

**Supplementary Table S8.** Results of logistic regression for the associations between adherence to Mediterranean diet (continuous score) and cognitive function (binary score) among Epirus Health Study participants.

| Cognitive scores †                | Adherence to Mediterranean diet ‡ |              |                      |              |
|-----------------------------------|-----------------------------------|--------------|----------------------|--------------|
|                                   | Model 1 <sup>a</sup>              |              | Model 2 <sup>b</sup> |              |
|                                   | OR                                | 95% CI       | OR                   | 95% CI       |
| Trail Making Test (Part A)        | 1.013                             | 0.815, 1.258 | 1.012                | 0.806, 1.272 |
| Trail Making Test (Part B)        | 0.927                             | 0.667, 1.287 | 0.900                | 0.641, 1.263 |
| Verbal Fluency (semantic)         | 0.845                             | 0.724, 0.985 | 0.849                | 0.721, 0.999 |
| Verbal Fluency (phonemic)         | 1.036                             | 0.952, 1.127 | 1.057                | 0.968, 1.155 |
| Logical Memory (immediate recall) | 0.945                             | 0.798, 1.118 | 0.976                | 0.820, 1.162 |
| Logical Memory (delayed recall)   | 0.890                             | 0.715, 1.107 | 0.893                | 0.710, 1.122 |

<sup>a</sup> Adjusted for age, gender, education level. <sup>b</sup> Adjusted for age, gender, education level, BMI, smoking status, alcohol consumption and physical activity.

† Cognitive scores analyzed as binary score (normal performance defined as performance better than 1.5 standard deviation below the mean value, and abnormal performance defined as scores lower than 1.5 standard deviation below the mean)

‡ Adherence to Mediterranean diet was assessed using the Mediterranean Diet Adherence Screener (MEDAS). MEDAS score analyzed as continuous score (0-14).