

Table 4-B-II-4 Summary of Findings

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

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 Stroke Risk	Dietary Patterns with No Significant Association with Stroke	Dietary Patterns Associated with Higher Stroke Risk
Farchi et al., 1989 Neutral Prospective Cohort 2 rural villages from Seven Countries Study	N = 1,536 Italy 20 y Dietary History CA: patterns	45–64 y 0% NR Stroke, age-adjusted death rate Stroke: 89 events	<ul style="list-style-type: none"> Cluster 2 (largest amount of polyunsaturated fatty acids [about 3 times more than in other groups]), Age-adjusted death rate: 5.4±2.0 Cluster 4 (largest consumption of carbohydrates [-of total energy], proteins, vegetables, and starchy foods), Age-adjusted death rate: 5.5±1.0 	<ul style="list-style-type: none"> Cluster 1 (high alcohol intake [one-third of the total energy intake], consumption of minimum amount of meat, fruit, and cookies), Age-adjusted death rate: 8.7±1.7 Cluster 3 (highest consumption of monounsaturated and saturated fatty acids, proteins; other nutrients are below the mean), Age-adjusted death rate: 7.4±1.5 <p>Stroke rates ± SEM (%), P<0.005 for Breslow test for equality of survival curves</p>	
Fung et al., 2004 Positive Prospective Cohort Nurses' Health Study	N = 71,768 U.S. 14 y 116-item FFQ FA: 2 patterns	38–63 y 100% NR Stroke, highest vs lowest quintile Stroke: 791 incidents		<ul style="list-style-type: none"> "Prudent" (higher intakes of fruit, vegetables, whole grains, fish, and poultry), NS 	<ul style="list-style-type: none"> "Western" (higher intakes of red and processed meats, refined grains, full-fat dairy products, and desserts and sweets), women: RR = 1.58 (95% CI = 1.15, 2.15), P for trend 0.0002
Maruyama et al., 2012 Positive Prospective cohort Japan Collaborative cohort	N = 64,037 Japan Median = 12.6 y 40-item FFQ FA: 3 patterns	40–79 y 58% NR Stroke, highest vs lowest quintiles Stroke: men=578 cases; women=499 cases	<ul style="list-style-type: none"> "Dairy product" (milk and dairy products, butter, margarine, fruits, coffee and tea); men: HR = 0.65 (95% CI = 0.49 - 0.86); P for trend = 0.01; women: HR = 0.70 (95% CI = 0.51, 0.97), P for trend = 0.02 	<ul style="list-style-type: none"> "Vegetable" (fresh fish, vegetables, fungi, potatoes, algae, tofu [soybean curd] and fruits), NS "Animal food" (meats, fish, and deep-fried foods or tempura), NS 	

Table 4-B-II-4 Summary of Findings—continued

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

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 Stroke Risk	Dietary Patterns with No Significant Association with Stroke	Dietary Patterns Associated with Higher Stroke Risk
Shimazu et al., 2007 Positive Prospective cohort Ohsaki NHI Cohort	N = 40,547 Japan 7 y 40-item FFQ FA: 3 patterns	40–79 y NR NR Stroke, highest vs lowest quartile Stroke: 432	• "Japanese" (soybean products, fish, seaweeds, vegetables, fruits and green tea), HR = 0.64 (95% CI: 0.48–0.86), P for trend 0.004	• "Animal" [Animal-derived products (beef, pork, ham, sausage, chicken, liver, and butter), coffee and alcohol], NS	
Stricker et al., 2011 Positive Prospective cohort EPIC-NL cohort	N = 35,910 The Netherlands 13 y 79-item FFQ FA: 2 patterns	20–69 y NR NR Stroke, lowest vs highest quartile Stroke: 588 cases	• "Prudent" (high intakes of fish and shellfish, raw vegetables, wine and high-fiber cereals and low consumption of potatoes), HR = 0.69 (95% CI = 0.53,0.88), P trend = 0.002	• "Western" [high consumption of French fries, fast food (spring rolls, Russian salad, pizza and Dutch fried meat snack), low-fiber products, and different drinks and low on fruit and vegetables and low-fat dairy products], NS	
	CA: 2 patterns	k-means cluster analysis, risk of stroke, Prudent" vs. "Western" cluster	• "Prudent" (high intakes of fish and shellfish, raw vegetables, wine and high-fiber cereals and low consumption of potatoes), HR = 0.82 (95% CI = 0.69,0.97)	Comparator: • "Western" [high consumption of French fries, fast food (spring rolls, Russian salad, pizza and Dutch fried meat snack), low-fiber products, and different drinks and low on fruit and vegetables and low-fat dairy products]	