

TABLE 3. Results from the studies regarding the DASH-style dietary pattern.

Author	Year	Country	Participants	Age	Outcome	Findings
Fung TT et al.	2008	USA	88 517 women	34-59 years old	976 CVD deaths	decreases CVD event risk
Talaei M et al.	2019	China	63257	45-74 years old	610 cases of CAD mortality	decreases CVD event risk
Mertens E et al.	2018	United Kingdom	1867	56.7 mean age	407 CVD events	DASH diet decreases CVD event risk
Patel YR et al.	2021	USA	15,768	65.9 average age	488 CVD deaths	Both Mediterranean and DASH diet decrease the risk of CVD event
Fitzgerald KC et al.	2012	Boston	39 876 women	>45 years old	85 incidents of CVD	DASH diet decreases CVD event risk
Folsom AR et al.	2007	USA, Iowa	41,386 women	55-69 years old	2 CVD deaths	DASH diet decreases CVD event risk