



Table 4-A-I-1 Summary of Findings

Hypothesis that increased adherence to dietary pattern improves measures of body weight and risk of obesity

Study / Cohort / Index or Score	Body Weight	Body Mass Index	Waist Circumference and Percent Body Fat	Incidence of Overweight or Obesity
Estruch 2006 / PREDIMED / <i>a priori</i> Med	(∅)			
Zamora 2010 / CARDIA / DQI-2005	(+) Whites*			
Jacobs 2009 / ODES / <i>a priori</i> diet score	(+)		(+) for WC (+) for %Body Fat	
Beunza 2010 / SUN/MDS	(+)			(∅) N → Ow + Ob
Lassale 2012 / SU.VI.MAX / MDS, rMED, MSDPS, DQI-I, DGAI, PNNS-GS	(+) Men (∅) Women			(+) N + Ow → Ob Men (∅) Women
Romaguera 2010 / EPIC-PANACEA / rMED	(+)			(+) N → Ow + Ob
Kesse-Guyot 2009 / SU.VI.MAX / PNNS-GS	(+)	(+)	(+) for WC	(+) N → Ow + Ob (+) N + Ow → Ob
Cheng 2010 / DONALD / RC-DQI		(∅)		
Berz 2011 / PNGHS / DASH score		(+)		
Gao 2008 / MESA / HEI-95, HEI-05		(+) Whites**	(+) for WC Whites	(+) Whites, N → Ob (∅) N → Ow
Tortosa 2007 / SUN/MDS			(+) for WC	
Rumawas 2009 / Framingham / MSDPS			(+) for WC	
Mendez 2006 / EPIC-Spain / MDS				(+) Ow → Ob (∅) N → Ow
Woo 2008 / Hong Kong / MDS and DQI-I				(∅) N → Ow

(+) Indicates that study supports the hypothesis; (-) Indicates that study does not support the hypothesis; (∅) Indicates no change; Blank cells indicate the relationship was not examined.

*Normal weight Whites and (-) in Ob Blacks; ** (∅) in Blacks, Hispanics, Chinese.