



Table 4-B-I-3. Overview Table: Coronary Heart Disease

Author, Year, Study Design	Sample Size, Location, Duration, Dietary Assessment	Population, Age / Gender, Cohort	Exposure, Index/ Score	Outcomes Measured	Health Outcome
Buckland et al, 2009 Prospective Cohort	N=41,078 Spain 10.4 years Dietary history questionnaire, validated in Spain across all centers	29 years to 69 years 62% Women EPIC-Spain	rMED <i>Total score: Zero to 18</i>	CHD incidence	<p>Comparing highest to lowest rMED scores:</p> <ul style="list-style-type: none"> • CHD: HR=0.60 (95% CI: 0.47 to 0.77; P_{trend}<0.001) • CHD for men: HR=0.58 (95% CI: 0.44 to 0.76; P_{trend}<0.001) • CHD for women: HR=0.67 (95% CI: 0.39 to 1.16; P_{trend}=0.16; NS) <p>Per one-unit increase in the 18-unit rMED:</p> <ul style="list-style-type: none"> • CHD: HR=0.94 (95% CI: 0.91 to 0.97; P_{trend}<0.001) • CHD for men: HR=0.94 (95% CI: 0.91 to 0.97; P_{trend}<0.001) • CHD for women: HR=0.93 (95% CI: 0.87- 0.99; P_{trend}=0.04)
Chiuve et al, 2011 Prospective Cohort	N=81,722 U.S. 26 years FFQ, validated (assessed every two years to four years)	<i>Mean age: 72 years at follow-up</i> Women NHS	aMed <i>Total score: Zero to nine</i>	Sudden cardiac death	<p>Sudden cardiac death, comparing highest to lowest aMed scores:</p> <ul style="list-style-type: none"> • RR=0.60 (95% CI: 0.43 to 0.84; P_{trend}<0.001)
Chiuve et al, 2012 Prospective Cohort	N=112,488 U.S. 24 years FFQ (131-item), validated	<i>Female: 30 years to 55 years</i> <i>Male: 40 years to 75 years</i> 64% Women NHS and HPFS	HEI-2005 <i>Total score: Zero to 100</i> AHEI-2010 <i>Total score: Zero to 110</i>	CVD (CHD, stroke or angina)	<p>Comparing highest to lowest quintile of HEI-2005 and AHEI-2010 scores for each outcome (each adjusted for the other score):</p> <p>CHD</p> <ul style="list-style-type: none"> • HEI-2005: RR=0.97 (95% CI: 0.86 to 1.10; P_{trend}=0.99; NS) • AHEI-2010: RR=0.69 (95% CI: 0.61 to 0.78; P_{trend}<0.001) • P for similar effects of diet scores = 0.002
Dilis et al, 2012 Prospective Cohort	N=23,929 Greece 10 years FFQ (190-item), validated	20 years to 86 years 60% Women EPIC-Greece	MDS <i>Total score: Zero to nine</i>	CHD incidence and mortality	<p>Comparing highest to lowest MDS:</p> <ul style="list-style-type: none"> • CHD mortality: HR=0.54 (95% CI: 0.37 to 0.81; P=0.003) • CHD mortality for men: HR=0.62 (95% CI: 0.39 to 0.98; P=0.040) • CHD mortality for women: HR=0.39 (95% CI: 0.17 to 0.88; P=0.024) <p>Per two-point increase in MDS:</p> <ul style="list-style-type: none"> • CHD mortality: HR=0.78 (95% CI: 0.66 to 0.92; P=0.003) • CHD mortality for men: HR=0.81 (95% CI: 0.66 to 0.99; P=0.043) • CHD mortality for women: HR=0.75 (95% CI: 0.57 to 0.98; P=0.038) <p>Comparing highest to lowest MDS:</p> <ul style="list-style-type: none"> • CHD incidence for women: HR=0.62 (95% CI: 0.39 to 0.99; P=0.043) • NS men or men and women



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Fidanza et al, 2004 Prospective Cohort	N=12,763 U.S., Finland, Italy, Greece, Japan, Yugoslavia, Serbia 25 years Food records	40 years to 59 years Men Seven-Countries Study	MAI MAI was determined for sub-samples of the 16 cohorts.	CHD mortality	MAI computed for 16 cohorts was inversely correlated with 25-year death rates from CHD. Coefficient of linear correlation between MAI and CHD mortality in 16 cohorts: • R= -0.72 (P<0.001)
Fitzgerald et al, 2012 Prospective Cohort	N=34,827 U.S. 14.6 years FFQ (133-item, Willett)	Mean age: 55 years Women Women's Health Study	DASH Score Total score: Eight to 40	CVD (fatal and non-fatal MI and stroke and cardiovascular death) CHD (non-fatal MI and CHD death)	CHD, comparing highest to lowest quintile of DASH scores: • HR=0.90 (95% CI: 0.65 to 1.24; Ptrend=0.09, NS)
Folsom et al, 2007 Prospective Cohort	N=20,993 U.S. 16 years FFQ (127-item), validated	55 years to 69 years Women Iowa Women's Health Study (IWHS)	DASH Score Total score: Zero to 11	CVD, CHD and stroke mortality	CHD mortality, comparing the highest to lowest quintile of DASH scores: • HR=0.86 (95% CI: 0.67 to 1.12; Ptrend=0.69; NS)
Fung et al, 2008 Prospective Cohort	N=88, 517 U.S. 24 years FFQ (116-item), validated (assessed seven times)	34 years to 59 years Women NHS	DASH Score Total score: Eight to 40	CHD (nonfatal MI or fatal CHD) and stroke	CHD, comparing highest to lowest quintile of DASH scores: • RR=0.73 (95% CI: 0.64 to 0.84; Ptrend<0.001) Risk reduction was significant for both fatal and non-fatal CHD
Fung et al, 2009 Prospective Cohort	N=74,886 U.S. 20 years FFQ (116-item), validated (assessed six times)	38 years to 63 years Women NHS	aMed Total score: Zero to nine	CVD, CHD and stroke	CHD, comparing highest to lowest quintile of aMed scores: RR=0.71 (95% CI: 0.62 to 0.82; Ptrend<0.0001) • CHD mortality: RR=0.58 (95% CI: 0.45 to 0.75; Ptrend<0.0001)



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Kant et al, 2000 Prospective Cohort	N=42,254 U.S. 5.6 years FFQ (62-item), validated	40 years to 93 years <i>Mean age:</i> 61.1 years Women Breast Cancer Detection and Demonstration Project (BCDDP)	RFS Developed by authors <i>Total score:</i> Zero to 23	All-cause and CHD and stroke mortality	CHD mortality, comparing highest to lowest quartile of RFS: <ul style="list-style-type: none"> RR=0.67 (95% CI: 0.47 to 0.95; $P_{\text{trend}}=0.03$)
Knoops et al, 2004 Prospective Cohort	N=2,339 11 European countries 10 years Diet histories, validated	70 years to 90 years 35% Women HALE	MMDS <i>Total score:</i> Zero to eight (without alcohol)	CVD and CHD mortality	Comparing the low-risk group (mod MDS of four or above) with high-risk group: <ul style="list-style-type: none"> CHD: HR=0.61 (95% CI: 0.43 to 0.88)
Martínez-González et al, 2011 Prospective Cohort	N=13,609 Spain Five years FFQ (96-item), validated	<i>Mean age:</i> 38 years 56% to 61% Women SUN	MDS <i>Total score:</i> Zero to nine	CVD and CHD	Comparing highest to lowest MDS scores: <ul style="list-style-type: none"> CHD: HR=0.42 (95% CI: 0.16 to 1.11; $P_{\text{trend}}=0.04$) Per two-point increase in MDS score: <ul style="list-style-type: none"> CHD: HR=0.74 (95% CI: 0.55 to 0.99)
Menotti et al, 2012 Prospective Cohort	N=1,139 Italy 40 years Weighted-record for subsample and diet history for all	45 years to 64 years <i>Mean age:</i> 54.5±5 years Men Italian Rural areas of the seven countries Study	MAI Natural logarithm (lnMAI) Range zero to more than 100	CHD mortality	CHD mortality, per one-unit increase of lnMAI (about 2.7 units of MAI): <ul style="list-style-type: none"> HR=0.74 (95% CI: 0.55 to 0.99) at 20 years HR=0.79 (95% CI: 0.64 to 0.97) at 40 years
Michels and Wolk, 2002 Prospective Cohort	N=59,038 Sweden 10 years FFQ (60-item)	40 years to 76 years Women SMC	RFS <i>Total score:</i> Zero to 17 Non-RFS <i>Total score:</i> Zero to 21	All-cause and CHD and stroke mortality	CHD mortality, comparing highest to lowest RFS: <ul style="list-style-type: none"> HR=0.47 (95% CI: 0.33 to 0.68; $P_{\text{trend}}<0.0001$) Comparing highest to lowest non-RFS: <ul style="list-style-type: none"> RR=0.79 (95% CI: 0.47 to 1.32; $P_{\text{trend}}=0.09$, NS)



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Osler et al, 2002 Prospective Cohort	N=5,834 Denmark 12 years to 14 years FFQ (26-item), validated	30 years to 70 years 49% Women WHO MONICA study	Healthy Food Index <i>Total score: Zero to four</i>	CHD incidence	CHD, comparing highest to lowest Healthy Food Index scores: • HR=1.21 (95% CI: 0.80 to 1.82; P _{trend} =0.229; NS)
Trichopoulou et al, 2003 Prospective Cohort	N=22,043 Greece 3.7 years FFQ(150-item), validated	20 years to 86 years 60% Women EPIC-Greece	MDS <i>Total score: Zero to nine</i>	All-cause and CHD mortality	CHD mortality, per two-point increment in MDS: • HR=0.67 (95% CI: 0.47 to 0.94)