



**Question: What is the relationship between dietary patterns and risk of breast cancer?**

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

Study	Dietary Patterns
<b>Adebamowo, 2005</b>	<ul style="list-style-type: none"> <li>• <b>"Prudent"</b>: Vegetables, fruit, legumes, whole grains, fish, poultry and low-fat dairy products</li> <li>• <b>"Western"</b>: Refined grains, red and processed meats, French fries, pizza, potatoes, eggs, and high-fat dairy products</li> </ul>
<b>Agurs-Collins, 2009</b>	<ul style="list-style-type: none"> <li>• <b>"Western"</b>: Refined grains, processed meat, and sweets</li> <li>• <b>"Prudent"</b>: Whole grains, vegetables, fruit, and fish</li> </ul>
<b>Baglietto, 2011</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetable"</b>: High intakes of vegetables, boiled rice, wholemeal bread, yoghurt, chicken, fish (not fried), potato cooked without fat, fruit salad, banana and pineapple, with low intakes of white bread</li> <li>• <b>"Fruit and salad"</b>: High intakes of salad greens, cucumbers, and fruit</li> <li>• <b>"Traditional Australian"</b>: High intakes of desserts, cheddar cheese, margarine, lamb, sausages, bacon, potato cooked without fat, green beans and peas, pumpkin, tea, chocolate, other confectionary, jam, honey and vegemite, with low intakes of olive oil, pasta or noodles, ricotta and feta cheese, beef or veal schnitzel, steamed fish, legume soup, tomato, salad vegetables, legumes, olives and figs</li> <li>• <b>"Meat"</b>: High intakes of fried rice, white bread, pizza, savory pastries, feta cheese, fried eggs and egg dishes, meats (fresh and processed), fried fish, pickled vegetables, potatoes cooked in fat and olives</li> </ul>
<b>Butler, 2010</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetable-fruit-soy"</b>: Cruciferous vegetables, fruit, tofu items</li> <li>• <b>"Meat-dim sum"</b>: Meat, starch, dim sum items</li> </ul>
<b>Cottet, 2009</b>	<ul style="list-style-type: none"> <li>• <b>"Alcohol/Western"</b>: Potatoes, pulses, rice/pasta/semolina, French fries, appetizers, pizza/pies, sandwiches, processed meat, ham, offal, eggs, canned fish, crustaceans, mayonnaise, butter/cream, high-alcohol beverages, wine</li> <li>• <b>"Healthy/Mediterranean"</b>: Fruits, raw vegetables, cooked vegetables, crustaceans, fish, olive oil, sunflower oil</li> </ul>
<b>Engeset, 2009</b>	<ul style="list-style-type: none"> <li>• <b>"Traditional fish eaters"</b>: Fish</li> <li>• <b>"Healthy"</b>: Skimmed milk, yogurt, juice, cereals, rice, chicken, fruit, cod liver oil</li> <li>• <b>"Average, less fish, less healthy"</b>: No dominant groups, but low intake of fish, cod olive oil, vegetables, juice, course bread</li> <li>• <b>"Western"</b>: Meat products, bakery products, desserts and chocolate, pizza, rice, pasta</li> <li>• <b>"Traditional bread eaters"</b>: Traditional Norway foods (milk, course bread, jam, cheese, fat on bread)</li> <li>• <b>"Alcohol users"</b>: Beer, wine, and liquor</li> </ul>
<b>Fung, 2005</b>	<ul style="list-style-type: none"> <li>• <b>"Prudent"</b>: Fruit, vegetables, whole grains, low-fat dairy products, fish and poultry</li> <li>• <b>"Western"</b>: Red and processed meat, refined grains, sweets, desserts, and high fat dairy products</li> </ul>
<b>Link, 2013</b>	<ul style="list-style-type: none"> <li>• <b>"Plant-based"</b>: High in fruit and vegetables</li> <li>• <b>"High-protein, high-fat"</b>: High in meats, eggs, fried foods, high-fat condiments</li> <li>• <b>"High-carbohydrate"</b>: High in convenience foods, pasta, bread products</li> <li>• <b>"Ethnic"</b>: High in legumes, soy-based foods, rice, dark-green leafy vegetables</li> <li>• <b>"Salad and wine"</b>: High in lettuce, fish, wine, low-fat salad dressing, and coffee and tea</li> </ul>
<b>Männistö, 2005</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetables"</b>: High intakes of vegetables, legumes, fruit, pasta, fish, oil</li> <li>• <b>"Pork, Processed meat, Potatoes"</b>: Higher intakes of pork, beef, processed meats, potatoes, rice, poultry, liver, butter/low-fat margarine, pasta, coffee</li> </ul>
<b>Sant, 2007</b>	<ul style="list-style-type: none"> <li>• <b>"Salad Vegetables"</b>: High in raw vegetables and olive oil</li> <li>• <b>"Western"</b>: High in potatoes, red meat, eggs, butter, seed oil (as added fat), cakes</li> <li>• <b>"Canteen"</b>: High in pasta, tomato sauce, wine</li> <li>• <b>"Prudent"</b>: High in cooked vegetables, rice, poultry, fish, and low consumption of</li> </ul>



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Study	Dietary Patterns
	alcohol
<b>Sieri, 2004</b>	<ul style="list-style-type: none"> <li>• <b>"Salad Vegetables"</b>: High in raw vegetables and olive oil</li> <li>• <b>"Western"</b>: High in potatoes, red meat, eggs, butter, seed oil (as added fat), cakes</li> <li>• <b>"Canteen"</b>: High in pasta, tomato sauce, wine</li> <li>• <b>"Prudent"</b>: High in cooked vegetables, rice, poultry, fish, and low consumption of alcohol</li> </ul>
<b>Terry, 2001</b>	<ul style="list-style-type: none"> <li>• <b>"Healthy"</b>: Higher in whole grains, fruits, vegetables, fish, low-fat milk</li> <li>• <b>"Western"</b>: Higher in sweets, refined grains, processed meats, high-fat dairy, soda</li> <li>• <b>"Drinker"</b>: Higher in wine, beer, liquor, snacks</li> </ul>
<b>Velie, 2005</b>	<ul style="list-style-type: none"> <li>• <b>"Vegetable/fish/poultry/fruit"</b>: High in green leafy vegetables and citrus fruits, carrots, broccoli, tomatoes, apples, fish/poultry, and low intakes of desserts, sweets, 2% milk, white bread, dry cereal</li> <li>• <b>"Beef/pork/starch"</b>: High in fatty meats, French fries, eggs, and low intakes of bran/granola cereal, skim milk, poultry, fish, dark bread, cooked cereal, apples</li> <li>• <b>"Traditional southern"</b>: High in cooked greens, beans/legumes, sweet potatoes, corn-based bread products, coleslaw/cabbage, fried fish, cooked cereal, rice, fried chicken, beef stew, fruit drinks, carrots, and low intakes of cheese, mayonnaise, wine, liquor, and salty snacks.</li> </ul>