

SIGNIFICANCE STATEMENT

People with ESKD treated with hemodialysis experience an annual mortality risk of 10%–20%, largely due to cardiovascular causes, with no interventions of proven benefit available to date. Mediterranean and Dietary Approaches to Stop Hypertension (DASH) diets are associated with reduced mortality in the general population, but their effects in patients on hemodialysis are uncertain. The findings of this cohort study involving 9757 patients on hemodialysis over 3 years showed that there was no association between these diets and cardiovascular or all-cause mortality. These findings provide new knowledge on the potential effect of diet quality on clinical outcomes and suggest that dietary patterns that are protective in the general population do not predict better cardiovascular outcomes in patients on hemodialysis.