



Table 4-B-IV-1 Summary of Findings: Blood Pressure, Blood Lipids and Risk for CVD/CHD

Trial or Cohort	Study / Design / Pattern	Blood Pressure	Blood Lipids	CVD Incidence or Mortality
DASH TRIAL	Appel 1997/RCT/DASH	↓ (with HTN)		
	Conlin 2000/RCT/DASH	↓ (with HTN)		
	Moore 1999/RCT/DASH	↓ ABP ↓ ABP (with HTN)		
	Obarzanek 2001/RCT/DASH		↓ Total, LDL-C (>Men) ↓ HDL-C ∅ TG	
	Saneel 2013 / RCT / DASH (mod for Iranian adolescents)	↓ DBP	∅ Total, LDL-C, HDL-C, TG	
DASH SODIUM TRIAL	Sacks 2001 / RCT / DASH-Sodium	↓ SBP ↓ SBP (with HTN)		
OMNI HEART TRIAL	Svetsky 2004 / RCT / DASH-Sodium	↓ ↓ (with HTN), (with ISH)		
	Appel 2005 / RCT / OmniHeart	↓ >Protein (with HTN) ↓ >Unsaturated fat (with HTN)	↓ >Protein LDL-C, TG ↓ HDL-C ↓ >Unsaturated fat TG, HDL-C	↓ >Protein ↓ >Unsaturated fat CHD risk (calculated)
PREMIER TRIAL	Lien 2007 / RCT / PREMIER	↓ SBP ↓ SBP (with MetSyn)	↓ Total-C ∅ LDL-C, HDL-C, TG	
ENCORE TRIAL	Blumenthal 2010 / RCT / ENCORE	↓		
	Blumenthal, Babyak 2010 / RCT / ENCORE		↓ Total-C, LDL-C, TG ∅ HDL-C	
	Margetts 1985 / PCS / Lacto-Ovo	↓ SBP		
	Burr 1988 / PCS / Vegetarian	∅		↓ IHD mortality
EPIC OXFORD	Crowe 2013 / PCS / Vegetarian	↓ SBP	↓ Non-HDL-C	↓ IHD mortality
GERMAN VEGETARIAN STUDY	Chang-Claude 2005 / PCS / Vegetarian			∅ IHD mortality ∅ Circulatory disease mortality
	Key 1996 / PCS / Vegetarian			∅ IHD mortality
POOLED COHORTS	Key 1999 / PCS / Vegetarian			↓ IHD mortality
ADVENTISTS HEALTH 2	Orlich 2013 / PCS / Vegetarian			↓ Men: IHD and CVD mortality ∅ Women: IHD and CVD
WHI-DM TRIAL	Howard 2006 / RCT / Low-Fat	↓ DBP	↓ Total-C	∅ CVD, CHD, stroke incidence
NORDIET TRIAL	Adamsson 2011 / RCT / NorDiet	↓ SBP	↓ Total, LDL-C, LDL/HDL ↓ HDL-C	