United States Department of Agriculture

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
1. Abdulla M, Andersson I, Asp NG, Berthelsen K, Birkhed D, Dencker I, Johansson CG, Jägerstad M, Kolar K, Nair BM, Nilsson-Ehle P, Nordén A, Rassner S, Akesson B, Ockerman PA. Nutrient intake and health status of vegans. Chemical analyses of diets using the duplicate portion sampling technique. Am J Clin Nutr. 1981 Nov;34(11):2464-77. PMID: 6272567	Insufficient sample size <30; (n=6)
2. Abidoye RO, Madueke LA, Abidoye GO. The relationship between dietary habits and body-mass index using the Federal Airport Authority of Nigeria as the sample. Nutr Health. 2002;16(3):215-27. PMID: 12418805	Nigeria classified as “low” on Human Development Index (HDI)
3. Adami GF, Cordera R. Association of body mass index, physical activity and eating pattern in adult men. Nutrition Research. 2003;23(5):579-83	Cross-sectional
4. Afrasiabi A, Hassanzadeh S, Sattarivand R, Nouri M, Mahbood S. Effects of low fat and low calorie diet on plasma lipid levels in the fasting month of Ramadan. Saudi Med J. 2003 Feb;24(2):184-8. PMID: 12682685	Insufficient sample size <30; (n=28, 10 per study arm)
5. Aggarwal B, Liao M, Allegrante JP, Mosca L. Low social support level is associated with non-adherence to diet at 1 year in the Family Intervention Trial for Heart Health (FIT Heart). J Nutr Educ Behav. 2010 Nov-Dec;42(6):380-8. Epub 2010 Aug 8. PMID: 20696617	Adherence to diet is the dependent variable in the analyses
6. Aggarwal T, Singh D, Bhatia RC, Sobti PC. Dietary habits of adolescents in public schools of Ludhiana, Punjab, India. Rivista Italiana di Medicina dell'Adolescenza. 2006;4(1):35-42	India is classified as “medium” on Human Development Index (HDI)
7. Agudo A, Pera G. Vegetable and fruit consumption associated with anthropometric, dietary and lifestyle factors in Spain. EPIC Group of Spain. European Prospective Investigation into Cancer. Public Health Nutr. 1999 Sep;2(3):263-71. PMID: 10512560	Cross-sectional
8. Agyemang C, van Valkengoed I, van den Born BJ, Stronks K. Prevalence and determinants of prehypertension among African Surinamese, Hindustani Surinamese, and White Dutch in Amsterdam, the Netherlands: the SUNSET study. Eur J Cardiovasc Prev Rehabil. 2007 Dec;14(6):775-81. PMID: 18043298	Study did not examine relationship between dietary patterns and body weight measure
9. Ahmed F, Zareen M, Khan MR, Banu CP, Haq MN, Jackson AA. Dietary pattern, nutrient intake and growth of adolescent school girls in urban Bangladesh. Public Health Nutr. 1998 Jun;1(2):83-92. PMID: 10933404	Bangladesh classified as “low” on Human Development Index (HDI)
10. Ainsworth BE, Blank HM, Galuska DA, Gillespie C, Khan LK, Serdula MK. Use of low-carbohydrate, high-protein diets among Americans: Correlates, duration, and weight loss. MedGenMed Medscape General Medicine. 2006;8(2)	Cross-sectional
11. Akbaraly TN, Singh-Manoux A, Tabak AG, Jokela M, Virtanen M, Ferrie JE, Marmot MG, Shipley MJ, Kivimaki M. Overall diet history and reversibility of the metabolic syndrome over 5 years: the Whitehall II prospective cohort study. Diabetes Care. 2010 Nov;33(11):2339-41. Epub 2010 Jul 29. PMID: 20671094	Dependent variable was reversion to MetS
12. Akman M, Akan H, Izbirak G, Tanriöver Ö, Tilev SM, Yildiz A, Tektaş S, Vitrinel A, Hayran O. Eating patterns of Turkish adolescents: a cross-sectional survey. Nutr J. 2010 Dec 19;9:67. PMID: 21167070	Cross-sectional
13. Al Sabbah H, Vereecken C, Abdeen Z, Kelly C, Ojala K, Németh A, Ahluwalia	Does not assess dietary

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
N, Maes L. Weight control behaviors among overweight, normal weight and underweight adolescents in Palestine: findings from the national study of Palestinian schoolchildren (HBSC-WBG2004). Int J Eat Disord. 2010 May;43(4):326-36. PMID: 19437462	patterns as defined by this project. Study outcomes focus on eating disorders.
14. Al-Assaf AH, Al-Numair KS. Body Mass Index and dietary intake of Saudi adult males in the Riyadh region-Saudi Arabia. Pakistan Journal of Nutrition. 2007;6(5):414-8	Cross-sectional
15. Alcácera MA, Marques-Lopes I, Fajó-Pascual M, Foncillas JP, Carmona-Torre F, Martínez-González MA. Alcoholic beverage preference and dietary pattern in Spanish university graduates: the SUN cohort study. Eur J Clin Nutr. 2008 Oct;62(10):1178-86. Epub 2007 Jul 4. PMID: 17609695	Study did not examine relationship between dietary patterns and body weight measure
16. Alexander MA, Blank JJ. Factors related to obesity in Mexican-American preschool children. Image J Nurs Sch. 1988 Summer;20(2):79-82. No abstract available. PMID: 3378822	Trend study
17. Alexy U, Libuda L, Mersmann S, Kersting M. Convenience foods in children's diet and association with dietary quality and body weight status. Eur J Clin Nutr. 2011 Feb;65(2):160-6. Epub 2010 Dec 8. PMID: 21139631	Does not assess dietary patterns as defined by this project
18. Al-Hazzaa HM, Abahussain NA, Al-Sobayel HI, Qahwaji DM, Musaiger AO. Physical activity, sedentary behaviors and dietary habits among Saudi adolescents relative to age, gender and region. International Journal of Behavioral Nutrition and Physical Activity. 2011;8	Cross-sectional
19. Allen NE, Appleby PN, Davey GK, Kaaks R, Rinaldi S, Key TJ. The associations of diet with serum insulin-like growth factor I and its main binding proteins in 292 women meat-eaters, vegetarians, and vegans. Cancer Epidemiol Biomarkers Prev. 2002 Nov;11(11):1441-8. PMID: 12433724	Study did not examine relationship between dietary patterns and body weight measure
20. Al-Rethaiaa AS, Fahmy AE, Al-Shwaiyat NM. Obesity and eating habits among college students in Saudi Arabia: a cross sectional study. Nutr J. 2010 Sep 19;9:39. PMID: 20849655	Cross-sectional
21. Al-Sarraj T, Saadi H, Volek JS, Fernandez ML. Metabolic syndrome prevalence, dietary intake, and cardiovascular risk profile among overweight and obese adults 18-50 years old from the United Arab Emirates. Metab Syndr Relat Disord. 2010 Feb;8(1):39-46. PMID: 19929603	Study did not examine relationship between dietary patterns and body weight measure
22. Altieri P, Cavazza C, Pasqui F, Morselli AM, Gambineri A, Pasquali R. Dietary habits and their relationship with hormones and metabolism in overweight and obese women with polycystic ovary syndrome. Clin Endocrinol (Oxf). 2012 Jan 30. doi: 10.1111/j.1365-2265.2012.04355.x. [Epub ahead of print] PMID: 22288821	Case-control
23. Alvarez León EE, Henríquez P, Serra-Majem L. Mediterranean diet and metabolic syndrome: a cross-sectional study in the Canary Islands. Public Health Nutr. 2006 Dec;9(8A):1089-98. PMID: 17378946	Cross-sectional
24. Amini M, Shafaeizadeh S, Zare M, Khosravi Boroujeni H, Esmaillzadeh A. A cross-sectional study on food patterns and adiposity among individuals with abnormal glucose homeostasis. Arch Iran Med. 2012 Mar;15(3):131-5. PMID: 22369299	Cross-sectional
25. Anderson AL, Harris TB, Tylavsky FA, Perry SE, Houston DK, Hue TF, Strotmeyer ES, Sahyoun NR; Health ABC Study. Dietary patterns and survival of older adults. J Am Diet Assoc. 2011 Jan;111(1):84-91. PMID: 21185969	Study considered in systematic review question on cluster anlaysis

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
26. Andersson I, Rössner S. Meal patterns in obese and normal weight men: the 'Gustaf' study. Eur J Clin Nutr. 1996 Oct;50(10):639-46. PMID: 8909929	Cross-sectional
27. Appel LJ, Hebert PR, Cohen JD, Obarzanek E, Yamamoto M, Buring J, Stevens V, Kirchner K, Borhani NO. Baseline characteristics of participants in phase II of the Trials of Hypertension Prevention (TOHP II). Trials of Hypertension Prevention (TOHP) Collaborative Research Group. Ann Epidemiol. 1995 Mar;5(2):149-55. PMID: 7795833	Study outcome of interest is blood pressure
28. Appel LJ, Moore TJ, Obarzanek E, Vollmer WM, Svetkey LP, Sacks FM, Bray GA, Vogt TM, Cutler JA, Windhauser MM, Lin PH, Karanja N. A clinical trial of the effects of dietary patterns on blood pressure. DASH Collaborative Research Group. N Engl J Med. 1997 Apr 17;336(16):1117-24. PMID: 9099655	Study did not examine relationship between dietary patterns and body weight measure
29. Appel LJ, Sacks FM, Carey VJ, Obarzanek E, Swain JF, Miller ER 3rd, Conlin PR, Erlinger TP, Rosner BA, Laranjo NM, Charleston J, McCarron P, Bishop LM; OmniHeart Collaborative Research Group. Effects of protein, monounsaturated fat, and carbohydrate intake on blood pressure and serum lipids: results of the OmniHeart randomized trial. JAMA. 2005 Nov 16;294(19):2455-64. PMID: 16287956	Study did not examine relationship between dietary patterns and body weight measure
30. Arabshahi S, van der Pols JC, Williams GM, Marks GC, Lahmann PH. Diet quality and change in anthropometric measures: 15-year longitudinal study in Australian adults. Br J Nutr. 2011 Aug 26:1-10. [Epub ahead of print] PMID: 21867579	Study considered in systematic review question on index/score
31. Arikan I, Aksu AE, Metintas S, Kalyoncu C. The adaptation of the adolescent food habit checklist to the Turkish adolescents. TAF Preventive Medicine Bulletin. 2012;11(1):45-52	Independent variable is the instrument used to measure eating behaviors
32. Arnold MS, Funnell MM, Herman WH, Brown MB, Merritt JH, Fogler JM, Halter JB. Discrepancies between perceived dietary changes and 4-day food records in older adults with diabetes. J Am Diet Assoc. 1996 Jul;96(7):705-7. No abstract available. PMID: 8675914	Study did not examine relationship between dietary patterns and body weight measure
33. Arredondo EM, Elder JP, Ayala GX, Slymen D, Campbell NR. Association of a traditional vs shared meal decision-making and preparation style with eating behavior of Hispanic women in San Diego County. J Am Diet Assoc. 2006 Jan;106(1):38-45. PMID: 16390665	Study did not examine relationship between dietary patterns and body weight measure
34. Ask AS, Hernes S, Aarek I, Johannessen G, Haugen M. Changes in dietary pattern in 15 year old adolescents following a 4 month dietary intervention with school breakfast--a pilot study. Nutr J. 2006 Dec 7;5:33. PMID: 17150115	Study did not examine relationship between dietary patterns and body weight measure
35. Athyros VG, Bouloukos VI, Pehlivanidis AN, Papageorgiou AA, Dionysopoulou SG, Symeonidis AN, Petridis DI, Kapousouzi MI, Satsoglou EA, Mikhailidis DP; MetS-Greece Collaborative Group. The prevalence of the metabolic syndrome in Greece: the MetS-Greece Multicentre Study. Diabetes Obes Metab. 2005 Jul;7(4):397-405. PMID: 15955126	Cross-sectional
36. Auslander W, Haire-Joshu D, Houston C, Rhee CW, Williams JH. A controlled evaluation of staging dietary patterns to reduce the risk of diabetes in African-American women. Diabetes Care. 2002 May;25(5):809-14. PMID: 11978673	Dietary pattern is the dependent variable
37. Ayala GX, Elder JP, Campbell NR, Slymen DJ, Roy N, Engelberg M, Ganiats T. Correlates of body mass index and waist-to-hip ratio among Mexican	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
women in the United States: implications for intervention development. Womens Health Issues. 2004 Sep-Oct;14(5):155-64. PMID: 15482966	
38. Ayranci U, Erenoglu N, Son O. Eating habits, lifestyle factors, and body weight status among Turkish private educational institution students. Nutrition. 2010 Jul-Aug;26(7-8):772-8. Epub 2009 Nov 14. PMID: 19914799	Cross-sectional
39. Azadbakht L, Esmaillzadeh A. Dietary diversity score is related to obesity and abdominal adiposity among Iranian female youth. Public Health Nutr. 2011 Jan;14(1):62-9. Epub 2010 Mar 31. PMID: 20353617	Cross-sectional
40. Azadbakht L, Fard NR, Karimi M, Baghaei MH, Surkan PJ, Rahimi M, Esmaillzadeh A, Willett WC. Effects of the Dietary Approaches to Stop Hypertension (DASH) eating plan on cardiovascular risks among type 2 diabetic patients: a randomized crossover clinical trial. Diabetes Care. 2011 Jan;34(1):55-7. Epub 2010 Sep 15. PMID: 20843978	All subjects diagnosed with type 2 diabetes
41. Azadbakht L, Kimiagar M, Mehrabi Y, Esmaillzadeh A, Hu FB, Willett WC. Dietary soya intake alters plasma antioxidant status and lipid peroxidation in postmenopausal women with the metabolic syndrome. Br J Nutr. 2007 Oct;98(4):807-13. Epub 2007 May 17. PMID: 17506931	Study did not examine relationship between dietary patterns and body weight measure
42. Azadbakht L, Kimiagar M, Mehrabi Y, Esmaillzadeh A, Hu FB, Willett WC. Soy consumption, markers of inflammation, and endothelial function: a cross-over study in postmenopausal women with the metabolic syndrome. Diabetes Care. 2007 Apr;30(4):967-73. PMID: 17392557	Study did not examine relationship between dietary patterns and body weight measure
43. Azadbakht L, Mirmiran P, Esmaillzadeh A, Azizi T, Azizi F. Beneficial effects of a Dietary Approaches to Stop Hypertension eating plan on features of the metabolic syndrome. Diabetes Care. 2005 Dec;28(12):2823-31. PMID: 16306540	Intervention was a “weight-reducing diet” that was designed to provide “500 kcal less than their caloric needs according to their weight.”
44. Aziz S, Umm-e-Rubab, Noorulain W, Majid R, Hosain K, Siddiqui IA, Manzoor S. Dietary pattern, height, weight centile and BMI of affluent school children and adolescents from three major cities of Pakistan. J Coll Physicians Surg Pak. 2010 Jan;20(1):10-6. PMID: 20141686	Cross-sectional
45. Babio N, Bulló M, Basora J, Martínez-González MA, Fernández-Ballart J, Márquez-Sandoval F, Molina C, Salas-Salvadó J; Nureta-PREDIMED Investigators. Adherence to the Mediterranean diet and risk of metabolic syndrome and its components. Nutr Metab Cardiovasc Dis. 2009 Oct;19(8):563-70. Epub 2009 Jan 26. PMID: 19176282	Cross-sectional
46. Babio N, Bulló M, Salas-Salvadó J. Mediterranean diet and metabolic syndrome: the evidence. Public Health Nutr. 2009 Sep;12(9A):1607-17. Review. PMID: 19689829	Not original research article
47. Baines S, Powers J, Brown WJ. How does the health and well-being of young Australian vegetarian and semi-vegetarian women compare with non-vegetarians? Public Health Nutr. 2007 May;10(5):436-42. PMID: 17411462	Cross-sectional
48. Balcells E, Delgado-Noguera M, Pardo-Lozano R, Roig-González T, Renom A, González-Zobl G, Muñoz-Ortego J, Valiente-Hernández S, Pou-Chaubron M, Schröder H. Soft drinks consumption, diet quality and BMI in a Mediterranean population. Public Health Nutr. 2011 May;14(5):778-84. Epub 2010 Oct 19. PMID: 20955643	Does not examine relationship between dietary patterns and body weight measure

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49. Baldini M, Pasqui F, Bordoni A, Maranesi M. Is the Mediterranean lifestyle still a reality? Evaluation of food consumption and energy expenditure in Italian and Spanish university students. Public Health Nutr. 2009 Feb;12(2):148-55. Epub 2008 May 27. PMID: 18503726	Cross-sectional
50. Balthazar EA, de Oliveira MR. Differences in dietary pattern between obese and eutrophic children. BMC Res Notes. 2011 Dec 29;4(1):567. [Epub ahead of print] PMID: 22206728	Case control
51. Barbosa JC, Shultz TD, Filley SJ, Nieman DC. The relationship among adiposity, diet, and hormone concentrations in vegetarian and nonvegetarian postmenopausal women. Am J Clin Nutr. 1990 May;51(5):798-803. PMID: 2159209	Cross-sectional
52. Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H. A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. Am J Clin Nutr. 2009 May;89(5):1588S-1596S. Epub 2009 Apr 1. PMID: 19339401	All subjects diagnosed with type 2 diabetes
53. Barnard ND, Scialli AR, Bertron P, Hurlock D, Edmonds K, Talev L. Effectiveness of a low-fat vegetarian diet in altering serum lipids in healthy premenopausal women. Am J Cardiol. 2000 Apr 15;85(8):969-72. PMID: 10760336	Does not examine relationship between dietary patterns and body weight measure
54. Barnard ND, Scialli AR, Turner-McGrievy G, Lanou AJ, Glass J. The effects of a low-fat, plant-based dietary intervention on body weight, metabolism, and insulin sensitivity. Am J Med. 2005 Sep;118(9):991-7. PMID: 16164885	Insufficient sample size <30; (n=29)
55. Barr SI, Janelle KC, Prior JC. Vegetarian vs nonvegetarian diets, dietary restraint, and subclinical ovulatory disturbances: prospective 6-mo study. Am J Clin Nutr. 1994 Dec;60(6):887-94. PMID: 7985629	Insufficient sample size <30; (n=23, 20 per study arm)
56. Bashour HN. Survey of dietary habits of in-school adolescents in Damascus, Syrian Arab Republic. East Mediterr Health J. 2004 Nov;10(6):853-62. PMID: 16335773	Syria is classified as “medium” on Human Development Index (HDI)
57. Bassett MN, Romaguera D, Samman N. Nutritional status and dietary habits of the population of the Calchaqui Valleys of Tucuman, Argentina. Nutrition. 2011 Nov-Dec;27(11-12):1130-5. Epub 2011 Sep 3. PMID: 21890324	Cross-sectional
58. Bazzano LA, Song Y, Bubes V, Good CK, Manson JE, Liu S. Dietary intake of whole and refined grain breakfast cereals and weight gain in men. Obes Res. 2005 Nov;13(11):1952-60. PMID: 16339127	Does not examine relationship between dietary patterns and body weight measure
59. Becquey E, Savy M, Danel P, Dabire HB, Tapsoba S, Martin-Prevel Y. Dietary patterns of adults living in Ouagadougou and their association with overweight. Nutrition Journal. 2010;9(1)	Burkina Faso classified as “low” on Human Development Index (HDI)
60. Bédard A, Goulet J, Riverin M, Lamarche B, Lemieux S. Effects of a dietary intervention promoting the adoption of a Mediterranean food pattern on fast-food consumption among healthy French-Canadian women. Br J Nutr. 2010 Dec;104(11):1662-5. Epub 2010 Aug 9. PMID: 20691126	Before and after study
61. Bedford JL, Barr SI. Diets and selected lifestyle practices of self-defined adult vegetarians from a population-based sample suggest they are more 'health conscious'. International Journal of Behavioral Nutrition and Physical Activity. 2005;2	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
62. Beilin LJ, Armstrong BK, Margetts BM, Rouse IL, Vandongen R. Vegetarian diet and blood pressure. Nephron. 1987;47 Suppl 1:37-41. PMID: 3696348	Does not examine relationship between dietary patterns and body weight measure
63. Bemelmans WJ, Broer J, de Vries JH, Hulshof KF, May JF, Meyboom-De Jong B. Impact of Mediterranean diet education versus posted leaflet on dietary habits and serum cholesterol in a high risk population for cardiovascular disease. Public Health Nutr. 2000 Sep;3(3):273-83. PMID: 10979147	Controlled comparison study
64. Bermejo LM, Aparicio A, Andrés P, López-Sobaler AM, Ortega RM. The influence of fruit and vegetable intake on the nutritional status and plasma homocysteine levels of institutionalised elderly people. Public Health Nutr. 2007 Mar;10(3):266-72. PMID: 17288624	Cross-sectional
65. Bermudez OI, Tucker KL. Trends in dietary patterns of Latin American populations. Cad Saude Publica. 2003;19 Suppl 1:S87-99. Epub 2003 Jul 21. PMID: 12886439	Not original research article
66. Bersamin A, Luick BR, King IB, Stern JS, Zidenberg-Cherr S. Westernizing diets influence fat intake, red blood cell fatty acid composition, and health in remote Alaskan Native communities in the center for Alaska Native health study. J Am Diet Assoc. 2008 Feb;108(2):266-73. PMID: 18237575	Does not examine relationship between dietary patterns and body weight measure
67. Bertéus Forslund H, Lindroos AK, Sjöström L, Lissner L. Meal patterns and obesity in Swedish women-a simple instrument describing usual meal types, frequency and temporal distribution. Eur J Clin Nutr. 2002 Aug;56(8):740-7. PMID: 12122550	Cross-sectional
68. Bertheke Post G, de Vente W, Kemper HC, Twisk JW. Longitudinal trends in and tracking of energy and nutrient intake over 20 years in a Dutch cohort of men and women between 13 and 33 years of age: The Amsterdam growth and health longitudinal study. Br J Nutr. 2001 Mar;85(3):375-85. PMID: 11299083	Does not examine relationship between dietary patterns and body weight measure
69. Bes-Rastrollo M, Basterra-Gortari FJ, Sánchez-Villegas A, Marti A, Martínez JA, Martínez-González MA. A prospective study of eating away-from-home meals and weight gain in a Mediterranean population: the SUN (Seguimiento Universidad de Navarra) cohort. Public Health Nutr. 2010 Sep;13(9):1356-63. Epub 2009 Dec 3. PMID: 19954575	Independent variable is eating out
70. Bes-Rastrollo M, Martínez-González MA, Sánchez-Villegas A, de la Fuente Arrillaga C, Martínez JA. Association of fiber intake and fruit/ vegetable consumption with weight gain in a Mediterranean population. Nutrition. 2006 May;22(5):504-11. Epub 2006 Feb 24. PMID: 16500082	Cross-sectional
71. Bes-Rastrollo M, Sabaté J, Gómez-Gracia E, Alonso A, Martínez JA, Martínez-González MA. Nut consumption and weight gain in a Mediterranean cohort: The SUN study. Obesity (Silver Spring). 2007 Jan;15(1):107-16. PMID: 17228038	Does not examine relationship between dietary patterns and body weight measure
72. Bibiloni Mdel M, Martínez E, Llull R, Pons A, Tur JA. Western and Mediterranean dietary patterns among Balearic Islands' adolescents: socio-economic and lifestyle determinants. Public Health Nutr. 2012 Apr;15(4):683-92. Epub 2011 Sep 8. PMID: 21899802	Cross-sectional
73. Biltoft-Jensen A, Groth MV, Matthiessen J, Wachmann H, Christensen T, Fagt S. Diet quality: associations with health messages included in the Danish Dietary Guidelines 2005, personal attitudes and social factors. Public Health	Cross-sectional

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Nutr. 2009 Aug;12(8):1165-73. Epub 2008 Sep 15. PMID: 18789168	
74. bin Zaal AA, Musaiger AO, D'Souza R. Dietary habits associated with obesity among adolescents in Dubai, United Arab Emirates. Nutr Hosp. 2009 Jul-Aug;24(4):437-44. PMID: 19721923	Cross-sectional
75. Biró G, Antal M, Zajkás G. Nutrition survey of the Hungarian population in a randomized trial between 1992-1994. Eur J Clin Nutr. 1996 Apr;50(4):201-8. PMID: 8730605	Cross-sectional
76. Blair SN, Blair A, Pate RR, Howe HG, Rosenberg M, Parker GM. Interactions among dietary pattern, physical activity and skinfold thickness. Res Q Exerc Sport. 1981 Dec;52(4):505-11. No abstract available. PMID: 7330444	Cross-sectional
77. Blumenthal JA, Babyak MA, Hinderliter A, Watkins LL, Craighead L, Lin PH, Caccia C, Johnson J, Waugh R, Sherwood A. Effects of the DASH diet alone and in combination with exercise and weight loss on blood pressure and cardiovascular biomarkers in men and women with high blood pressure: the ENCORE study. Arch Intern Med. 2010 Jan 25;170(2):126-35. PMID: 20101007	Does not examine relationship between dietary patterns and body weight measure
78. Boden-Albala B, Elkind MS, White H, Szumski A, Paik MC, Sacco RL. Dietary total fat intake and ischemic stroke risk: the Northern Manhattan Study. Neuroepidemiology. 2009;32(4):296-301. Epub 2009 Feb 27. PMID: 19246935	Does not examine relationship between dietary patterns and body weight measure
79. Boeckner LS, Pullen CH, Walker SN, Hageman PA. Differences in eating and activity behaviors, health history, and biomarkers among normal-weight, overweight, and obese rural midwestern hispanic women. J Am Diet Assoc. 2006 Nov;106(11):1870-4. PMID: 17081840	Does not examine relationship between dietary patterns and body weight measure
80. Boggs DA, Palmer JR, Spiegelman D, Stampfer MJ, Adams-Campbell LL, Rosenberg L. Dietary patterns and 14-y weight gain in African American women. Am J Clin Nutr. 2011 Jul;94(1):86-94. Epub 2011 May 18. PMID: 21593501	Study considered in systematic review question on factor analysis
81. Bonaccio M, Iacoviello L, de Gaetano G, Moli-Sani Investigators. The Mediterranean diet: the reasons for a success. Thromb Res. 2012 Mar;129(3):401-4. Epub 2011 Nov 17. PMID: 22100317	Not original research article
82. Booth AO, Nowsen CA, Worsley T, Margerison C, Jorna MK. Dietary approaches for weight loss with increased fruit, vegetables and dairy. Asia Pac J Clin Nutr. 2003;12 Suppl:S10. PMID: 15023596	Does not examine relationship between dietary patterns and body weight measure
83. Booth DA, Blair AJ, Lewis VJ, Baek SH. Patterns of eating and movement that best maintain reduction in overweight. Appetite. 2004 Dec;43(3):277-83. PMID: 15527930	Dietary behaviors are independent variable
84. Booth DA. Evidence-based reduction of obesity: identification of a subculture's least fattening eating patterns. Appetite. 1999 Feb;32(1):80-5. PMID: 9989917	Not an original research article
85. Bouchard-Mercier A, Paradis AM, Godin G, Lamarche B, Pérusse L, Vohl MC. Associations between dietary patterns and LDL peak particle diameter: a cross-sectional study. J Am Coll Nutr. 2010 Dec;29(6):630-7. PMID: 21677127	Cross-sectional
86. Bowen DJ, Beresford SA, Vu T, Feng Z, Tinker L, Hart A Jr, Christensen CL, McLerran D, Satia-Abouta J, Campbell M. Baseline data and design for a	Does not examine relationship between dietary

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
randomized intervention study of dietary change in religious organizations. Prev Med. 2004 Sep;39(3):602-11. PMID: 15313101	patterns and body weight measure
87. Boynton A, Neuhouser ML, Wener MH, Wood B, Sorensen B, Chen-Levy Z, Kirk EA, Yasui Y, Lacroix K, McTiernan A, Ulrich CM. Associations between healthy eating patterns and immune function or inflammation in overweight or obese postmenopausal women. Am J Clin Nutr. 2007 Nov;86(5):1445-55. PMID: 17991658	Does not include body weight measure as an outcome
88. Brandaõ MP, Pimentel FL, Silva CC, Cardoso MF. Risk factors for cardiovascular disease in a Portuguese university population. Rev Port Cardiol. 2008 Jan;27(1):7-25. English, Portuguese. PMID: 18447034	Cross-sectional
89. Brandhagen M, Forslund HB, Lissner L, Winkvist A, Lindroos AK, Carlsson LMS, et al. Alcohol and macronutrient intake patterns are related to general and central adiposity. Eur J Clin Nutr. 2012 Mar;66(3):305-13. doi: 10.1038/ejcn.2011.189. Epub 2011 Nov 16. PMID: 22085868	Cross-sectional
90. Brathwaite N, Fraser HS, Modeste N, Broome H, King R. Obesity, diabetes, hypertension, and vegetarian status among Seventh-Day Adventists in Barbados: preliminary results. Ethn Dis. 2003 Winter;13(1):34-9. PMID: 12723010	Cross-sectional
91. Brenner DR, Boucher BA, Kreiger N, Jenkins D, El-Sohemy A. Dietary patterns in an ethnoculturally diverse population of young Canadian adults. Can J Diet Pract Res. 2011 Fall;72(3):e161-8. PMID: 21896249	Cross-sectional
92. Briefel RR, Wilson A, Gleason PM. Consumption of low-nutrient, energy-dense foods and beverages at school, home, and other locations among school lunch participants and nonparticipants.J Am Diet Assoc. 2009 Feb;109(2 Suppl):S79-90. PMID: 19166676	Cross-sectional
93. Brinkworth GD, Noakes M, Keogh JB, Luscombe ND, Wittert GA, Clifton PM. Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects. Int J Obes Relat Metab Disord. 2004 May;28(5):661-70. Erratum in: Int J Obes Relat Metab Disord. 2004 Sep;28(9):1187. PMID: 15007396	Drop out rate > 20%
94. Brinkworth GD, Noakes M, Parker B, Foster P, Clifton PM. Long-term effects of advice to consume a high-protein, low-fat diet, rather than a conventional weight-loss diet, in obese adults with type 2 diabetes: one-year follow-up of a randomised trial. Diabetologia. 2004 Oct;47(10):1677-86. Epub 2004 Oct 6. PMID: 15480538	Drop out rate > 20%
95. Brownlee IA, Moore C, Chatfield M, Richardson DP, Ashby P, Kuznesof SA, Jebb SA, Seal CJ. Markers of cardiovascular risk are not changed by increased whole-grain intake: the WHOLEheart study, a randomised, controlled dietary intervention. Br J Nutr. 2010 Jul;104(1):125-34. Epub 2010 Mar 23. PMID: 20307353	Does not examine relationship between dietary patterns and body weight measure
96. Brustad M, Parr CL, Melhus M, Lund E. Childhood diet in relation to Sámi and Norwegian ethnicity in northern and mid-Norway--the SAMINOR study. Public Health Nutr. 2008 Feb;11(2):168-75. Epub 2007 Jul 5. PMID: 17610754	Cross-sectional
97. Bryden KS, Neil A, Mayou RA, Peveler RC, Fairburn CG, Dunger DB. Eating habits, body weight, and insulin misuse. A longitudinal study of teenagers and young adults with type 1 diabetes. Diabetes Care. 1999 Dec;22(12):1956-60. PMID: 10587825	Does not examine relationship between dietary patterns and body weight measure

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
98. Buckland G, González CA, Agudo A, Vilardell M, Berenguer A, Amiano P, Ardanaz E, Arriola L, Barricarte A, Basterretxea M, Chirlaque MD, Cirera L, Dorronsoro M, Egües N, Huerta JM, Larrañaga N, Marin P, Martínez C, Molina E, Navarro C, Quirós JR, Rodriguez L, Sanchez MJ, Tormo MJ, Moreno-Iribas C. Adherence to the Mediterranean diet and risk of coronary heart disease in the Spanish EPIC Cohort Study. Am J Epidemiol. 2009 Dec 15;170(12):1518-29. Epub 2009 Nov 10. PMID: 19903723	Cross-sectional
99. Buckland GG, Salas-Salvadó J, Serra-Majem L, Castell C, Cabré J, Salleras-Sanmartí L. Increase in metabolic syndrome as defined by ATPIII from 1992-1993 to 2002-2003 in a Mediterranean population. Nutr Rev. 2009 May;67 Suppl 1:S117-25. PMID: 19453664	Does not examine relationship between dietary patterns and body weight measure
100. Bulló M, Garcia-Aloy M, Martínez-González MA, Corella D, Fernández-Ballart JD, Fiol M, Gómez-Gracia E, Estruch R, Ortega-Calvo M, Francisco S, Flores-Mateo G, Serra-Majem L, Pintó X, Covas MI, Ros E, Lamuela-Raventós R, Salas-Salvadó J. Association between a healthy lifestyle and general obesity and abdominal obesity in an elderly population at high cardiovascular risk. Prev Med. 2011 Sep 1;53(3):155-61. Epub 2011 Jun 25. PMID: 21708186	Cross-sectional
101. Burke GL, Savage PJ, Manolio TA, Sprafka JM, Wagenknecht LE, Sidney S, Perkins LL, Liu K, Jacobs DR Jr. Correlates of obesity in young black and white women: the CARDIA Study. Am J Public Health. 1992 Dec;82(12):1621-5. PMID: 1456336	Does not examine relationship between dietary patterns and body weight measure
102. Burke LE, Hudson AG, Warziski MT, Styn MA, Music E, Elci OU, Sereika SM. Effects of a vegetarian diet and treatment preference on biochemical and dietary variables in overweight and obese adults: a randomized clinical trial. Am J Clin Nutr. 2007 Sep;86(3):588-96. PMID: 17823421	Drop out rate > 20%
103. Burke LE, Styn MA, Steenkiste AR, Music E, Warziski M, Choo J. A randomized clinical trial testing treatment preference and two dietary options in behavioral weight management: preliminary results of the impact of diet at 6 months--PREFER study. Obesity (Silver Spring). 2006 Nov;14(11):2007-17. PMID: 17135618	All subjects were instructed to restrict consumption of kcal (1200 to 1500 for women and 1500-1800 for men)
104. Cacavas K, Mavoa H, Kremer P, Malakellis M, Fotu K, Swinburn B, de Silva-Sanigorski A. Tongan adolescents' eating patterns: opportunities for intervention. Asia Pac J Public Health. 2011 Jan;23(1):24-33. PMID: 21169597	Did not assess dietary patterns as defined for this project
105. Cade JE, Taylor EF, Burley VJ, Greenwood DC. Does the Mediterranean dietary pattern or the Healthy Diet Index influence the risk of breast cancer in a large British cohort of women? Eur J Clin Nutr. 2011 Aug;65(8):920-8. doi: 10.1038/ejcn.2011.69. Epub 2011 May 18. PMID: 21587285	Cross-sectional
106. Cakiroglu FP, Malek M. Eating habits of 7-12 year-old children in Tabriz, Iran. Pakistan Journal of Nutrition. 2007;6(5):430-5	Does not examine relationship between dietary patterns and body weight measure
107. Campbell WW, Barton ML Jr, Cyr-Campbell D, Davey SL, Beard JL, Parise G, Evans WJ. Effects of an omnivorous diet compared with a lactoovovegetarian diet on resistance-training-induced changes in body composition and skeletal muscle in older men. Am J Clin Nutr. 1999	Insufficient sample size <30 (n=19)

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Dec;70(6):1032-9. PMID: 10584048	
108. Cao YT, Svensson V, Marcus C, Zhang J, Zhang JD, Sobko T. Eating behaviour patterns in Chinese children aged 12-18 months and association with relative weight - factorial validation of the Children's Eating Behaviour Questionnaire. International Journal of Behavioral Nutrition and Physical Activity. 2012;9.	Study considered in systematic review question on factor analysis, principal component analysis
109. Caperle M, Maiani G, Azzini E, Conti EM, Raguzzini A, Ramazzotti V, Crespi M. Dietary profiles and anti-oxidants in a rural population of central Italy with a low frequency of cancer. Eur J Cancer Prev. 1996 Jun;5(3):197-206. PMID: 8818609	Cross-sectional
110. Cardomone Cusatis D, Chinchilli VM, Johnson-Rollings N, Kieselhorst K, Stallings VA, Lloyd T. Longitudinal nutrient intake patterns of U.S. adolescent women: The Penn State Young Women's Health Study. Journal of Adolescent Health. 2000;26(7):194-204	Does not examine relationship between dietary patterns and body weight measure
111. Carranza-Madrigal J, Herrera-Abarca JE, Alvizouri-Muñoz M, Alvarado-Jimenez MR, Chavez-Carbajal F. Effects of a vegetarian diet vs. a vegetarian diet enriched with avocado in hypercholesterolemic patients. Arch Med Res. 1997 Winter;28(4):537-41. PMID: 9428580	Insufficent sample size <30 (n=13)
112. Carson V, Janssen I. The mediating effects of dietary habits on the relationship between television viewing and body mass index among youth. Pediatr Obes. 2012 Mar 28. doi: 10.1111/j.2047-6310.2012.00049.x. [Epub ahead of print] PMID: 22461393	Cross-sectional
113. Carter JP, Bonney G, Molnar IG, Garces N, Lulseged S, Habte D, Ryan J, Allen D. Clinical studies of a vegetarian food diet mixture. J Natl Med Assoc. 1989 May;81(5):557-63. PMID: 2746679	Not an original research article
114. Casazza K, Cardel M, Dulin-Keita A, Hanks LJ, Gower BA, Newton AL, et al. Reduced carbohydrate diet to improve metabolic outcomes and decrease adiposity in obese peripubertal African American girls. J Pediatr Gastroenterol Nutr. 2012 Mar;54(3):336-42. PMID: 22067112	Insufficient sample size <30 (n=26)
115. Casazza K, Dulin-Keita A, Gower BA, Fernandez JR. Differential influence of diet and physical activity on components of metabolic syndrome in a multiethnic sample of children. J Am Diet Assoc. 2009 Feb;109(2):236-44. PMID: 19167950	Cross-sectional
116. Caudwell P, Hopkins M, King NA, Stubbs RJ, Blundell JE. Exercise alone is not enough: weight loss also needs a healthy (Mediterranean) diet? Public Health Nutr. 2009 Sep;12(9A):1663-6. PMID: 19689837	Does not examine relationship between dietary patterns and body weight measure
117. Chatzi L, Mendez M, Garcia R, Roumeliotaki T, Ibarluzea J, Tardón A, Amiano P, Lertxundi A, Iñiguez C, Vioque J, Kogevinas M, Sunyer J; INMA and RHEA study groups. Mediterranean diet adherence during pregnancy and fetal growth: INMA (Spain) and RHEA (Greece) mother-child cohort studies. Br J Nutr. 2012 Jan;107(1):135-45. Epub 2011 Jun 29. PMID: 21733314	Subjects are pregnant
118. Chen JL, Weiss S, Heyman MB, Lustig RH. Efficacy of a child-centred and family-based program in promoting healthy weight and healthy behaviors in Chinese American children: a randomized controlled study. J Public Health (Oxf). 2010 Jun;32(2):219-29. Epub 2009 Nov 15. PMID: 19933120	Does not examine relationship between dietary patterns and body weight measure
119. Chen ST, Maruthur NM, Appel LJ. The effect of dietary patterns on	Does not examine

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
estimated coronary heart disease risk: results from the Dietary Approaches to Stop Hypertension (DASH) trial. Circ Cardiovasc Qual Outcomes. 2010 Sep;3(5):484-9. Epub 2010 Aug 31. PMID: 20807884	relationship between dietary patterns and body weight measure
120. Cheng G, Gerlach S, Libuda L, Kranz S, Günther AL, Karaolis-Danckert N, Kroke A, Buyken AE. Diet quality in childhood is prospectively associated with the timing of puberty but not with body composition at puberty onset. J Nutr. 2010 Jan;140(1):95-102. Epub 2009 Nov 18. PMID: 19923386	Study considered in systematic review question on index/score
121. Chermont Prochnik Estima C, da Costa RS, Sichieri R, Pereira RA, da Veiga GV. Meal consumption patterns and anthropometric measurements in adolescents from a low socioeconomic neighborhood in the metropolitan area of Rio de Janeiro, Brazil. Appetite. 2009 Jun;52(3):735-9. Epub 2009 Apr 5. PMID: 19501773	Cross-sectional
122. Chiplonkar SA, Tupe R. Development of a diet quality index with special reference to micronutrient adequacy for adolescent girls consuming a lacto-vegetarian diet. J Am Diet Assoc. 2010 Jun;110(6):926-31. Erratum in: J Am Diet Assoc. 2010 Aug;110(8):1256. PMID: 20497784	India is classified as “medium” on Human Development Index (HDI)
123. Cho YA, Shin A, Kim J. Dietary patterns are associated with body mass index in a Korean population. J Am Diet Assoc. 2011 Aug;111(8):1182-6. PMID: 21802564	Cross-sectional
124. Choi J, Se-Young O, Lee D, Tak S, Hong M, Park SM, Cho B, Park M. Characteristics of diet patterns in metabolically obese, normal weight adults (Korean National Health and Nutrition Examination Survey III, 2005). Nutr Metab Cardiovasc Dis. 2010 Dec 24. [Epub ahead of print] PMID: 21186103	Study looks at snacking and not entire diet
125. Chourdakis M, Tzellos T, Pourzitaki C, Toulis KA, Papazisis G, Kouvelas D. Evaluation of dietary habits and assessment of cardiovascular disease risk factors among Greek university students. Appetite. 2011 Oct;57(2):377-83. Epub 2011 May 27. PMID: 21651931	Cross-sectional
126. Cohen DA, Sturm R, Scott M, Farley TA, Bluthenthal R. Not enough fruit and vegetables or too many cookies, candies, salty snacks, and soft drinks? Public Health Rep. 2010 Jan-Feb;125(1):88-95. PMID: 20402200	Cross-sectional
127. Colic Baric I, Satalic Z. Eating patterns and fat intake in school children in Croatia. Nutrition Research. 2002;22(5):539-51.	Cross-sectional
128. Conlin PR, Chow D, Miller ER 3rd, Svetkey LP, Lin PH, Harsha DW, Moore TJ, Sacks FM, Appel LJ. The effect of dietary patterns on blood pressure control in hypertensive patients: results from the Dietary Approaches to Stop Hypertension (DASH) trial. Am J Hypertens. 2000 Sep;13(9):949-55. PMID: 10981543	Does not examine relationship between dietary patterns and body weight measure
129. Couch SC, Saelens BE, Levin L, Dart K, Falciglia G, Daniels SR. The efficacy of a clinic-based behavioral nutrition intervention emphasizing a DASH-type diet for adolescents with elevated blood pressure. J Pediatr. 2008 Apr;152(4):494-501. Epub 2007 Nov 5. PMID: 18346503	Does not examine relationship between dietary patterns and body weight measure
130. Craig LC, McNeill G, Macdiarmid JI, Masson LF, Holmes BA. Dietary patterns of school-age children in Scotland: association with socio-economic indicators, physical activity and obesity. Br J Nutr. 2010 Feb;103(3):319-34. Epub 2009 Oct 16. PMID: 19835641	Cross-sectional
131. Crowe FL, Appleby PN, Allen NE, Key TJ. Diet and risk of diverticular disease in Oxford cohort of European Prospective Investigation into Cancer	Does not examine relationship between dietary

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
and Nutrition (EPIC): prospective study of British vegetarians and non-vegetarians. BMJ. 2011 Jul 19;343:d4131. doi: 10.1136/bmj.d4131. PMID: 21771850	patterns and body weight measure
132. Cullen KW, Himes JH, Baranowski T, Pettit J, Stevens M, Slawson DL, Obarzanek E, Murtaugh M, Matheson D, Sun W, Rochon J. Validity and reliability of a behavior-based food coding system for measuring fruit, 100% fruit juice, vegetable, and sweetened beverage consumption: results from the Girls Health Enrichment Multisite Studies. Prev Med. 2004 May;38 Suppl:S24-33. PMID: 15072856	Does not assess dietary patterns as defined for this project
133. Cutler GJ, Flood A, Hannan PJ, Slavin JL, Neumark-Sztainer D. Association between major patterns of dietary intake and weight status in adolescents. Br J Nutr. 2011 Oct 13:1-8. [Epub ahead of print] PMID: 22017879	Cross-sectional
134. Daly AM, Parsons JE, Wood NA, Gill TK, Taylor AW. Food consumption habits in two states of Australia, as measured by a Food Frequency Questionnaire. BMC Res Notes. 2011 Nov 23;4:507. PMID: 22112372	Cross-sectional
135. Daniel CR, Prabhakaran D, Kapur K, Graubard BI, Devasenapathy N, Ramakrishnan L, George PS, Shetty H, Ferrucci LM, Yurgalevitch S, Chatterjee N, Reddy KS, Rastogi T, Gupta PC, Mathew A, Sinha R. A cross-sectional investigation of regional patterns of diet and cardio-metabolic risk in India. Nutr J. 2011 Jan 28;10:12. PMID: 21276235	Cross-sectional
136. Daniel-Gentry J, Dolecek TA, Caggiula AW, Van Horn LV, Epley L, Randall BL. Increasing the use of meatless meals: a nutrition intervention substudy in the Multiple Risk Factor Intervention Trial (MRFIT). J Am Diet Assoc. 1986 Jun;86(6):778-81. PMID: 3519738	Does not assess dietary patterns as defined for this project
137. Dapi LN, Nouedoui C, Janlert U, Haglin L. Adolescents' food habits and nutritional status in urban and rural areas in Cameroon, Africa'. Scandinavian Journal of Nutrition/Naringsforskning. 2005;49(4):151-8	Cross-sectional
138. Davey G, Allen N, Appleby P, Spencer E, Verkasalo P, Knox K, Postans J, Tipper S, Hobson C, Key T. Dietary and lifestyle characteristics of meat-eaters, fish-eaters, vegetarians and vegans. IARC Sci Publ. 2002;156:113-4. No abstract available. PMID: 12484139	Not an original research article
139. Davey GK, Spencer EA, Appleby PN, Allen NE, Knox KH, Key TJ. EPIC-Oxford: lifestyle characteristics and nutrient intakes in a cohort of 33 883 meat-eaters and 31 546 non meat-eaters in the UK. Public Health Nutr. 2003 May;6(3):259-69. PMID: 12740075	Does not examine relationship between dietary patterns and body weight measure
140. Davis EM, Cullen KW, Watson KB, Konarik M, Radcliffe J. A Fresh Fruit and Vegetable Program improves high school students' consumption of fresh produce. J Am Diet Assoc. 2009 Jul;109(7):1227-31. PMID: 19559140	Does not examine relationship between dietary patterns and body weight measure
141. Davis JN, Kelly LA, Lane CJ, Ventura EE, Byrd-Williams CE, Alexandar KA, Azen SP, Chou CP, Spruijt-Metz D, Weigensberg MJ, Berhane K, Goran MI. Randomized control trial to improve adiposity and insulin resistance in overweight Latino adolescents. Obesity (Silver Spring). 2009 Aug;17(8):1542-8. Epub 2009 Feb 26. PMID: 19247280	Does not assess dietary patterns as defined for this project

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
142. Davis L, Stonehouse W, Loots du T, Mukuddem-Petersen J, van der Westhuizen FH, Hanekom SM, Jerling JC. The effects of high walnut and cashew nut diets on the antioxidant status of subjects with metabolic syndrome. Eur J Nutr. 2007 Apr;46(3):155-64. Epub 2007 Mar 21. PMID: 17377830	Does not examine relationship between dietary patterns and body weight measure
143. Davy BM, Harrell K, Stewart J, King DS. Body weight status, dietary habits, and physical activity levels of middle school-aged children in rural Mississippi. South Med J. 2004 Jun;97(6):571-7. PMID: 15255424	Cross-sectional
144. De Biase SG, Fernandes SF, Gianini RJ, Duarte JL. Vegetarian diet and cholesterol and triglycerides levels. Arq Bras Cardiol. 2007 Jan;88(1):35-9. English, Portuguese. PMID: 17364116	Cross-sectional
145. De Lorenzo A, Alberti A, Andreoli A, Iacopino L, Serranò P, Perriello G. Food habits in a southern Italian town (Nicotera) in 1960 and 1996: still a reference Italian Mediterranean diet? Diabetes Nutr Metab. 2001 Jun;14(3):121-5. PMID: 11476358	Cross-sectional
146. De Lorenzo A, Noce A, Bigioni M, Calabrese V, Della Rocca DG, Di Daniele N, Tozzo C, Di Renzo L. The effects of Italian Mediterranean organic diet (IMOD) on health status. Curr Pharm Des. 2010;16(7):814-24. PMID: 20388092	Does not assess dietary patterns as defined for this project
147. Dedoussis GV, Kanoni S, Mariani E, Cattini L, Herbein G, Fulop T, Varin A, Rink L, Jajte J, Monti D, Marcellini F, Malavolta M, Mocchegiani E. Mediterranean diet and plasma concentration of inflammatory markers in old and very old subjects in the ZINCAGE population study. Clin Chem Lab Med. 2008;46(7):990-6. PMID: 18605965	Cross-sectional
148. Dedoussis GV, Panagiotakos DB, Chrysohoou C, Pitsavos C, Zampelas A, Choumerianou D, Stefanadis C. Effect of interaction between adherence to a Mediterranean diet and the methylenetetrahydrofolate reductase 677C-->T mutation on homocysteine concentrations in healthy adults: the ATTICA Study. Am J Clin Nutr. 2004 Oct;80(4):849-54. PMID: 15447889	Study considered in systematic review question on index/score
149. DeLellis Henderson K, Rinaldi S, Kaaks R, Kolonel L, Henderson B, Le Marchand L. Lifestyle and dietary correlates of plasma insulin-like growth factor binding protein-1 (IGFBP-1), leptin, and C-peptide: the Multiethnic Cohort. Nutr Cancer. 2007;58(2):136-45. PMID: 17640159	Cross-sectional
150. Delisle HF, Vioque J, Gil A. Dietary patterns and quality in West-African immigrants in Madrid. Nutrition Journal. 2009;8(1)	Cross-sectional
151. Demory-Luce DK, Morales M, Nicklas T. Acculturation, weight status, and eating habits among Chinese-American preschool children and their primary caregivers: A pilot study. Nutrition Research. 2005;25(3):213-24	Cross-sectional
152. Dewailly E, Blanchet C, Gingras S, Lemieux S, Holub BJ. Fish consumption and blood lipids in three ethnic groups of Québec (Canada). Lipids. 2003 Apr;38(4):359-65. PMID: 12848280	Cross-sectional
153. di Giuseppe R, Bonanni A, Olivieri M, Di Castelnuovo A, Donati MB, de Gaetano G, Cerletti C, Iacoviello L. Adherence to Mediterranean diet and anthropometric and metabolic parameters in an observational study in the 'Alto Molise' region: the MOLI-SAL project. Nutr Metab Cardiovasc Dis. 2008 Jul;18(6):415-21. Epub 2007 Oct 22. PMID: 17936603	Cross-sectional
154. DiBello JR, McGarvey ST, Kraft P, Goldberg R, Campos H, Quested C,	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
Laumoli TS, Baylin A. Dietary patterns are associated with metabolic syndrome in adult Samoans. J Nutr. 2009 Oct;139(10):1933-43. Epub 2009 Aug 26. PMID: 19710163	
155. Djuric Z, Poore KM, Depper JB, Uhley VE, Lababidi S, Covington C, Klurfeld DM, Simon MS, Kucuk O, Heilbrun LK. Methods to increase fruit and vegetable intake with and without a decrease in fat intake: compliance and effects on body weight in the nutrition and breast health study. Nutr Cancer. 2002;43(2):141-51. PMID: 12588694	Study looks at fruit and vegetable intake and not total diet
156. Doak C, Adair L, Bentley M, Fengying Z, Popkin B. The underweight/ overweight household: an exploration of household sociodemographic and dietary factors in China. Public Health Nutr. 2002 Feb;5(1A):215-21. PMID: 12027287	Cross-sectional
157. Donin AS, Nightingale CM, Owen CG, Rudnicka AR, McNamara MC, Prynne CJ, Stephen AM, Cook DG, Whincup PH. Ethnic differences in blood lipids and dietary intake between UK children of black African, black Caribbean, South Asian, and white European origin: the Child Heart and Health Study in England (CHASE). Am J Clin Nutr. 2010 Oct;92(4):776-83. Epub 2010 Aug 25. PMID: 20739425	Cross-sectional
158. Donin AS, Nightingale CM, Owen CG, Rudnicka AR, McNamara MC, Prynne CJ, Stephen AM, Cook DG, Whincup PH. Nutritional composition of the diets of South Asian, black African-Caribbean and white European children in the United Kingdom: the Child Heart and Health Study in England (CHASE). Br J Nutr. 2010 Jul;104(2):276-85. Epub 2010 Mar 16. PMID: 20230652	Cross-sectional
159. Dorgan JF, Liu L, Barton BA, Deshmukh S, Snetselaar LG, Van Horn L, Stevens VJ, Robson AM, Lasser NL, Himes JH, Shepherd JA, Pourfarzib R, Pettee Gabriel K, Kriska A, Kwiterovich PO Jr. Adolescent diet and metabolic syndrome in young women: results of the Dietary Intervention Study in Children (DISC) follow-up study. J Clin Endocrinol Metab. 2011 Dec;96(12):E1999-2008. Epub 2011 Oct 12. PMID: 21994964	Does not examine relationship between dietary patterns and body weight measure
160. Doupis J, Dimosthenopoulos C, Diamanti K, Perrea D, Katsilambros N, Makrilakis K. Metabolic syndrome and Mediterranean dietary pattern in a sample of young, male, Greek navy recruits. Nutr Metab Cardiovasc Dis. 2009 Jul;19(6):e7-8. Epub 2009 May 27. No abstract available. PMID: 19477625	Cross-sectional
161. Drapeau V, Després JP, Bouchard C, Allard L, Fournier G, Leblanc C, Tremblay A. Modifications in food-group consumption are related to long-term body-weight changes. Am J Clin Nutr. 2004 Jul;80(1):29-37. PMID: 15213024	Does not assess dietary patterns as defined for this project
162. Drent ML, Koppeschaar HP. Eating habits of obese patients in The Netherlands: a comparison between various subgroups and the general Dutch population. Metabolism. 1995 Feb;44(2 Suppl 2):46-9. PMID: 7869938	Does not assess dietary patterns as defined for this project
163. Drewnowski A, Eichelsdoerfer P. The Mediterranean diet: does it have to cost more? Public Health Nutr. 2009 Sep;12(9A):1621-8. PMID: 19689831	Does not examine relationship between dietary patterns and body weight measure
164. Dubois L, Carter MA, Farmer A, Girard M, Burnier D, Tatone-Tokuda F, Porcherie M. Higher intakes of energy and grain products at 4 years of age are associated with being overweight at 6 years of age. J Nutr. 2011 Nov;141(11):2024-9. Epub 2011 Sep 14. PMID: 21918058	Does not assess dietary patterns as defined for this project

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
165. Dubois L, Girard M, Potvin Kent M, Farmer A, Tatone-Tokuda F. Breakfast skipping is associated with differences in meal patterns, macronutrient intakes and overweight among pre-school children. Public Health Nutr. 2009 Jan;12(1):19-28. Epub 2008 Mar 18. PMID: 18346309	Cross-sectional
166. Duc Son le NT, Hanh TT, Kusama K, Kunii D, Sakai T, Hung NT, Yamamoto S. Anthropometric characteristics, dietary patterns and risk of type 2 diabetes mellitus in Vietnam. J Am Coll Nutr. 2005 Aug;24(4):229-34. PMID: 16093399	Vietnam is classified as “medium” on Human Development Index (HDI)
167. Duffey KJ, Steffen LM, Van Horn L, Jacobs DR Jr, Popkin BM. Dietary patterns matter: diet beverages and cardiometabolic risks in the longitudinal Coronary Artery Risk Development in Young Adults (CARDIA) Study. Am J Clin Nutr. 2012 Apr;95(4):909-15. Epub 2012 Feb 29. PMID: 22378729	Study considered in systematic review question on cluster analysis
168. Dugdale AE, Lovell S. Food habits and nutritional status of Brisbane schoolchildren. Med J Aust. 1981 Oct 17;2(8):407-9. PMID: 7321972	Cross-sectional
169. Duncan JS, Duncan EK, Schofield G. Associations between weight perceptions, weight control and body fatness in a multiethnic sample of adolescent girls. Public Health Nutr. 2011 Jan;14(1):93-100. Epub 2010 Mar 1. PMID: 20188006	Cross-sectional
170. Dwyer JT, Dietz WH Jr, Andrews EM, Suskind RM. Nutritional status of vegetarian children. Am J Clin Nutr. 1982 Feb;35(2):204-16. PMID: 7064883	Insufficient sample size <30 (n=27, 12 per study arm)
171. Earland J, Campbell J, Srivastava A. Dietary habits and health status of African-Caribbean adults. J Hum Nutr Diet. 2010 Jun;23(3):264-71. Epub 2010 Mar 23. PMID: 20337851	Cross-sectional
172. Eguchi E, Iso H, Tanabe N, Wada Y, Yatsuya H, Kikuchi S, et al. Healthy lifestyle behaviours and cardiovascular mortality among Japanese men and women: The Japan collaborative cohort study. European Heart Journal. 2012;33(4):467-77	Does not examine relationship between dietary patterns and body weight measure
173. Eichholzer M, Bisig B. Daily consumption of (red) meat or meat products in Switzerland: results of the 1992/93 Swiss Health Survey. Eur J Clin Nutr. 2000 Feb;54(2):136-42. PMID: 10694784	Cross-sectional
174. Elhayany A, Lustman A, Abel R, Attal-Singer J, Vinker S. A low carbohydrate Mediterranean diet improves cardiovascular risk factors and diabetes control among overweight patients with type 2 diabetes mellitus: a 1-year prospective randomized intervention study. Diabetes Obes Metab. 2010 Mar;12(3):204-9. PMID: 20151996	Study subjects diagnosed with diabetes and undergoing treatment study
175. Elias MC, Mattos Bolivar MS, Helfenstein Fonseca FA, Da Rocha Martinez TL, Angelini J, Ferreira C, et al. Comparison of the Lipid Profile, Blood Pressure, and Dietary Habits of Adolescents and Children Descended from Hypertensive and Normotensive Individuals. Arquivos Brasileiros de Cardiologia. 2004;82(2):139-46.	Insufficient sample size <30 (n=20, 23 per study arm)
176. Elkan AC, Sjöberg B, Kolsrud B, Ringertz B, Hafström I, Frostegård J. Gluten-free vegan diet induces decreased LDL and oxidized LDL levels and raised atheroprotective natural antibodies against phosphorylcholine in patients with rheumatoid arthritis: a randomized study. Arthritis Res Ther. 2008;10(2):R34. Epub 2008 Mar 18. PMID: 18348715	Insufficient sample size <30 (n=28)
177. Elmståhl S, Järnblad G, Stavenow L, Jerntorp P, Pessah-Rasmussen H,	Independent variable is

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Galvard H, Nilsson-Ehle P. Body composition and dietary habits in 80-year-old smoking men without cardiovascular disease. Aging (Milano). 1991 Sep;3(3):269-77. PMID: 1764495	smoking
178. el-Sahn F. Dietary patterns and nutritional assessment of working children at Abou El-Dardar industrial area in Alexandria City. J Egypt Public Health Assoc. 1992;67(1-2):119-45. PMID: 1295941	Egypt is classified as “medium” on Human Development Index (HDI)
179. Eng S, Wagstaff DA, Kranz S. Eating late in the evening is associated with childhood obesity in some age groups but not in all children: The relationship between time of consumption and body weight status in U.S. children. International Journal of Behavioral Nutrition and Physical Activity. 2009;6	Does not examine relationship between dietary patterns and body weight measure
180. Esmaillzadeh A, Kimiagar M, Mehrabi Y, Azadbakht L, Hu FB, Willett WC. Fruit and vegetable intakes, C-reactive protein, and the metabolic syndrome. American journal of clinical nutrition. 2006;84(6):1489-97	Cross-sectional
181. Esposito K, Ciotola M, Giugliano F, De Sio M, Giugliano G, D'armiento M, Giugliano D. Mediterranean diet improves erectile function in subjects with the metabolic syndrome. Int J Impot Res. 2006 Jul-Aug;18(4):405-10. Epub 2006 Jan 5. PMID: 16395320	Does not examine relationship between dietary patterns and body weight measure
182. Esposito K, Di Palo C, Maiorino MI, Petrizzo M, Bellastella G, Siniscalchi I, Giugliano D. Long-term effect of mediterranean-style diet and calorie restriction on biomarkers of longevity and oxidative stress in overweight men. Cardiol Res Pract. 2010 Dec 20;2011:293916. PMID: 21197397	Study includes same data set at Esposito et al 2004 which is included
183. Esposito K, Maiorino MI, Di Palo C, Giugliano D; Campanian Postprandial Hyperglycemia Study Group. Adherence to a Mediterranean diet and glycaemic control in Type 2 diabetes mellitus. Diabet Med. 2009 Sep;26(9):900-7. PMID: 19719711	Cross-sectional
184. Estaquio C, Castetbon K, Kesse-Guyot E, Bertrais S, Deschamps V, Dauchet L, Péneau S, Galan P, Hercberg S. The French National Nutrition and Health Program score is associated with nutritional status and risk of major chronic diseases. J Nutr. 2008 May;138(5):946-53. PMID: 18424606	Does not examine relationship between dietary patterns and body weight measure
185. Estruch R, Martinez-Gonzalez MA, Corella D, Salas-Salvado J, Ruiz-Gutierrez V, Covas MI, et al. Effects of a Mediterranean-Style Diet on Cardiovascular Risk Factors a Randomized Trial. Annals of Internal Medicine. 2006;145(1):1-11	Study considered in systematic review question on index/score
186. Evans EW, Must A, Anderson SE, Curtin C, Scampini R, Maslin M, et al. Dietary patterns and body mass index in children with autism and typically developing children. Research in Autism Spectrum Disorders. 2012;6(1):399-405	Not a dietary pattern as defined by the project.
187. Fargnoli JL, Fung TT, Olenczuk DM, Chamberland JP, Hu FB, Mantzoros CS. Adherence to healthy eating patterns is associated with higher circulating total and high-molecular-weight adiponectin and lower resistin concentrations in women from the Nurses' Health Study. Am J Clin Nutr. 2008 Nov;88(5):1213-24. PMID: 18996855	Does not include body weight as an outcome
188. Farmer B, Larson BT, Fulgoni VL 3rd, Rainville AJ, Liepa GU. A vegetarian dietary pattern as a nutrient-dense approach to weight management: an analysis of the national health and nutrition examination survey 1999-2004. J Am Diet Assoc. 2011 Jun;111(6):819-27. PMID:	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
21616194	
189. Feeley A, Musenge E, Pettifor JM, Norris SA. Changes in dietary habits and eating practices in adolescents living in urban South Africa: The birth to twenty cohort. Nutrition. 2012	South Africa is classified as "medium" on Human Development Index (HDI)
190. Feeley A, Pettifor JM, Norris SA. Fast-food consumption among 17-year-olds in the birth to twenty cohort. South African Journal of Clinical Nutrition. 2009;22(3):118-23	Cross-sectional
191. Fernández-Aranda F, Krug I, Granero R, Ramón JM, Badia A, Giménez L, Solano R, Collier D, Karwautz A, Treasure J. Individual and family eating patterns during childhood and early adolescence: an analysis of associated eating disorder factors. Appetite. 2007 Sep;49(2):476-85. Epub 2007 Mar 19. PMID: 17467116	Subjects diagnosed with an eating disorder
192. Fialkowski MK, McCrory MA, Roberts SM, Tracy JK, Grattan LM, Boushey CJ. Dietary patterns are associated with dietary recommendations but have limited relationship to BMI in the Communities Advancing the Studies of Tribal Nations Across the Lifespan (CoASTAL) cohort. Public Health Nutr. 2012 Feb 21:1-11. [Epub ahead of print] PMID: 22348238	Cross-sectional
193. Filippidis FT, Tzavara Ch, Dimitrakaki C, Tountas Y. Compliance with a healthy lifestyle in a representative sample of the Greek population: preliminary results of the Hellas Health I study. Public Health. 2011 Jul;125(7):436-41. Epub 2011 Jul 1. PMID: 21723571	Cross-sectional
194. Fitzgerald KC, Chiuve SE, Buring JE, Ridker PM, Glynn RJ. Comparison of associations of adherence to a Dietary Approaches to Stop Hypertension (DASH)-style diet with risks of cardiovascular disease and venous thromboembolism. J Thromb Haemost. 2012 Feb;10(2):189-98. doi: 10.1111/j.1538-7836.2011.04588.x. PMID: 22151600	Does not include body weight as an outcome
195. Fogli-Cawley JJ, Dwyer JT, Saltzman E, McCullough ML, Troy LM, Meigs JB, Jacques PF. The 2005 Dietary Guidelines for Americans and risk of the metabolic syndrome. Am J Clin Nutr. 2007 Oct;86(4):1193-201. PMID: 17921402	Cross-sectional
196. Fogli-Cawley JJ, Dwyer JT, Saltzman E, McCullough ML, Troy LM, Meigs JB, Jacques PF. The 2005 Dietary Guidelines for Americans and insulin resistance in the Framingham Offspring Cohort. Diabetes Care. 2007 Apr;30(4):817-22. Epub 2007 Jan 26. PMID: 17259479	Cross-sectional
197. Fontana L, Meyer TE, Klein S, Holloszy JO. Long-term low-calorie low-protein vegan diet and endurance exercise are associated with low cardiometabolic risk. Rejuvenation Res. 2007 Jun;10(2):225-34. PMID: 17518696	Cross-sectional
198. Forbes LE, Storey KE, Fraser SN, Spence JC, Plotnikoff RC, Raine KD, Hanning RM, McCargar LJ. Dietary patterns associated with glycemic index and glycemic load among Alberta adolescents. Appl Physiol Nutr Metab. 2009 Aug;34(4):648-58. PMID: 19767800	Cross-sectional
199. Fragopoulou E, Panagiotakos DB, Pitsavos C, Tampourlou M, Chrysohoou C, Nomikos T, Antonopoulou S, Stefanadis C. The association between adherence to the Mediterranean diet and adiponectin levels among healthy adults: the ATTICA study. J Nutr Biochem. 2010 Apr;21(4):285-9. Epub 2009 Apr 14. PMID: 19369051	Does not include body weight measure as an outcome

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
200. Frape DL, Williams NR, Scriven AJ, Palmer CR, O'Sullivan K, Fletcher RJ. Effects of high- and low-fat meals on the diurnal response of plasma lipid metabolite concentrations in healthy middle-aged volunteers. British Journal of Nutrition. 1997;77(3):375-90	Insufficient sample size <30 (n=12, 8, and 12 subjects in each study arm)
201. Fraser A, Abel R, Lawlor DA, Fraser D, Elhayany A. A modified Mediterranean diet is associated with the greatest reduction in alanine aminotransferase levels in obese type 2 diabetes patients: results of a quasi-randomised controlled trial. Diabetologia. 2008 Sep;51(9):1616-22. Epub 2008 Jul 3. PMID: 18597068	Does not examine relationship between dietary patterns and body weight measure
202. Friedenberg FK, Tang DM, Vanar V, Mendonca T. Predictive value of body mass index at age 18 on adulthood obesity: results of a prospective survey of an urban population. Am J Med Sci. 2011 Nov;342(5):371-82. PMID: 21629040	Cross-sectional
203. Fuller NR, Lau NS, Denyer G, Simpson AE, Gerofi J, Wu M, et al. A 12-week, randomised, controlled trial to examine the acceptability of the Korean diet and its effectiveness on weight and metabolic parameters in an Australian overweight and obese population. Obesity Research and Clinical Practice. 2012;6(1):e71-e83	Insufficient sample size <30 (n=25 subjects in one study arm)
204. Furtado JD, Campos H, Sumner AE, Appel LJ, Carey VJ, Sacks FM. Dietary interventions that lower lipoproteins containing apolipoprotein C-III are more effective in whites than in blacks: results of the OmniHeart trial. Am J Clin Nutr. 2010 Oct;92(4):714-22. Epub 2010 Sep 8. PMID: 20826623	Does not examine relationship between dietary patterns and body weight measure
205. Gallaway MS, Jago R, Baranowski T, Baranowski JC, Diamond PM. Psychosocial and demographic predictors of fruit, juice and vegetable consumption among 11-14-year-old Boy Scouts. Public Health Nutr. 2007 Dec;10(12):1508-14. Epub 2007 Aug 9. PMID: 17686203	Does not examine relationship between dietary patterns and body weight measure
206. Gammon CS, von Hurst PR, Coad J, Kruger R, Stonehouse W. Vegetarianism, vitamin B12 status, and insulin resistance in a group of predominantly overweight/obese South Asian women. Nutrition. 2012;28(1):20-4	Cross-sectional
207. Ganguli D, Das N, Saha I, Biswas P, Datta S, Mukhopadhyay B, Chaudhuri D, Ghosh S, Dey S. Major dietary patterns and their associations with cardiovascular risk factors among women in West Bengal, India. Br J Nutr. 2011 May;105(10):1520-9. Epub 2011 Jan 28. PMID: 21272403	India is classified as “medium” on Human Development Index (HDI)
208. García-Prieto MD, Tébar FJ, Nicolás F, Larqué E, Zamora S, Garaulet M. Cortisol secretary pattern and glucocorticoid feedback sensitivity in women from a Mediterranean area: relationship with anthropometric characteristics, dietary intake and plasma fatty acid profile. Clin Endocrinol (Oxf). 2007 Feb;66(2):185-91. PMID: 17223986	Does not examine relationship between dietary patterns and body weight measure
209. Garry PJ, Rhyne RL, Halioua L, Nicholson C. Changes in dietary patterns over a 6-year period in an elderly population. Ann N Y Acad Sci. 1989;561:104-12. PMID: 2735669	Did not assess dietary patterns as defined for this project
210. Gary TL, Baptiste-Roberts K, Gregg EW, Williams DE, Beckles GL, Miller EJ 3rd, Engelgau MM. Fruit, vegetable and fat intake in a population-based sample of African Americans. J Natl Med Assoc. 2004 Dec;96(12):1599-605. PMID: 15622690	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
211. Gavrila D, Salmerón D, Egea-Caparrós JM, Huerta JM, Pérez-Martínez A, Navarro C, Tormo MJ. Prevalence of metabolic syndrome in Murcia Region, a southern European Mediterranean area with low cardiovascular risk and high obesity. BMC Public Health. 2011 Jul 14;11:562. PMID: 21752307	Cross-sectional analysis
212. Ghosh A, Dutta R. Food habits and body composition in children and adolescents of Asian Indian origin. Nutr Metab Cardiovasc Dis. 2010 Feb;20(2):e1. Epub 2009 Aug 15. No abstract available. PMID: 19683906	India is classified as “medium” on Human Development Index (HDI)
213. Ghosh A. Anthropometric, metabolic and dietary fatty acids profiles in lean and obese diabetic Asian Indian subjects. Asia Pac J Clin Nutr. 2006;15(2):189-95. PMID: 16672202	India is classified as “medium” on Human Development Index (HDI)
214. Ghosh A. Anthropometric, metabolic, and dietary fatty acids characteristics in lean and obese dyslipidemic Asian Indian women in Calcutta. Food Nutr Bull. 2007 Dec;28(4):399-405. PMID: 18274166	India is classified as “medium” on Human Development Index (HDI)
215. Gilbody SM, Kirk SF, Hill AJ. Vegetarianism in young women: another means of weight control? Int J Eat Disord. 1999 Jul;26(1):87-90. PMID: 10349588	Cross-sectional
216. Goff LM, Bell JD, So PW, Dornhorst A, Frost GS. Veganism and its relationship with insulin resistance and intramyocellular lipid. Eur J Clin Nutr. 2005 Feb;59(2):291-8. PMID: 15523486	Case-control
217. Golding C, Cadea J, Kirk S, Lawton C, Greenwood D. Comparison of low and high fat consumers in the UK Women's Cohort Study. Nutrition Research. 2003;23(3):377-88	Cross-sectional
218. Golley RK, Magarey AM, Daniels LA. Children's food and activity patterns following a six-month child weight management program. Int J Pediatr Obes. 2011 Oct;6(5-6):409-14. Epub 2011 Aug 12. PMID: 21838569	Does not examine relationship between dietary patterns and body weight measure
219. Gómez-Aracena J, Bogers R, Van't Veer P, Gómez-Gracia E, García-Rodríguez A, Wedel H, Fernández-Crehuet Navajas J. Vegetable consumption and carotenoids in plasma and adipose tissue in Malaga, Spain. Int J Vitam Nutr Res. 2003 Feb;73(1):24-31. PMID: 12690908	Cross-sectional
220. Gómez-Martínez S, Martínez-Gómez D, Perez de Heredia F, Romeo J, Cuenca-Garcia M, Martín-Matillas M, Castillo M, Rey-López JP, Vicente-Rodriguez G, Moreno L, Marcos A. Eating habits and total and abdominal fat in spanish adolescents: influence of physical activity. The Avena study. J Adolesc Health. 2012 Apr;50(4):403-9. Epub 2011 Oct 28. PMID: 22443846	Cross-sectional
221. Gorbach SL, Morrill-LaBrode A, Woods MN, Dwyer JT, Selles WD, Henderson M, Insull W Jr, Goldman S, Thompson D, Clifford C, et al. Changes in food patterns during a low-fat dietary intervention in women. J Am Diet Assoc. 1990 Jun;90(6):802-9. PMID: 2345252	Does not examine relationship between dietary patterns and body weight measure
222. Goulet J, Lamarche B, Charest A, Nadeau G, Lapointe A, Desroches S, Lemieux S. Effect of a nutritional intervention promoting the Mediterranean food pattern on electrophoretic characteristics of low-density lipoprotein particles in healthy women from the Québec City metropolitan area. Br J Nutr. 2004 Aug;92(2):285-93. PMID: 15333160	Does not examine relationship between dietary patterns and body weight measure
223. Gouveri ET, Tzavara C, Drakopanagiotakis F, Tsaoussoglou M, Marakomichelakis GE, Tountas Y, Diamantopoulos EJ. Mediterranean diet	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
and metabolic syndrome in an urban population: the Athens Study. Nutr Clin Pract. 2011 Oct;26(5):598-606. PMID: 21947643	
224. Grammatikopoulou MG, Daskalou E, Hatzopoulou M, Sourtzinou L, Tsigga M. Comparing diet composition and growth of children living in two limitary Greek islands (Samos and Corfu). Public Health Nutr. 2009 Aug;12(8):1284-9. Epub 2008 Nov 6. PMID: 18986593	Cross-sectional
225. Gray-Donald K, Jacobs-Starkey L, Johnson-Down L. Food habits of Canadians: reduction in fat intake over a generation. Can J Public Health. 2000 Sep-Oct;91(5):381-5. PMID: 11089294	Cross-sectional
226. Gregory CO, McCullough ML, Ramirez-Zea M, Stein AD. Diet scores and cardio-metabolic risk factors among Guatemalan young adults. Br J Nutr. 2009 Jun;101(12):1805-11. Epub 2008 Nov 24. PMID: 19025721	Guatamala is classified as “low” on Human Development Index (HDI)
227. Guevara-Cruz M, Tovar AR, Aguilar-Salinas CA, Medina-Vera I, Gil-Zenteno L, Hernández-Viveros I, López-Romero P, Ordaz-Nava G, Canizales-Quinteros S, Guillen Pineda LE, Torres N. A dietary pattern including nopal, chia seed, soy protein, and oat reduces serum triglycerides and glucose intolerance in patients with metabolic syndrome. J Nutr. 2012 Jan;142(1):64-9. Epub 2011 Nov 16. PMID: 22090467	Did not assess dietary patterns as defined for this project
228. Gustafsson K, Sidenvall B. Food-related health perceptions and food habits among older women. J Adv Nurs. 2002 Jul;39(2):164-73. PMID: 12100660	Insufficient sample size <30 (n=18)
229. Hackett AF, Kirby S, Howie M. A national survey of the diet of children aged 13-14 years living in urban areas of the United Kingdom. Journal of Human Nutrition and Dietetics. 1997;10(1):37-51.	Does not examine relationship between dietary patterns and body weight measure
230. Haerens L, Vereecken C, Maes L, De Bourdeaudhuij I. Relationship of physical activity and dietary habits with body mass index in the transition from childhood to adolescence: a 4-year longitudinal study. Public Health Nutr. 2010 Oct;13(10A):1722-8. PMID: 20883572	Did not assess dietary patterns as defined for this project
231. Hagman U, Bruce A, Persson LA, Samuelson G, Sjölin S. Food habits and nutrient intake in childhood in relation to health and socio-economic conditions. A Swedish Multicentre Study 1980-81. Acta Paediatr Scand Suppl. 1986;328:1-56. PMID: 3471046	Cross-sectional
232. Hakala P, Karvetti RL. Weight reduction on lactovegetarian and mixed diets. Changes in weight, nutrient intake, skinfold thicknesses and blood pressure. Eur J Clin Nutr. 1989 Jun;43(6):421-30. PMID: 2743965	One group had 1,200 kcal diet (1,600/2,000 kcal minimum for women/men)
233. Hall WD, Feng Z, George VA, Lewis CE, Oberman A, Huber M, Fouad M, Cutler JA; Women's Health Trial: Feasibility Study in Minority Populations. Low-fat diet: effect on anthropometrics, blood pressure, glucose, and insulin in older women. Ethn Dis. 2003 Summer;13(3):337-43. PMID: 12894958	Did not assess dietary patterns as defined for this project
234. Hankey CR, Eley S, Leslie WS, Hunter CM, Lean ME. Eating habits, beliefs, attitudes and knowledge among health professionals regarding the links between obesity, nutrition and health. Public Health Nutr. 2004 Apr;7(2):337-43. PMID: 15003142	Cross-sectional
235. Hankin JH, Nomura A, Rhoads GG. Dietary patterns among men of Japanese ancestry in Hawaii. Cancer Res. 1975 Nov;35(11 Pt. 2):3259-64. PMID: 1192401	Did not assess dietary patterns as defined for this project

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Excluded Citations	Reason for Exclusion
236. Hänninen O, Nenonen M, Ling WH, Li DS, Sihvonen L. Effects of eating an uncooked vegetable diet for 1 week. Appetite. 1992 Dec;19(3):243-54. PMID: 1482162	Does not examine relationship between dietary patterns and body weight measure
237. Hansen AW, Christensen DL, Larsson MW, Eis J, Christensen T, Friis H, Mwaniki DL, Kilonzo B, Boit MK, Borch-Johnsen K, Tetens I. Dietary patterns, food and macronutrient intakes among adults in three ethnic groups in rural Kenya. Public Health Nutr. 2011 Sep;14(9):1671-9. Epub 2011 Feb 7. PMID: 21299918	Kenya is classified as “low” on Human Development Index (HDI)
238. Hare-Bruun H, Nielsen BM, Kristensen PL, Møller NC, Togo P, Heitmann BL. Television viewing, food preferences, and food habits among children: a prospective epidemiological study. BMC Public Health. 2011 May 13;11:311. PMID: 21569476	Did not assess dietary patterns as defined for this project
239. Harsha DW, Lin PH, Obarzanek E, Karanja NM, Moore TJ, Caballero B. Dietary Approaches to Stop Hypertension: a summary of study results. DASH Collaborative Research Group. J Am Diet Assoc. 1999 Aug;99(8 Suppl):S35-9. PMID: 10450292	Does not examine relationship between dietary patterns and body weight measure
240. Hart CN, Jelalian E, Raynor HA, Mehlenbeck R, Lloyd-Richardson EE, Kaplan J, Flynn-O'Brien K, Wing RR. Early patterns of food intake in an adolescent weight loss trial as predictors of BMI change. Eat Behav. 2010 Dec;11(4):217-22. Epub 2010 May 26. PMID: 20850055	Did not assess dietary patterns as defined for this project
241. Hart CN, Raynor HA, Osterholt KM, Jelalian E, Wing RR. Eating and activity habits of overweight children on weekdays and weekends. Int J Pediatr Obes. 2011 Oct;6(5-6):467-72. Epub 2011 Jul 20. PMID: 21774578	Does not examine relationship between dietary patterns and body weight measure
242. Hausman DB, Johnson MA, Davey A, Poon LW. Body mass index is associated with dietary patterns and health conditions in georgia centenarians. J Aging Res. 2011;2011:138015. Epub 2011 May 30. PMID: 21748003	Cross-sectional
243. Heinemann L, Grabauskas V, Nikitin YP, Rywik S, Sznajd J. Comparative data on diet and risk factors from five Eastern European communities. Rev Epidemiol Sante Publique. 1990;38(5-6):525-30. PMID: 2082461	Does not examine relationship between dietary patterns and body weight measure
244. Henriquez Sanchez P, Ruano C, De Irala J, Ruiz-Canela M, Martinez-Gonzalez MA, Sanchez-Villegas A. Adherence to the Mediterranean diet and quality of life in the SUN Project. European Journal of Clinical Nutrition. 2012;66(3):360-8.	Does not examine relationship between dietary patterns and body weight measure
245. Hermsdorff HH, Zulet MÁ, Abete I, Martínez JA. Discriminated benefits of a Mediterranean dietary pattern within a hypocaloric diet program on plasma RBP4 concentrations and other inflammatory markers in obese subjects. Endocrine. 2009 Dec;36(3):445-51. PMID: 19816812	Before and after study
246. Hernández-Valero MA, Thomson CA, Hernández M, Tran T, Detry MA, Theriault RL, Hajek RA, Pierce JP, Flatt SW, Caan BJ, Jones LA. Comparison of baseline dietary intake of Hispanic and matched non-Hispanic white breast cancer survivors enrolled in the Women's Healthy Eating and Living study. J Am Diet Assoc. 2008 Aug;108(8):1323-9. PMID: 18656572	Case control
247. Hjartåker A, Lund E. Relationship between dietary habits, age, lifestyle, and socio-economic status among adult Norwegian women. The Norwegian	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
Women and Cancer Study. Eur J Clin Nutr. 1998 Aug;52(8):565-72. PMID: 9725656	
248. Hodson L, Harnden KE, Roberts R, Dennis AL, Frayn KN. Does the DASH diet lower blood pressure by altering peripheral vascular function? J Hum Hypertens. 2010 May;24(5):312-9. Epub 2009 Aug 6. PMID: 19657359	Insufficient sample size <30 (n=27)
249. Holt EM, Steffen LM, Moran A, Basu S, Steinberger J, Ross JA, Hong CP, Sinaiko AR. Fruit and vegetable consumption and its relation to markers of inflammation and oxidative stress in adolescents. J Am Diet Assoc. 2009 Mar;109(3):414-21. PMID: 19248856	Does not examine relationship between dietary patterns and body weight measure
250. Hong S, Song Y, Lee KH, Lee HS, Lee M, Jee SH, Joung H. A fruit and dairy dietary pattern is associated with a reduced risk of metabolic syndrome. Metabolism. 2011 Dec 28. [Epub ahead of print] PMID: 22209672	Cross-sectional
251. Ho-Pham LT, Vu BQ, Lai TQ, Nguyen ND, Nguyen TV. Vegetarianism, bone loss, fracture and vitamin D: A longitudinal study in Asian vegans and non-vegans. European Journal of Clinical Nutrition. 2012;66(1):75-82	Does not examine relationship between dietary patterns and body weight measure
252. Hopkins S, Burrows E, Bowen DJ, Tinker LF. Differences in eating pattern labels between maintainers and nonmaintainers in the Women's Health Initiative. J Nutr Educ. 2001 Sep-Oct;33(5):278-83. PMID: 12031178	Does not examine relationship between dietary patterns and body weight measure
253. Hosseini-Esfahani F, Djazaieri SA, Mirmiran P, Mehrabi Y, Azizi F. Which Food Patterns Are Predictors of Obesity in Tehranian Adults? J Nutr Educ Behav. 2011 Jun 7. [Epub ahead of print] PMID: 21652267	Study considered in systematic review question on factor analysis
254. Hosseini-Esfahani F, Jessri M, Mirmiran P, Sadeghi M, Azizi F. Does the diet of Tehranian adults ensure compliance with nutritional targets? Observations from the Tehran Lipid and Glucose Study. Public Health Nutr. 2011 Sep;14(9):1539-48. Epub 2011 Apr 19. PMID: 21557877	Cross-sectional
255. Howarth NC, Huang TT, Roberts SB, Lin BH, McCrory MA. Eating patterns and dietary composition in relation to BMI in younger and older adults. Int J Obes (Lond). 2007 Apr;31(4):675-84. Epub 2006 Sep 5. PMID: 16953255	Cross-sectional
256. Howie BJ, Shultz TD. Dietary and hormonal interrelationships among vegetarian Seventh-Day Adventists and nonvegetarian men. Am J Clin Nutr. 1985 Jul;42(1):127-34. PMID: 4014062	Insufficient sample size <30 (n=12, 10, and 8 per study arm)
257. Hu D, Taylor T, Blow J, Cooper TV. Multiple health behaviors: patterns and correlates of diet and exercise in a Hispanic college sample. Eat Behav. 2011 Dec;12(4):296-301. Epub 2011 Jul 24. PMID: 22051363	Cross-sectional
258. Huh J, Riggs NR, Spruijt-Metz D, Chou CP, Huang Z, Pentz M. Identifying patterns of eating and physical activity in children: a latent class analysis of obesity risk. Obesity (Silver Spring). 2011 Mar;19(3):652-8. Epub 2010 Oct 7. PMID: 20930718	Cross-sectional
259. Hung CJ, Huang PC, Li YH, Lu SC, Ho LT, Chou HF. Taiwanese vegetarians have higher insulin sensitivity than omnivores. Br J Nutr. 2006 Jan;95(1):129-35. PMID: 16441925	Cross-sectional
260. Hung CT. The eating habits, hypercholesterolemia, nutrition status of children and adolescents in two Northern Taipei communities. Journal of the Chinese Nutrition Society. 1994;19(2):201-20	Taiwan/China is classified as “medium” on Human Development Index (HDI)

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
261. Hung KC, Pei D, Kuo HJ, Chen TH, Lin CH, Wu CZ, et al. The comparison of the metabolic syndrome between Chinese vegetarians and omnivores. Diabetes and Metabolic Syndrome: Clinical Research and Reviews. 2008;2(2):99-104	Taiwan/China is classified as "medium" on Human Development Index (HDI)
262. Hurley KM, Oberlander SE, Merry BC, Wrobleski MM, Klassen AC, Black MM. The healthy eating index and youth healthy eating index are unique, nonredundant measures of diet quality among low-income, African American adolescents. J Nutr. 2009 Feb;139(2):359-64. Epub 2008 Dec 11. PMID: 19074210	Cross-sectional
263. Inelmen EM, Toffanello ED, Enzi G, Sergi G, Coin A, Busetto L, Manzato E. Differences in dietary patterns between older and younger obese and overweight outpatients. J Nutr Health Aging. 2008 Jan;12(1):3-8. PMID: 18165838	Cross-sectional
264. Isacco L, Lazaar N, Ratel S, Thivel D, Aucouturier J, Doré E, Meyer M, Duché P. The impact of eating habits on anthropometric characteristics in French primary school children. Child Care Health Dev. 2010 Nov;36(6):835-42. doi: 10.1111/j.1365-2214.2010.01113.x. PMID: 20645994	Cross-sectional
265. Issa C, Darmon N, Salameh P, Maillot M, Batal M, Lairon D. A Mediterranean diet pattern with low consumption of liquid sweets and refined cereals is negatively associated with adiposity in adults from rural Lebanon. Int J Obes (Lond). 2011 Feb;35(2):251-8. Epub 2010 Jul 6. PMID: 20603626	Independent variables are sweets and cereals
266. Itsiopoulos C, Brazionis L, Kaimakamis M, Cameron M, Best JD, O'Dea K, Rowley K. Can the Mediterranean diet lower HbA1c in type 2 diabetes? Results from a randomized cross-over study. Nutr Metab Cardiovasc Dis. 2011 Sep;21(9):740-7. Epub 2010 Jul 31. PMID: 20674309	Insufficient sample size <30 (n=27)
267. Jacobs DR Jr, Sluik D, Rokling-Andersen MH, Anderssen SA, Drevon CA. Association of 1-y changes in diet pattern with cardiovascular disease risk factors and adipokines: results from the 1-y randomized Oslo Diet and Exercise Study. Am J Clin Nutr. 2009 Feb;89(2):509-17. Epub 2008 Dec 30. PMID: 19116328	Study included in index/score question
268. Jacobs N, De Bourdeaudhuij I, Thijs H, Dendale P, Claes N. Effect of a cardiovascular prevention program on health behavior and BMI in highly educated adults: a randomized controlled trial. Patient Educ Couns. 2011 Oct;85(1):122-6. doi: 10.1016/j.pec.2010.08.024. Epub 2010 Oct 2. PMID: 20888728	Does not examine relationship between dietary patterns and body weight measure
269. Jago R, Baranowski T, Buse J, Edelstein S, Galassetti P, Harrell J, Kaufman F, Linder B, Pham T, Kaufman FR, Baranowski T, Baranowski J, Canada A, Cullen K, Jago R, Missaghian M, Thompson D, Thompson V, Walker B, Cooper DM, Bassin S, Blackler K, Culler F, Ford D, Galassetti P, Harrell J, McMurray RG, Buse J, Morris MA, Kirby K, Hirst K, Edelstein S, El ghormli L, Grau S, Pham T, Pyle L, Linder B, Goran M, Resnicow K. Studies to Treat or Prevent Pediatric Type 2 Diabetes Prevention Study Group. Prevalence of the metabolic syndrome among a racially/ethnically diverse group of U.S. eighth-grade adolescents and associations with fasting insulin and homeostasis model assessment of insulin resistance levels. Diabetes Care. 2008 Oct;31(10):2020-5. Epub 2008 Jun 30. PMID: 18591405	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
270. Janssen I, Katzmarzyk PT, Boyce WF, Vereecken C, Mulvihill C, Roberts C, Currie C, Pickett W; Health Behaviour in School-Aged Children Obesity Working Group. Comparison of overweight and obesity prevalence in school-aged youth from 34 countries and their relationships with physical activity and dietary patterns. Obes Rev. 2005 May;6(2):123-32. Review. PMID: 15836463	Systematic review
271. Jarvandi S, Gougeon R, Bader A, Dasgupta K. Differences in food intake among obese and nonobese women and men with type 2 diabetes. J Am Coll Nutr. 2011 Aug;30(4):225-32. PMID: 21917702	Did not assess dietary patterns as defined for this project
272. Jasti S, Lee CH, Doak C. Gender, acculturation, food patterns, and overweight in Korean immigrants. Am J Health Behav. 2011 Nov;35(6):734-45. PMID: 22251764	Cross-sectional
273. Jenkins DJ, Kendall CW, Faulkner DA, Kemp T, Marchie A, Nguyen TH, Wong JM, de Souza R, Emam A, Vidgen E, Trautwein EA, Lapsley KG, Josse RG, Leiter LA, Singer W. Long-term effects of a plant-based dietary portfolio of cholesterol-lowering foods on blood pressure. Eur J Clin Nutr. 2008 Jun;62(6):781-8. Epub 2007 Apr 25. PMID: 17457340	Drop out rate > 20%
274. Jenkins DJ, Wong JM, Kendall CW, Esfahani A, Ng VW, Leong TC, Faulkner DA, Vidgen E, Greaves KA, Paul G, Singer W. The effect of a plant-based low-carbohydrate ("Eco-Atkins") diet on body weight and blood lipid concentrations in hyperlipidemic subjects. Arch Intern Med. 2009 Jun 8;169(11):1046-54. Erratum in: Arch Intern Med. 2009 Sep 14;169(16):1490. PMID: 19506174	Insufficient sample size <30 (n=22 per study arm)
275. Jennings A, Cassidy A, van Sluijs EM, Griffin SJ, Welch AA. Associations Between Eating Frequency, Adiposity, Diet, and Activity in 9-10 years old Healthy-Weight and Centrally Obese Children. Obesity (Silver Spring). 2012 Mar 22. Doi: 10.1038/oby.2012.72. [Epub ahead of print] PMID: 22436840	Cross-sectional
276. Johansen KS, Bjørge B, Hjellset VT, Holmboe-Ottesen G, Råberg M, Wandel M. Changes in food habits and motivation for healthy eating among Pakistani women living in Norway: results from the InnvaDiab-DEPLAN study. Public Health Nutr. 2010 Jun;13(6):858-67. Epub 2009 Nov 27. PMID: 19941691	Does not examine relationship between dietary patterns and body weight measure
277. Johansson G, Holmén A, Persson L, Högstedt R, Wassén C, Ottova L, Gustafsson JA. The effect of a shift from a mixed diet to a lacto-vegetarian diet on human urinary and fecal mutagenic activity. Carcinogenesis. 1992 Feb;13(2):153-7. PMID: 1310903	Insufficient sample size <30 (n=20)
278. Johnson JS, Nobmann ED, Asay E, Lanier AP. Dietary intake of Alaska Native people in two regions and implications for health: the Alaska Native Dietary and Subsistence Food Assessment Project. Int J Circumpolar Health. 2009 Apr;68(2):109-22. PMID: 19517871	Cross-sectional
279. Johnston CA, Tyler C, Fullerton G, McFarlin BK, Poston WS, Haddock CK, Reeves RS, Foreyt JP. Effects of a school-based weight maintenance program for Mexican-American children: results at 2 years. Obesity (Silver Spring). 2010 Mar;18(3):542-7. Epub 2009 Aug 6. Erratum in: Obesity (Silver Spring). 2010 Mar;18(3):647. Fullerton, Ginny [added]. PMID: 19661957	Did not assess dietary patterns as defined for this project
280. Jones JL, Fernandez ML, McIntosh MS, Najm W, Calle MC, Kalynych C, Vukich C, Barona J, Ackermann D, Kim JE, Kumar V, Lott M, Volek JS,	Dependent variable is cardiometabolic risk

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Lerman RH. A Mediterranean-style low-glycemic-load diet improves variables of metabolic syndrome in women, and addition of a phytochemical-rich medical food enhances benefits on lipoprotein metabolism. J Clin Lipidol. 2011 May-Jun;5(3):188-96. Epub 2011 Mar 11. PMID: 21600524	variables
281. Jones JL, Park Y, Lee J, Lerman RH, Fernandez ML. A Mediterranean-style, low-glycemic-load diet reduces the expression of 3-hydroxy-3-methylglutaryl-coenzyme A reductase in mononuclear cells and plasma insulin in women with metabolic syndrome. Nutr Res. 2011 Sep;31(9):659-64. PMID: 22024489	Insufficient sample size <30 (n=25)
282. Jonsson T, Granfeldt Y, Erlanson-Albertsson C, Ahren B, Lindeberg S. A paleolithic diet is more satiating per calorie than a mediterranean-like diet in individuals with ischemic heart disease. Nutrition and Metabolism. 2010;7	Insufficent sample size <30; (n=29); subjects diagnosed with ischemic heart disease
283. Juhaeri, Steven J, Chambless LE, Tyroler HA, Harp J, Jones D, Arnett D. Weight change among self-reported dieters and non-dieters in white and African American men and women. Eur J Epidemiol. 2001;17(10):917-23. PMID: 12188010	Does not examine relationship between dietary patterns and body weight measure
284. Jung HJ, Han SN, Song S, Paik HY, Baik HW, Joung H. Association between adherence to the Korean Food Guidance System and the risk of metabolic abnormalities in Koreans. Nutr Res Pract. 2011 Dec;5(6):560-8. Epub 2011 Dec 31. PMID: 22259682	Cross-sectional
285. Kabir Y, Shahjalal HM, Saleh F, Obaid W. Dietary pattern, nutritional status, anaemia and anaemia-related knowledge in urban adolescent college girls of Bangladesh. J Pak Med Assoc. 2010 Aug;60(8):633-8. PMID: 20726192	Cross-sectional; Bangladesh classified as “low” on Human Dvelopment Index (HDI)
286. Kagan A, Rhoads GG, Zeegen PD, Nichaman MZ. Coronary heart disease among men of Japanese ancestry in Hawaii. The Honolulu Heart study. Isr J Med Sci. 1971 Dec;7(12):1573-7. No abstract available. PMID: 5144601	Does not examine relationship between dietary patterns and body weight measure
287. Kahleova H, Matoulek M, Malinska H, Oliyarnik O, Kazdova L, Neskudla T, Skoch A, Hajek M, Hill M, Kahle M, Pelikanova T. Vegetarian diet improves insulin resistance and oxidative stress markers more than conventional diet in subjects with Type 2 diabetes. Diabet Med. 2011 May;28(5):549-59. doi: 10.1111/j.1464-5491.2010.03209.x. PMID: 21480966	Subjects with type 2 diabetes – treatment study
288. Kant AK, Graubard BI. 20-Year trends in dietary and meal behaviors were similar in U.S. children and adolescents of different race/ethnicity. J Nutr. 2011 Oct;141(10):1880-8. Epub 2011 Aug 24. PMID: 21865567	Trend study; did not assess dietary patterns as defined for this project
289. Kant AK, Graubard BI. A comparison of three dietary pattern indexes for predicting biomarkers of diet and disease. J Am Coll Nutr. 2005 Aug;24(4):294-303. PMID: 16093407	Cross-sectional
290. Karanja NM, Obarzanek E, Lin PH, McCullough ML, Phillips KM, Swain JF, Champagne CM, Hoben KP. Descriptive characteristics of the dietary patterns used in the Dietary Approaches to Stop Hypertension Trial. DASH Collaborative Research Group. J Am Diet Assoc. 1999 Aug;99(8 Suppl):S19-27. PMID: 10450290	Body weight kept constant
291. Karantonis HC, Fragopoulou E, Antonopoulou S, Rementzis J, Phenekos C, Demopoulos CA. Effect of fast-food Mediterranean-type diet on type 2 diabetics and healthy human subjects' platelet aggregation. Diabetes Res Clin	Independent variable is foods that antagonize platelet activating factor

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
Pract. 2006 Apr;72(1):33-41. Epub 2005 Oct 19. PMID: 16236380	
292. Kark JD, Kaufmann NA, Binka F, Goldberger N, Berry EM. Adipose tissue n-6 fatty acids and acute myocardial infarction in a population consuming a diet high in polyunsaturated fatty acids. Am J Clin Nutr. 2003 Apr;77(4):796-802. PMID: 12663274	Independent variable is n-6 fatty acids.
293. Kastorini CM, Milionis HJ, Esposito K, Giugliano D, Goudevenos JA, Panagiotakos DB. The effect of Mediterranean diet on metabolic syndrome and its components: a meta-analysis of 50 studies and 534,906 individuals. J Am Coll Cardiol. 2011 Mar 15;57(11):1299-313. PMID: 21392646	Study design is meta-analysis; waist circumference is one outcome of interest
294. Keding GB, Msuya JM, Maass BL, Krawinkel MB. Dietary patterns and nutritional health of women: the nutrition transition in rural Tanzania. Food Nutr Bull. 2011 Sep;32(3):218-26. PMID: 22073796	Tanzania is categorized as “low” on Human Development Index (HDI)
295. Kelley C, Krummel D, Gonzales EN, Neal WA, Fitch CW. Dietary intake of children at high risk for cardiovascular disease. J Am Diet Assoc. 2004 Feb;104(2):222-5. PMID: 14760570	Cross-sectional
296. Kent LM, Worsley A. Does the prescriptive lifestyle of Seventh-day Adventists provide 'immunity' from the secular effects of changes in BMI? Public Health Nutr. 2009 Apr;12(4):472-80. Epub 2008 May 6. PMID: 18457602	Trend study
297. Kerr MA, Rennie KL, McCaffrey TA, Wallace JM, Hannon-Fletcher MP, Livingstone MB. Snacking patterns among adolescents: a comparison of type, frequency and portion size between Britain in 1997 and Northern Ireland in 2005. Br J Nutr. 2009 Jan;101(1):122-31. Epub 2008 Jun 5. Erratum in: Br J Nutr. 2009 Mar;101(6):929. PMID: 18533071	Cross-sectional; independent variable was snacking
298. Kersting M, Alexy U. Dietary Habits in Preschool Children: Preventive Guidelines and Dietary Practice. Austrian Journal of Clinical Endocrinology and Metabolism. 2011;4(2):11-5	Does not examine relationship between dietary patterns and body weight measure
299. Keski-Rahkonen A, Bulik CM, Pietiläinen KH, Rose RJ, Kaprio J, Rissanen A. Eating styles, overweight and obesity in young adult twins. Eur J Clin Nutr. 2007 Jul;61(7):822-9. Epub 2007 Jan 24. PMID: 17251930	Cross-sectional; independent variables was eating style - restrictive or overeating
300. Key T, Davey G. Prevalence of obesity is low in people who do not eat meat. BMJ. 1996 Sep 28;313(7060):816-7. No abstract available. PMID: 8842088	Cross-sectional; letter to editor
301. Key TJ, Thorogood M, Appleby PN, Burr ML. Dietary habits and mortality in 11,000 vegetarians and health conscious people: results of a 17 year follow up. BMJ. 1996 Sep 28;313(7060):775-9. PMID: 8842068	Dependent variables were total mortality and ischemic heart disease
302. Khalil CB, Johnson-Down L, Egeland GM. Emerging obesity and dietary habits among James Bay Cree youth. Public Health Nutr. 2010 Nov;13(11):1829-37. Epub 2010 Apr 15. PMID: 20392310	Cross-sectional
303. Kim J, Jo I. Grains, vegetables, and fish dietary pattern is inversely associated with the risk of metabolic syndrome in South korean adults. J Am Diet Assoc. 2011 Aug;111(8):1141-9. PMID: 21802559	Cross-sectional
304. Kim JA, Kim SM, Lee JS, Oh HJ, Han JH, Song Y, Joung H, Park HS. Dietary patterns and the metabolic syndrome in Korean adolescents: 2001 Korean National Health and Nutrition Survey. Diabetes Care. 2007	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
Jul;30(7):1904-5. Epub 2007 Apr 6. No abstract available. PMID: 17416789	
305. Kim SH, Hwang JY, Kim MK, Chung HW, Nguyet TT, Kim WY. Dietary factors related to body weight in adult Vietnamese in the rural area of Haiphong, Vietnam: the Korean Genome and Epidemiology Study (KoGES). Nutr Res Pract. 2010 Jun;4(3):235-42. Epub 2010 Jun 29. PMID: 20607070	Cross-sectional
306. Klassen AC, Garrett-Mayer E, Houts PS, Shankar S, Torio CM. The relationship of body size to participation and success in a fruits and vegetables intervention among low-income women. J Community Health. 2008 Apr;33(2):78-89. PMID: 18074208	Dietary pattern is the dependent variable
307. Klipstein-Grobusch K, Witteman JCM, Den Breeijen JH, Goldbohm RA, Hofman A, De Jong PTVM, et al. Dietary assessment in the elderly: Application of a two-step semiquantitative food frequency questionnaire for epidemiological studies. Journal of Human Nutrition and Dietetics. 1999;12(5):361-73	Does not examine relationship between dietary patterns and body weight measure
308. Klurfeld DM, Kritchevsky D. The Western diet: an examination of its relationship with chronic disease. J Am Coll Nutr. 1986;5(5):477-85. PMID: 3023470	Editorial
309. Ko MS. The comparison in daily intake of nutrients, dietary habits and body composition of female college students by body mass index. Nutr Res Pract. 2007 Summer;1(2):131-42. Epub 2007 Jun 30. PMID: 20535399	Cross-sectional
310. Kobayashi T, Umemura U, Iso H, Ishimori M, Tamura Y, Iida M, Shimamoto T. Differences in dietary habits, serum fatty acid compositions and other coronary risk characteristics between freshmen and fourth-year male university students. Environ Health Prev Med. 2001 Oct;6(3):143-8. PMID: 21432252	Cross-sectional
311. Koebnick C, Garcia AL, Dagnelie PC, Strassner C, Lindemans J, Katz N, Leitzmann C, Hoffmann I. Long-term consumption of a raw food diet is associated with favorable serum LDL cholesterol and triglycerides but also with elevated plasma homocysteine and low serum HDL cholesterol in humans. J Nutr. 2005 Oct;135(10):2372-8. PMID: 16177198	Cross-sectional
312. Kolodinsky JM, Goldstein AB. Time use and food pattern influences on obesity. Obesity (Silver Spring). 2011 Dec;19(12):2327-35. doi: 10.1038/oby.2011.130. Epub 2011 May 26. PMID: 21617636	Cluster analysis
313. Komatsu F, Kagawa Y, Kawabata T, Kaneko Y, Purvee B, Otgon J, Chimedregzen U. Dietary habits of Mongolian people, and their influence on lifestyle-related diseases and early aging. Curr Aging Sci. 2008 Jul;1(2):84-100. PMID: 20021377	Cross-sectional
314. Komatsu F, Kagawa Y, Sakuma M, Kawabata T, Kaneko Y, Otgontuya D, Chimedregzen U, Narantuya L, Purvee B. Investigation of oxidative stress and dietary habits in Mongolian people, compared to Japanese people. Nutr Metab (Lond). 2006 Jun 7;3:21. PMID: 16759377	Cross-sectional
315. Konstantinova SV, Tell GS, Vollset SE, Ulvik A, Drevon CA, Ueland PM. Dietary patterns, food groups, and nutrients as predictors of plasma choline and betaine in middle-aged and elderly men and women. Am J Clin Nutr. 2008 Dec;88(6):1663-9. PMID: 19064529	Dependent variables were plasma choline and betaine
316. Kontogianni MD, Liatis S, Grammatikou S, Perrea D, Katsilambros N, Makrilakis K. Changes in dietary habits and their association with metabolic	Drop out rate > 20%

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
markers after a non-intensive, community-based lifestyle intervention to prevent type 2 diabetes, in Greece. The DEPLAN study. Diabetes Research and Clinical Practice. 2012;95(2):207-14	
317. Kontogianni MD, Vidra N, Farmaki AE, Koinaki S, Belogianni K, Sofrona S, Magkanari F, Yannakoulia M. Adherence rates to the Mediterranean diet are low in a representative sample of Greek children and adolescents. J Nutr. 2008 Oct;138(10):1951-6. PMID: 18806106	Cross-sectional
318. Koochek A, Mirmiran P, Sundquist K, Hosseini F, Azizi T, Moeini AS, Johansson SE, Karlström B, Azizi F, Sundquist J. Dietary differences between elderly Iranians living in Sweden and Iran a cross-sectional comparative study. BMC Public Health. 2011 May 31;11:411. PMID: 21627780	Cross-sectional
319. Koui E, Jago R. Associations between self-reported fruit and vegetable consumption and home availability of fruit and vegetables among Greek primary-school children. Public Health Nutr. 2008 Nov;11(11):1142-8. Epub 2008 Jan 2. PMID: 18167168	Cross-sectional
320. Krajcovicová-Kudlácková M, Simoncic R, Béderová A, Klvanová J, Brtková A, Grancicová E. Lipid and antioxidant blood levels in vegetarians. Nahrung. 1996 Feb;40(1):17-20. PMID: 8975140	Cross-sectional
321. Kranz S, Findeis JL, Shrestha SS. Use of the Revised Children's Diet Quality Index to assess preschooler's diet quality, its sociodemographic predictors, and its association with body weight status. J Pediatr (Rio J). 2008 Jan-Feb;84(1):26-34. PMID: 18264615	Cross-sectional
322. Kranz S, Mahood LJ, Wagstaff DA. Diagnostic criteria patterns of U.S. children with Metabolic Syndrome: NHANES 1999-2002. Nutr J. 2007 Nov 6;6:38. PMID: 17986354	Cross-sectional
323. Kranz S, Mitchell DC, Smiciklas-Wright H, Huang SH, Kumanyika SK, Stettler N. Consumption of recommended food groups among children from medically underserved communities. J Am Diet Assoc. 2009 Apr;109(4):702-7. PMID: 19328266	Cross-sectioanl
324. Kukulu K, Sarvan S, Muslu L, Yirmibesoglu SG. Dietary habits, economic status, academic performance and body mass index in school children: a comparative study. J Child Health Care. 2010 Dec;14(4):355-66. Epub 2010 Nov 15. PMID: 21078697	Cross-sectional
325. Kumanyika S, Tell GS, Shemanski L, Polak J, Savage PJ. Eating patterns of community-dwelling older adults: the Cardiovascular Health Study. Ann Epidemiol. 1994 Sep;4(5):404-15. PMID: 7981849	Cross-sectional
326. Kwan ML, Weltzien E, Kushi LH, Castillo A, Slattery ML, Caan BJ. Dietary patterns and breast cancer recurrence and survival among women with early-stage breast cancer. J Clin Oncol. 2009 Feb 20;27(6):919-26. Epub 2008 Dec 29. PMID: 19114692	Dependent variable was breast cancer
327. Lako JV, Nguyen VC. Dietary patterns and risk factors of diabetes mellitus among urban indigenous women in Fiji. Asia Pac J Clin Nutr. 2001;10(3):188-93. PMID: 11708306	Cross-sectional
328. Lambert EV, Goedecke JH, Zyle C, Murphy K, Hawley JA, Dennis SC, Noakes TD. High-fat diet versus habitual diet prior to carbohydrate loading: effects of exercise metabolism and cycling performance. Int J Sport Nutr Exerc Metab. 2001 Jun;11(2):209-25. PMID: 11402254	Independent variables were high fat vs. habitual diet with carbohydrate loading; insufficient sample size <30

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
	(n=5)
329. Lancaster KJ, Watts SO, Dixon LB. Dietary intake and risk of coronary heart disease differ among ethnic subgroups of black Americans. J Nutr. 2006 Feb;136(2):446-51. PMID: 16424126	Cross-sectional
330. Lanfer A, Knof K, Barba G, Veidebaum T, Papoutsou S, de Henauw S, Soós T, Moreno LA, Ahrens W, Lissner L. Taste preferences in association with dietary habits and weight status in European children: results from the IDEFICS study. Int J Obes (Lond). 2012 Jan;36(1):27-34. doi: 10.1038/ijo.2011.164. Epub 2011 Aug 16. PMID: 21844876	Independent variable was fat or sweet taste preference
331. Langsetmo L, Poliquin S, Hanley DA, Prior JC, Barr S, Anastassiades T, et al. Dietary patterns in Canadian men and women ages 25 and older: Relationship to demographics, body mass index, and bone mineral density. BMC Musculoskeletal Disorders. 2010;11.	Study considered in systematic review question on factor analysis
332. Lapointe A, Provencher V, Weisnagel SJ, Bégin C, Blanchet R, Dufour-Bouchard AA, Trudeau C, Lemieux S. Dietary intervention promoting high intakes of fruits and vegetables: short-term effects on eating behaviors in overweight-obese postmenopausal women. Eat Behav. 2010 Dec;11(4):305-8. Epub 2010 Aug 7. PMID: 20850069	Independent variables were education messages to increase fruit and vegetable vs. lower fat
333. Lapointe A, Weisnagel SJ, Provencher V, Bégin C, Dufour-Bouchard AA, Trudeau C, Lemieux S. Comparison of a dietary intervention promoting high intakes of fruits and vegetables with a low-fat approach: long-term effects on dietary intakes, eating behaviours and body weight in postmenopausal women. Br J Nutr. 2010 Oct;104(7):1080-90. Epub 2010 May 19. PMID: 20482930	Independent variables were education messages to increase fruit and vegetable vs. lower fat
334. Larsen TM, Dalskov S, van Baak M, Jebb S, Kafatos A, Pfeiffer A, Martinez JA, Handjieva-Darlenska T, Kunesová M, Holst C, Saris WH, Astrup A. The Diet, Obesity and Genes (Diogenes) Dietary Study in eight European countries - a comprehensive design for long-term intervention. Obes Rev. 2010 Jan;11(1):76-91. Epub 2009 May 28. PMID: 19470086	Cross-sectional
335. Larsson CL, Johansson GK. Dietary intake and nutritional status of young vegans and omnivores in Sweden. Am J Clin Nutr. 2002 Jul;76(1):100-6. PMID: 12081822	Dependent variables were nutrient intakes
336. Laska MN, Graham DJ, Moe SG, Van Riper D. Young adult eating and food-purchasing patterns food store location and residential proximity. Am J Prev Med. 2010 Nov;39(5):464-7. PMID: 20965385	Indepent variables were eating location and food purchasing patterns
337. Laska MN, Murray DM, Lytle LA, Harnack LJ. Longitudinal associations between key dietary behaviors and weight gain over time: Transitions through the adolescent years. Obesity. 2012;20(1):118-25	Cross-sectional
338. Lassale C, Fezeu L, Andreeva VA, Hercberg S, Kengne AP, Czernichow S, Kesse-Guyot E. Association between dietary scores and 13-year weight change and obesity risk in a French prospective cohort. Int J Obes (Lond). 2012 Jan 17. Doi: 10.1038/ijo.2011.264. [Epub ahead of print] PMID: 22249228	Study considered in systematic review question on index/score
339. Lauque S, Nourashémi F, Soleilhavoup C, Guyonnet S, Bertiere MC, Sachet P, Vellas B, Albarede JL. A prospective study of changes on nutritional patterns 6 months before and 18 months after retirement. J Nutr Health Aging. 1998;2(2):88-91. PMID: 10993572	Dependent variable is nutrition pattern

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
340. Lazarou C, Karaolis M, Matalas AL, Panagiotakos DB. Dietary patterns analysis using data mining method. An application to data from the CYKIDS study. Comput Methods Programs Biomed. 2012 Jan 30. [Epub ahead of print] PMID: 22296977	Cross-sectional
341. Lazarou C, Newby PK. Use of dietary indexes among children in developed countries. Adv Nutr. 2011 Jul;2(4):295-303. doi: 10.3945/ an.110.000166. Epub 2011 Jun 28. PMID: 22332071	Systematic review
342. Leblanc V, Provencher V, Bégin C, Gagnon-Girouard MP, Corneau L, Tremblay A, Lemieux S. Associations between eating patterns, dietary intakes and eating behaviors in premenopausal overweight women. Eat Behav. 2012 Apr;13(2):162-5. Epub 2012 Jan 9. PMID: 22365804	Independent variables are dietary restraint, disinhibition, and hunger
343. Lee JW, Hwang J, Cho HS. Dietary patterns of children and adolescents analyzed from 2001 Korea National Health and Nutrition Survey. Nutr Res Pract. 2007 Summer;1(2):84-8. Epub 2007 Jun 30. PMID: 20535391	Cross-sectional
344. Lee MM, Wu-Williams A, Whittemore AS, Zheng S, Gallagher R, Teh CZ, Zhou L, Wang X, Chen K, Ling C, et al. Comparison of dietary habits, physical activity and body size among Chinese in North America and China. Int J Epidemiol. 1994 Oct;23(5):984-90. PMID: 7860179	Cross-sectional
345. Lee Y, Mitchell DC, Smiciklas-Wright H, Birch LL. Diet quality, nutrient intake, weight status, and feeding environments of girls meeting or exceeding recommendations for total dietary fat of the American Academy of Pediatrics. Pediatrics. 2001 Jun;107(6):E95. PMID: 11389293	Independent variable is percent energy as dietary fat
346. Leighton F, Polic G, Strobel P, Pérez D, Martínez C, Vásquez L, Castillo O, Villarroel L, Echeverría G, Urquiaga I, Mezzano D, Rozowski J. Health impact of Mediterranean diets in food at work. Public Health Nutr. 2009 Sep;12(9A):1635-43. PMID: 19689833	Intervention; dropout rate >20%
347. Lerman RH, Minich DM, Darland G, Lamb JJ, Schiltz B, Babish JG, Bland JS, Tripp ML. Enhancement of a modified Mediterranean-style, low glycemic load diet with specific phytochemicals improves cardiometabolic risk factors in subjects with metabolic syndrome and hypercholesterolemia in a randomized trial. Nutr Metab (Lond). 2008 Nov 4;5:29. PMID: 18983673	RCT – MED and low glycemic; insufficient sample size <30 per study arm
348. Levin N, Rattan J, Gilat T. Energy intake and body weight in ovo-lacto vegetarians. J Clin Gastroenterol. 1986 Aug;8(4):451-3. PMID: 3760524	Cross-sectional
349. Liao D, Asberry PJ, Shofer JB, Callahan H, Matthys C, Boyko EJ, Leonetti D, Kahn SE, Austin M, Newell L, Schwartz RS, Fujimoto WY. Improvement of BMI, body composition, and body fat distribution with lifestyle modification in Japanese Americans with impaired glucose tolerance. Diabetes Care. 2002 Sep;25(9):1504-10. PMID: 12196418	Independent variables are AHA Step 1 and 2 diet
350. Lidfeldt J, Nyberg P, Nerbrand C, Samsioe G, Scherstén B, Agardh CD. Socio-demographic and psychosocial factors are associated with features of the metabolic syndrome. The Women's Health in the Lund Area (WHILA) study. Diabetes Obes Metab. 2003 Mar;5(2):106-12. PMID: 12630935	Cross-sectional
351. Liebman M, Pelican S, Moore SA, Holmes B, Wardlaw MK, Melcher LM, et al. Dietary intake-, eating behavior-, and physical activity-related determinants of high body mass index in the 2003 Wellness IN the Rockies cross-sectional study. Nutrition Research. 2006;26(3):111-7	Cross-sectional
352. Lien LF, Brown AJ, Ard JD, Loria C, Erlinger TP, Feldstein AC, Lin PH,	Dependent variables are

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
Champagne CM, King AC, McGuire HL, Stevens VJ, Brantley PJ, Harsha DW, McBurnie MA, Appel LJ, Svetkey LP. Effects of PREMIER lifestyle modifications on participants with and without the metabolic syndrome. Hypertension. 2007 Oct;50(4):609-16. Epub 2007 Aug 13. PMID: 17698724	blood pressure, blood lipids, and insulin resistance
353. Lien N, Bjelland M, Bergh IH, Grydeland M, Anderssen SA, Ommundsen Y, Andersen LF, Henriksen HB, Randby JS, Klepp KI. Design of a 20-month comprehensive, multicomponent school-based randomised trial to promote healthy weight development among 11-13 year olds: The HEalth In Adolescents study. Scand J Public Health. 2010 Nov;38(5 Suppl):38-51. PMID: 21062838	Independent variables were fruit/vegetable and sugar-sweetened beverage intake, also physical activity
354. Linardakis M, Bertsias G, Sarri K, Papadaki A, Kafatos A. Metabolic syndrome in children and adolescents in Crete, Greece, and association with diet quality and physical fitness. Journal of Public Health. 2008;16(6):421-8.	Cross-sectional
355. Lingor RJ, Olson A. Fluid and diet patterns associated with weight cycling and changes in body composition assessed by continuous monitoring throughout a college wrestling season. J Strength Cond Res. 2010 Jul;24(7):1763-72. PMID: 20555285	Sample size n=9 (minimum is 30)
356. Liu L, Nettleton JA, Bertoni AG, Bluemke DA, Lima JA, Szklo M. Dietary pattern, the metabolic syndrome, and left ventricular mass and systolic function: the Multi-Ethnic Study of Atherosclerosis. Am J Clin Nutr. 2009 Aug;90(2):362-8. Epub 2009 Jun 10. PMID: 19515735	Cross-sectional
357. Liu L, Núñez AE. Cardiometabolic syndrome and its association with education, smoking, diet, physical activity, and social support: findings from the Pennsylvania 2007 BRFSS Survey. J Clin Hypertens (Greenwich). 2010 Jul 1;12(7):556-64. PMID: 20629821	Cross-sectional
358. Liu S, Lee IM, Ajani U, Cole SR, Buring JE, Manson JE; Physicians' Health Study. Intake of vegetables rich in carotenoids and risk of coronary heart disease in men: The Physicians' Health Study. Int J Epidemiol. 2001 Feb;30(1):130-5. PMID: 11171873	Independent variable was vegetable intake
359. Liu S, Manson JE, Lee IM, Cole SR, Hennekens CH, Willett WC, Buring JE. Fruit and vegetable intake and risk of cardiovascular disease: the Women's Health Study. Am J Clin Nutr. 2000 Oct;72(4):922-8. PMID: 11010932	Independent variables were fruit and vegetable intake
360. Llaneza P, Gonzalez C, Fernandez-Iñarrea J, Alonso A, Diaz-Fernandez MJ, Arnott I, Ferrer-Barriendos J. Soy isoflavones, Mediterranean diet, and physical exercise in postmenopausal women with insulin resistance. Menopause. 2010 Mar;17(2):372-8. PMID: 20216276	Dependent variable was insulin resistance
361. Llargues E, Franco R, Recasens A, Nadal A, Vila M, Pérez MJ, Manresa JM, Recasens I, Salvador G, Serra J, Roure E, Castells C. Assessment of a school-based intervention in eating habits and physical activity in school children: the AVall study. J Epidemiol Community Health. 2011 Oct;65(10):896-901. Epub 2011 Mar 12. PMID: 21398682	Intervention was school-based education program on eating habits and physical activity
362. Lopes HF, Martin KL, Nashar K, Morrow JD, Goodfriend TL, Egan BM. DASH diet lowers blood pressure and lipid-induced oxidative stress in obesity. Hypertension. 2003 Mar;41(3):422-30. Epub 2003 Feb 3. PMID: 12623938	Insufficient sample size <30; (n=24, 12 per study arm)
363. Lorber R, Gidding SS, Daviglus ML, Colangelo LA, Liu K, Gardin JM. Influence of systolic blood pressure and body mass index on left ventricular	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
structure in healthy African-American and white young adults: the CARDIA study. J Am Coll Cardiol. 2003 Mar 19;41(6):955-60. PMID: 12651040	
364. Löwik MR, Schrijver J, Odink J, van den Berg H, Wedel M. Long-term effects of a vegetarian diet on the nutritional status of elderly people (Dutch Nutrition Surveillance System). J Am Coll Nutr. 1990 Dec;9(6):600-9. PMID: 2273194	Dependent variable was biochemical indices
365. Lubans DR, Morgan PJ, Dewar D, Collins CE, Plotnikoff RC, Okely AD, Batterham MJ, Finn T, Callister R. The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results. BMC Public Health. 2010 Oct 28;10:652. PMID: 21029467	RCT of school-based intervention to promote behavior change – healthy eating and physical activity
366. Lutsey PL, Steffen LM, Stevens J. Dietary intake and the development of the metabolic syndrome: the Atherosclerosis Risk in Communities study. Circulation. 2008 Feb 12;117(6):754-61. Epub 2008 Jan 22. PMID: 18212291	Principle component analysis of Western vs. prudent diet and metabolic syndrome
367. Magbuhat RM, Borazon EQ, Villarino BJ. Food preferences and dietary intakes of Filipino adolescents in metro Manila, the Philippines. Malays J Nutr. 2011 Apr;17(1):31-41. PMID: 22135863	Philippines is classified as “medium” on Human Development Index (HDI)
368. Mai V, McCrary QM, Sinha R, Glei M. Associations between dietary habits and body mass index with gut microbiota composition and fecal water genotoxicity: An observational study in African American and Caucasian American volunteers. Nutrition Journal. 2009;8(1)	Does not examine relationship between dietary patterns and body weight measure
369. Malhotra A, Passi SJ. Diet quality and nutritional status of rural adolescent girl beneficiaries of ICDS in north India. Asia Pac J Clin Nutr. 2007;16 Suppl 1:8-16. PMID: 17392069	Cross-sectional
370. Malik VS, Fung TT, Van Dam RM, Rimm EB, Rosner B, Hu FB. Dietary patterns during adolescence and risk of type 2 diabetes in middle-aged women. Diabetes Care. 2012;35(1):12-8	Study considered in systematic review question on factor analysis
371. Mandal S, Das S, Mohanty BK, Sahu CS. Effects of ethnic origin, dietary and life-style habits on plasma lipid profiles - A study of three population groups. Journal of Nutritional Medicine. 1994;4(2):141-8	India is classified as “medium” on Human Development Index (HDI)
372. Manios Y, Kourlaba G, Kondaki K, Grammatikaki E, Birbilis M, Oikonomou E, Roma-Giannikou E. Diet quality of preschoolers in Greece based on the Healthy Eating Index: the GENESIS study. J Am Diet Assoc. 2009 Apr;109(4):616-23. PMID: 19328256	Cross-sectional
373. Mansfield E, McPherson R, Koski KG. Diet and waist-to-hip ratio: important predictors of lipoprotein levels in sedentary and active young men with no evidence of cardiovascular disease. J Am Diet Assoc. 1999 Nov;99(11):1373-9. PMID: 10570674	Cross-sectional
374. Margetts BM, Beilin LJ, Armstrong BK, Vandongen R. A randomized control trial of a vegetarian diet in the treatment of mild hypertension. Clin Exp Pharmacol Physiol. 1985 May-Jun;12(3):263-6. PMID: 3896594	Insufficient sample size <30
375. Margetts BM, Beilin LJ, Armstrong BK, Vandongen R. Vegetarian diet in the treatment of mild hypertension: a randomized controlled trial. J Hypertens Suppl. 1985 Dec;3(3):S429-31. PMID: 2856757	Insufficient sample size <30
376. Margetts BM, Beilin LJ, Vandongen R, Armstrong BK. Vegetarian diet in mild hypertension: a randomised controlled trial. Br Med J (Clin Res Ed). 1986	Insufficient sample size <30

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Dec 6;293(6560):1468-71. PMID: 3026552	
377. Marisca-Arcas M, Caballero-Plasencia ML, Monteagudo C, Hamdan M, Pardo-Vasquez MI, Olea-Serrano F. Validation of questionnaires to estimate adherence to the Mediterranean diet and life habits in older individuals in Southern Spain. J Nutr Health Aging. 2011 Nov;15(9):739-43. PMID: 22089221	Cross-sectional
378. Marniemi J, Seppänen A, Hakala P. Long-term effects on lipid metabolism of weight reduction on lactovegetarian and mixed diet. Int J Obes. 1990 Feb;14(2):113-25. PMID: 2111292	Dependent variables were changes in lipid metabolism following weight reduction
379. Martinez-Gonzalez MA, Perez-Gutierrez R, Martinez-Gonzalez J, Garcia-Martin M, Bueno-Cavanillas A. Dietary intake of some food items in smokers and non-smokers in a Mediterranean population. European Journal of Public Health. 1997;7(1):40-4	Cross-sectional
380. Masala G, Assedi M, Saieva C, Salvini S, Cordopatri G, Ermini I, Martinez Mdel C, Tanzini D, Zacchi S, Ceroti M, Palli D. The Florence city sample: dietary and life-style habits of a representative sample of adult residents. a comparison with the EPIC-Florence volunteers. Tumori. 2003 Nov-Dec;89(6):636-45. PMID: 14870828	Cross-sectional
381. Maskarinec G, Takata Y, Pagano I, Carlin L, Goodman MT, Le Marchand L, Nomura AM, Wilkens LR, Kolonel LN. Trends and dietary determinants of overweight and obesity in a multiethnic population. Obesity (Silver Spring). 2006 Apr;14(4):717-26. PMID: 16741275	Did not assess dietary patterns as defined for this project
382. Matheson EM, King DE, Everett CJ. Healthy lifestyle habits and mortality in overweight and obese individuals. Journal of the American Board of Family Medicine. 2012;25(1):9-15	Not a dietary pattern as defined by the project
383. Mattei J, Noel SE, Tucker KL. A meat, processed meat, and French fries dietary pattern is associated with high allostatic load in Puerto Rican older adults. J Am Diet Assoc. 2011 Oct;111(10):1498-506. PMID: 21963016	Cross-sectional
384. Matteucci E, Passerai S, Mariotti M, Fagnani F, Evangelista I, Rossi L, Giampietro O. Dietary habits and nutritional biomarkers in Italian type 1 diabetes families: evidence of unhealthy diet and combined-vitamin-deficient intakes. Eur J Clin Nutr. 2005 Jan;59(1):114-22. PMID: 15340368	Cross-sectional
385. Mazaraki A, Tsioufis C, Dimitriadis K, Tsiachris D, Stefanadi E, Zampelas A, Richter D, Mariolis A, Panagiotakos D, Tousoulis D, Stefanadis C. Adherence to the Mediterranean diet and albuminuria levels in Greek adolescents: data from the Leontio Lyceum ALbuminuria (3L study). Eur J Clin Nutr. 2011 Feb;65(2):219-25. Epub 2010 Nov 10. PMID: 21063428	Cross-sectional
386. Mazur A, Derkacz M, Chmiel-Perzynska I, Kowal AS. Eating habits of women benefiting from fitness classes. Family Medicine and Primary Care Review. 2010;12(3):726-9.	Cross-sectional
387. McCabe-Sellers BJ, Bowman S, Stuff JE, Champagne CM, Simpson PM, Bogle ML. Assessment of the diet quality of US adults in the Lower Mississippi Delta. Am J Clin Nutr. 2007 Sep;86(3):697-706. PMID: 17823435	Cross-sectional; dependent variable is diet quality
388. McCullough ML, Feskanich D, Rimm EB, Giovannucci EL, Ascherio A, Variyam JN, Spiegelman D, Stampfer MJ, Willett WC. Adherence to the Dietary Guidelines for Americans and risk of major chronic disease in men. Am J Clin Nutr. 2000 Nov;72(5):1223-31. PMID: 11063453	Did not include body weight measure as a dependent variable

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
389. McCullough ML, Feskanich D, Stampfer MJ, Rosner BA, Hu FB, Hunter DJ, Variyam JN, Colditz GA, Willett WC. Adherence to the Dietary Guidelines for Americans and risk of major chronic disease in women. Am J Clin Nutr. 2000 Nov;72(5):1214-22. PMID: 11063452	Did not include body weight measure as a dependent variable
390. McDonald CM, Baylin A, Arsenault JE, Mora-Plazas M, Villamor E. Overweight is more prevalent than stunting and is associated with socioeconomic status, maternal obesity, and a snacking dietary pattern in school children from Bogota, Colombia. J Nutr. 2009 Feb;139(2):370-6. Epub 2008 Dec 23. PMID: 19106320	Cross-sectional
391. McNaughton SA, Dunstan DW, Ball K, Shaw J, Crawford D. Dietary quality is associated with diabetes and cardio-metabolic risk factors. J Nutr. 2009 Apr;139(4):734-42. Epub 2009 Feb 11. PMID: 19211825	Cross-sectional
392. McNeill AM, Katz R, Girman CJ, Rosamond WD, Wagenknecht LE, Barzilay JI, Tracy RP, Savage PJ, Jackson SA. Metabolic syndrome and cardiovascular disease in older people: The cardiovascular health study. J Am Geriatr Soc. 2006 Sep;54(9):1317-24. PMID: 16970637	Did not include body weight measure as a dependent variable
393. Meier M, Berchtold A, Akré C, Michaud PA, Surís JC. Who eats healthily? A population-based study among young Swiss residents. Public Health Nutr. 2010 Dec;13(12):2068-75. Epub 2010 May 4. PMID: 20441665	Cross-sectional
394. Meirelles CDM, Veiga GVD, Soares EDA. Nutritional status of vegetarian and omnivorous adolescent girls. Nutrition Research. 2001;21(5):689-702	Insufficient sample size <30; (n=24)
395. Méjean C, Traissac P, Eymard-Duvernay S, El Ati J, Delpeuch F, Maire B. Diet quality of North African migrants in France partly explains their lower prevalence of diet-related chronic conditions relative to their native French peers. J Nutr. 2007 Sep;137(9):2106-13. PMID: 17709450	Cross-sectional
396. Mekki N, Dubois C, Charbonnier M, Cara L, Senft M, Pauli AM, Portugal H, Gassin AL, Lafont H, Lairon D. Effects of lowering fat and increasing dietary fiber on fasting and postprandial plasma lipids in hypercholesterolemic subjects consuming a mixed Mediterranean-Western diet. Am J Clin Nutr. 1997 Dec;66(6):1443-51. PMID: 9394698	Interventions were low fat and high or low fibers; dependent variables were fasting and postprandial lipids
397. Melby CL, Goldflies DG, Hyner GC, Lyle RM. Relation between vegetarian/nonvegetarian diets and blood pressure in black and white adults. Am J Public Health. 1989 Sep;79(9):1283-8. PMID: 2764208	Cross-sectional
398. Melby CL, Goldflies DG, Toohey ML. Blood pressure differences in older black and white long-term vegetarians and nonvegetarians. J Am Coll Nutr. 1993 Jun;12(3):262-9. Erratum in: J Am Coll Nutr 1993 Dec;12(6):followi. PMID: 8409080	Cross-sectional
399. Mellen PB, Liese AD, Tooze JA, Vitolins MZ, Wagenknecht LE, Herrington DM. Whole-grain intake and carotid artery atherosclerosis in a multiethnic cohort: the Insulin Resistance Atherosclerosis Study. Am J Clin Nutr. 2007 Jun;85(6):1495-502. PMID: 17556684	Independent variable was whole-grain intake
400. Mellin AE, Neumark-Sztainer D, Patterson J, Sockalosky J. Unhealthy weight management behavior among adolescent girls with type 1 diabetes mellitus: the role of familial eating patterns and weight-related concerns. J Adolesc Health. 2004 Oct;35(4):278-89. PMID: 15450541	Subjects diagnosed with type 1 diabetes
401. Mendez MA, Popkin BM, Jakszyn P, Berenguer A, Tormo MJ, Sanchéz	Index/score methodology

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
MJ, Quirós JR, Pera G, Navarro C, Martinez C, Larrañaga N, Dorronsoro M, Chirlaque MD, Barricarte A, Ardanaz E, Amiano P, Agudo A, González CA. Adherence to a Mediterranean diet is associated with reduced 3-year incidence of obesity. J Nutr. 2006 Nov;136(11):2934-8. PMID: 17056825	
402. Mesías M, Seiquer I, Muñoz-Hoyos A, Galdó G, Navarro MP. The beneficial effect of Mediterranean dietary patterns on dietary iron utilization in male adolescents aged 11-14 years. Int J Food Sci Nutr. 2009;60 Suppl 7:355-68. PMID: 19763992	Dependent variable was iron utilization; insufficient sample size <30
403. Michalsen A, Lehmann N, Pithan C, Knoblauch NT, Moebus S, Kannenberg F, Binder L, Budde T, Dobos GJ. Mediterranean diet has no effect on markers of inflammation and metabolic risk factors in patients with coronary artery disease. Eur J Clin Nutr. 2006 Apr;60(4):478-85. PMID: 16306923	Dependent variables were inflammatory markers and metabolic risk
404. Mikkilä V, Räsänen L, Raitakari OT, Marniemi J, Pietinen P, Rönnemaa T, Viikari J. Major dietary patterns and cardiovascular risk factors from childhood to adulthood. The Cardiovascular Risk in Young Finns Study. Br J Nutr. 2007 Jul;98(1):218-25. Epub 2007 Mar 19. PMID: 17367571	Cross-sectional
405. Milias GA, Panagiotakos DB, Pitsavos C, Xenaki D, Panagopoulos G, Stefanadis C. Prevalence of self-reported hypercholesterolaemia and its relation to dietary habits, in Greek adults; a national nutrition & health survey. Lipids Health Dis. 2006 Mar 12;5:5. PMID: 16529663	Cross-sectional
406. Mirmiran P, Hosseini-Esfahanil F, Jessri M, Mahan LK, Shiva N, Azizis F. Does dietary intake by Tehranian adults align with the 2005 dietary guidelines for Americans? Observations from the Tehran lipid and glucose study. J Health Popul Nutr. 2011 Feb;29(1):39-52. PMID: 21528789	Cross-sectional
407. Mirmiran P, Noori N, Azizi F. A prospective study of determinants of the metabolic syndrome in adults. Nutr Metab Cardiovasc Dis. 2008 Oct;18(8):567-73. Epub 2008 Feb 20. PMID: 18068961	Independent variables were carbohydrate and fat intake
408. Miura K, Nakagawa H, Ueshima H, Okayama A, Saitoh S, Curb JD, Rodriguez BL, Sakata K, Okuda N, Yoshita K, Stamler J; INTERMAP Research Group; INTERLIPID Research Group. Dietary factors related to higher plasma fibrinogen levels of Japanese-americans in hawaii compared with Japanese in Japan. Arterioscler Thromb Vasc Biol. 2006 Jul;26(7):1674-9. Epub 2006 May 4. PMID: 16675719	Dependent variable was plasma fibrinogen
409. Molenaar EA, Massaro JM, Jacques PF, Pou KM, Ellison RC, Hoffmann U, Pencina K, Shadwick SD, Vasan RS, O'Donnell CJ, Fox CS. Association of lifestyle factors with abdominal subcutaneous and visceral adiposity: the Framingham Heart Study. Diabetes Care. 2009 Mar;32(3):505-10. Epub 2008 Dec 15. PMID: 19074991	Cross-sectional
410. Moore LL, Singer MR, Bradlee ML, Djoussé L, Proctor MH, Cupples LA, Ellison RC. Intake of fruits, vegetables, and dairy products in early childhood and subsequent blood pressure change. Epidemiology. 2005 Jan;16(1):4-11. PMID: 15613939	Dependent variable was blood pressure
411. Morenga LT, Williams S, Brown R, Mann J. Effect of a relatively high-protein, high-fiber diet on body composition and metabolic risk factors in overweight women. Eur J Clin Nutr. 2010 Nov;64(11):1323-31. Epub 2010 Sep 15. PMID: 20842168	Independent variable was high pro high fiber diet

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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412. Moreno LA, González-Gross M, Kersting M, Molnár D, de Henauw S, Beghin L, Sjöström M, Hagströmer M, Manios Y, Gilbert CC, Ortega FB, Dallongeville J, Arcella D, Wärnberg J, Hallberg M, Fredriksson H, Maes L, Widhalm K, Kafatos AG, Marcos A; HELENA Study Group. Assessing, understanding and modifying nutritional status, eating habits and physical activity in European adolescents: the HELENA (Healthy Lifestyle in Europe by Nutrition in Adolescence) Study. Public Health Nutr. 2008 Mar;11(3):288-99. Epub 2007 Jul 6. PMID: 17617932	Narrative review of eating behaviors and physical activity
413. Morey MC, Snyder DC, Sloane R, Cohen HJ, Peterson B, Hartman TJ, Miller P, Mitchell DC, Demark-Wahnefried W. Effects of home-based diet and exercise on functional outcomes among older, overweight long-term cancer survivors: RENEW: a randomized controlled trial. JAMA. 2009 May 13;301(18):1883-91. PMID: 19436015	Indepent variable was an education program
414. Moriguchi EH, Moriguchi Y, Yamori Y. Impact of diet on the cardiovascular risk profile of Japanese immigrants living in Brazil: contributions of World Health Organization CARDIAC and MONALISA studies. Clin Exp Pharmacol Physiol. 2004 Dec;31 Suppl 2:S5-7. PMID: 18254187	Cross-sectional
415. Mulasi-Pokhriyal U, Smith C, Franzen-Castle L. Investigating dietary acculturation and intake among US-born and Thailand/Laos-born Hmong-American children aged 9-18 years. Public Health Nutr. 2011 Aug 2:1-10. [Epub ahead of print] PMID: 21806862	Cross-sectional
416. Munn MA, Stavro GM, Klump KL. Lack of seasonal variation in eating attitudes and behaviours among female college students. European Eating Disorders Review. 2005;13(2):101-5	Does not examine relationship between dietary patterns and body weight measure
417. Musingo MN, Wang L. Analysis of eating habits according to socio-demographic characteristics of college students. Pakistan Journal of Nutrition. 2009;8(10):1575-80	Cross-sectional
418. Musso G, Gambino R, De Michieli F, Cassader M, Rizzetto M, Durazzo M, Fagà E, Silli B, Pagano G. Dietary habits and their relations to insulin resistance and postprandial lipemia in nonalcoholic steatohepatitis. Hepatology. 2003 Apr;37(4):909-16. PMID: 12668986	Subjects had NASH (non-alcoholic steatohepatitis)
419. Nafar M, Noori N, Jalali-Farahani S, Hosseinpanah F, Poorrezagholi F, Ahmadpoor P, Samadian F, Firouzan A, Einollahi B. Mediterranean diets are associated with a lower incidence of metabolic syndrome one year following renal transplantation. Kidney Int. 2009 Dec;76(11):1199-206. Epub 2009 Sep 9. PMID: 19741589	Subjects were renal transplant patients
420. Naja F, Nasreddine L, Itani L, Adra N, Sibai AM, Hwalla N. Association between dietary patterns and the risk of metabolic syndrome among Lebanese adults. Eur J Nutr. 2011 Dec 23. [Epub ahead of print] PMID: 22193708	Cross-sectional
421. Naja F, Nasreddine L, Itani L, Chamieh MC, Adra N, Sibai AM, Hwalla N. Dietary patterns and their association with obesity and sociodemographic factors in a national sample of Lebanese adults. Public Health Nutr. 2011 Sep;14(9):1570-8. Epub 2011 May 4. PMID: 21557871	Cross-sectional
422. Nakade M, Lee JS, Kawakubo K, Kondo K, Mori K, Akabayashi A. Changes in food intake patterns associated with body weight loss during a 12-week health promotion program and a 9-month follow-up period in a	Study considered in systematic review question on clusuter analysis

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Japanese population. Obesity Research and Clinical Practice. 2009;3(2):85-98	
423. Nakamura Y, Ueshima H, Okuda N, Higashiyama A, Kita Y, Kadowaki T, Okamura T, Murakami Y, Okayama A, Choudhury SR, Rodriguez B, Curb JD, Stamler J; INTERLIPID Research Group. Relation of dietary and other lifestyle traits to difference in serum adiponectin concentration of Japanese in Japan and Hawaii: the INTERLIPID Study. Am J Clin Nutr. 2008 Aug;88(2):424-30. PMID: 18689379	Cross-sectional
424. Nanri H, Nakamura K, Hara M, Higaki Y, Imaizumi T, Taguchi N, Sakamoto T, Horita M, Shinchi K, Tanaka K. Association between dietary pattern and serum C-reactive protein in Japanese men and women. J Epidemiol. 2011 Mar 5;21(2):122-31. Epub 2011 Feb 12. PMID: 21325731	Cross-sectional
425. Nasreddine L, Hwalla N, Sibai A, Hamzé M, Parent-Massin D. Food consumption patterns in an adult urban population in Beirut, Lebanon. Public Health Nutr. 2006 Apr;9(2):194-203. PMID: 16571173	Cross-sectional
426. Nathan I, Hackett AF, Kirby S. A longitudinal study of the growth of matched pairs of vegetarian and omnivorous children, aged 7-11 years, in the north-west of England. Eur J Clin Nutr. 1997 Jan;51(1):20-5. PMID: 9023462	Cross-sectional
427. Nelson MC, Lust K, Story M, Ehlinger E. Alcohol use, eating patterns, and weight behaviors in a university population. Am J Health Behav. 2009 May-Jun;33(3):227-37. PMID: 19063644	Cross-sectional
428. Neslişah R, Emine AY. Energy and nutrient intake and food patterns among Turkish university students. Nutr Res Pract. 2011 Apr;5(2):117-23. Epub 2011 Apr 23. PMID: 21556225	Independent variables are nutritional values of each meal and snack
429. Nicklas TA, Demory-Luce D, Yang SJ, Baranowski T, Zakeri I, Berenson G. Children's food consumption patterns have changed over two decades (1973-1994): The Bogalusa heart study. J Am Diet Assoc. 2004 Jul;104(7):1127-40. PMID: 15215772	Cross-sectional
430. Nicklas TA, O'Neil CE. Dietary Intake of Children over Two Decades in a Community and an Approach for Modification. Evolution of cardio-metabolic risk from birth to middle age: the bogalusa heart study. 2011. doi: 10.1007/978-94-007-1451-9_12	Not an original research article
431. Nicklas TA, Yang SJ, Baranowski T, Zakeri I, Berenson G. Eating patterns and obesity in children. The Bogalusa Heart Study. Am J Prev Med. 2003 Jul;25(1):9-16. PMID: 12818304	Cross-sectional
432. Nisar N, Qadri MH, Fatima K, Perveen S. Dietary habits and life style among the students of a private medical university Karachi. J Pak Med Assoc. 2009 Feb;59(2):98-101. PMID: 19260574	Pakistan classified as “low” on Human Development Index (HDI)
433. Nisar N, Qadri MH, Fatima K, Perveen S. Dietary habits and life style among the students of a private medical university Karachi. J Pak Med Assoc. 2008 Dec;58(12):687-90. PMID: 19157323	Pakistan classified as “low” on Human Development Index (HDI)
434. Nishizawa Y, Kida K, Nishizawa K, Saito K, Mita R. Eating patterns, weight status and egogram characteristics among Japanese pupils. Environ Health Prev Med. 1998 Jul;3(2):96-101. PMID: 21432517	Cross-sectional
435. Noh HY, Song YJ, Lee JE, Joung H, Park MK, Li SJ, Paik HY. Dietary patterns are associated with physical growth among school girls aged 9-11 years. Nutr Res Pract. 2011 Dec;5(6):569-77. Epub 2011 Dec 31. PMID:	Study included in systematic review on reduced rank regression

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
22259683	
436. Nordmann AJ, Suter-Zimmermann K, Bucher HC, Shai I, Tuttle KR, Estruch R, Briel M. Meta-analysis comparing Mediterranean to low-fat diets for modification of cardiovascular risk factors. Am J Med. 2011 Sep;124(9):841-51.e2. PMID: 21854893	Meta-analysis
437. Noto D, Barbagallo CM, Cefalù AB, Falletta A, Sapienza M, Cavera G, Amato S, Pagano M, Maggiore M, Carroccio A, Notarbartolo A, Averna MR. The metabolic syndrome predicts cardiovascular events in subjects with normal fasting glucose: results of a 15 years follow-up in a Mediterranean population. Atherosclerosis. 2008 Mar;197(1):147-53. Epub 2007 Apr 26. PMID: 17466306	Dependent variable was CVD events
438. Nova E, Varela P, López-Vidriero I, Toro O, Ceñal MJ, Casas J, Marcos A. A one-year follow-up study in anorexia nervosa. Dietary pattern and anthropometrical evolution. Eur J Clin Nutr. 2001 Jul;55(7):547-54. PMID: 11464228	Subjects had anorexia nervosa
439. O'Connell JM, Dibley MJ, Sierra J, Wallace B, Marks JS, Yip R. Growth of vegetarian children: The Farm Study. Pediatrics. 1989 Sep;84(3):475-81. PMID: 2771551	Cross-sectional
440. Oellingrath IM, Svendsen MV, Brantsaeter AL. Tracking of eating patterns and overweight - a follow-up study of Norwegian schoolchildren from middle childhood to early adolescence. Nutr J. 2011 Oct 6;10:106. PMID: 21978299	Cross-sectional
441. O'Keefe SJ, Ndaba N, Woodward A. Relationship between nutritional status, dietary intake patterns and plasma lipoprotein concentrations in rural black South Africans. Hum Nutr Clin Nutr. 1985 Sep;39(5):335-41. PMID: 4055424	Dependent variables were plasma lipoprotein concentrations
442. Oladapo OO, Salako L, Sodiq O, Shoyinka K, Adedapo K, Falase AO. A prevalence of cardiometabolic risk factors among a rural Yoruba south-western Nigerian population: a population-based survey. Cardiovasc J Afr. 2010 Jan-Feb;21(1):26-31. PMID: 20224842	Nigeria classified as “low” on Human Development Index (HDI)
443. Olinto MT, Gigante DP, Horta B, Silveira V, Oliveira I, Willett W. Major dietary patterns and cardiovascular risk factors among young Brazilian adults. Eur J Nutr. 2012 Apr;51(3):281-91. Epub 2011 Jun 17. PMID: 21681439	Cross-sectional
444. Ortega RM, Rodríguez-Rodríguez E, Aparicio A, Marín-Arias LI, López-Sobaler AM. Responses to two weight-loss programs based on approximating the diet to the ideal: differences associated with increased cereal or vegetable consumption. Int J Vitam Nutr Res. 2006 Nov;76(6):367-76. PMID: 17607956	Insufficient sample size <30
445. Overby NC, Flaaten V, Veierød MB, Bergstad I, Margeirsdottir HD, Dahl-Jørgensen K, Andersen LF. Children and adolescents with type 1 diabetes eat a more atherosclerosis-prone diet than healthy control subjects. Diabetologia. 2007 Feb;50(2):307-16. Epub 2006 Nov 29. PMID: 17136391	Cross-sectional, subjects with type 1 diabetes
446. Overby NC, Margeirsdottir HD, Brunborg C, Andersen LF, Dahl-Jørgensen K. The influence of dietary intake and meal pattern on blood glucose control in children and adolescents using intensive insulin treatment. Diabetologia. 2007 Oct;50(10):2044-51. Epub 2007 Aug 9. PMID: 17687538	Cross-sectional, subjects with type 1 diabetes
447. Panagiotakos D, Bountziouka V, Zeimbekis A, Vlachou I, Polychronopoulos E. Food pattern analysis and prevalence of cardiovascular	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
disease risk factors among elderly people from Mediterranean islands. J Med Food. 2007 Dec;10(4):615-21. PMID: 18158831	
448. Panagiotakos DB, Chrysohoou C, Pitsavos C, Stefanadis C. Association between the prevalence of obesity and adherence to the Mediterranean diet: the ATTICA study. Nutrition. 2006 May;22(5):449-56. Epub 2006 Feb 2. PMID: 16457990	Cross-sectional
449. Panagiotakos DB, Pitsavos C, Chrysohoou C, Vlismas K, Skoumas Y, Palliou K, Stefanadis C. Dietary habits mediate the relationship between socio-economic status and CVD factors among healthy adults: the ATTICA study. Public Health Nutr. 2008 Dec;11(12):1342-9. Epub 2008 Jul 11. PMID: 18616850	Does not examine the relationship between dietary patterns and measures of body weight
450. Panagiotakos DB, Polystipioti A, Papairakleous N, Polychronopoulos E. Long-term adoption of a Mediterranean diet is associated with a better health status in elderly people; a cross-sectional survey in Cyprus. Asia Pac J Clin Nutr. 2007;16(2):331-7. PMID: 17468091	Cross-sectional
451. Panagiotakos DB, Rallidis LS, Katsiotis E, Pitsavos C, Stefanadis C, Kremastinos DT. Background dietary habits are strongly associated with the development of myocardial infarction at young ages: A case-control study. e-SPEN. 2008;3(6):e328-e34	Dependent variable is myocardial infarction
452. Panagiotakos DB, Tzima N, Pitsavos C, Chrysohoou C, Zampelas A, Toussoulis D, Stefanadis C. The association between adherence to the Mediterranean diet and fasting indices of glucose homoeostasis: the ATTICA Study. J Am Coll Nutr. 2007 Feb;26(1):32-8. PMID: 17353581	Dependent variable is glucose homeostasis
453. Panagiotakos DB, Zeimbekis A, Boutziouka V, Economou M, Kourlaba G, Toutouzas P, Polychronopoulos E. Long-term fish intake is associated with better lipid profile, arterial blood pressure, and blood glucose levels in elderly people from Mediterranean islands (MEDIS epidemiological study). Med Sci Monit. 2007 Jul;13(7):CR307-12. PMID: 17599024	Independent variable was fish consumption
454. Paniagua JA, Gallego de la Sacristana A, Romero I, Vidal-Puig A, Latre JM, Sanchez E, Perez-Martinez P, Lopez-Miranda J, Perez-Jimenez F. Monounsaturated fat-rich diet prevents central body fat distribution and decreases postprandial adiponectin expression induced by a carbohydrate-rich diet in insulin-resistant subjects. Diabetes Care. 2007 Jul;30(7):1717-23. Epub 2007 Mar 23. PMID: 17384344	Insufficient sample size <30; (n=11)
455. Panunzio MF, Caporizzi R, Antoniciello A, Cela EP, Ferguson LR, D'Ambrosio P. Randomized, controlled nutrition education trial promotes a Mediterranean diet and improves anthropometric, dietary, and metabolic parameters in adults. Ann Ig. 2011 Jan-Feb;23(1):13-25. PMID: 21736003	Examined Mediteranean Adherence Index; excluded from index/score question (attrition > 20%; Mediteranean diet was dependent, not independent variable)
456. Papandreou C, Schiza SE, Bouloukaki I, Hatzis CM, Kafatos AG, Siafakas NM, Tzanakis NE. Effect of mediterranean diet vs prudent diet combined with physical activity on OSAS: a randomised trial. Eur Respir J. 2011 Oct 27. [Epub ahead of print] PMID: 22034645	Insufficient sample size <30; (n=20 per group)

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
457. Papas MA, Hurley KM, Quigg AM, Oberlander SE, Black MM. Low-income, African American adolescent mothers and their toddlers exhibit similar dietary variety patterns. J Nutr Educ Behav. 2009 Mar-Apr;41(2):87-94. PMID: 19304253	Compared mother toddler dietary variety
458. Paradis AM, Pérusse L, Vohl MC. Dietary patterns and associated lifestyles in individuals with and without familial history of obesity: a cross-sectional study. Int J Behav Nutr Phys Act. 2006 Oct 31;3:38. PMID: 17076904	Cross-sectional
459. Park HS, Yim KS, Cho SI. Gender differences in familial aggregation of obesity-related phenotypes and dietary intake patterns in Korean families. Ann Epidemiol. 2004 Aug;14(7):486-91. PMID: 15301785	Cross-sectional
460. Park SY, Murphy SP, Sharma S, Kolonel LN. Dietary intakes and health-related behaviours of Korean American women born in the USA and Korea: the Multiethnic Cohort Study. Public Health Nutr. 2005 Oct;8(7):904-11. PMID: 16277807	Cross-sectional
461. Pawlak R, Sovyanhadi M. Prevalence of overweight and obesity among Seventh-day Adventist African American and Caucasian college students. Ethn Dis. 2009 Spring;19(2):111-4. PMID: 19537219	Cross-sectional
462. Peltzer K. Healthy dietary practices among black and white South Africans. Ethn Dis. 2002 Summer;12(3):336-41. PMID: 12148704	Cross-sectional
463. Pereira MA, Kartashov AI, Ebbeling CB, Van Horn L, Slattery ML, Jacobs DR Jr, Ludwig DS. Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis. Lancet. 2005 Jan 1-7;365(9453):36-42. Erratum in: Lancet. 2005 Mar 16;365(9464):1030. PMID: 15639678	Independent variable was visits to fast food restaurants
464. Pérez-Guisado J, Muñoz-Serrano A. A pilot study of the Spanish Ketogenic Mediterranean Diet: an effective therapy for the metabolic syndrome. J Med Food. 2011 Jul-Aug;14(7-8):681-7. Epub 2011 May 25. PMID: 21612461	Intervention was ketogenic diet
465. Perry CL, Mcguire MT, Neumark-Sztainer D, Story M. Characteristics of vegetarian adolescents in a multiethnic urban population. J Adolesc Health. 2001 Dec;29(6):406-16. PMID: 11728890	Cross-sectional
466. Pérusse-Lachance E, Tremblay A, Drapeau V. Lifestyle factors and other health measures in a Canadian university community. Appl Physiol Nutr Metab. 2010 Aug;35(4):498-506. PMID: 20725116	Cross-sectional
467. Pettinger C, Holdsworth M, Gerber M. Meal patterns and cooking practices in Southern France and Central England. Public Health Nutr. 2006 Dec;9(8):1020-6. PMID: 17125566	Cross-sectional
468. Pham TM, Fujino Y, Tokui N, Ide R, Kubo T, Shirane K, Mizoue T, Ogimoto I, Yoshimura T. Mortality and risk factors for stroke and its subtypes in a cohort study in Japan. Prev Med. 2007 Jun;44(6):526-30. Epub 2007 Feb 23. PMID: 17376522	Examined stroke and mortality risk, not dietary patterns
469. Phillips S, Jacobs Starkey L, Gray-Donald K. Food habits of Canadians: food sources of nutrients for the adolescent sample. Can J Diet Pract Res. 2004 Summer;65(2):81-4. PMID: 15217526	Cross-sectional
470. Pino-Ortega J, De la Cruz-Sánchez E, Martínez-Santos R. Health-related fitness in school children: compliance with physical activity recommendations	Does not examine relationship between dietary

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
and its relationship with body mass index and diet quality. Arch Latinoam Nutr. 2010 Dec;60(4):374-9. PMID: 21866688	patterns and body weight measure
471. Pitsavos C, Panagiotakos DB, Chrysohoou C, Papaioannou I, Papadimitriou L, Tousoulis D, Stefanadis C, Toutouzas P. The adoption of Mediterranean diet attenuates the development of acute coronary syndromes in people with the metabolic syndrome. Nutr J. 2003 Mar 19;2:1. PMID: 12740043	Case control study; dependent variable was coronary risk
472. Polidori MC, Pratico D, Mangialasche F, Mariani E, Aust O, Anlasik T, et al. Hiigh fruit and vegetable intake is positively correlated with antioxidant status and cognitive performance in healthy subjects. Journal of Alzheimer's Disease. 2009;17(4):921-7	Does not examine relationship between dietary patterns and body weight measure
473. Posner BM, Franz MM, Quatromoni PA, Gagnon DR, Sytkowski PA, D'Agostino RB, Cupples LA. Secular trends in diet and risk factors for cardiovascular disease: the Framingham Study. J Am Diet Assoc. 1995 Feb;95(2):171-9. PMID: 7852683	Cross-sectional
474. Pounis GD, Tyrovolas S, Antonopoulou M, Zeimbekis A, Anastasiou F, Bountztiouka V, Metallinos G, Gotsis E, Lioliou E, Polychronopoulos E, Lionis C, Panagiotakos DB. Long-term animal-protein consumption is associated with an increased prevalence of diabetes among the elderly: the Mediterranean Islands (MEDIS) study. Diabetes Metab. 2010 Dec;36(6 Pt 1):484-90. PMID: 20888279	Cross-sectional
475. Provencher V, Drapeau V, Tremblay A, Després JP, Bouchard C, Lemieux S; Québec Family Study. Eating behaviours, dietary profile and body composition according to dieting history in men and women of the Québec Family Study. Br J Nutr. 2004 Jun;91(6):997-1004. PMID: 15182403	Cross-sectional
476. Provencher V, Drapeau V, Tremblay A, Després JP, Lemieux S. Eating behaviors and indexes of body composition in men and women from the Québec family study. Obes Res. 2003 Jun;11(6):783-92. PMID: 12805400	Dependent variables are behavioral
477. Qotba H, Al-Isa AN. Anthropometric measurements and dietary habits of schoolchildren in Qatar. Int J Food Sci Nutr. 2007 Feb;58(1):1-5. PMID: 17415951	Cross-sectional
478. Qotba H, Al-Isa AN. Anthropometric measuremnets and dietary habits of schoolchildren in Qatar. International Journal of Food Sciences and Nutrition. 2007;58(1):1-5	Cross-sectional
479. Quatromoni PA, Pencina M, Cobain MR, Jacques PF, D'Agostino RB. Dietary quality predicts adult weight gain: findings from the Framingham Offspring Study. Obesity (Silver Spring). 2006 Aug;14(8):1383-91. PMID: 16988081	Does not examine relationship between dietary patterns and body weight measure
480. Råberg Kjøllesdal MK, Hjellset VT, Bjørge B, Holmboe-Ottesen G, Wandel M. Intention to change dietary habits, and weight loss among Norwegian-Pakistani women participating in a culturally adapted intervention. J Immigr Minor Health. 2011 Dec;13(6):1150-8. PMID: 21082252	Intervention was education program; independent variable was Stage of Change
481. Radhika G, Sudha V, Mohan Sathya R, Ganesan A, Mohan V. Association of fruit and vegetable intake with cardiovascular risk factors in urban south Indians. Br J Nutr. 2008 Feb;99(2):398-405. Epub 2007 Aug 3. PMID: 17678569	Cross-sectional
482. Rankins J, Wortham J, Brown LL. Modifying soul food for the Dietary	Examined soul-food

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
Approaches to Stop Hypertension diet (DASH) plan: implications for metabolic syndrome (DASH of Soul). Ethn Dis. 2007 Summer;17(3 Suppl 4):S4-7-12. PMID: 17987695	modifications of DASH diet
483. Razquin C, Martinez JA, Martinez-Gonzalez MA, Bes-Rastrollo M, Fernández-Crehuet J, Marti A. A 3-year intervention with a Mediterranean diet modified the association between the rs9939609 gene variant in FTO and body weight changes. Int J Obes (Lond). 2010 Feb;34(2):266-72. Epub 2009 Nov 17. PMID: 19918250	Focus was influence of genetic variation on weight change on response to Mediteranean diet
484. Razquin C, Martinez JA, Martinez-Gonzalez MA, Fernández-Crehuet J, Santos JM, Marti A. A Mediterranean diet rich in virgin olive oil may reverse the effects of the -174G/C IL6 gene variant on 3-year body weight change. Mol Nutr Food Res. 2010 May;54 Suppl 1:S75-82. PMID: 20352618	Focus was influence of genetic variation on weight change response to Mediteranean diet
485. Razquin C, Martinez JA, Martinez-Gonzalez MA, Mitjavila MT, Estruch R, Marti A. A 3 years follow-up of a Mediterranean diet rich in virgin olive oil is associated with high plasma antioxidant capacity and reduced body weight gain. Eur J Clin Nutr. 2009 Dec;63(12):1387-93. Epub 2009 Aug 26. PMID: 19707219	Focus was influence of genetic variation on weight gain and plasma antioxidant capacity to Mediteranean diet
486. Reinehr T, Schaefer A, Winkel K, Finne E, Toschke AM, Kolip P. An effective lifestyle intervention in overweight children: findings from a randomized controlled trial on "Obeldicks light". Clin Nutr. 2010 Jun;29(3):331-6. Epub 2010 Jan 27. PMID: 20106567	Intervention was physical activity, nutrition education, and counseling
487. Riccardi G, Rivellese AA. Dietary treatment of the metabolic syndrome - the optimal diet. British journal of nutrition. 2000;83(Supplement 1)	Not an original research article
488. Richard C, Couture P, Desroches S, Benjannet S, Seidah NG, Lichtenstein AH, Lamarche B. Effect of the Mediterranean diet with and without weight loss on surrogate markers of cholesterol homeostasis in men with the metabolic syndrome. Br J Nutr. 2012 Mar;107(5):705-11. Epub 2011 Jul 26. PMID: 21787450	Outcomes were surrogate markers of cholesterol metabolism
489. Richards L. Vegetarian diet and type 2 diabetes. Nature Reviews Endocrinology. 2009;5(9):468	Dependent variable is type 2 diabetes
490. Richter A, Heidemann C, Schulze MB, Roosen J, Thiele S, Mensink GB. Dietary patterns of adolescents in Germany - Associations with nutrient intake and other health related lifestyle characteristics. BMC Pediatr. 2012 Mar 22;12(1):35. [Epub ahead of print] PMID: 22439777	Cross-sectional
491. Riebe D, Greene GW, Ruggiero L, Stillwell KM, Blissmer B, Nigg CR, Caldwell M. Evaluation of a healthy-lifestyle approach to weight management. Prev Med. 2003 Jan;36(1):45-54. PMID: 12473424	Does not examine relationship between dietary patterns and body weight measure
492. Riediger ND, Shooshtari S, Moghadasian MH. The influence of sociodemographic factors on patterns of fruit and vegetable consumption in Canadian adolescents. J Am Diet Assoc. 2007 Sep;107(9):1511-8. PMID: 17761228	Cross-sectional
493. Rimm EB, Ascherio A, Giovannucci E, Spiegelman D, Stampfer MJ, Willett WC. Vegetable, fruit, and cereal fiber intake and risk of coronary heart disease among men. JAMA. 1996 Feb 14;275(6):447-51. PMID: 8627965	Independent variable was fiber intake; dependent variable was CVD risk

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
494. Ritchie LD. Less frequent eating predicts greater BMI and waist circumference in female adolescents. Am J Clin Nutr. 2012 Feb;95(2):290-6. Epub 2012 Jan 4. PMID: 22218154	Independent variables were meal and snack frequency
495. Rizzo NS, Sabaté J, Jaceldo-Siegl K, Fraser GE. Vegetarian dietary patterns are associated with a lower risk of metabolic syndrome: the adventist health study 2. Diabetes Care. 2011 May;34(5):1225-7. Epub 2011 Mar 16. PMID: 21411506	Cross-sectional
496. Roberts SB, Hajduk CL, Howarth NC, Russell R, McCrory MA. Dietary variety predicts low body mass index and inadequate macronutrient and micronutrient intakes in community-dwelling older adults. J Gerontol A Biol Sci Med Sci. 2005 May;60(5):613-21. PMID: 15972614	Cross-sectional
497. Robinson-O'Brien R, Perry CL, Wall MM, Story M, Neumark-Sztainer D. Adolescent and young adult vegetarianism: better dietary intake and weight outcomes but increased risk of disordered eating behaviors. J Am Diet Assoc. 2009 Apr;109(4):648-55. PMID: 19328260	Cross-sectional
498. Rodríguez-Artalejo F, Garcés C, Gorgojo L, López García E, Martín-Moreno JM, Benavente M, del Barrio JL, Rubio R, Ortega H, Fernández O, de Oya M; Investigators of the Four Provinces Study. Dietary patterns among children aged 6-7 y in four Spanish cities with widely differing cardiovascular mortality. Eur J Clin Nutr. 2002 Feb;56(2):141-8. PMID: 11857047	Cross-sectional
499. Roh Ryu H, Lyle RM, McCabe GP. Factors associated with weight concerns and unhealthy eating patterns among young Korean females. Eating Disorders. 2003;11(2):129-41	Cross-sectional
500. Romaguera D, Norat T, Vergnaud AC, Mouw T, May AM, Agudo A, Buckland G, Slimani N, Rinaldi S, Couto E, Clavel-Chapelon F, Boutron-Ruault MC, Cottet V, Rohrmann S, Teucher B, Bergmann M, Boeing H, Tjønneland A, Halkjaer J, Jakobsen MU, Dahm CC, Travier N, Rodriguez L, Sanchez MJ, Amiano P, Barricarte A, Huerta JM, Luan J, Wareham N, Key TJ, Spencer EA, Orfanos P, Naska A, Trichopoulou A, Palli D, Agnoli C, Mattiello A, Tumino R, Vineis P, Bueno-de-Mesquita HB, Büchner FL, Manjer J, Wirfält E, Johansson I, Hellstrom V, Lund E, Braaten T, Engeset D, Odysseos A, Riboli E, Peeters PH. Mediterranean dietary patterns and prospective weight change in participants of the EPIC-PANACEA project. Am J Clin Nutr. 2010 Oct;92(4):912-21. Epub 2010 Sep 1. PMID: 20810975	Included in index/score question
501. Romaguera D, Samman N, Rossi A, Miranda C, Pons A, Tur JA. Dietary patterns of the Andean population of Puna and Quebrada of Humahuaca, Jujuy, Argentina. Br J Nutr. 2008 Feb;99(2):390-7. Epub 2007 Aug 13. PMID: 17697401	Cross-sectional
502. Romanzini M, Pelegrini A, Petroski EL. Prevalence of abdominal obesity and associated factors in adolescents. Revista Paulista de Pediatria. 2011;29(4):546-52	Cross-sectional
503. Romieu I, Escamilla-Núñez MC, Sánchez-Zamorano LM, Lopez-Ridaura R, Torres-Mejía G, Yunes EM, Lajous M, Rivera-Dommarco JA, Lazcano-Ponce E. The association between body shape silhouette and dietary pattern among Mexican women. Public Health Nutr. 2011 Aug 30:1-10.	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
[Epub ahead of print] PMID: 21875454	
504. Rouse IL, Beilin LJ, Mahoney DP, Margetts BM, Armstrong BK, Record SJ, Vandongen R, Barden A. Nutrient intake, blood pressure, serum and urinary prostaglandins and serum thromboxane B2 in a controlled trial with a lacto-ovo-vegetarian diet. J Hypertens. 1986 Apr;4(2):241-50. PMID: 3011891	Did not include body weight measure as a dependent variable
505. Ruidavets JB, Bongard V, Dallongeville J, Arveiler D, Ducimetière P, Perret B, Simon C, Amouyel P, Ferrières J. High consumptions of grain, fish, dairy products and combinations of these are associated with a low prevalence of metabolic syndrome. J Epidemiol Community Health. 2007 Sep;61(9):810-7. PMID: 17699537	Cross-sectional, independent variables are food groups; dependent variable is insulin resistance syndrome
506. Sabaté J, Lindsted KD, Harris RD, Sanchez A. Attained height of lacto-ovo vegetarian children and adolescents. Eur J Clin Nutr. 1991 Jan;45(1):51-8. PMID: 1855500	Cross-sectional
507. Sabaté J, Wien M. Vegetarian diets and childhood obesity prevention. Am J Clin Nutr. 2010 May;91(5):1525S-1529S. Epub 2010 Mar 17. PMID: 20237136	Narrative review
508. Sacks FM, Appel LJ, Moore TJ, Obarzanek E, Vollmer WM, Svetkey LP, Bray GA, Vogt TM, Cutler JA, Windhauser MM, Lin PH, Karanja N. A dietary approach to prevent hypertension: a review of the Dietary Approaches to Stop Hypertension (DASH) Study. Clin Cardiol. 1999 Jul;22(7 Suppl):III6-10. PMID: 10410299	Dependent variable was blood pressure
509. Salas-Salvadó J, Fernández-Ballart J, Ros E, Martínez-González MA, Fitó M, Estruch R, Corella D, Fiol M, Gómez-Gracia E, Arós F, Flores G, Lapetra J, Lamuela-Raventós R, Ruiz-Gutiérrez V, Bulló M, Basora J, Covas MI; PREDIMED Study Investigators. Effect of a Mediterranean diet supplemented with nuts on metabolic syndrome status: one-year results of the PREDIMED randomized trial. Arch Intern Med. 2008 Dec 8;168(22):2449-58. PMID: 19064829	Dependent variable was metabolic syndrome
510. Salehi L, Mohammad K, Montazeri A. Fruit and vegetables intake among elderly Iranians: a theory-based interventional study using the five-a-day program. Nutr J. 2011 Nov 14;10:123. PMID: 22078240	Intervention was education program to increase fruit/vegetable intake
511. Samuelson G, Bratteby LE, Enghardt H, Hedgren M. Food habits and energy and nutrient intake in Swedish adolescents approaching the year 2000. Acta Paediatr Suppl. 1996 Sep;415:1-19. Erratum in: Acta Paediatr Suppl 1996 Nov;85(11):1392. PMID: 8955480	Cross-sectional
512. Sánchez-Taínta A, Estruch R, Bulló M, Corella D, Gómez-Gracia E, Fiol M, Algorta J, Covas MI, Lapetra J, Zazpe I, Ruiz-Gutiérrez V, Ros E, Martínez-González MA; PREDIMED group. Adherence to a Mediterranean-type diet and reduced prevalence of clustered cardiovascular risk factors in a cohort of 3,204 high-risk patients. Eur J Cardiovasc Prev Rehabil. 2008 Oct;15(5):589-93. PMID: 18830087	Cross-sectional
513. Sánchez-Villegas A, Bes-Rastrollo M, Martínez-González MA, Serra-Majem L. Adherence to a Mediterranean dietary pattern and weight gain in a follow-up study: the SUN cohort. Int J Obes (Lond). 2006 Feb;30(2):350-8. PMID: 16231028	Examined Mediteranean Diet Index
514. Sanders TA, Purves R. An anthropometric and dietary assessment of the	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
nutritional status of vegan preschool children. J Hum Nutr. 1981 Oct;35(5):349-57. PMID: 7288184	
515. Sandström B, Marckmann P, Bindslev N. An eight-month controlled study of a low-fat high-fibre diet: effects on blood lipids and blood pressure in healthy young subjects. Eur J Clin Nutr. 1992 Feb;46(2):95-109. PMID: 1313761	Intervention was a low-fat, high fiber diet; dependent variables were blood lipids and blood pressure
516. Sanlier N, Unusan N. Dietary habits and body composition of Turkish university students. Pakistan Journal of Nutrition. 2007;6(4):332-8	Cross-sectional
517. Sarri K, Linardakis M, Codrington C, Kafatos A. Does the periodic vegetarianism of Greek Orthodox Christians benefit blood pressure? Prev Med. 2007 Apr;44(4):341-8. Epub 2006 Dec 19. PMID: 17184829	Dependent variable was blood pressure
518. Satalić Z, Barić IC, Keser I, Marić B. Evaluation of diet quality with the mediterranean dietary quality index in university students. Int J Food Sci Nutr. 2004 Dec;55(8):589-97. PMID: 16019303	Cross-sectional
519. Savoye M, Shaw M, Dziura J, Tamborlane WV, Rose P, Guandalini C, Goldberg-Gell R, Burgert TS, Cali AM, Weiss R, Caprio S. Effects of a weight management program on body composition and metabolic parameters in overweight children: a randomized controlled trial. JAMA. 2007 Jun 27;297(24):2697-704. PMID: 17595270	Intervention was a weight management program
520. Schröder H, Fïto M, Covas MI; REGICOR investigators. Association of fast food consumption with energy intake, diet quality, body mass index and the risk of obesity in a representative Mediterranean population. Br J Nutr. 2007 Dec;98(6):1274-80. Epub 2007 Jul 12. PMID: 17625027	Cross-sectional, Does not examine relationship between dietary patterns and measures of body weight
521. Schröder H, Marrugat J, Covas MI. High monetary costs of dietary patterns associated with lower body mass index: a population-based study. Int J Obes (Lond). 2006 Oct;30(10):1574-9. Epub 2006 Mar 21. PMID: 16552405	Cross-sectional
522. Schröder H, Marrugat J, Vila J, Covas MI, Elosua R. Adherence to the traditional mediterranean diet is inversely associated with body mass index and obesity in a spanish population. J Nutr. 2004 Dec;134(12):3355-61. PMID: 15570037	Cross-sectional
523. Schusdziarra V, Hausmann M, Wiedemann C, Hess J, Barth C, Wagenpfeil S, Erdmann J. Successful weight loss and maintenance in everyday clinical practice with an individually tailored change of eating habits on the basis of food energy density. Eur J Nutr. 2011 Aug;50(5):351-61. Epub 2010 Dec 1. PMID: 21120658	Independent variable was energy density
524. Schwingel A, Nakata Y, Ito LS, Chodzko-Zajko WJ, Erb CT, Shigematsu R, Oba-Shinjo SM, Matsuo T, Shinjo SK, Uno M, Marie SK, Tanaka K. Central obesity and health-related factors among middle-aged men: a comparison among native Japanese and Japanese-Brazilians residing in Brazil and Japan. J Physiol Anthropol. 2007 May;26(3):339-47. PMID: 17641453	Cross-sectional
525. Sechena R, Liao S, Lorenzana R, Nakano C, Polissar N, Fenske R. Asian American and Pacific Islander seafood consumption -- a community-based study in King County, Washington. J Expo Anal Environ Epidemiol. 2003 Jul;13(4):256-66. PMID: 12923552	Cross-sectional
526. Seguí-Gómez M, de la Fuente C, Vázquez Z, de Irala J, Martínez-González MA. Cohort profile: the 'Seguimiento Universidad de Navarra' (SUN)	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
study. Int J Epidemiol. 2006 Dec;35(6):1417-22. Epub 2006 Oct 22. No abstract available. PMID: 17060332	
527. Sepulveda A, Carrobles JA, Gandarillas AM. Associated factors of unhealthy eating patterns among Spanish university students by gender. Span J Psychol. 2010 May;13(1):364-75. PMID: 20480703	Cross-sectional
528. Serra-Majem L, García-Closas R, Ribas L, Pérez-Rodrigo C, Aranceta J. Food patterns of Spanish schoolchildren and adolescents: The enKid Study. Public Health Nutr. 2001 Dec;4(6A):1433-8. PMID: 11918496	Cross-sectional
529. Shah M, Adams-Huet B, Garg A. Effect of high-carbohydrate or high-cis-monounsaturated fat diets on blood pressure: a meta-analysis of intervention trials. Am J Clin Nutr. 2007 May;85(5):1251-6. PMID: 17490960	Meta-analysis of high carb vs. high mufa interventions
530. Shai I, Schwarzfuchs D, Henkin Y, Shahar DR, Witkow S, Greenberg I, et al. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. New England Journal of Medicine. 2008;359(3):229-41	Kcal level of Mediterranean diet group was at 1,500 (minimum is 1,600 for woman and 2,000 for men)
531. Shang P, Shu Z, Wang Y, Li N, Du S, Sun F, Xia Y, Zhan S. Veganism does not reduce the risk of the metabolic syndrome in a Taiwanese cohort. Asia Pac J Clin Nutr. 2011;20(3):404-10. PMID: 21859659	Dependent variables were lipids and fasting glucose; body weight measure not mentioned in abstract
532. Sheikh N, Egeland GM, Johnson-Down L, Kuhnlein HV. Changing dietary patterns and body mass index over time in Canadian Inuit communities. Int J Circumpolar Health. 2011;70(5):511-9. Epub 2011 Dec 2. PMID: 22152598	Cross-sectional
533. Sheldon M, Gans KM, Tai R, George T, Lawson E, Pearlman DN. Availability, affordability, and accessibility of a healthful diet in a low-income community, Central Falls, Rhode Island, 2007-2008. Prev Chronic Dis. 2010 Mar;7(2):A43. Epub 2010 Feb 15. PMID: 20158971	Examined food cost and availability in a low-income Rhode Island community
534. Shenoy SF, Poston WS, Reeves RS, Kazaks AG, Holt RR, Keen CL, Chen HJ, Haddock CK, Winters BL, Khoo CS, Foreyt JP. Weight loss in individuals with metabolic syndrome given DASH diet counseling when provided a low sodium vegetable juice: a randomized controlled trial. Nutr J. 2010 Feb 23;9:8. PMID: 20178625	Independent variable was low sodium veg juice; all subjects were on DASH diet
535. Shi Z, Taylor AW, Hu G, Gill T, Wittert GA. Rice intake, weight change and risk of the metabolic syndrome development among Chinese adults: the Jiangsu Nutrition Study (JIN). Asia Pac J Clin Nutr. 2012;21(1):35-43. PMID: 22374558	Independent variable was rice intake
536. Shikany JM, Barash J, Redden DT, Westfall AO, Heimburger DC, Henson CS, et al. Divergence in popular diets relative to diets consumed by Americans, and implications for diet selection. MedGenMed Medscape General Medicine. 2007;9(3)	Did not include a measure of body weight in analyses
537. Shin A, Lim SY, Sung J, Shin HR, Kim J. Dietary intake, eating habits, and metabolic syndrome in Korean men. J Am Diet Assoc. 2009 Apr;109(4):633-40. PMID: 19328258	Cross-sectional
538. Shrewsbury VA, O'Connor J, Steinbeck KS, Stevenson K, Lee A, Hill AJ, et al. A randomised controlled trial of a community-based healthy lifestyle program for overweight and obese adolescents: The Loozit(registered	Independent variable is weight management

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
trademark) study protocol. BMC Public Health. 2009;9	
539. Shultz TD, Leklem JE. Dietary status of Seventh-day Adventists and nonvegetarians. J Am Diet Assoc. 1983 Jul;83(1):27-33. PMID: 6863780	Cross-sectional
540. Sieri S, Krogh V, Pala V, Muti P, Micheli A, Evangelista A, Tagliabue G, Berrino F. Dietary patterns and risk of breast cancer in the ORDET cohort. Cancer Epidemiol Biomarkers Prev. 2004 Apr;13(4):567-72. PMID: 15066921	Dependent variable was breast cancer risk
541. Silva KF, Prata A, Cunha DF. Frequency of metabolic syndrome and the food intake patterns in adults living in a rural area of Brazil. Rev Soc Bras Med Trop. 2011 Jul-Aug;44(4):425-9. PMID: 21860887	Cross-sectional
542. Singh RB, Niaz MA, Ghosh S. Effect on central obesity and associated disturbances of low-energy, fruit- and vegetable-enriched prudent diet in north Indians. Postgrad Med J. 1994 Dec;70(830):895-900. PMID: 7870637	Independent variables were fruit, vegetable, and legume intake; India is medium HDI country
543. Sit C, Yeung DL, He M, Anderson GH. The growth and feeding patterns of 9 to 12 month old Chinese Canadian infants. Nutrition Research. 2001;21(3):505-16	Cross-sectional
544. Skouteris H, McCabe M, Swinburn B, Hill B. Healthy eating and obesity prevention for preschoolers: a randomised controlled trial. BMC Public Health. 2010 Apr 28;10:220. PMID: 20426840	Description of planned RCT
545. Slattery ML, Schumacher MC, Hunt SC, Williams RR. The associations between family history of coronary heart disease, physical activity, dietary intake and body size. Int J Sports Med. 1993 Feb;14(2):93-9. PMID: 8463031	Independent variables are positive family hisotry of coronary heart disease and physical activity
546. Sobko T, Svensson V, Ek A, Ekstedt M, Karlsson H, Johansson E, Cao Y, Hagströmer M, Marcus C. A randomised controlled trial for overweight and obese parents to prevent childhood obesity--Early STOPP (STockholm Obesity Prevention Program). BMC Public Health. 2011 May 18;11:336. PMID: 21592388	Multifaceted long-term targeted health program; dietary pattern was not an independent variable
547. Soltero SM, Palacios C. Association between dietary patterns and body composition in a group or Puerto Rican obese adults: a pilot study. P R Health Sci J. 2011 Mar;30(1):22-7. PMID: 21449494	Cross-sectional
548. Song Y, Joung H. A traditional Korean dietary pattern and metabolic syndrome abnormalities. Nutr Metab Cardiovasc Dis. 2011 Jan 5. [Epub ahead of print] PMID: 21215606	Cross-sectional
549. Sontrop JM, Campbell MK, Evers SE, Speechley KN, Avison WR. Fish consumption among pregnant women in London, Ontario: associations with socio-demographic and health and lifestyle factors. Can J Public Health. 2007 Sep-Oct;98(5):389-94. PMID: 17985681	Cross-sectional
550. Soo KL, Wan AM, Abdul MH, Lee YY. Dietary practices among overweight and obese Chinese children in Kota Bharu, Kelantan. Malays J Nutr. 2011 Apr;17(1):87-95. PMID: 22135868	Cross-sectional
551. Spiller GA, Miller A, Olivera K, Reynolds J, Miller B, Morse SJ, Dewell A, Farquhar JW. Effects of plant-based diets high in raw or roasted almonds, or roasted almond butter on serum lipoproteins in humans. J Am Coll Nutr. 2003 Jun;22(3):195-200. PMID: 12805245	Independent variables were three forms of almonds
552. Srikumar TS, Källgård B, Ockerman PA, Akesson B. The effects of a 2-year switch from a mixed to a lactovegetarian diet on trace element status in	Insufficient sample size <30; dependent variables were

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
hypertensive subjects. Eur J Clin Nutr. 1992 Sep;46(9):661-9. PMID: 1396483	mineral and trace mineral status
553. St John M, Durant M, Campagna PD, Rehman LA, Thompson AM, Wadsworth LA, Murphy RJ. Overweight Nova Scotia children and youth: the roles of household income and adherence to Canada's Food Guide to Healthy Eating. Can J Public Health. 2008 Jul-Aug;99(4):301-6. PMID: 18767276	Cross-sectional
554. Stamler J, Dolecek TA, Grandits GA. Chapter 13. Relation of food and nutrient intakes to body mass in the special intervention and usual care groups in the Multiple Risk Factor Intervention Trial. American Journal of Clinical Nutrition. 1997;65(1 SUPPL.):366S-73S	Not an original research article
555. Steffes MW, Gross MD, Schreiner PJ, Yu X, Hilner JE, Gingerich R, Jacobs DR Jr. Serum adiponectin in young adults--interactions with central adiposity, circulating levels of glucose, and insulin resistance: the CARDIA study. Ann Epidemiol. 2004 Aug;14(7):492-8. PMID: 15301786	Examined influences effecting serum adiponectin levels
556. Stock J. Mediterranean diet for combating the metabolic syndrome. Atherosclerosis. 2011 Oct;218(2):290-3. Epub 2011 Jun 16. No abstract available. PMID: 21788020	Commentary
557. Stone MA, Bankart J, Sinfield P, Talbot D, Farooqi A, Davies MJ, Khunti K. Dietary habits of young people attending secondary schools serving a multiethnic, inner-city community in the UK. Postgrad Med J. 2007 Feb;83(976):115-9. PMID: 17308215	Cross-sectional
558. Strazzullo P, Ferro-Luzzi A, Siani A, Scaccini C, Sette S, Catasta G, Mancini M. Changing the Mediterranean diet: effects on blood pressure. J Hypertens. 1986 Aug;4(4):407-12. PMID: 3534087	Examined effect of fatty acid variations on blood pressure
559. Suleiman AA, Alboqai OK, Kofahi S, Aughsteen AA, El Masri K. Vegetarianism among Jordan University students. Journal of Biological Sciences. 2009;9(3):237-42	Cross-sectional
560. Swaminathan S, Thomas T, Kurpad AV, Vaz M. Dietary patterns in urban school children in South India. Indian Pediatr. 2007 Aug;44(8):593-6. PMID: 17827629	India is classified as “medium” on Human Development Index (HDI)
561. Tapsell LC, Hokman A, Sebastiao A, Denmeade S, Martin G, Calvert GD, Jenkins AB. The impact of usual dietary patterns, selection of significant foods and cuisine choices on changing dietary fat under 'free living' conditions. Asia Pac J Clin Nutr. 2004;13(1):86-91. PMID: 15003920	Examined changes in food choices to achieve dietary fat targets; all subjects had type 2 diabetes
562. Tardivo AP, Nahas-Neto J, Nahas EA, Maesta N, Rodrigues MA, Orsatti FL. Associations between healthy eating patterns and indicators of metabolic risk in postmenopausal women. Nutr J. 2010 Dec 8;9:64. PMID: 21143838	Cross-sectional
563. Terry K, Beck S. Eating style and food storage habits in the home. Assessment of obese and nonobese families. Behav Modif. 1985 Apr;9(2):242-61. No abstract available. PMID: 4004733	Cross-sectional
564. Thanopoulou A, Karamanos B, Angelico F, Assaad-Khalil S, Barbato A, Del Ben M, Djordjevic P, Dimitrijevic-Sreckovic V, Gallotti C, Katsilambros N, Migdalis I, Mrabet M, Petkova M, Roussi D, Tenconi MT; Multi-Centre Study of the Mediterranean Group for the Study of Diabetes (MGSD). Nutritional habits of subjects with Type 2 diabetes mellitus in the Mediterranean Basin: comparison with the non-diabetic population and the dietary recommendations. Multi-Centre Study of the Mediterranean Group for the Study of Diabetes	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
(MGSD). Diabetologia. 2004 Mar;47(3):367-76. Epub 2004 Jan 17. PMID: 14730377	
565. Theodore RF, Thompson JMD, Wall CR, Becroft DMO, Robinson E, Clark PM, et al. Dietary patterns of New Zealand European preschool children. New Zealand Medical Journal. 2006;119(1235)	Cross-sectional
566. Thompson HJ, Sedlacek SM, Paul D, Wolfe P, McGinley JN, Playdon MC, Daeninck EA, Bartels SN, Wisthoff MR. Effect of dietary patterns differing in carbohydrate and fat content on blood lipid and glucose profiles based on weight-loss success of breast-cancer survivors. Breast Cancer Res. 2012 Jan 6;14(1):R1. [Epub ahead of print] PMID: 22225711	Interventions were high fat low carb vs. low fat high carb diets for weight loss
567. Thompson OM, Ballew C, Resnicow K, Gillespie C, Must A, Bandini LG, Cyr H, Dietz WH. Dietary pattern as a predictor of change in BMI z-score among girls. Int J Obes (Lond). 2006 Jan;30(1):176-82. PMID: 16158084	Independent variables are meal frequency, time of day, and total energy
568. Thomson CA, Rock CL, Giuliano AR, Newton TR, Cui H, Reid PM, Green TL, Alberts DS; Women's Healthy Eating & Living Study Group. Longitudinal changes in body weight and body composition among women previously treated for breast cancer consuming a high-vegetable, fruit and fiber, low-fat diet. Eur J Nutr. 2005 Feb;44(1):18-25. Epub 2004 Mar 5. PMID: 15309460	Independent variable is treatment with individual foods and nutrients (fruit and vegetables, fiber, fat)
569. Tillotson JL, Bartsch GE, Gorder D, Grandits GA, Stamler J. Food group and nutrient intakes at baseline in the Multiple Risk Factor Intervention Trial. Am J Clin Nutr. 1997 Jan;65(1 Suppl):228S-257S. PMID: 8988940	Not an original research article
570. Tognon G, Rothenberg E, Eiben G, Sundh V, Winkvist A, Lissner L. Does the Mediterranean diet predict longevity in the elderly? A Swedish perspective. Age (Dordr). 2011 Sep;33(3):439-50. Epub 2010 Nov 26. PMID: 21110231	Dependent variable is mortality
571. Tonstad S, Butler T, Yan R, Fraser GE. Type of vegetarian diet, body weight, and prevalence of type 2 diabetes. Diabetes Care. 2009 May;32(5):791-6. Epub 2009 Apr 7. PMID: 19351712	Cross-sectional
572. Torres-Schow RM, Suen S, Yeh IL, Tam CF. A comparison of atherogenic potential of diets between Asian and Hispanic college students and their parents. Nutrition Research. 1999;19(4):555-68	Cross-sectional
573. Tortosa A, Bes-Rastrollo M, Sanchez-Villegas A, Basterra-Gortari FJ, Nuñez-Cordoba JM, Martinez-Gonzalez MA. Mediterranean diet inversely associated with the incidence of metabolic syndrome: the SUN prospective cohort. Diabetes Care. 2007 Nov;30(11):2957-9. Epub 2007 Aug 21. No abstract available. PMID: 17712023	Included in index/score question
574. Triantafillidis JK, Papadopoulou A, Stamatopoulou E, Delicha EM, Gikas A, Froudakis P, et al. Dietary habits in Greek middle school students according to gender. Annals of Gastroenterology. 2006;19(2):130-4	Cross-sectional
575. Tsartsali PK, Thompson JL, Jago R. Increased knowledge predicts greater adherence to the Mediterranean diet in Greek adolescents. Public Health Nutr. 2009 Feb;12(2):208-13. Epub 2008 Aug 1. PMID: 18671892	Cross-sectional
576. Tucak-Zorić S, Curcić IB, Mihalj H, Dumancić I, Zelić Z, Cetina NM, Smolić R, Volarević M, Missoni S, Tomljenović A, Szirovicza L, Duraković Z, Xi H, Chakraborty R, Deka R, Tucak A, Rudan P. Prevalence of metabolic syndrome in the interior of Croatia: the Baranja region. Coll Antropol. 2008 Sep;32(3):659-65. PMID: 18982734	Cross-sectional
577. Tur JA, Romaguera D, Pons A. Food consumption patterns in a	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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mediterranean region: does the mediterranean diet still exist? Ann Nutr Metab. 2004;48(3):193-201. Epub 2004 Jul 12. PMID: 15256802	
578. Turner-McGrievy GM, Barnard ND, Cohen J, Jenkins DJ, Gloede L, Green AA. Changes in nutrient intake and dietary quality among participants with type 2 diabetes following a low-fat vegan diet or a conventional diabetes diet for 22 weeks. J Am Diet Assoc. 2008 Oct;108(10):1636-45. PMID: 18926128	Included in index/score question
579. Turner-McGrievy GM, Barnard ND, Scialli AR, Lanou AJ. Effects of a low-fat vegan diet and a Step II diet on macro- and micronutrient intakes in overweight postmenopausal women. Nutrition. 2004 Sep;20(9):738-46. PMID: 15325679	Dependent variables were nutrient intake levels
580. Turner-McGrievy GM, Barnard ND, Scialli AR. A two-year randomized weight loss trial comparing a vegan diet to a more moderate low-fat diet. Obesity (Silver Spring). 2007 Sep;15(9):2276-81. PMID: 17890496	Insufficient sample size <30; (n=28, 34 per study arm)
581. Turunen AW, Verkasalo PK, Kiviranta H, Pukkala E, Jula A, Männistö S, Räsänen R, Marniemi J, Vartiainen T. Mortality in a cohort with high fish consumption. Int J Epidemiol. 2008 Oct;37(5):1008-17. Epub 2008 Jun 25. PMID: 18579573	Dependent variable was mortality
582. Tyrovolas S, Bountziouka V, Papairakleous N, Zeimbekis A, Anastassiou F, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. Adherence to the Mediterranean diet is associated with lower prevalence of obesity among elderly people living in Mediterranean islands: the MEDIS study. Int J Food Sci Nutr. 2009 Aug 11:1-14. [Epub ahead of print] PMID: 19672745	Cross-sectional
583. Tzima N, Pitsavos C, Panagiotakos DB, Chrysohoou C, Polychronopoulos E, Skoumas J, Stefanadis C. Adherence to the Mediterranean diet moderates the association of aminotransferases with the prevalence of the metabolic syndrome; the ATTICA study. Nutr Metab (Lond). 2009 Jul 30;6:30. PMID: 19642977	Dependent variables are amino-transferases and metabolic syndrome
584. Tzima N, Pitsavos C, Panagiotakos DB, Skoumas J, Zampelas A, Chrysohoou C, et al. Mediterranean diet and insulin sensitivity, lipid profile and blood pressure levels, in overweight and obese people; The Attica study. Lipids in Health and Disease. 2007;6	Dependent variables are insulin level, lipid profile, and blood pressure level
585. Uddenfeldt M, Janson C, Lampa E, Leander M, Norbäck D, Larsson L, Rask-Andersen A. High BMI is related to higher incidence of asthma, while a fish and fruit diet is related to a lower- Results from a long-term follow-up study of three age groups in Sweden. Respir Med. 2010 Jul;104(7):972-80. Epub 2010 Feb 18. PMID: 20171076	Dependent variable was incidence of adult onset asthma
586. Uglem S, Stea TH, Frølich W, Wandel M. Body weight, weight perceptions and food intake patterns. A cross-sectional study among male recruits in the Norwegian National Guard. BMC Public Health. 2011 May 19;11:343. PMID: 21595899	Cross-sectional
587. Uhernik AI, Erceg M, Milanović SM. Association of BMI and nutritional habits with hypertension in the adult population of Croatia. Public Health Nutr. 2009 Jan;12(1):97-104. Epub 2008 Apr 15. Erratum in: Public Health Nutr. 2011 Jan;14(1):187. PMID: 18410702	Cross-sectional
588. Ursoniu S, Vernic C, Vlaicu B, Petrescu C, Fira-Mladinescu C, Putnoky S, Suciu O, Fira-Mladinescu O, Vlaicu S. Eating habits in an adolescent	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

The table below lists the excluded articles with at least one reason for exclusion, but may not reflect all possible reasons.

Excluded Citations	Reason for Exclusion
population from Timiş county. Rev Med Chir Soc Med Nat Iasi. 2010 Oct-Dec;114(4):1155-61. PMID: 21495459	
589. Vågstrand K, Barkeling B, Forslund HB, Elfhag K, Linné Y, Rössner S, Lindroos AK. Eating habits in relation to body fatness and gender in adolescents--results from the 'SWEDES' study. Eur J Clin Nutr. 2007 Apr;61(4):517-25. Epub 2006 Sep 27. PMID: 17006444	Cross-sectional
590. van den Berg L, Henneman P, Willems van Dijk K, Delemarre-van de Waal HA, Oostra BA, van Duijn CM, et al. Heritability of dietary food intake patterns. Acta Diabetologica. 2012:1-6	Study considered in systematic review question on principal component analsysis
591. Van Diepen S, Scholten AM, Korobili C, Kyrli D, Tsigga M, Van Dieijen T, Kotzamanidis C, Grammatikopoulou MG. Greater Mediterranean diet adherence is observed in Dutch compared with Greek university students. Nutr Metab Cardiovasc Dis. 2011 Jul;21(7):534-40. Epub 2010 Feb 20. PMID: 20171853	Dependent variable is adherence, not a measure of body weight
592. Van Staveren WA, Deurenberg P, Burema J, De Groot LC, Hautvast JG. Seasonal variation in food intake, pattern of physical activity and change in body weight in a group of young adult Dutch women consuming self-selected diets. Int J Obes. 1986;10(2):133-45. PMID: 3013791	Independent variables were seasonal food intake and physical activities
593. van Woudenbergh GJ, van Ballegooijen AJ, Kuijsten A, Sijbrands EJ, van Rooij FJ, Geleijnse JM, Hofman A, Witteman JC, Feskens EJ. Eating fish and risk of type 2 diabetes: A population-based, prospective follow-up study. Diabetes Care. 2009 Nov;32(11):2021-6. Epub 2009 Aug 12. PMID: 19675200	Independent variables were fish intake, type of fish, EPA, DHA; dependent variable was risk of type 2 diabetes
594. Vandevijvere S, De Vriese S, Huybrechts I, Moreau M, Temme E, De Henauw S, De Backer G, Kornitzer M, Leveque A, Van Oyen H. The gap between food-based dietary guidelines and usual food consumption in Belgium, 2004. Public Health Nutr. 2009 Mar;12(3):423-31. Epub 2008 Apr 22. PMID: 18426635	Cross-sectional
595. Vang A, Singh PN, Lee JW, Haddad EH, Brinegar CH. Meats, processed meats, obesity, weight gain and occurrence of diabetes among adults: findings from Adventist Health Studies. Ann Nutr Metab. 2008;52(2):96-104. Epub 2008 Mar 18. Erratum in: Ann Nutr Metab. 2010;56(3):232. PMID: 18349528	Independent variables were meat and processed meat intake
596. Vansant G, Hulens M. The assessment of dietary habits in obese women: influence of eating behavior patterns. Eat Disord. 2006 Mar-Apr;14(2):121-9. PMID: 16777809	Dependent variable is eating behavior
597. Vaughan C, Kilkkinen A, Heistaro S, Laatikainen T, Dunbar J. The dietary, physical activity and sedentary behaviours of Victorian regional secondary school students. Australian Journal of Primary Health. 2007;13(1):81-8	Cross-sectional
598. Vergara-Castañeda A, Castillo-Martínez L, Colín-Ramírez E, Orea-Tejeda A. Overweight, obesity, high blood pressure and lifestyle factors among Mexican children and their parents. Environ Health Prev Med. 2010 Nov;15(6):358-66. Epub 2010 May 15. PMID: 21432567	Cross-sectional
599. Vergnaud AC, Norat T, Romaguera D, Mouw T, May AM, Romieu I, Freisling H, Slimani N, Boutron-Ruault MC, Clavel-Chapelon F, Morois S, Kaaks R, Teucher B, Boeing H, Buijsse B, Tjønneland A, Halkjaer J, Overvad K, Jakobsen MU, Rodríguez L, Agudo A, Sánchez MJ, Amiano P, Huerta JM,	Independent variable was fruit and vegetable consumption

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

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Excluded Citations	Reason for Exclusion
Gurrea AB, Wareham N, Khaw KT, Crowe F, Orfanos P, Naska A, Trichopoulou A, Masala G, Pala V, Tumino R, Sacerdote C, Mattiello A, Bueno-de-Mesquita HB, van Duijnhoven FJ, Drake I, Wirfält E, Johansson I, Hallmans G, Engeset D, Braaten T, Parr CL, Odysseos A, Riboli E, Peeters PH. Fruit and vegetable consumption and prospective weight change in participants of the European Prospective Investigation into Cancer and Nutrition-Physical Activity, Nutrition, Alcohol, Cessation of Smoking, Eating Out of Home, and Obesity study. Am J Clin Nutr. 2012 Jan;95(1):184-93. Epub 2011 Dec 14. PMID: 22170373	
600. Villa I, Yngve A, Poortvliet E, Grjibovski A, Liiv K, Sjöström M, Harro M. Dietary intake among under-, normal- and overweight 9- and 15-year-old Estonian and Swedish schoolchildren. Public Health Nutr. 2007 Mar;10(3):311-22. PMID: 17288630	Cross-sectional
601. Vincent S, Gerber M, Bernard MC, Defoort C, Loundou A, Portugal H, Planells R, Juhan-Vague I, Charpiot P, Grolier P, Amiot-Carlin MJ, Vague P, Lairon D. The Medi-RIVAGE study (Mediterranean Diet, Cardiovascular Risks and Gene Polymorphisms): rationale, recruitment, design, dietary intervention and baseline characteristics of participants. Public Health Nutr. 2004 Jun;7(4):531-42. PMID: 15153259	Cross-sectional
602. Vincent-Baudry S, Defoort C, Gerber M, Bernard MC, Verger P, Helal O, Portugal H, Planells R, Grolier P, Amiot-Carlin MJ, Vague P, Lairon D. The Medi-RIVAGE study: reduction of cardiovascular disease risk factors after a 3-mo intervention with a Mediterranean-type diet or a low-fat diet. Am J Clin Nutr. 2005 Nov;82(5):964-71. PMID: 16280426	Drop out rate 21% (exceeds 20% minimum)
603. Von Post-Skagegård M, Samuelson G, Karlström B, Mohsen R, Berglund L, Bratteby LE. Changes in food habits in healthy Swedish adolescents during the transition from adolescence to adulthood. Eur J Clin Nutr. 2002 Jun;56(6):532-8. PMID: 12032653	Dependent variable was changes in food habits
604. von Ruesten A, Illner AK, Buijsse B, Heidemann C, Boeing H. Adherence to recommendations of the German food pyramid and risk of chronic diseases: results from the EPIC-Potsdam study. Eur J Clin Nutr. 2010 Nov;64(11):1251-9. Epub 2010 Aug 18. PMID: 20717136	Dependent variables are CVD, type 2 diabetes, and cancer
605. Wada T, Fukumoto T, Ito K, Hasegawa Y, Osaki T, Ban H. Of the three classifications of healthy lifestyle habits, which one is the most closely associated with the prevention of metabolic syndrome in Japanese? Intern Med. 2009;48(9):647-55. Epub 2009 May 1. PMID: 19420809	Dependent variable was metabolic syndrome
606. Wahlqvist ML, Kouris-blazos A, Wattanapenpaiboon N. The significance of eating patterns: an elderly Greek case study. Appetite. 1999 Feb;32(1):23-32. PMID: 9989910	Cross-sectional
607. Waldmann A, Koschizke JW, Leitzmann C, Hahn A. Dietary intakes and lifestyle factors of a vegan population in Germany: results from the German Vegan Study. Eur J Clin Nutr. 2003 Aug;57(8):947-55. PMID: 12879089	Cross-sectional
608. Waldron I, Nowotarski M, Freimer M, Henry JP, Post N, Witten C. Cross-cultural variation in blood pressure: a quantitative analysis of the relationships of blood pressure to cultural characteristics, salt consumption and body weight. Soc Sci Med. 1982;16(4):419-30. PMID: 7079796	Cross-sectional
609. Waling M, Lind T, Hernell O, Larsson C. A one-year intervention has	Independent variables were

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
modest effects on energy and macronutrient intakes of overweight and obese Swedish children. J Nutr. 2010 Oct;140(10):1793-8. Epub 2010 Aug 25. PMID: 20739446	energy, macronutrient, and fiber intakes
610. Walls HL, Magliano DJ, McNeil JJ, Stevenson C, Ademi Z, Shaw J, Peeters A. Predictors of increasing waist circumference in an Australian population. Public Health Nutr. 2011 May;14(5):870-81. Epub 2010 Oct 29. PMID: 21029505	Cross-sectional
611. Wallstrom P, Sonestedt E, Hlebowicz J, Ericson U, Drake I, Persson M, et al. Dietary fiber and saturated fat intake associations with cardiovascular disease differ by sex in the Malmo diet and cancer cohort: A prospective study. PLoS ONE. 2012;7(2)	Drop out rate > 20%
612. Wan CJ, Lin LY, Yu TH, Sheu WHH. Metabolic syndrome associated with habitual indulgence and dietary behavior in middle-aged health-care professionals. Journal of Diabetes Investigation. 2010;1(6):259-65	Does not examine relationship between dietary patterns and body weight measure
613. Wang L, Manson JE, Gaziano JM, Buring JE, Sesso HD. Fruit and vegetable intake and the risk of hypertension in middle-aged and older women. Am J Hypertens. 2012 Feb;25(2):180-9. doi: 10.1038/ajh.2011.186. Epub 2011 Oct 13. PMID: 21993367	Independent variables were fruit and vegetable intake; dependent variable was incident HTN
614. Wang Y, Jahns L, Tussing-Humphreys L, Xie B, Rockett H, Liang H, Johnson L. Dietary intake patterns of low-income urban african-american adolescents. J Am Diet Assoc. 2010 Sep;110(9):1340-5. PMID: 20800126	Cross-sectional
615. Wang Y, Popkin B, Zhai F. The nutritional status and dietary pattern of Chinese adolescents, 1991 and 1993. Eur J Clin Nutr. 1998 Dec;52(12):908-16. PMID: 9881886	Cross-sectional
616. Warwick PM. Dietary intake of healthy subjects before and one year after dietary advice. Eur J Clin Nutr. 1988 May;42(5):437-44. PMID: 3396530	Insufficient sample size <30 ; (n=21)
617. Washi SA, Ageib MB. Poor diet quality and food habits are related to impaired nutritional status in 13- to 18-year-old adolescents in Jeddah. Nutr Res. 2010 Aug;30(8):527-34. PMID: 20851306	Cross-sectional
618. Wells AM, Haub MD, Fluckey J, Williams DK, Chernoff R, Campbell WW. Comparisons of vegetarian and beef-containing diets on hematological indexes and iron stores during a period of resistive training in older men. J Am Diet Assoc. 2003 May;103(5):594-601. PMID: 12728219	Dependent variables were biomarkers of iron status
619. Williams DE, Knowler WC, Smith CJ, Hanson RL, Roumain J, Saremi A, Kriska AM, Bennett PH, Nelson RG. The effect of Indian or Anglo dietary preference on the incidence of diabetes in Pima Indians. Diabetes Care. 2001 May;24(5):811-6. PMID: 11347735	Independent variables were macronutrients and fiber; dependent variable was incidence of type 2 diabetes
620. Williams DE, Prevost AT, Whichelow MJ, Cox BD, Day NE, Wareham NJ. A cross-sectional study of dietary patterns with glucose intolerance and other features of the metabolic syndrome. British journal of nutrition. 2000;83(3):257-66. PMID: 10884714	Cross-sectional
621. Williams PT. Interactive effects of exercise, alcohol, and vegetarian diet on coronary artery disease risk factors in 9242 runners: the National Runners' Health Study. Am J Clin Nutr. 1997 Nov;66(5):1197-206. PMID: 9356539	Cross-sectional
622. Wilson TA, Adolph AL, Butte NF. Nutrient adequacy and diet quality in	Cross-sectional

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.

Excluded Articles: Dietary Patterns and Body Weight - Other Methods

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Excluded Citations	Reason for Exclusion
non-overweight and overweight Hispanic children of low socioeconomic status: the Viva la Familia Study. J Am Diet Assoc. 2009 Jun;109(6):1012-21. PMID: 19465183	
623. Windhauser MM, Evans MA, McCullough ML, Swain JF, Lin PH, Hoben KP, Plaisted CS, Karanja NM, Vollmer WM. Dietary adherence in the Dietary Approaches to Stop Hypertension trial. DASH Collaborative Research Group. J Am Diet Assoc. 1999 Aug;99(8 Suppl):S76-83. PMID: 10450298	Descriptive study of subjects' adherence to DASH feeding protocal
624. Winkvist A, Hörnell A, Hallmans G, Lindahl B, Weinehall L, Johansson I. More distinct food intake patterns among women than men in northern Sweden: a population-based survey. Nutr J. 2009 Feb 19;8:12. PMID: 19228378	Cluster analysis
625. Winnicki M, Somers VK, Accurso V, Phillips BG, Puato M, Palatini P, Pauletto P. Fish-rich diet, leptin, and body mass. Circulation. 2002 Jul 16;106(3):289-91. PMID: 12119240	Tanzania is classified as a "Low" Human Development Index (HDI)
626. Wirfält E, Mattisson I, Gullberg B, Berglund G. Food patterns defined by cluster analysis and their utility as dietary exposure variables: a report from the Malmö Diet and Cancer Study. Public Health Nutr. 2000 Jun;3(2):159-73. PMID: 10948383	Study examined utility of cluster analysis for complex dietary exposures
627. Wojcicki JM, Schwartz N, Jiménez-Cruz A, Bacardi-Gascon M, Heyman MB. Acculturation, Dietary Practices and Risk for Childhood Obesity in an Ethnically Heterogeneous Population of Latino School Children in the San Francisco Bay Area. J Immigr Minor Health. 2011 Nov 19. [Epub ahead of print] PMID: 22101726	Cross-sectional
628. Wolongevicz DM, Zhu L, Pencina MJ, Kimokoti RW, Newby PK, D'Agostino RB, Millen BE. Diet quality and obesity in women: the Framingham Nutrition Studies. Br J Nutr. 2010 Apr;103(8):1223-9. Epub 2009 Nov 24. PMID: 19930766	Independent variables were scored nutrient intakes
629. Woodruff SJ, Hanning RM, McGoldrick K, Brown KS. Healthy eating index-C is positively associated with family dinner frequency among students in grades 6-8 from Southern Ontario, Canada. Eur J Clin Nutr. 2010 May;64(5):454-60. Epub 2010 Mar 3. PMID: 20197788	Cross-sectional
630. Worsley A, Wang WC, Hunter W. The relationships between eating habits, smoking and alcohol consumption, and body mass index among baby boomers. Appetite. 2012;58(1):74-80. Epub 2011 Sep 29. PMID: 21986185	Cross-sectional
631. Wu XY, Ohinmaa A, Veugelers PJ. Diet quality, physical activity, body weight and health-related quality of life among grade 5 students in Canada. Public Health Nutr. 2011 Oct 4:1-7. [Epub ahead of print] PMID: 22014537	Cross-sectional
632. Wyatt CJ, Velazquez C, Grijalva I, Valencia ME. Dietary intake of sodium, potassium and blood pressure in lacto-ovo- vegetarians. Nutrition Research. 1995;15(6):819-30	Dependent variable is blood pressure
633. Xu F, Yin XM, Tong SL. Association between excess bodyweight and intake of red meat and vegetables among urban and rural adult Chinese in Nanjing, China. Asia Pac J Public Health. 2007;19(3):3-9. PMID: 18330398	Cross-sectional
634. Yahia N, Achkar A, Abdallah A, Rizk S. Eating habits and obesity among Lebanese university students. Nutr J. 2008 Oct 30;7:32. PMID: 18973661	Cross-sectional
635. Yamada T, Strong JP, Ishii T, Ueno T, Koyama M, Wagayama H, Shimizu	Dependent variables were

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Excluded Citations	Reason for Exclusion
A, Sakai T, Malcom GT, Guzman MA. Atherosclerosis and omega-3 fatty acids in the populations of a fishing village and a farming village in Japan. Atherosclerosis. 2000 Dec;153(2):469-81. PMID: 11164437	measures of atherosclerosis
636. Yaman C. The effects of the diet and diet+exercise on changes in weight during adolescence. Turkish Journal of Medical Sciences. 2009;39(2):273-9	Study looks at diet and physical activity not dietary patterns
637. Yamaoka K, Watanabe M, Hida E, Tango T. Impact of group-based dietary education on the dietary habits of female adolescents: a cluster randomized trial. Public Health Nutr. 2011 Apr;14(4):702-8. Epub 2010 Sep 15. PMID: 20843402	Intervention was group-based dietary education program
638. Yamashita T, Sasahara T, Pomeroy SE, Collier G, Nestel PJ. Arterial compliance, blood pressure, plasma leptin, and plasma lipids in women are improved with weight reduction equally with a meat-based diet and a plant-based diet. Metabolism. 1998 Nov;47(11):1308-14. PMID: 9826205	Insufficient sample size <30
639. Yang EJ, Chung HK, Kim WY, Kerver JM, Song WO. Carbohydrate intake is associated with diet quality and risk factors for cardiovascular disease in U.S. adults: NHANES III. J Am Coll Nutr. 2003 Feb;22(1):71-9. PMID: 12569117	Cross-sectional
640. Yannakoulia M, Brussee SE, Drichoutis AC, Kalea AZ, Yiannakouris N, Matalas AL, Klimis-Zacas D. Food Consumption Patterns in Mediterranean Adolescents: Are There Differences between Overweight and Normal-Weight Adolescents? J Nutr Educ Behav. 2011 Feb 4. [Epub ahead of print] PMID: 21296024	Cross-sectional
641. Yannakoulia M, Ntalla I, Papoutsakis C, Farmaki AE, Dedoussis GV. Consumption of vegetables, cooked meals, and eating dinner is negatively associated with overweight status in children. J Pediatr. 2010 Nov;157(5):815-20. Epub 2010 Jun 17. PMID: 20955852	Cross-sectional
642. Yannakoulia M, Yiannakouris N, Melistas L, Kontogianni MD, Malagaris I, Mantzoros CS. A dietary pattern characterized by high consumption of whole-grain cereals and low-fat dairy products and low consumption of refined cereals is positively associated with plasma adiponectin levels in healthy women. Metabolism. 2008 Jun;57(6):824-30. PMID: 18502266	Cross-sectional
643. Yeh CJ, Chang HY, Pan WH. Time trend of obesity, the metabolic syndrome and related dietary pattern in Taiwan: from NAHSIT 1993-1996 to NAHSIT 2005-2008. Asia Pac J Clin Nutr. 2011;20(2):292-300. PMID: 21669598	Cross-sectional; trend study
644. Yeung EH, Appel LJ, Miller ER 3rd, Kao WH. The effects of macronutrient intake on total and high-molecular weight adiponectin: results from the OMNI-Heart trial. Obesity (Silver Spring). 2010 Aug;18(8):1632-7. Epub 2009 Oct 29. PMID: 19876001	Does not examine relationship between dietary patterns and body weight measure
645. Yildiz EA, Demirduzen S, Dogan VB, Duman S, Turkmen N, Yildiz AN. Evaluation of the dietary habits, body images and BMI of Turkish university students who live in dormitory. Pakistan Journal of Medical Sciences. 2011;27(1):85-9	Cross-sectional
646. Yoo S, Nicklas T, Baranowski T, Zakeri IF, Yang SJ, Srinivasan SR, Berenson GS. Comparison of dietary intakes associated with metabolic syndrome risk factors in young adults: the Bogalusa Heart Study. Am J Clin	Cross-sectional

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Excluded Citations	Reason for Exclusion
Nutr. 2004 Oct;80(4):841-8. PMID: 15447888	
647. Yoon JS, Lee NJ. Dietary patterns of obese high school girls: snack consumption and energy intake. Nutr Res Pract. 2010 Oct;4(5):433-7. Epub 2010 Oct 26. PMID: 21103091	Did not assess dietary patterns as defined for the project
648. Yu R, Woo J, Chan R, Sham A, Ho S, Tso A, Cheung B, Lam TH, Lam K. Relationship between dietary intake and the development of type 2 diabetes in a Chinese population: the Hong Kong Dietary Survey. Public Health Nutr. 2011 Jul;14(7):1133-41. Epub 2011 Apr 5. PMID: 21466742	Dependent variable is development of type 2 diabetes
649. Yuasa K, Sei M, Takeda E, Ewis AA, Munakata H, Onishi C, Nakahori Y. Effects of lifestyle habits and eating meals together with the family on the prevalence of obesity among school children in Tokushima, Japan: a cross-sectional questionnaire-based survey. J Med Invest. 2008 Feb;55(1-2):71-7. PMID: 18319548	Cross-sectional
650. Yubero-Serrano EM, Gonzalez-Guardia L, Rangel-Zuñiga O, Delgado-Lista J, Gutierrez-Mariscal FM, Perez-Martinez P, Delgado-Casado N, Cruz-Teno C, Tinahones FJ, Villalba JM, Perez-Jimenez F, Lopez-Miranda J. Mediterranean diet supplemented with coenzyme Q10 modifies the expression of proinflammatory and endoplasmic reticulum stress-related genes in elderly men and women. J Gerontol A Biol Sci Med Sci. 2012 Jan;67(1):3-10. Epub 2011 Oct 20. PMID: 22016358	Insufficient sample size <30; (n= 20)
651. Zamora D, Gordon-Larsen P, He K, Jacobs DR Jr, Shikany JM, Popkin BM. Are the 2005 Dietary Guidelines for Americans Associated With reduced risk of type 2 diabetes and cardiometabolic risk factors? Twenty-year findings from the CARDIA study. Diabetes Care. 2011 May;34(5):1183-5. Epub 2011 Apr 8. PMID: 21478463	Study considered in systematic review question on index/score
652. Zamora D, Gordon-Larsen P, Jacobs DR Jr, Popkin BM. Diet quality and weight gain among black and white young adults: the Coronary Artery Risk Development in Young Adults (CARDIA) Study (1985-2005). Am J Clin Nutr. 2010 Oct;92(4):784-93. Epub 2010 Aug 4. PMID: 20685947	Study considered in systematic review question on index/score
653. Zazpe I, Bes-Rastrollo M, Ruiz-Canela M, Sánchez-Villegas A, Serrano-Martínez M, Martínez-González MA. A brief assessment of eating habits and weight gain in a Mediterranean cohort. Br J Nutr. 2011 Mar;105(5):765-75. Epub 2010 Dec 8. PMID: 21138604	Does not assess dietary patterns as defined for this project
654. Zhang M, Binns CW, Lee AH. Dietary patterns and nutrient intake of adult women in south-east China: a nutrition study in Zhejiang province. Asia Pac J Clin Nutr. 2002;11(1):13-21. PMID: 11890633	Cross-sectional
655. Zhang Y, Tan H, Dai X, Huang H, He G. Dietary patterns are associated with weight gain in newlyweds: findings from a cross-sectional study in Shanghai, China. Public Health Nutr. 2012 May;15(5):876-84. Epub 2011 Oct 18. PMID: 22005131	Cross-sectional
656. Ziemer DC, Berkowitz KJ, Panayioto RM, El-Kebbi IM, Musey VC, Anderson LA, Wanko NS, Fowke ML, Brazier CW, Dunbar VG, Slocum W, Bacha GM, Gallina DL, Cook CB, Phillips LS. A simple meal plan emphasizing healthy food choices is as effective as an exchange-based meal plan for urban African Americans with type 2 diabetes. Diabetes Care. 2003 Jun;26(6):1719-24. PMID: 12766100	Study subjects diagnosed with type 2 diabetes-treatment

Source: Nutrition Evidence Library. *A series of systematic reviews on the relationship between dietary patterns and health outcomes.* Alexandria, VA: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, March 2014.