

Table 4-C-II-2. Summary of Findings

Dietary patterns identified using factor or cluster analysis (shaded rows) and association with risk of type 2 diabetes (T2D) in adults

Author, Year, Quality Rating, Study Design, Cohort	Sample Size, Location, Duration, Dietary Assessment, Methodology, No. Patterns	Age, % Female Race/Ethnicity, Outcome/ Comparison	Dietary Patterns Associated with Decreased T2D Risk	Dietary Patterns with No Significant Association with T2D Risk	Dietary Patterns Associated with Increased T2D risk
Duffey et al., 2012 Neutral Prospective cohort Coronary Artery Risk Development in Young Adults Study	N = 3,664 U.S. 20 y Dietary History CA derived 2 dietary patterns	18–30 y 59% NR High fasting glucose (≥ 6.1 mmol/L) "Prudent" vs "Western" pattern		<ul style="list-style-type: none"> • "Prudent diet" (fruit, milk, yogurt, cheese, nuts, seeds, fish, and whole grains). • "Western diet" (meats, poultry, refined grains, sugar-sweetened soda, fast food, fruit drinks, egg and egg dishes, legumes, and snacks) High fasting glucose HR = 0.93 (95%CI: 0.80, 1.09), NS	
Kimokoti et al., 2012 Positive Prospective cohort Framingham Offspring/Spouse Cohort	N = 1,146 U.S. 7 y 145-item FFQ CA derived 5 dietary patterns	25–77 y 100% NR High fasting plasma glucose (≥ 5.1 mmol/L) Incidence		<ul style="list-style-type: none"> • "Heart healthier" (vegetables, fruits, legumes, fish, whole grain, low-fat dairy milk), NS • "Lighter eating" (fattier poultry and beer), NS • "Wine and moderate eating" (wine, organ meats, eggs, high-fat dairy, and snack foods), NS • "Higher fat" (sweets and animal fats, refined grains, soft margarine, oils, diet beverages, and desserts), NS • "Empty calorie" (sweetened beverages, meat, mixed dishes and desserts), NS 	
Lau et al., 2009 Neutral Prospective Cohort Danish population-based non-pharmacological Inter99 study	N = 5,824 Denmark 5 y 198-item FFQ FA derived 2 dietary patterns	30–60 y NR NR FPG and 2h-PG concentration (repeat measures) Change	2h-PG concentration: <ul style="list-style-type: none"> • "Modern" (higher intakes of vegetables, fruit, mixed vegetables dishes, vegetable oil and vinegar dressing, poultry, pasta, rice, and cereals) 2h-PG = -0.014 (-0.025, -0.004), P=0.009 [Estimates show that a higher score (of 1 SD) predicted change (in mmol/L) (95% CI)] 	FPG: <ul style="list-style-type: none"> • "Modern" (higher intakes of vegetables, fruit, mixed vegetables dishes, vegetable oil and vinegar dressing, poultry, pasta, rice, and cereals) FPG = -0.000 (-0.004, 0.003), P=0.873, NS FPG and 2h-PG concentration: <ul style="list-style-type: none"> • "Traditional" (higher intakes of pate or high-fat sandwich meat, mayonnaise salads, red meat, potatoes, butter and lard, low-fat fish, low-fat sandwich meat, and sauces), 2h-PG = 0.002 (-0.009, 0.013), P=0.677, NS FPG = 0.001 (-0.003, 0.004), P=0.632, NS 	