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Dietary patterns derived by factor analysis are associated with cognitive function among a middle-aged and elder Chinese population

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Highlights

- This paper reported the association between dietary patterns and cognitive function in a middle and elderly Chinese population.
- The Western-style pattern is associated with an increased risk of cognitive impairment.
- The grains-fruits-vegetables pattern is associated with a reduced risk of cognitive impairment.
- Our findings provide a comprehensive understanding of the role of dietary patterns in the prevention of cognitive function

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