

Supplementary Table S1. MIND diet component, servings, and scores ^a

Item/Score	0	0.5	1
Green leafy vegetables ^b	≤2 servings/wk	> 2 to <6/wk	≥6 servings/wk
Other vegetables ^c	<5 serving/wk	5 to <7 wk	≥1 serving/day
Berries ^d	<1 serving/wk	1 /wk	≥2 servings/wk
Nuts	<1 serving /mo	1/mo to <5/wk	≥5 servings/wk
Olive oil	Not primary oil		Primary oil used
Butter, margarine	>2 times/d	1–2 times/d	<1 times/d
Cheese	7+ servings/wk	1–6 /wk	< 1 serving/wk
Whole grains	<1 serving/d	1–2 /d	≥3 servings/d
Fish (not fried) ^e	Rarely	1–3 /mo	≥1 meals/wk
Beans ^f	<1 meal/wk	1–3/wk	>3 meals/wk
Poultry (not fried) ^g	<1 meal/wk	1 /wk	≥2 meals/wk
Red meat and products ^h	7+ meals/wk	4–6 /wk	< 4 meals/wk
Fast fried foods ⁱ	4+ times/wk	1–3 /wk	<1 time/wk
Pastries & sweets ^j	7+ servings/wk	5 –6 /wk	<5 servings/wk
Wine	>1 glass/d or never	1/mo to 6/wk	1 glass/d
Total score		15	

^a Vegetables 1 serving = 0.5 cup, 118.3 g (USA) = 0.5 bowl, 100 g (Taiwan); Berries 1 serving = 0.5 cup, 118.3 g (USA) strawberries 170 g (Taiwan); Nuts 1 serving = 1 oz, 28.35 g (USA) = 1 time, 15 g (Taiwan); Grains 1 serving = dry weight 15~20 g (USA) = dry weight 20 g (Taiwan).

^b Kale, collards, greens; spinach; lettuce/tossed salad.

^c Green/red peppers, squash, cooked carrots, raw carrots, broccoli, celery, potatoes, peas or lima beans, potatoes, tomatoes, tomato sauce, string beans, beets, corn, zucchini/summer squash/eggplant, coleslaw, potato salad.

^d Strawberries.

^e Tuna sandwich, fresh fish as a main dish; not fried fish cakes, sticks, or sandwiches.

^f Beans, lentils, soybeans.

^g Chicken or turkey sandwich, chicken or turkey as a main dish and never eat fried at home or away from home.

^h Cheeseburger, hamburger, beef tacos/burritos, hot dogs/sausages, roast beef or ham sandwich, salami, bologna, or other deli meat sandwich, beef (steak, roast) or lamb as a main dish, pork or ham as a main dish, meat balls or meatloaf.

ⁱ How often do you eat fried food away from home (like French fries, chicken nuggets)?

^j Biscuits/rolls, pop tarts, cake, snack cakes/Twinkies, Danish/sweet rolls/pastry, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes/frappes.

MIND, Mediterranean-DASH intervention for neurodegenerative delay.