

# A pro-inflammatory dietary pattern is associated with 10-year risk of CKD: The Dutch lifelines cohort study

## METHODS



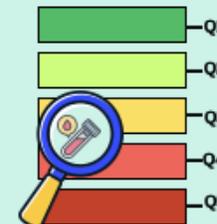
**POPULATION:**  
26,973 participants included  
free of CKD and severe  
inflammation-related disease



**DURATION:**  
Mean follow-up  
10.0 ± 1.6 years



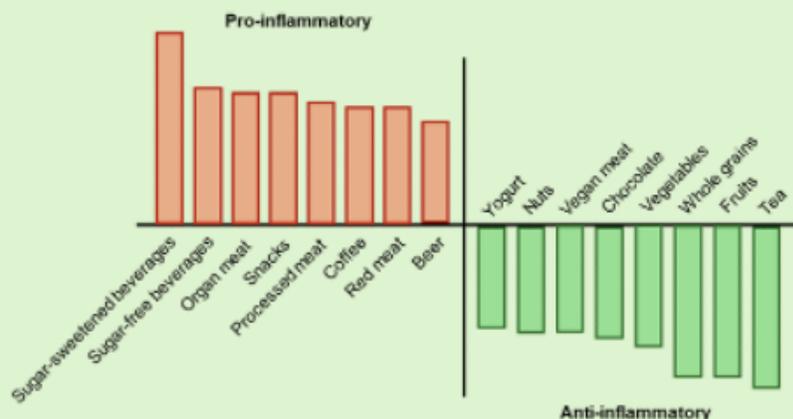
**TOOLS:**  
212-item Food Frequency  
Questionnaire, Inflammation  
score from blood counts



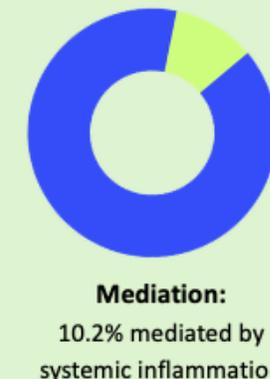
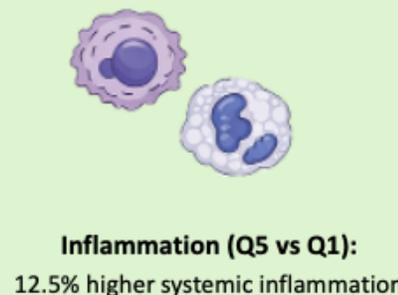
**ANALYSIS & CATEGORIZATION**  
Categorized into quintiles (Q1-Q5) of dietary  
pattern scores

## RESULTS

### A. DIETARY PROFILE



### B. KEY FINDINGS



**Conclusion:** A pro-inflammatory diet is associated with a higher CKD risk. Adopting an anti-inflammatory diet might reduce CKD risk.

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Visual abstract by **Thananda Trakarnvanich**  
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