

# Mediation analysis

**TASK:** Load file `diet2.Rdata` into R by using `load` command. The function loads an object called `diet` that is a `data.frame` including information about 4861 individuals and several variables including diseases and confounding variables (columns 1-16), nutrients (columns 17-26) and food consumption (columns 27-48).

Perform mediation analysis considering cholesterol as a mediator of the association observed between consumption of processed meat (variable `gra_conveniencefood`) and colorectal cancer (variable `casoc`). NOTE: adjust the models by `sexo`, `t_energy`, `BMIhoy` and `edad`.