



Table 4-C-II-2. Summary of Findings. Dietary Patterns Identified Using Factor or Cluster Analysis* and Association with Risk of Type 2 Diabetes (T2D) in Adults

Author, Year, Quality Rating, Study Design, Cohort	Sample Size, Location, Duration, Dietary Assessment, Methodology, Number Patterns	Age, Percent Female Race / Ethnicity, Outcome / Comparison	Dietary Patterns Associated with Decreased T2D Risk	Dietary Patterns with No Significant Association with T2D Risk	Dietary Patterns Associated with Increased T2D risk
Duffey et al, 2012* Neutral Prospective Cohort Coronary Artery Risk Development in Young Adults Study	N=3,664 U.S. 20 years Dietary history CA derived two dietary patterns	18 years to 30 years 59% Not reported High fasting glucose (≥6.1mmol per L) Prudent vs. Western pattern		<ul style="list-style-type: none"> • Prudent diet: Fruit, milk, yogurt, cheese, nuts, seeds, fish and whole grains). • Western diet: Meats, poultry, refined grains, sugar-sweetened soda, fast food, fruit drinks, egg and egg dishes, legumes and snacks); High fasting glucose, HR=0.93 (95% CI: 0.80, 1.09); NS 	
Kimokoti et al, 2012* Positive Prospective Cohort Framingham Offspring/Spouse Cohort	N=1,146 U.S. Seven years 145-item FFQ CA derived five dietary patterns	25 years to 77 years 100% Not reported High fasting plasma glucose (≥5.1mmol per L) Incidence		<ul style="list-style-type: none"> • Heart healthier: Vegetables, fruits, legumes, fish, whole grains, low-fat dairy milk); NS • Lighter eating: Fattier poultry and beer; NS • Wine and moderate eating: Wine, organ meats, eggs, high-fat dairy and snack foods; NS • Higher fat: Sweets and animal fats, refined grains, soft margarine, oils, diet beverages, and desserts; NS • Empty calorie: Sweetened beverages, meat, mixed dishes and desserts; NS 	



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Lau et al, 2009 Neutral Prospective Cohort Danish Population- based Non-pharmacological Inter99 Study	N=5,824 Denmark Five years 198-item FFQ FA derived two dietary patterns	30 years to 60 years Not reported FPG and 2h-PG concentration (repeat measures) Change	2h-PG concentration: Modern: Higher intakes of vegetables, fruit, mixed vegetables dishes, vegetable oil and vinegar dressing, poultry, pasta, rice and cereals); 2h-PG = -0.014 (-0.025,-0.004); P=0.009 [Estimates show that a higher score (of one SD) predicted change (in mmol per L) (95% CI)]	FPG: • Modern: Higher intakes of vegetables, fruit, mixed vegetables dishes, vegetable oil and vinegar dressing, poultry, pasta, rice and cereals) FPG = -0.000 (-0.004, 0.003); P=0.873; NS FPG and 2h-PG concentration: • Traditional: Higher intakes of pate or high-fat sandwich meat, mayonnaise salads, red meat, potatoes, butter and lard, low-fat fish, low-fat sandwich meat and sauces); 2h-PG = 0.002 (-0.009, 0.013); P=0.677; NS; FPG = 0.001 (-0.003, 0.004); P=0.632; NS	

*Indicates Studies Using Factor or Cluster Analysis