

# 'Western' diet associated with respiratory symptoms, COPD

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FEV<sub>1</sub>/FVC ratio. In contrast, those with higher scores in the "Prudent" diet pattern (quintile 5 versus quintile 1) had lower prevalence of COPD (PR, 0.82) and cough (PR, 0.77) and higher percent predicted FEV<sub>1</sub> and FEV<sub>1</sub>/FVC ratio.

"A Western [dietary pattern](#) was associated with [respiratory symptoms](#), lower lung function, and COPD in ARIC participants," the authors write.

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(HealthDay)—A "Western" diet appears to be associated with chronic obstructive pulmonary disease (COPD), respiratory symptoms, and decreased lung function, according to a study published online Feb. 15 in the *Annals of the American Thoracic Society*.

Emily P. Brigham, M.D., from the Johns Hopkins University School of Medicine in Baltimore, and colleagues used data from the Atherosclerosis Risk in Communities Study (ARIC; 15,792 participants) to assess associations between dietary pattern and pulmonary assessments.

The researchers found that higher scores in the Western diet pattern (quintile 5 versus quintile 1) were associated with higher prevalence of COPD (prevalence ratio [PR], 1.62), wheeze (PR, 1.37), cough (PR, 1.32), and phlegm (PR, 1.27). In addition, the Western diet was associated with lower prevalence of percent predicted forced expiratory volume in 1 second (FEV<sub>1</sub>), percent predicted forced vital capacity (FVC), and

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