Food Truths Webinar: Can We Say What Diet Is Best?

Bibliography | January 15, 2020

www.dietid.com/foodtruthswebinar

Katz DL and Meller S. Can we say what diet is best for health? Annu Rev Public Health 2014;35:83-103. https://www.annualreviews.org/doi/10.1146/annurev-publhealth-032013-182351

Gardner CD, Kiazand A, et al. Comparison of the Atkins, Zone, Ornish, and LEARN Diets for change in weight and related risk factors among overweight premenopausal women. The A to Z Weight Loss Study: a randomized trial. JAMA 2007;297:969-977. https://jamanetwork.com/journals/jama/fullarticle/205916

Gardner CD, Trepanowski J, et al. Effect of low-fat vs low-carbohydrate diet on 12-month weight loss in overweight adults and the association with genotype pattern or insulin secretion. The DIETFITS randomized clinical trial. JAMA 2018;319:667-679. https://jamanetwork.com/journals/jama/fullarticle/2673150

US News & World Report's Best Diets Rankings for 2020. https://www.usnews.com/info/blogs/press-room/articles/2020-01-02/us-news-reveals-best-diets-rankings-for-2020

Jankovic N, Geelen A et al. Adherence to a healthy diet according to the World Health Organization Guidelines and all-cause mortality in elderly adults from Europe and the United States. Am J Epidemiol 2014;180:978-988. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4224363/

Sotos-Prieto M, Bhupathiraju SN, et al. Association of changes in diet quality with total and cause-specific mortality. NEJM 2017;377:143-153. https://www.nejm.org/doi/10.1056/NEJMoa1613502

Wang DD, Li Y et al. Global improvement in dietary quality could lead to substantial reduction in premature death. J Nutrition 2019;149:1065-1074. https://academic.oup.com/jn/article/149/6/1065/5485051

Micha R, Penalvo JL et al. Association between dietary factors and mortality from heart disease, stroke, and type 2 diabetes in the United States. JAMA. 2017;317:912-924. https://jamanetwork.com/journals/jama/fullarticle/2608221

US Burden of Disease Collaborators. The state of US health, 1990-2016. Burden of diseases, injuries, and risk factors among US states. JAMA 2018;319:1444-1472. https://jamanetwork.com/journals/jama/fullarticle/2678018

Global Burden of Disease Collaborators. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease study. Lancet 2019;393:1958-1972. https://www.thelancet.com/article/S0140-6736(19)30041-8/fulltext

Mozaffarian D, Glickman D. Our Food Is Killing Too Many of Us. New York Times Op Ed: August 26, 2019. https://www.nytimes.com/2019/08/26/opinion/food-nutrition-health-care.html

Katz D. Plant-Based Diets for Reversing Disease and Saving the Planet: Past, Present, and Future. Adv Nutr 2019;10(Supplement 4):S304-S307. https://www.ncbi.nlm.nih.gov/pubmed/31728489

Ornish D, Scherwitz LW, Billings JH et al. Intensive lifestyle changes for reversal of coronary heart disease. JAMA. 1998 Dec 16;280(23):2001-7.
https://jamanetwork.com/journals/jama/fullarticle/188274

de Lorgeril M, Salen P et al. Mediterranean Diet, Traditional Risk Factors, and the Rate of Cardiovascular Complications After Myocardial Infarction: Final Report of the Lyon Diet Heart Study. Circulation 1999;99:779-785.
https://www.ahajournals.org/doi/pdf/10.1161/01.CIR.99.6.779

Koertge J, Weidner G, et al. Improvement in Medical Risk Factors and Quality of Life in Women and Men With Coronary Artery Disease in the Multicenter Lifestyle Demonstration Project. Am J Cardiol 2003;91:1316-1322. http://mail.anneornish.com/wp-content/uploads/improvement-in-medical-risk-factors-and-quality-of-life-in-women.pdf

Silberman A, Banthia R, et al. The effectiveness and efficacy of an intensive cardiac rehabilitation program in 24 sites. Am J Health Promotion 2010:260-265.
https://journals.sagepub.com/doi/abs/10.4278/ajhp.24.4.arb

Ornish D, Brown S et al. Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. The Lancet 1990;336:129-133.
https://www.thelancet.com/journals/lancet/article/PII0140-6736(90)91656-U/fulltext

Stranges S, Takeda A, Martin N et al. Mediterranean-style diet for the primary and secondary prevention of cardiovascular disease: Cochrane systematic review and meta-analysis of randomised clinical trials, European Heart Journal 2019;40:746.0279.
https://doi.org/10.1093/eurheartj/ehz746.0279

Fung TT, Rexrode KM, Mantzoros CS, Manson JE, Willett WC, Hu FB. Mediterranean diet and incidence of and mortality from coronary heart disease and stroke in women. Circulation 2009;119:1093-100. https://ahajournals.org/doi/pdf/10.1161/CIRCULATIONAHA.108.816736

Lopez-Garcia E, Rodriguez-Artalejo F, Li TY, Fung TT, Li S, Willett WC, Rimm EB, Hu FB. The Mediterranean-style dietary pattern and mortality among men and women with cardiovascular disease. AJCN 2013;99(1):172-80.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3862454/pdf/ajcn991172.pdf

Ahmad S, Moorthy MV, Demler OV, Hu FB, Ridker PM, Chasman DI, Mora S. Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet. JAMA Network Open 2018;1(8):e185708.
https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2717565

Estruch R, Ros E, Salas-Salvadó J, Covas MI, Corella D, Arós F, Gómez-Gracia E, Ruiz-Gutiérrez V, Fiol M, Lapetra J, Lamuela-Raventos RM. Primary prevention of cardiovascular disease with a Mediterranean diet supplemented with extra-virgin olive oil or nuts. New England Journal of Medicine 2018;378:e34.
https://www.nejm.org/doi/10.1056/NEJMoa1800389

Salas-Salvadó J, Bulló M, Babio N, Martínez-González MÁ, Ibarrola-Jurado N, Basora J, Estruch R, Covas MI, Corella D, Arós F, Ruiz-Gutiérrez V. Reduction in the incidence of type 2 diabetes with the Mediterranean diet. Diabetes care 2011;34:14-9.
https://care.diabetesjournals.org/content/34/1/14.long

Loughrey DG, Lavecchia S, Brennan S, Lawlor BA, Kelly ME. The impact of the Mediterranean diet on the cognitive functioning of healthy older adults: a systematic review and meta-analysis. Advances in Nutrition 2017;8:571-86.
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5502874/pdf/an015495.pdf

Aridi YS, Walker JL, Wright OR. The association between the Mediterranean dietary pattern and cognitive health: a systematic review. Nutrients 2017;9:674. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5537789/pdf/nutrients-09-00674.pdf

Bhushan A, Fondell E, Ascherio A, Yuan C, Grodstein F, Willett W. Adherence to Mediterranean diet and subjective cognitive function in men. European journal of epidemiology 2017;33:1-2. https://link.springer.com/article/10.1007%2Fs10654-017-0330-3

Crous-Bou M, Fung TT, Prescott J, Julin B, Du M, Sun Q, Rexrode KM, Hu FB, De Vivo I. Mediterranean diet and telomere length in Nurses' Health Study: population based cohort study. BMJ 2014;349:g6674. https://www.bmj.com/content/349/bmj.g6674.long

Samieri C, Sun Q, Townsend MK, Chiuve SE, Okereke OI, Willett WC, Stampfer M, Grodstein F. The Association Between Dietary Patterns at Midlife and Health in Aging: An Observational Study. Annals of internal medicine 2013;159:584-91. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4193807/pdf/nihms543197.pdf

Shai I, Schwarzfuchs D, Henkin Y, Shahar DR, Witkow S, Greenberg I, Golan R, Fraser D, Bolotin A, Vardi H, Tangi-Rozental O. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. NEJM. 2008;359:229-41. https://www.nejm.org/doi/10.1056/NEJMoa0708681?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%3dwww.ncbi.nlm.nih.gov

MJ, Singh PN, Sabaté J et al. Vegetarian Dietary Patterns and Mortality in Adventist Health Study 2. JAMA Intern Med 2013;173:1230-1238. https://jamanetwork.com/journals/jamainternalmedicine/articlepdf/1710093/ioi130047.pdf

Key TJ, Appleby PN, Davey GK et al. Mortality in British vegetarians: review and preliminary results from EPIC-Oxford. Am J Clin Nutr 2003; 78:533S–538S. https://academic.oup.com/ajcn/article/78/3/533S/4689993