

Subcommittee 2:
Dietary Patterns,
Foods and Nutrients,
and Health Outcomes

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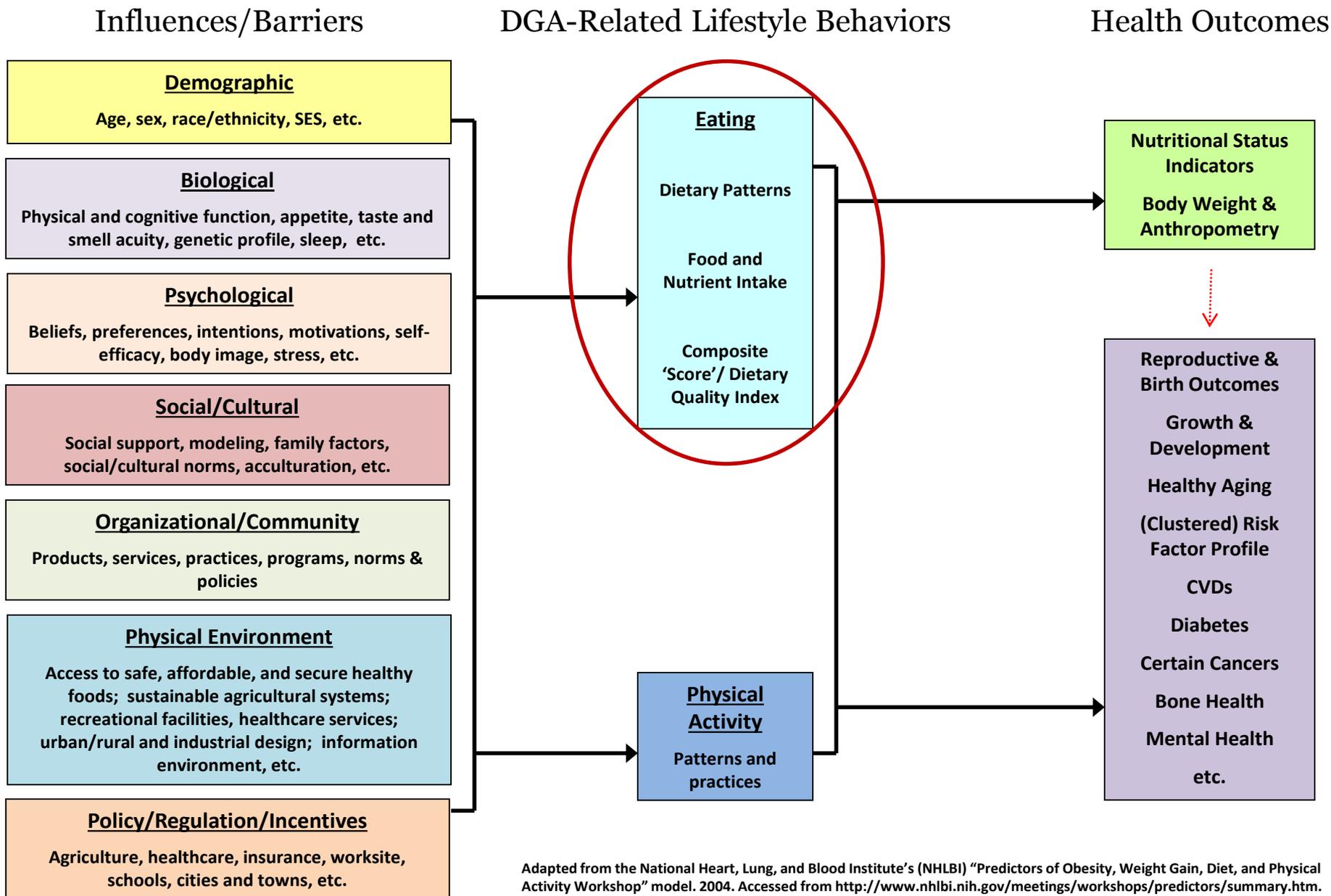
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Scope

- Exposures of interest:
 - Dietary patterns, foods, and nutrients
- Outcomes of interest:
 - Preventable diet-related diseases, obesity, and mortality

Ecological Framework of Influences on Lifestyle Behavior and Health

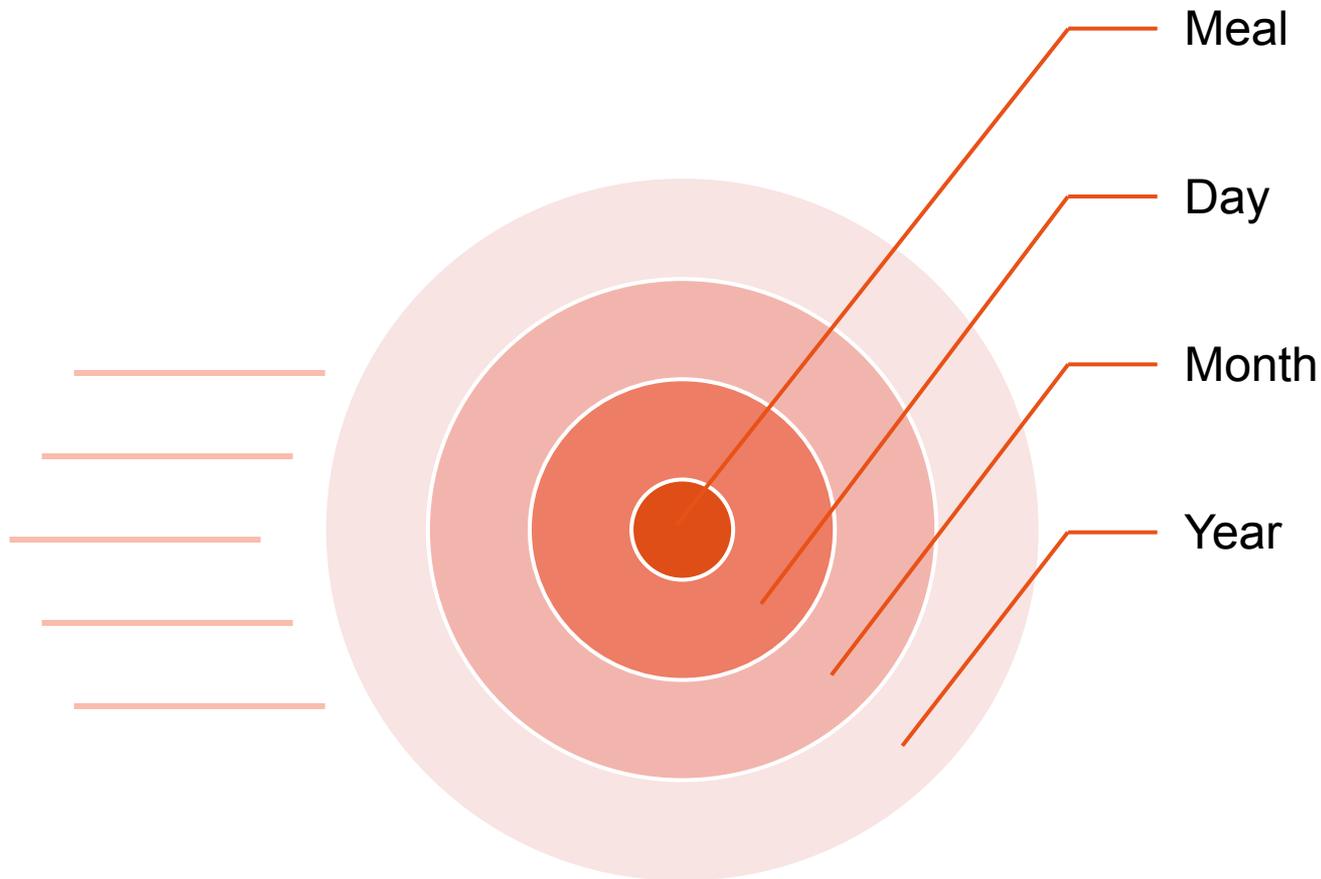


Adapted from the National Heart, Lung, and Blood Institute's (NHLBI) "Predictors of Obesity, Weight Gain, Diet, and Physical Activity Workshop" model. 2004. Accessed from <http://www.nhlbi.nih.gov/meetings/workshops/predictors/summary.htm>.

Scope

- Questions will be examined by:
 - Age/lifestage groups including children, adolescents, adults (pregnant, lactating, peri-postmenopausal women, and older adults)
 - Gender
 - Race/ethnicity
 - Geographic location
- Primary methods of review:
 - NEL systematic reviews and existing reports

Diet as dynamic exposure



In utero

Childhood

Adolescence

Adulthood

Older Adulthood

Rationale

- Primary focus is to consider foods and nutrients in the context of dietary patterns*
 - Accounts for the potential cumulative and interactive effects of individual components of the diet
 - This does not preclude targeted questions on specific foods or nutrients (e.g., sodium, alcohol)

* Defined based on method of assessment of diet exposures (e.g., *a priori* pattern (MDS, aMed) or dietary quality index (HEI, AHEI, DQI, etc.), data-driven (factor or cluster analysis, e.g. prudent, Western, energy density, etc.), or other method (DASH, vegetarian patterns))

Initial Topics Under Review

- Dietary patterns and risk of :
 - Cardiovascular disease
 - Type 2 diabetes
 - Obesity
 - Cancer, specifically colorectal, breast, prostate, and lung cancer
 - Neurological and psychological illnesses
 - Alzheimer's disease and depression

Addressed using existing reports and NEL systematic reviews

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Initial Topics Under Review

- Dietary patterns and:
 - Bone health (e.g., bone mineral density, bone mineral content, rickets, osteoporosis, and risk of fracture)
- Dietary patterns during preconception and risk of:
 - Birth defects

Addressed using NEL systematic reviews

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Initial Topics Under Review

- Foods and nutrients:
 - Alcohol
 - Sodium
 - Cholesterol

Addressed using existing reports with updates, as needed

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Other Topics Under Consideration

- Dietary patterns and other cancer outcomes
 - Total cancer mortality and gynecological, pancreatic, and gastro-esophageal cancer
- Dietary patterns during prenatal period and:
 - Infant birth weight and risk of pre-term birth, pregnancy complications, and birth defects
- Seafood intake and health outcomes

Emerging Topics

- Dietary patterns and other mental health outcomes
- Microbiome diversity in humans and association with health outcomes

Request for Public Comments

- Steps the food industry is taking to reduce sodium in the food supply

Submit public comments at www.DietaryGuidelines.gov

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