



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

**Table 2.** Summary of dietary patterns identified using factor, cluster, principal component analysis

Study	Dietary Patterns
<b>Butler, 2008</b>	<p><b>"Vegetable–fruit–soy"</b>: Vegetable, fruit, and soy foods</p> <p><b>"Meat–dim sum"</b>: Chicken, pork, fish, rice and noodle dishes, and preserved foods</p>
<b>Dixon, 2004</b>	<p><b>"Vegetables"</b>: Vegetables and legumes, citrus fruit and berries, pasta and rice, poultry and fish, and oil and salad dressings</p> <p><b>"Pork, Processed Meats, Potatoes (PPP)"</b>: Pork, processed meats, potatoes, and coffee</p>
<b>Engeset, 2009</b>	<p><b>"Traditional fish eaters"</b>: Fish</p> <p><b>"Healthy"</b>: Skimmed milk, yogurt, juice, cereals, rice, chicken, fruit, cod liver oil</p> <p><b>"Average, less fish, less healthy"</b>: No dominant groups, but low intake of fish, cod liver oil, vegetables, juice, course bread</p> <p><b>"Western"</b>: Meat products, bakery products, desserts and chocolate, pizza, rice, pasta</p> <p><b>"Traditional bread eaters"</b>: Traditional Norway foods (milk, course bread, jam, cheese, fat on bread)</p> <p><b>"Alcohol users"</b>: Beer, wine, and liquor were dominant</p>
<b>Flood, 2008</b>	<p><b>"Fruit and vegetable"</b>: Green leafy vegetables, red/orange vegetables, citrus fruits, melons</p> <p><b>"Fat-reduced and diet foods"</b>: Skim milk, poultry, deli meats, diet/low fat versions of foods such as crackers, cookies, condiments/dressings</p> <p><b>"Meat and potatoes"</b>: Gravy, meat loaf, beef stew, French fries, pork/bacon, hot dogs/sausage, biscuits, macaroni, hamburger</p>
<b>Fung, 2003</b>	<p><b>"Prudent"</b>: Higher intake of fruits, vegetables, legumes, fish, poultry, and whole grains</p> <p><b>"Western"</b>: Higher intakes of red and processed meats, sweets and desserts, French fries, and refined grains</p>
<b>Kesse, 2006</b>	<p><b>"Healthy"</b>: <i>High</i>: Raw vegetables, cooked vegetables, legumes, fruits, yogurt, fresh cheese, breakfast cereal, sea food, eggs, vegetable oils, and olive oil; <i>Low</i>: sweets</p> <p><b>"Western"</b>: <i>High</i>: Potatoes, pizza, sandwiches, legumes, sweets, cakes, cheese, pasta, rice, bread, processed meat, eggs, and butter</p> <p><b>"Drinker"</b>: <i>High</i>: Sandwiches, snacks, coffee, processed meat, sea food, wine, alcohol; <i>Low</i>: Fruits, soup</p> <p><b>"Meat eaters"</b>: <i>High</i>: Potatoes, legumes, coffee, meat, poultry, vegetable oils, and margarine; <i>Low</i>: Tea, breakfast cereal, and olive oil</p>
<b>Kim, 2005</b>	<p><b>"Healthy"</b>: Vegetables (yellow, white green), fruits, seaweed, potatoes, yogurt, mushroom, soy and soy products, milk, eggs, beans, fish and shellfish, mayonnaise, pickled vegetables (males only), dried fishes (males only)</p> <p><b>"Traditional"</b>: Salted roe, pickled vegetables, dried fishes, salted gut, miso soup, rice, fish and shell fish, sake (males only), shochu (males only), beer (males only); negatively</p>



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	<p>associated with dressing (females only), cheese (females only), butter, and bread.</p> <p><b>"Western"</b>: Beans (males only), salted roe (females only), salted gut (females only), beer (males only), dressing, bread, butter, mayonnaise, cheese, beef, pork, poultry, bacon, liver, soda beverages, fruit juice, vegetable juice, instant noodles, coffee, black tea, noodles (males only)</p>
<b>Terry, 2001</b>	<p><b>"Healthy"</b>: Fruit, vegetables, fish &amp; poultry, cereal &amp; whole grains breads, eggs, margarine, meats, fruit juice and low-fat dairy products; low intake of sweets</p> <p><b>"Western"</b>: Processed &amp; red meats, soda &amp; sweets, refined breads and potatoes, and high-fat dairy products, whole grains, eggs</p> <p><b>"Drinker"</b>: Fish and poultry, whole grains, eggs, meats, snack foods, wine, beer, and spirits; low intakes of low-fat dairy, margarine, potatoes</p>
<b>Wirfalt, 2009</b>	<p><i>Men and Women:</i></p> <p><b>"Many foods"</b>: CA did not indicate any specific distinguishing food, but intakes of alcohol and sweets ranked comparatively high</p> <p><b>"Vegetable and fruit"</b>: High intakes of vegetables, fruits, pasta, and low-fat foods like fish and lean chicken. This pattern was lowest in fat and the densest in micro-nutrients</p> <p><i>Men only:</i></p> <p><b>"Fatty meats"</b>: Beef stew, fried chicken, processed meats, gravy, roast beef, sausage</p> <p><b>"Fat-reduced foods"</b>: Fat-reduced foods (but not lean meats, skim milk, non-fat cheese, non-fat salad dressing, low-fat crackers, frozen yogurt</p> <p><i>Women only:</i></p> <p><b>"Diet foods and lean meats"</b>: Chicken, sandwich, cold cuts, diet margarine, diet dressings/condiments, lean versions of meats</p>
<b>Wu, 2004</b>	<p><b>"Prudent pattern"</b>: Vegetables, legumes, fruit, whole grains, fish and poultry, salad dressing, fruit juice, low-fat dairy, potatoes, nuts</p> <p><b>"Western pattern"</b>: Red meat, processed meat, refined grains, French fries, high-fat dairy products, sweets and desserts, snacks, mayonnaise, butter, potatoes, coffee, beer, cream soups, nuts, high-sugar drinks, and eggs</p>