



**Question: What is the relationship between dietary patterns and bone health?**

**Table 2.** Summary of dietary patterns identified using factor or principal component analysis

Study	Dietary Patterns
<b>Dai, 2014</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetable-fruit-soy (VFS)"</b>: High intakes of vitamin B<sub>6</sub>, vitamin D, soy isoflavones, β-carotene, calcium, and vegetables, fruit, and soy foods</li> <li>• <b>"Meat-dim-sum (MDS)"</b>: High intakes of meat and refined starchy foods, and lower intakes of β-carotene, vegetables and fruits</li> </ul>
<b>Langsetmo, 2010;</b> <b>Langsetmo, 2011</b>	<ul style="list-style-type: none"> <li>• <b>"Nutrient-dense dietary pattern"</b>: High in fruits, green/yellow/other vegetables, whole grains, fish, legumes, and low in white bread</li> <li>• <b>"Energy-dense dietary pattern"</b>: High in soft drinks, white bread, hamburger, processed meat products (hot dog, lunch meat, bacon and sausage), eggs, cheese, sweets/desserts, added fats (mayonnaise, butter, margarine) fried potatoes/chips</li> </ul>
<b>Monma, 201</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetable pattern"</b>: High consumption of vegetables, seaweeds, mushrooms, soy products, salt</li> <li>• <b>"Meat pattern"</b>: High consumption of meat (chicken, pork and beef), processed meat (ham, sausage, liver paste) and seafood (squid, octopus, shrimp, lobster and shellfish)</li> <li>• <b>"Traditional Japanese pattern"</b>: Heavily loaded with rice and Miso soup intake and mildly loaded with Natto</li> </ul>
<b>Park, 2012</b>	<ul style="list-style-type: none"> <li>• <b>"Traditional [Korean]"</b>: Rice and rice cake, potatoes, legumes and nuts, kimchi, vegetables, mushrooms, fruits, meat, eggs, fish and seafood, seaweeds, and green tea</li> <li>• <b>"Western"</b>: Sugar, fat, bread, noodles, potatoes, meat, eggs, fish/seafood, and coffee/carbonated</li> <li>• <b>"Dairy"</b>: Milk, dairy products, green tea, bread, mushrooms, fish/seafood, and low intakes of rice/rice cakes and kimchi</li> </ul>
<b>Samieri, 2013</b>	<ul style="list-style-type: none"> <li>• <b>"Nutrient dense pattern"</b>: Higher in Mg, K, P, Ca, iron, folate, B<sub>6</sub>, C, E, alcohol, fruits, vegetables, meats and fish, cheese and milk, charcuteries, cereals, rice, pasta, and potatoes</li> <li>• <b>"Pattern 2"</b>: Higher in retinol, vitamin B<sub>12</sub>, folate, and iron, and lower in Ca, P, Mg, and K, and lower in proteins, carbohydrates, cooked vegetables, legumes, pasta, poultry, sweets, and dairy products</li> <li>• <b>"South-western-France pattern"</b>: Higher in proteins, fats, alcohol, P and Ca, D and B<sub>12</sub>, retinol, cheese, milk, and charcuterie, and lower in fiber, K and C, carotenes, folate, E, fruits, and vegetables</li> </ul>