

Dietary Patterns Associated with Cognitive Function Among the Older People in Underdeveloped Regions: Finding from the NCDFaC Study

Supplementary file:

Table S1. Food grouping used in the dietary pattern analysis.

Food Groups	Food Items/Subgroups
cereal grains	rice product, wheat products, coarse cereals (millets, sorghum, maize, etc.)
tubers	tubers (sweet potatoes, Chinese yam, taro, potatoes, etc.)
fried foods	fried foods (deep-fried dough stick, fried dough cake, etc.)
red meat	pork, beef, and mutton
poultry	poultry
organ meat	organ meat
aquatic products	aquatic products
whole milk	whole milk
dairy products	milk powder, cheese, yogurt,
eggs	eggs
soybean products	tofu, bean curd/bean curd cake
soybean milk	soybean milk
dried legume	dried legume
vegetables	fresh vegetables, dried vegetables
pickles	salted vegetables, kraut, sauerkraut
fresh mushrooms	fresh mushrooms
dried mushrooms	dried mushrooms, other dried fungus (Chinese black fungus, tremella, bamboo fungus, etc.)
dessert	dessert
fresh fruits	fresh fruits
nuts	nuts
alcoholic beverages	low-alcohol liquor, strong liquor, beer, fruit wine
fruit and vegetables juice	fresh fruit and vegetable juice, packaged fruit and vegetables juice
beverages	sugar-contained beverages, less sugary drinks, coffee
tea	tea