

2020 Dietary Guidelines Advisory Committee: Dietary Patterns Subcommittee

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[DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

Status of Questions

- Developing the plan:
 - Dietary Patterns and body composition/obesity
 - Dietary Patterns and cardiovascular disease
 - Dietary Patterns and type 2 diabetes
 - Dietary Patterns and certain types of cancer
 - Dietary Patterns and bone health
- Implementing the plan:
 - Dietary Patterns and sarcopenia
 - Dietary Patterns and all-cause mortality
 - Dietary Patterns and neurocognitive health

All protocols discussed in this presentation are available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

Key Definitions

- **Dietary Patterns** – the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed.

Updates to Protocols Presented in July

All questions - The inclusion and exclusion criteria for the intervention/exposure were edited to clarify that:

- Specific macronutrient proportion diets will be included when the macronutrient proportions fall outside of the Acceptable Macronutrient Distribution Range (AMDR).
- Only studies that describe all macronutrients (i.e., carbohydrates, fat, and protein) in the diet will be included.

Sarcopenia only

- The inclusion criteria for the intermediate outcomes were edited to clarify that intermediate outcomes regardless of categorical cut-offs will be considered.
- The exclusion criteria for health status of participants was edited to clarify that studies that enroll hospitalized patients or individuals not at risk for sarcopenia aiming to enhance physical performance/fitness will be excluded.

Questions

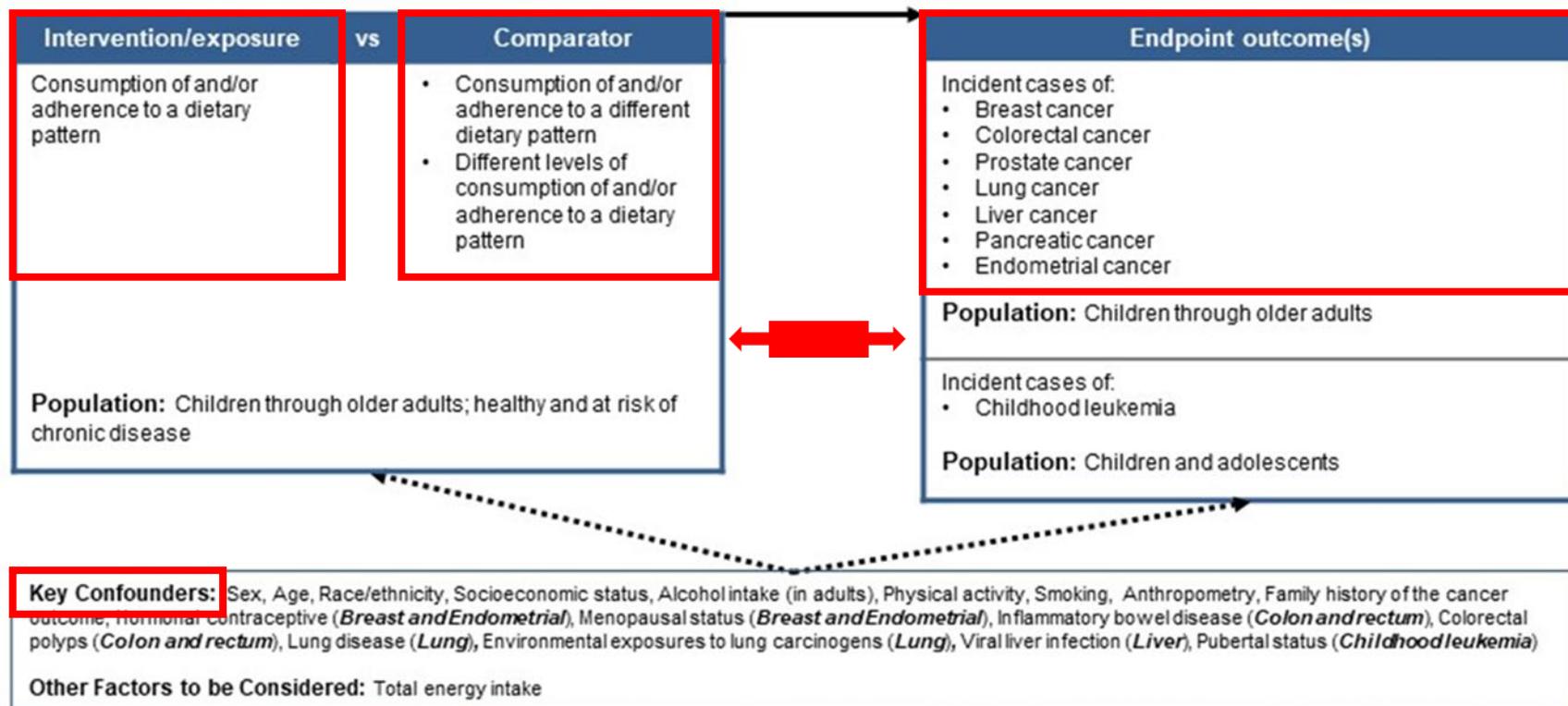
What is the relationship between dietary patterns consumed and risk of certain types of cancer?

What is the relationship between dietary patterns consumed and bone health?

Approach to Answer Question: Update to Existing NESR Systematic Reviews

Analytic Framework: Dietary Patterns and Certain Types of Cancer

Systematic review question: What is the relationship between dietary patterns consumed and risk of certain types of cancer?



Legend



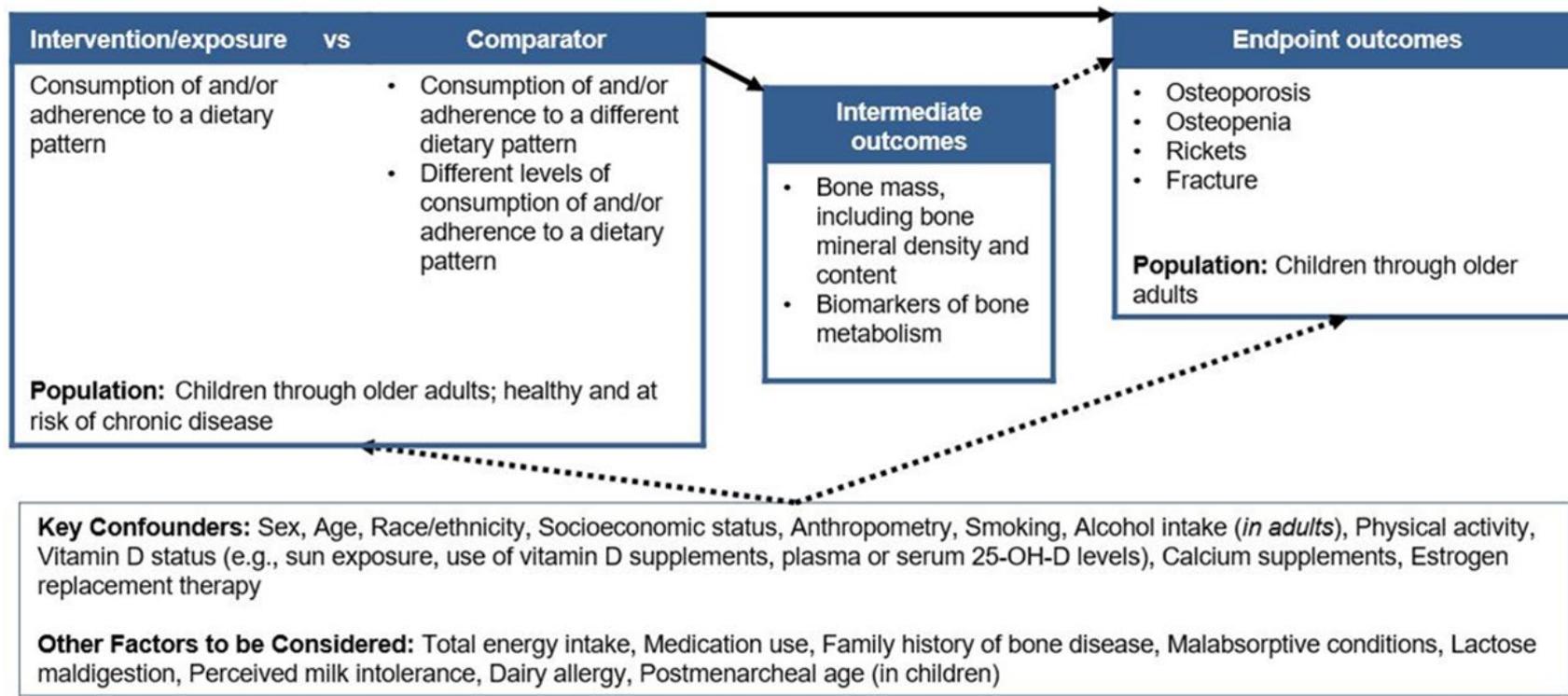
The relationship of interest in the systematic review

Factors that may impact the relationship of interest in the systematic review

What is the relationship between dietary patterns consumed and risk of certain types of cancer?
2020 Dietary Guidelines Advisory Committee: Meeting 3

Analytic Framework: Dietary Patterns and Bone Health

Systematic review question: What is the relationship between dietary patterns consumed and bone health?



Legend



The relationship of interest in the systematic review

Factors that may impact the relationship of interest in the systematic review

**What is the relationship between dietary patterns consumed and bone health?
2020 Dietary Guidelines Advisory Committee: Meeting 3**

Inclusion and Exclusion Criteria

- Propose standard criteria be used for:
 - Study Design
 - Include case-control studies for liver, pancreatic, endometrial cancers and leukemia.
 - Publication Status
 - Language of Publication
 - Country
 - Health Status of Participants

What is the relationship between dietary patterns consumed and risk of certain types of cancer?

What is the relationship between dietary patterns consumed and bone health?

2020 Dietary Guidelines Advisory Committee: *Meeting 3*

Inclusion and Exclusion Criteria

Category	Inclusion Criteria	Exclusion Criteria
Intervention/ exposure (for all questions)	<ul style="list-style-type: none"> Studies that examine consumption of and/or adherence to a dietary pattern (such as Dietary Approaches to Stop Hypertension (DASH), vegetarian/vegan, low-carbohydrate, and high-fat diets) Dietary patterns may be measured or derived using a variety of approaches, such as adherence to a priori patterns (indices/scores), data driven patterns (factor or cluster analysis), reduced rank regression, or other methods, including clinical trials. Studies must describe the dietary pattern being tested or examined, including, at a minimum, the foods and beverages in the pattern 	<ul style="list-style-type: none"> Studies that do not provide a description of the dietary pattern, which at minimum, must include the foods and beverages in the pattern <ul style="list-style-type: none"> This includes studies that examine a labeled dietary pattern, but do not describe the foods and beverages consumed, as well as those patterns that are based solely on nutrients.
	<ul style="list-style-type: none"> Studies that examine consumption of and/or adherence to a specific macronutrient proportion diet (i.e., studies that examine a diet where the level of the macronutrient is outside of the AMDR such as low-carbohydrate diet <45% of energy from carbohydrate or a high-fat diet of >35% of energy from fat) 	<ul style="list-style-type: none"> Studies that do not provide a description of or examine a specific % of energy from macronutrients (i.e., low-carbohydrate diet <45% of energy from carbohydrate or a high-fat diet >35% of energy from fat) Studies that do not describe all of the macronutrients in the diet (i.e., carbohydrate, fat, and protein)

Inclusion and Exclusion Criteria

Category	Inclusion Criteria	Exclusion Criteria
Outcomes (Cancer)	Incident cases of: <ul style="list-style-type: none">• Breast cancer• Colorectal cancer• Lung cancer• Prostate cancer• Liver cancer• Pancreatic cancer• Endometrial cancer• Childhood leukemia	<ul style="list-style-type: none">• Studies that exclusively examine cancer-related mortality, prevalence, survivorship, or recurrence of cancer
Outcomes (Bone Health)	Intermediate Outcomes: <ul style="list-style-type: none">• Bone mass including:<ul style="list-style-type: none">• Bone mineral density• Bone mineral content• Biomarkers of bone metabolism Endpoint outcomes: <ul style="list-style-type: none">• Osteoporosis• Osteopenia• Rickets• Fracture	N/A

Inclusion and Exclusion Criteria

Category	Inclusion Criteria	Exclusion Criteria
Date of publication (Cancer)	<ul style="list-style-type: none"> December 2013 – September 2019 (this date range is in addition to the original systematic review, which included articles published from January 2000-January 2014) 	<ul style="list-style-type: none"> Articles published prior January 2000 or after September 2019
	<ul style="list-style-type: none"> Additional search to cover liver, pancreatic, endometrial cancers, and childhood leukemia as well as macronutrient proportion diets: <ul style="list-style-type: none"> January 2000 – January 2014 	<ul style="list-style-type: none"> Additional search to cover liver, pancreatic, endometrial cancers, and childhood leukemia as well as macronutrient proportion diets: <ul style="list-style-type: none"> Articles published prior to January 2000
	<ul style="list-style-type: none"> Additional search to cover macronutrient proportion diets in existing reviews on breast, colorectal, lung, and prostate cancer outcomes: <ul style="list-style-type: none"> January 2000 – January 2014 	<ul style="list-style-type: none"> Additional search to cover macronutrient proportion diets in existing reviews on breast, colorectal, lung, and prostate cancer outcomes: <ul style="list-style-type: none"> Articles published prior to 2000
Date of publication (Bone Health)	<ul style="list-style-type: none"> March 2014 – September 2019 (this date range is in addition to the original systematic review, which included articles published from January 2000-March 2014) 	<ul style="list-style-type: none"> Articles published prior to January 2000 or after September 2019
	<ul style="list-style-type: none"> Additional search to cover macronutrient proportion diets: <ul style="list-style-type: none"> January 2000 – March 2014 	<ul style="list-style-type: none"> Additional search to cover macronutrient proportion diets: <ul style="list-style-type: none"> Articles published prior to 2000

Next Steps

- Finalize the protocols for the questions:
 - What is the relationship between dietary patterns consumed and certain types of cancer?
 - What is the relationship between dietary patterns consumed and bone health?
- Conduct the search for the questions:
 - What is the relationship between dietary patterns consumed and growth, size, body composition, and risk of overweight and obesity?
 - What is the relationship between dietary patterns consumed and cardiovascular disease?
 - What is the relationship between dietary patterns consumed and type 2 diabetes?

Next Steps

- Continue the search and screening process:
 - Five NESR analysts are currently independently screening ~38,000 articles for these three questions:
 - What is the relationship between dietary patterns consumed and sarcopenia?
 - What is the relationship between dietary patterns consumed and all-cause mortality?
 - What is the relationship between dietary patterns consumed and neurocognitive health?
- Plan a cross-cutting discussion with the Data Analysis and Food Pattern Modeling Working Group

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Members:

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Lydia Bazzano

Steven Heymsfield

Elizabeth Mayer-Davis

Joan Sabaté

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Gisela Butera

Clarissa Brown

Eve Stoodly (DFO)

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LUNCH

We will reconvene at 12:45 p.m.

Reminder: Use link provided for afternoon
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