

# The Association between Dietary Patterns and Cardiovascular Disease or Kidney Function

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## Outline

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## Abstract

This report examines the association between dietary patterns and cardiovascular risk factors, as well as kidney function, among individuals with metabolic syndrome and postmenopausal women, to understand the impact of diet on these health indicators. The first study focused on 5,689 postmenopausal women over 45 years old, using binary logistic regression analysis to explore the association between dietary patterns and changes in cardiovascular risk factors. Results indicated that subjects following a dietary pattern high in processed foods, rice and flour products, organ meats, and sauces had higher levels of triglycerides (OR = 1.38, 95% CI 1.17–1.62), systolic blood pressure (OR = 1.29, 95% CI 1.08–1.53), diastolic blood pressure (OR = 1.28, 95% CI 1.01–1.62), atherogenic index of plasma (OR = 1.26, 95% CI 1.06–1.49), and fasting blood glucose (Q3: OR = 1.45, 95% CI 1.07–1.97), with no significant association with total cholesterol, high-density lipoprotein cholesterol, or C-reactive protein. The second study examined 56,476 individuals with metabolic syndrome, using multiple linear regression analysis to assess the relationship between dietary patterns and kidney function indicators. The findings showed that dietary patterns high in sweets, processed foods, and animal products were positively associated with blood urea nitrogen, creatinine, and uric acid levels, while negatively associated with estimated glomerular filtration rate. In summary, a diet high in processed foods is associated with increased cardiovascular risk factors and declining kidney function, potentially raising the incidence of cardiovascular disease and kidney disease. Longitudinal studies are recommended to verify the causal relationship between dietary patterns and these diseases.

## 1 參考文獻

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