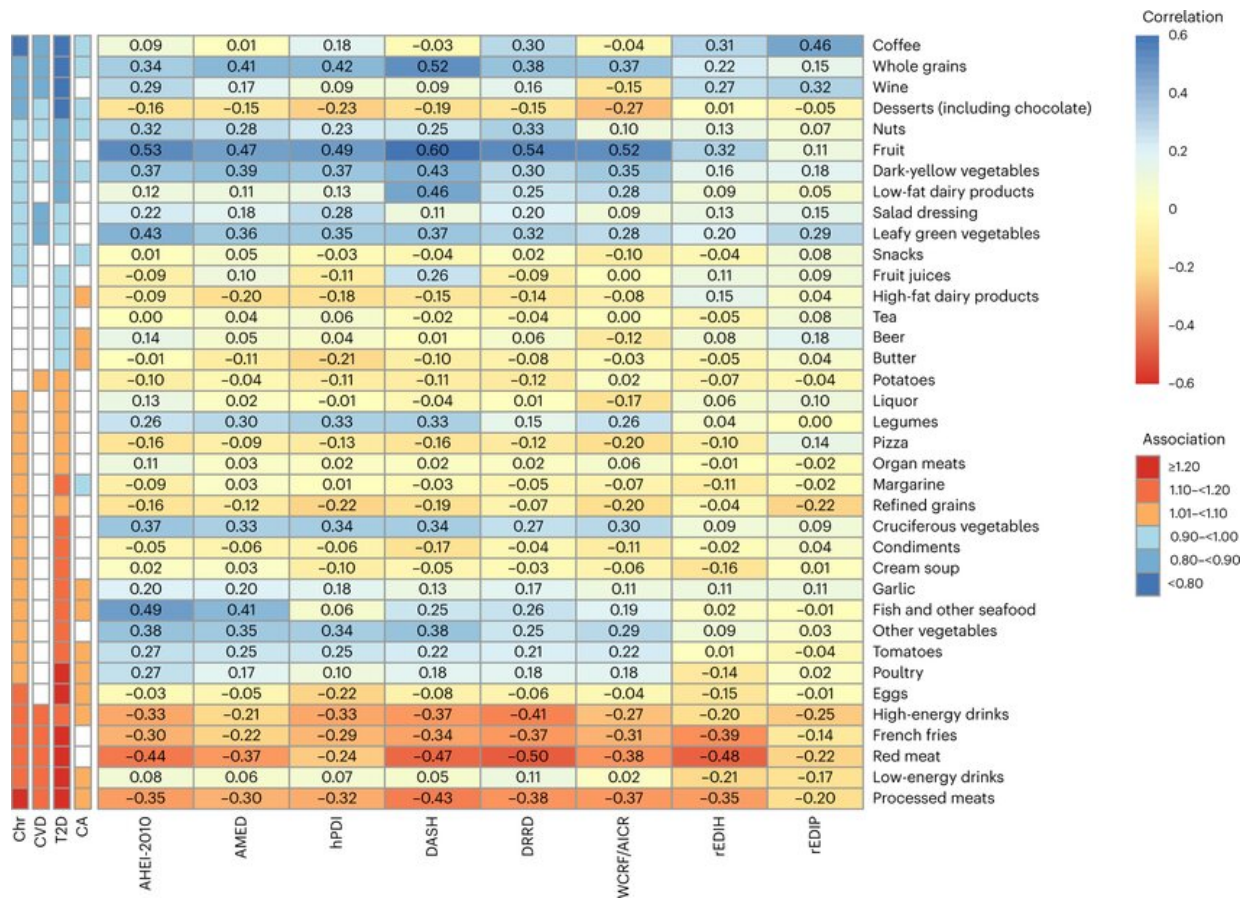


# Adhering to recommended diets lowers risk of chronic diseases, 32-year study finds

March 16 2023, by Justin Jackson



Baseline Spearman's correlations between energy-adjusted cumulative average dietary patterns and food groups in the pooled data of three cohorts (n = 205,852 participants) Spearman's correlation coefficients are shown and highlighted in color. Food groups are ordered based on the HRs of their associations with major chronic disease. The associations of food groups (comparing the 90th with the 10th percentile) with major chronic disease (Chr), major CVD, type 2 diabetes (T2D) or total cancer (CA) are indicated on the left of the figure. We

reported unadjusted P values based on two-sided statistical tests. Significant associations (P

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