Select references for Insight 11

Appel et al., A clinical trial of the effects of dietary patterns on blood pressure. NJMed 336: 1117-1124, 1997

Chiavaroli et al., Portfolio Dietary Pattern and Cardiovascular Disease: A Systematic Review and Metaanalysis of Controlled Trials. Prog Cardiovasc Dis. 61(1):43-53, 2018.

Hokama T, Binns C. Declining longevity advantage and low birth weight in Okinawa. Asia Pac J Public Health Suppl:95-101, 2008.

Jenkins et al., The effect of a dietary portfolio compared to a DASH-type diet on blood pressure. Nutrition, Metabolism & Cardiovascular Diseases 25: 1132-1139, 2015.

Juraschek et al., Effects of Sodium Reduction and the DASH Diet in Relation to Baseline Blood Pressure. Am Coll Cardiol. 70(23): 2841–2848, 2017.

Le Couteur et al., New Horizons: Dietary protein, ageing and the Okinawan ratio. Age Ageing 45(4):443-7, 2016.

Miyagi et al., Longevity and diet in Okinawa, Japan: the past, present and future. Asia Pac J Public Health 15 Suppl:S3-9, 2003.

Shi et al., Gut Microbiota: An Important Link between Western Diet and Chronic Diseases. Nutrients 11: 2287, 2019.

Willcox et al., Healthy aging diets other than the Mediterranean: a focus on the Okinawan diet. Mech Ageing Dev 136-137:148-62, 2014.