

A cross-sectional study on associations between dietary patterns and cognitive function among Korean elderly

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People consume various foods with complex combinations of nutrients. Therefore, dietary pattern is a useful tool to consider overall diet. The aim of the study was to determine associations between dietary patterns and cognitive function among Korean elderly. A total of 1,394 subjects aged greater than or equal to 60-year olds participated in the baseline survey.

Cognitive function was assessed by the Korean version of the Mini-Mental State Examination (MMSE-KC) or the Mini-Mental State Examination for Dementia Screening (MMSE-DS).

Dietary intake was assessed by using a quantitative food frequency questionnaire with 106 food items. Dietary patterns from 23 predefined food groups were extracted by factor analysis. Three major dietary patterns were identified and assigned descriptive names based on the food items with high loadings: “healthy” pattern, “western” pattern,

and “mixed rice only” pattern. The “healthy” pattern was characterized by high consumptions of vegetables, fish, dairy products, and fruits. The “healthy” pattern was associated with a higher MMSE score. This cross-sectional study suggests that a diet with high consumptions of vegetables, fish, dairy products, and fruits may be beneficial in cognitive function among Korean elderly. Further longitudinal studies are needed to confirm these findings.

Speaker Biography

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