



**Table 4-B-II-4 Summary of Findings**

*Dietary patterns identified using factor analysis (FA) or cluster analysis (CA) and association with risk of stroke*

Author, Year, Quality Rating, Study Design, Cohort	Sample Size, Location, Duration, Dietary Assessment, Methodology / Number Patterns	Age, Percent Female, Race / Ethnicity, Outcome / Comparison Number Events	Dietary Patterns Associated With Lower Stroke Risk	Dietary Patterns With No Significant Association With Stroke	Dietary Patterns Associated With Higher Stroke Risk
Farchi et al, 1989  Neutral  Prospective Cohort  Two Rural Villages from Seven Countries Study	N=1,536  Italy  20 years  Dietary history  CA: Patterns	45 years to 64 years  0%  Not reported  Stroke, age-adjusted death rate  Stroke: 89 events	<b>Cluster 2</b> [largest amount of polyunsaturated fatty acids (about three times more than in other groups)]  <i>Age-adjusted death rate: 5.4±2.0</i>  <b>Cluster 4</b> [largest consumption of carbohydrates (approximation of total energy), proteins, vegetables and starchy foods]  <i>Age-adjusted death rate: 5.5±1.0</i>	<b>Cluster 1</b> [high alcohol intake (one-third of the total energy intake), consumption of minimum amount of meat, fruit and cookies]:  <i>Age-adjusted death rate: 8.7±1.7</i>  <b>Cluster 3</b> (highest consumption of monounsaturated and saturated fatty acids, proteins; other nutrients are below the mean):  <i>Age-adjusted death rate: 7.4±1.5</i>  Stroke rates ± SEM (percent), P<0.005 for Breslow test for equality of survival curves	
Fung et al, 2004  Positive  Prospective Cohort  Nurses' Health Study	N=71,768  U.S.  14 years  FFQ (116-item)  FA: Two patterns	38 years to 63 years  100%  Not reported  Stroke, highest vs. lowest quintile  Stroke: 791 incidents		<b>Prudent</b> (higher intakes of fruit, vegetables, whole grains, fish and poultry); NS	<b>Western</b> (higher intakes of red and processed meats, refined grains, full-fat dairy products and desserts and sweets):  <i>Women: RR=1.58 (95% CI: 1.15, 2.15); P<sub>trend</sub>=0.0002</i>



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<p>Maruyama et al, 2012</p> <p>Positive Prospective Cohort</p> <p>Japan Collaborative Cohort</p>	<p>N=64,037</p> <p>Japan</p> <p>Median age 12.6 years</p> <p>FFQ (40-item)</p> <p>FA: Three patterns</p>	<p>40 years to 79 years</p> <p>58%</p> <p>Not reported</p> <p>Stroke, highest vs lowest quintiles</p> <p>Men: 578 cases</p> <p>Women: 499 cases</p>	<p><b>Dairy product</b> (milk and dairy products, butter, margarine, fruits, coffee and tea):</p> <p>Men: HR=0.65 (95% CI: 0.49 to 0.86); P<sub>trend</sub>=0.01</p> <p>Women: HR=0.70 (95% CI: 0.51, 0.97), P<sub>trend</sub>=0.02</p>	<p><b>Vegetable</b> [fresh fish, vegetables, fungi, potatoes, algae, tofu (soybean curd) and fruits]; NS</p> <p><b>Animal food</b> (meats, fish, and deep-fried foods or tempura); NS</p>	
<p>Shimazu et al, 2007</p> <p>Positive Prospective Cohort</p> <p>Ohsaki NHI Cohort</p>	<p>N=40,547</p> <p>Japan</p> <p>Seven years</p> <p>FFQ (40-item)</p> <p>FA: Three patterns</p>	<p>40 years to 79 years</p> <p>Not reported</p> <p>Stroke, highest vs lowest quartile</p> <p>Stroke: 432</p>	<p><b>Japanese</b> (soybean products, fish, seaweeds, vegetables, fruits and green tea): HR=0.64 (95% CI: 0.48 to 0.86), P<sub>trend</sub>=0.004</p>	<p><b>Animal</b> [Animal-derived products (beef, pork, ham, sausage, chicken, liver and butter), coffee and alcohol]; NS</p>	



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Stricker et al, 2011  Positive  Prospective Cohort  EPIC-NL Cohort	N=35,910  The Netherlands  13 years  FFQ (79-item)  FA: Two patterns	20 years to 69 years  Not reported  Stroke, lowest vs. highest quartile  Stroke: 588 cases	<b>Prudent</b> (high intakes of fish and shellfish, raw vegetables, wine and high-fiber cereals, and low consumption of potatoes): HR=0.69 (95% CI: 0.53, 0.88); P <sub>trend</sub> = 0.002	<b>Western</b> [high consumption of French fries, fast food (spring rolls, Russian salad, pizza and Dutch-fried meat snack), low-fiber products and different drinks, and low on fruit and vegetables and low-fat dairy products]; NS	
	CA: Two patterns	k-means cluster analysis, risk of stroke, Prudent vs. Western cluster	<b>Prudent</b> (high intakes of fish and shellfish, raw vegetables, wine and high-fiber cereals, and low consumption of potatoes): HR=0.82 (95% CI: 0.69, 0.97)	<b>Comparator</b>  <b>Western</b> [high consumption of French fries, fast food (spring rolls, Russian salad, pizza and Dutch-fried meat snack), low-fiber products and different drinks, and low on fruit and vegetables and low-fat dairy products]	