Question: What is the relationship between dietary patterns and risk of colorectal cancer?

Table 1. Indices and scores used to assess the relationship between dietary patterns and colorectal cancer

Index/Score (Reference)	**Italian Mediterranean Index** (Agnoli, 2013)	**Alternate Med Diet Score (aMED)** (Fung, 2006)	**Mediterranean Diet Score (MDS)** (Trichopolou, 2013)	**modified Med Diet Score (modified MDS)** (Trichopolou, 2005)	**Nordic Food Index** (Kyro, 2013)	**DASH Score** (Gunther, 2009)	**DASH Score** (Fung, 2008)	**DASH Score** (Dixon, 2007)	**DASH Score** (Mellen, 2008)	**Recommended Food Score (RFS)** (Kant, 2000)	**Alternative HEI (AHEI)** (McCullough, 2002)	**Healthy Eating Index (HEI)-2005** (Guenther, 2006)
Article(s)	Agnoli, 2013	Fung, 2010	Doubeni, 2012; Reedy, 2008	Bamia, 2013	Kyro, 2013	Miller, 2013	Fung, 2010; Miller, 2013	Miller, 2013	Miller, 2013	Mai, 2005; Reedy, 2008	Reedy, 2008	Jarvandi, 2013; Reedy, 2008
Component	Total Score: 0 to 11	Total Score: 0 to 9	Total Score: 0 to 9	Total Score: 0 to 9	Total Score: 0 to 6	Total Score: 0 to 80	Total Score: 8 to 40	Total Score: 0 to 9	Total Score: 0 to 9	Total Score: 0 to 23*	Total Score: 0 to 110	Total Score: 0 to 100
Vegetables	**Vegetables *(not potatoes)*** (+): ≥Median=1 <Median=0 **Potatoes**(+): <Bottom Tertile=1	Vegetables *(not potatoes)* (+) ≥Median=1 <Median=0	Vegetables(+) ≥Median=1 <Median=0	Vegetables(+) ≥Median=1 <Median=0	**Cabbage**(+): ≥Median=1 <Median=0 **Root Vegetables**(+): ≥Median=1 <Median=0	Vegetable Intake(+) (10 points scale)	Vegetables *(not potatoes and legumes)* (+) 1-5 Low to High quintile	Vegetables(+) ≥Median=1 <Median=0		Tomatoes; broccoli; spinach; mustard, turnip, collard greens; carrots or mixed vegetables w/ carrots; green salad; sweet potatoes, yams; other potatoes(+)	Vegetables *(not potatoes, French fries)* (+) 0-10 ≥5 serv/d=10	**Total vegetables**(+): 0-5 **Dark green/ orange/ legumes**(+)†: 0-5
Legumes	Legumes(+) ≥Median=1 <Median=0	Legumes(+) ≥Median=1 <Median=0	Legumes(+) ≥Median=1 <Median=0	Legumes(+) ≥Median=1 <Median=0		Nuts, Seeds, Legumes(+) (10 point scale)	Nuts & Legumes(+) 1-5 Low to High quintile	Legumes(+) ≥Median=1 <Median=0		Dried beans(+)	Nuts & Legumes(+) 0-10 ≥1 serv/d=10	Dark green/ orange/ legumes(+)† 0-5
Fruits and/or Nuts	Fruits(+) ≥Median=1 <Median=0	**Fruits**(+): ≥Median=1 <Median=0 **Nuts**(+): ≥Median=1 <Median=0	Fruits & Nuts(+) ≥Median=1 <Median=0	Fruits(+) ≥Median=1 <Median=0	Apples/Pears(+) ≥Median=1 <Median=0	Fruit Intake(+) (10 point scale)	**Fruits and fruit juices**(+): 1-5 Low to High quintile **Nuts & Legumes**(+): 1-5 Low to High quintile	Fruits(+) ≥Median=1 <Median=0		Apples or pears; oranges; cantaloupe; orange or grapefruit juice; grapefruit; other fruit juices(+)	**Fruits**(+): 0-10 ≥4 serv/d=10 **Nuts & Legumes**(+): 0-10 ≥1 serv/d=10	**Total fruit**(+)‡: 0-5 **Whole fruits**(+)‡‡: 0-5

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Cereals and/or Whole Grains	Pasta(+) ≥Median=1 <Median=0	Whole grains(+) ≥Median=1 <Median=0	Cereals(+) ≥Median=1 <Median=0	Cereals(+) ≥Median=1 <Median=0	**Rye Bread**(+): ≥Median=1 <Median=0 **Oatmeal**(+): ≥Median=1 <Median=0	**Total Grains**(+): (5 point scale) **High-Fiber Grains**(+): (5 point scale)	Whole Grains(+) 1-5 Low to High quintile	Whole grains(+) ≥Median=1 <Median=0	>14.8g Fiber(+)/1000 Calories=1	Dark breads (wh wheat, rye, pumpernickel); cornbread, tortillas & grits; high-fiber cereals; cooked cereals(+)	Whole Grains(+) 0-10 75g/d ♀=10 90g/d ♂=10	**Total grains**(+): 0-5 **Whole grains**(+): 0-5
Fish or Fresh Fish	Fish(+) ≥Median=1 <Median = 0	Fish(+) ≥Median=1 <Median=0	Fish(+) ≥Median=1 <Median=0	Fish(+) ≥Median=1 <Median=0	Fish(+) ≥Median=1 <Median=0	Meats, Poultry, Fish, Eggs (10 point scale)(+)				Baked or broiled fish(+)		
Fat	**Olive Oil**(+): ≥Median=1 <Median=0 **Butter**(+): <Bottom Tertile=1	MUFA/SFA(+) ≥Median=1 <Median=0	MUFA/SFA(+) ≥Median=1 <Median=0	UnSFA/SFA(+) ≥Median=1 <Median=0		Fat and Oils Intake(−) (10 point scale)	Saturated fat intake below 5% energy(−)=1		Per 1000 Calories: <27% for total fat(+)=1; <6% for saturated fat(+)=1		**Long-chain fats (EPA & DHA)** (+): 0-10 0-250mg/d **PUFA % energy**(+) ≤2 to ≥10	**SFA**(−): 0-10 ≥15% to ≤7% E **Healthy oils**(+)††: 0-10 0-12g/d

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Alcohol	5-25♀, 10-50♂ g/d=1$^{(+m)}$	10-25g/d=1$^{(+m)}$	5-25♀, 10-50♂ g/d=1$^{(+m)}$	10-50g/d=1$^{(+m)}$				Below 2 Drinks/Day ♂, 1 Drink/Day ♀=1$^{(+m)}$			0.5-1.5 ♀ 0.5-2.0 ♂ Drinks/d=10$^{(+m)}$	Solid fats, alcoholic bevs & add. sugars$^{(-)}$ 0-20 ≥50%-≤20% E$^{)}$
Total Meat	Red & Processed Meat$^{(-)}$ <Bottom Tertile=1	Red & Processed Meat$^{(-)}$ ≥Median=0 <Median=1	Red & Processed Meat$^{(-)}$ ≥Median=0 <Median=1	Red & Processed Meat$^{(-)}$ ≥Median=0 <Median=1			Red & Processed Meat$^{(-)}$ 1-5 High to Low quintile	Red & Processed Meat$^{(-)}$ ≥Median=0 <Median=1	>18% energy for Protein$^{(+)}$=1	Baked or stewed chicken or turkey$^{(+)}$	Red & Processed Meat$^{(-)}$ 0-10 ≥1.5-0 serv/d	Meat & Beans 0-10$^{(+)}$
Dairy Products			Dairy Products$^{(-)}$ ≥Median=0 <Median=1			Total Dairy$^{(+)}$ (5 point scale Low-Fat Dairy$^{(+)}$ (5 point scale)	Low-fat dairy$^{(+)}$ 1-5 Low to High quintile	Dairy Products$^{(-)}$ ≥Median=0 <Median=1		2% milk and beverages w/ 2% milk; 1% or skim milk$^{(+)}$		Milk, yogurt, cheese, & soy beverages$^{(+)}$ 0-10
Sweets or Sugar Products	Soda$^{(-)}$ <Bottom Tertile=1					Sweets$^{(-)}$ (10 point scale)	Sweetened beverages$^{(-)}$ 1-5 High to Low quintile	Added Sugar$^{(-)}$ ≥Median=0 <Median=1			Sugar Sweetened Beverages & Fruit Juice$^{(-)}$ 0-10 ≥1-0 serv/d	Solid fats, alcoholic bevs & add. sugars$^{(-)}$ 0-20 ≥50%-≤20% E

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Sodium							1-5 High to Low quintile$^{(-)}$				0-10 Highest to Lowest decile$^{(-)}$	0-10 Highest to Lowest decile$^{(-)}$
Other									Per 1,000 Calories: >238mg for Mg$^{(+)}$=1; >590mg for Ca$^{(+)}$=1; >2,238mg for K$^{(+)}$=1		Trans FA$^{(-)}$ % energy 0-10 ≥4 to ≤0.5	

$^{+}$Includes 100% juice; $^{++}$Includes all forms except juice; †Includes legumes only after meat & beans standard is met; ††Includes non-hydrogenated vegetables oils and oils in fish, nuts and seeds. $^{(+)}$Positive components; $^{(-)}$ Negative components; $^{(+m)}$Positive in moderation