Dietary index
9	McNaughton SA, Dunstan DW, Ball K, Shaw J, Crawford D. Dietary quality is associated with diabetes and cardio-metabolic risk factors.J Nutr. 2009 Apr;139(4):734-42. Epub 2009 Feb 11.PMID:19211825	Cross-sectional Australian Diabetes, Obesity, Lifestyle Index

10	Heidemann C, Hoffmann K, Spranger J, Klipstein-Grobusch K, Möhlig M, Pfeiffer AF, Boeing H; A dietary pattern protective against type 2 diabetes in the European Prospective Investigation into Cancer and Nutrition (EPIC)--Potsdam Study cohort. Diabetologia. 2005 Jun;48(6):1126-34. Epub 2005 May12. PubMed PMID: 15889235.	Nested Case-control study Dietary pattern score