

SUPPLEMENTARY MATERIAL

The frequency of food consumption was converted into a continuous variable based on estimated frequency per month (each time = 1 serving). Below are the conversion equations:

1-3 times a month = 2 times a month

1 time a week = 4 times a month

2-4 times a week = 3*4 times a month = 12 times a month

5-6 times a week = 5*4 times a month = 20 times a month

1 a day = 30 times a month

2-3 times a day = 2.5*30 times a month = 75 times a month

4 or more times a day = 4*30 times a month = 120 times a month

Table S1. The categories of socio-economic status (SES) were based on the International Standard Classification of Occupations (ISCO) codes:

<i>ISCO (1st digit)</i>	<i>Broad Category</i>	<i>SES</i>	<i>N (%)</i>
0,1,2,3	0: Armed forces occupations	High	100 (13.6)
	1: Managers		
	2: Professionals		
	3: Technicians and Associate Professionals		
4,5,6	4: Clerical Support workers	Middle	150 (20.4)
	5: Services and Sales workers		
	6: Skilled agricultural, Forestry and Fishery workers		
7,8,9	7: Craft and related trades workers	Low	486 (66.0)
	8: Plant and Machine operators and Assemblers		
	9: Elementary occupations		

Table S2. Average weight estimated for each nutrient over the 100 repeated holdout WQS estimates. The set of weights are those associated to the nutrient mixture index with a protective effect on PD.

<i>Nutrient</i>	<i>Average Weight</i>
Fish	34.5%
Coffee	21.2%
White meat	11.8%
Dairy	8.5%
Red meat	8.1%
Carbs	7.1%
Fruit	5.5%
Vegetables	3.2%