

Table 4-B-II-3 Summary of Findings

Dietary patterns identified using factor analysis or cluster analysis (shaded rows) and association with risk of myocardial infarction (MI)

Author, Year, Quality Rating, Study Design, Cohort	Sample Size, Location, Duration, Dietary Assessment, Methodology/No. Patterns	Age, % Female, Race/Ethnicity, Outcome/ Comparison No. Events	Dietary Patterns Associated with Lower MI Risk	Dietary Patterns with No Significant Association with MI	Dietary Patterns Associated with Higher MI Risk
Akesson et al., 2007 Positive Prospective cohort Swedish Mammography Cohort	N = 24,444 Sweden 6.2 years 96-item FFO FA: 4 patterns	48-83 y 100% NR MI (fatal and non fatal), lowest vs highest quintile MI: 308 cases	<ul style="list-style-type: none"> • "Healthy" (vegetables, fruits, and legumes), RR = 1.71 (95% CI = 1.14, 2.55), P for trend 0.004 • "Alcohol" (wine, liquor, beer, and some snacks), RR = 1.64 (95% CI = 1.09, 2.47), P for trend 0.002 	<ul style="list-style-type: none"> • "Western/Swedish" (red meat, processed meat, poultry, rice, pasta, eggs, fried potatoes, and fish), NS • "Sweets" (sweets baked goods, candy, chocolate, jam, and ice cream), NS 	
Brunner et al., 2008 Neutral Prospective cohort Whitehall II study	N = 7,731 N for MI = 7033 U.K. 15 y 127-item FFO CA: 4 patterns	Mean=50 30.25% NR Fatal CHD and non-fatal MI event rates MI: 229 events		<p>Comparator:</p> <ul style="list-style-type: none"> • "Unhealthy" (white bread, processed meat, fries, and full-cream milk) <p>vs.</p> <ul style="list-style-type: none"> • "Mediterranean-like" (fruit, vegetables, rice, pasta, and wine), NS • "Healthy" (fruit, vegetables, whole-meal bread, low-fat dairy, and little alcohol) NS • "Sweet" (white bread, biscuits, cakes, processed meat, and high-fat dairy products), NS 	
Nettleton et al., 2009 Positive Prospective cohort MESA	N = 5,316 U.S. Median = 4.6 y 120-item FFO FA: 4 patterns	45-84 y 53% White: 43% Black: 24% Hispanic: 21% Chinese: 12% MI (fatal and nonfatal), highest vs lowest quintile MI: 72 events	<ul style="list-style-type: none"> • "Whole grains and fruit" (whole grains, fruit, nuts and seeds, green leafy vegetables, and low-fat dairy foods), HR = 0.34 (95% CI = 0.12, 0.94), P for trend 0.03 	<p>Stated in narrative, analysis not shown:</p> <ul style="list-style-type: none"> • "Fats and processed meat" (added fats, processed meat, fried potatoes, and desserts), NS • "Vegetables and fish" (several vegetable groups, fish, soup, Chinese foods, red meat, poultry, and soy), NS • "Beans, tomatoes and refined grains" (beans, tomatoes, refined grains, high-fat dairy foods, avocado, and red meat), NS 	