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Evaluation and Comparison of Dietary Patterns in Patients with Alzheimer's Disease and Healthy Controls

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Abstract

Background:
the onset of Alzheimer disease (AD). Previous studies have focused on AD and an individual nutrients or single food-based approach which does not take into account combinations of food that are consumed. Therefore, we aimed to investigate the relation between Alzheimer disease and major dietary patterns among elderly people.

Materials and methods: This case-control study was conducted on 50 elderly people who suffering from AD and 92 healthy controls (elderly people without Alzheimer disease). Usual dietary intake was assessed using a validated

Results:

vegetables and fruit rich in beta-carotene, vegetables and fruit different than mentioned source. The second pattern was high in grain, cereals, bread, butter, cream, sugar and sweets, and the third one included high amount of potato

age, sex and education (OR=0.13; 95% CI: 0.04-0.42 and OR=0.006; 95% CI: 0.00-0.218, respectively).

Conclusion:

Keywords: [illegible]

Introduction

[illegible]

[illegible]

[illegible]

Methods and Materials

Population of study

[illegible]

[illegible]

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[illegible]

[illegible]

Dietary intake assessment

[illegible]

Food group	1	2	3
Grain, Cereals, Bread	0.251	0.487	0.227
Milk and milk products	0.691	0.219	0.237
EGGS	0.444	-	-
Meat, Poultry, Fish	0.530	0.497	-
Butter and Cream	-	0.736	-
Fat different than the above	0.314	-	-
potato	-	-	0.862
Vegetables and Fruit rich in vitamin C	0.565	-	0.245
Vegetables and Fruit rich in beta-carotene	0.699	-	-
Vegetables and Fruit different than above	0.740	-	0.252
Seeds and Legumes	-	-	0.802
Sugar and Sweets	-	0.666	-
other	0.583	-	-

Values <0.2 were omitted for simplicity

Table 1: Factor loading matrix for the major dietary patterns.

Demographic variable		G1	G2	p-value
Age		69.47 ± 14.15	83.51 ± 9.16	<0.001
WC		92.52 ± 24.06	86.63 ± 17.15	0.55
BMI		24.04 ± 5.49	26.26 ±4.7	0.02
Sex	male	36.5%	36.4%	
	female	63.5%	63.6%	
Education	low	23.3%	13.3%	
	middle	31.7%	70.0%	
	high	45.0%	16.7%	
Past medical history				

Data are presented as mean ± SD

Table 2: Participant characteristics.

Food groups	Healthy Control group	Alzheimer disease group	P-value*
Grain, Cereals, Bread			

[illegible]

[illegible]

[illegible]

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17.