

Table S1. The associations between physical exercise and prevalent and incident cognitive impairment in total sample and stratified by dietary habits in older adults <80 years.

	No Physical Exercise		Physical Exercise		OR (95% CI) for the Association Between PE and CI Within Each Stratum of Dietary Habits
	N With/Without CI	OR (95% CI)	N With/Without CI	OR (95% CI)	
Cross-sectional Analyses					
Total Sample	104/2240	1.0 (reference)	39/1548	1.02 (0.62–1.69) <i>p</i> = 0.933	
Don't Eat Fruits	78/1354	1.0 (reference)	27/712	1.25 (0.72–2.19) <i>p</i> = 0.431	1.30 (0.74–2.28) <i>p</i> = 0.370
Eat Fruits	26/886	0.84 (0.46–1.54) <i>p</i> = 0.575	12/836	0.47 (0.18–1.20) <i>p</i> = 0.113	0.51 (0.15–1.77) <i>p</i> = 0.291
Don't Eat Vegetables	20/176	1.0 (reference)	11/82	1.37 (0.52–3.58) <i>p</i> = 0.523	0.94 (0.30–2.96) <i>p</i> = 0.915
Eat Vegetables	84/2064	0.48 (0.25–0.91) <i>p</i> = 0.026	28/1466	0.45 (0.20–0.98) <i>p</i> = 0.045	0.98 (0.54–1.76) <i>p</i> = 0.935
Don't Drink Tea	68/1253	1.0 (reference)	24/801	1.10 (0.58–2.08) <i>p</i> = 0.779	0.98 (0.51–1.91) <i>p</i> = 0.964
Drink Tea	36/986	1.34 (0.77–2.33) <i>p</i> = 0.301	15/746	1.25 (0.58–2.68) <i>p</i> = 0.574	0.93 (0.40–2.18) <i>p</i> = 0.876
Don't Eat Meat	54/788	1.0 (reference)	16/428	0.89 (0.43–1.82) <i>p</i> = 0.745	0.69 (0.30–1.56) <i>p</i> = 0.367
Eat Meat	50/1451	0.65 (0.37–1.15) <i>p</i> = 0.140	23/1119	0.75 (0.38–1.48) <i>p</i> = 0.406	1.12 (0.57–2.22) <i>p</i> = 0.739
Don't Eat Fish	70/1354	1.0 (reference)	26/749	1.12 (0.62–2.02) <i>p</i> = 0.710	1.12 (0.60–2.07) <i>p</i> = 0.727
Eat Fish	34/885	1.36 (0.75–2.49) <i>p</i> = 0.310	13/798	1.16 (0.50–2.68) <i>p</i> = 0.729	1.01 (0.38–2.67) <i>p</i> = 0.985
Don't Eat Eggs	42/795	1.0 (reference)	15/394	1.02 (0.47–2.23) <i>p</i> = 0.954	1.01 (0.44–2.31) <i>p</i> = 0.976
Eat Eggs	62/1444	1.01 (0.57–1.78) <i>p</i> = 0.972	24/1153	1.03 (0.51–2.10) <i>p</i> = 0.933	1.04 (0.53–2.03) <i>p</i> = 0.912
Don't Eat Food Made from Beans	59/1051	1.0 (reference)	17/545	1.17 (0.59–2.30) <i>p</i> = 0.658	1.01 (0.49–2.10) <i>p</i> = 0.973
Eat Food Made from Beans	45/1188	0.95 (0.54–1.64) <i>p</i> = 0.842	22/1002	0.85 (0.41–1.74) <i>p</i> = 0.655	0.97 (0.47–2.03) <i>p</i> = 0.945
Don't Eat Salt-preserved Vegetables	68/1235	1.0 (reference)	22/896	1.08 (0.56–2.07) <i>p</i> = 0.821	1.09 (0.55–2.16) <i>p</i> = 0.797
Eat Salt-preserved Vegetables	36/1004	1.04 (0.61–1.78) <i>p</i> = 0.890	17/651	0.99 (0.49–2.02) <i>p</i> = 0.983	0.74 (0.32–1.71) <i>p</i> = 0.484
Don't Eat Sugar	78/1601	1.0 (reference)	26/1009	1.07 (0.60–1.91) <i>p</i> = 0.824	1.01 (0.55–1.85) <i>p</i> = 0.970
Eat Sugar	26/638	1.11 (0.62–2.00)	13/538	1.02 (0.46–2.27)	1.44 (0.50–4.11)

		$p = 0.727$		$p = 0.958$	$p = 0.499$
Don't Eat Garlic	74/1230	1.0 (reference)	19/702	0.82 (0.42–1.58)	0.68 (0.34–1.34)
				$p = 0.549$	$p = 0.266$
Eat Garlic	30/1009	0.80 (0.45–1.40)	20/845	1.09 (0.56–2.15)	2.19 (0.93–5.14)
		$p = 0.432$		$p = 0.794$	$p = 0.072$
Don't Eat Milk Products	83/1847	1.0 (reference)	32/951	1.20 (0.70–2.06)	1.15 (0.67–1.97)
				$p = 0.496$	$p = 0.620$
Eat Milk Products	21/392	1.20 (0.57–2.53)	7/596	0.57 (0.20–1.62)	0.28 (0.04–2.02)
		$p = 0.635$		$p = 0.290$	$p = 0.205$
Don't Eat Nut Products	101/1923	1.0 (reference)	36/1183	1.04 (0.63–1.73)	1.03 (0.62–1.71)
				$p = 0.873$	$p = 0.921$
Eat Nut Products	3/316	0.40 (0.09–1.75)	3/363	0.24 (0.03–1.90)	-
		$p = 0.224$		$p = 0.177$	
Don't Eat Mushroom or Algae	98/2021	1.0 (reference)	35/1184	1.02 (0.61–1.70)	0.99 (0.59–1.65)
				$p = 0.946$	$p = 0.959$
Eat Mushroom or Algae	6/217	0.71 (0.18–2.83)	4/361	0.78 (0.17–3.62)	-
		$p = 0.625$		$p = 0.746$	
Don't Eat Vitamins	98/2118	1.0 (reference)	39/1305	1.12 (0.67–1.85)	1.11 (0.67–1.84)
				$p = 0.670$	$p = 0.697$
Eat Vitamins	6/121	1.40 (0.46–4.21)	0/242	-	-
		$p = 0.554$			
Don't Eat Medicinal Plants	102/2193	1.0 (reference)	38/1432	1.04 (0.63–1.72)	1.03 (0.62–1.70)
				$p = 0.870$	$p = 0.913$
Eat Medicinal Plants	2/46	0.71 (0.07–6.93)	1/115	-	-
		$p = 0.768$			
Longitudinal Analyses					
Total Sample	106/1657	1.0 (reference)	44/1132	0.47 (0.28–0.81)	
				$p = 0.007$	
Don't Eat Fruits	71/995	1.0 (reference)	24/534	0.45 (0.23–0.89)	0.45 (0.21–0.96)
				$p = 0.021$	$p = 0.038$
Eat Fruits	35/662	0.72 (0.40–1.27)	20/598	0.37 (0.16–0.84)	0.14 (0.04–0.51)
		$p = 0.251$		$p = 0.018$	$p = 0.003$
Don't Eat Vegetables	10/125	1.0 (reference)	4/57	1.77 (0.26–11.9)	-
				$p = 0.557$	
Eat Vegetables	96/1532	1.92 (0.60–6.13)	40/1075	0.84 (0.24–2.91)	0.43 (0.24–0.75)
		$p = 0.270$		$p = 0.781$	$p = 0.003$
Don't Drink Tea	57/940	1.0 (reference)	22/599	0.40 (0.18–0.89)	0.26 (0.09–0.74)
				$p = 0.024$	$p = 0.011$
Drink Tea	49/716	1.64 (0.92–2.91)	22/532	0.90 (0.42–1.91)	0.40 (0.18–0.92)
		$p = 0.092$		$p = 0.779$	$p = 0.031$
Don't Eat Meat	34/579	1.0 (reference)	12/320	0.48 (0.18–1.31)	0.44 (0.08–2.33)
				$p = 0.152$	$p = 0.338$
Eat Meat	72/1077	1.77 (0.94–3.34)	32/811	0.83 (0.38–1.82)	0.46 (0.24–0.89)
		$p = 0.079$		$p = 0.645$	$p = 0.022$

Don't Eat Fish	73/1007	1.0 (reference)	22/575	0.36 (0.17–0.75) <i>p</i> = 0.006	0.36 (0.16–0.84) <i>p</i> = 0.018
Eat Fish	33/649	1.15 (0.64–2.07) <i>p</i> = 0.630	22/556	0.78 (0.36–1.68) <i>p</i> = 0.519	0.48 (0.18–1.24) <i>p</i> = 0.130
Don't Eat Eggs	40/582	1.0 (reference)	14/286	0.36 (0.14–0.93) <i>p</i> = 0.034	0.42 (0.12–1.44) <i>p</i> = 0.166
Eat Eggs	66/1074	0.76 (0.41–1.39) <i>p</i> = 0.368	30/845	0.41 (0.19–0.88) <i>p</i> = 0.022	0.49 (0.24–0.99) <i>p</i> = 0.046
Don't Eat Food Made from Beans	50/797	1.0 (reference)	15/410	0.41 (0.18–0.96) <i>p</i> = 0.041	0.41 (0.15–1.13) <i>p</i> = 0.085
Eat Food Made from Beans	56/859	1.08 (0.61–1.92) <i>p</i> = 0.800	29/721	0.56 (0.27–1.18) <i>p</i> = 0.126	0.50 (0.23–1.07) <i>p</i> = 0.074
Don't Eat Salt- preserved Vegetables	64/901	1.0 (reference)	23/639	0.38 (0.18–0.80) <i>p</i> = 0.011	0.37 (0.15–0.87) <i>p</i> = 0.022
Eat Salt-preserved Vegetables	42/755	0.69 (0.40–1.21) <i>p</i> = 0.196	21/492	0.42 (0.20–0.89) <i>p</i> = 0.023	0.35 (0.14–0.89) <i>p</i> = 0.027
Don't Eat Sugar	62/1203	1.0 (reference)	27/739	0.44 (0.21–0.90) <i>p</i> = 0.024	0.31 (0.14–0.68) <i>p</i> = 0.004
Eat Sugar	44/453	2.11 (1.20–3.70) <i>p</i> = 0.009	17/392	1.10 (0.52–2.33) <i>p</i> = 0.811	0.44 (0.14–1.37) <i>p</i> = 0.156
Don't Eat Garlic	58/913	1.0 (reference)	18/524	0.37 (0.15–0.90) <i>p</i> = 0.029	0.25 (0.08–0.81) <i>p</i> = 0.020
Eat Garlic	48/743	1.54 (0.89–2.68) <i>p</i> = 0.125	26/607	0.84 (0.41–1.70) <i>p</i> = 0.629	0.69 (0.33–1.41) <i>p</i> = 0.307
Don't Eat Milk Products	91/1371	1.0 (reference)	34/716	0.51 (0.28–0.92) <i>p</i> = 0.025	0.53 (0.28–0.98) <i>p</i> = 0.043
Eat Milk Products	15/285	0.68 (0.31–1.49) <i>p</i> = 0.339	10/415	0.24 (0.08–0.71) <i>p</i> = 0.010	-
Don't Eat Nut Products	93/1404	1.0 (reference)	38/864	0.46 (0.26–0.84) <i>p</i> = 0.011	0.44 (0.24–0.82) <i>p</i> = 0.009
Eat Nut Products	13/252	0.92 (0.38–2.22) <i>p</i> = 0.860	6/266	0.48 (0.16–1.46) <i>p</i> = 0.197	-
Don't Eat Mushroom or Algae	99/1493	1.0 (reference)	39/874	0.49 (0.28–0.85) <i>p</i> = 0.011	0.48 (0.28–0.85) <i>p</i> = 0.012
Eat Mushroom or Algae	7/163	0.47 (0.15–1.41) <i>p</i> = 0.177	5/255	0.16 (0.03–0.78) <i>p</i> = 0.023	-
Don't Eat Vitamins	101/1566	1.0 (reference)	39/966	0.45 (0.26–0.79) <i>p</i> = 0.006	0.44 (0.25–0.77) <i>p</i> = 0.005
Eat Vitamins	5/90	0.28 (0.05–1.54) <i>p</i> = 0.143	5/165	0.28 (0.06–1.33) <i>p</i> = 0.110	-
Don't Eat Medicinal Plants	103/1625	1.0 (reference)	41/1054	0.48 (0.28–0.84) <i>p</i> = 0.010	0.48 (0.27–0.84) <i>p</i> = 0.010
Eat Medicinal Plants	3/31	3.11 (0.61–15.8) <i>p</i> = 0.172	3/77	1.10 (0.22–5.45) <i>p</i> = 0.910	-

Table S2. The associations between physical exercise and prevalent and incident cognitive impairment in total sample and stratified by dietary habits in older adults ≥ 80 years.

	No Physical Exercise		Physical Exercise		OR (95% CI) for the Association Between PE and CI Within Each Stratum of Dietary Habits
	N With/Without CI	OR (95% CI)	N With/Without CI	OR (95% CI)	
Cross-sectional Analyses					
Total Sample	3592/4902	1.0 (reference)	586/1924	0.92 (0.79–1.07) <i>p</i> = 0.261	
Don't Eat Fruits	2485/3189	1.0 (reference)	362/1008	1.04 (0.86–1.25) <i>p</i> = 0.706	1.03 (0.85–1.24) <i>p</i> = 0.765
Eat Fruits	1106/1713	1.07 (0.93–1.24) <i>p</i> = 0.353	224/916	0.80 (0.63–1.02) <i>p</i> = 0.072	0.76 (0.59–0.98) <i>p</i> = 0.031
Don't Eat Vegetables	752/552	1.0 (reference)	72/166	0.80 (0.54–1.19) <i>p</i> = 0.276	0.71 (0.48–1.07) <i>p</i> = 0.100
Eat Vegetables	2839/4350	0.52 (0.43–0.62) <i>p</i> <0.001	514/1758	0.48 (0.39–0.60) <i>p</i> <0.001	0.96 (0.81–1.13) <i>p</i> = 0.589
Don't Drink Tea	2750/3082	1.0 (reference)	419/1121	0.90 (0.75–1.08) <i>p</i> = 0.263	0.94 (0.78–1.13) <i>p</i> = 0.499
Drink Tea	840/1820	0.86 (0.75–0.99) <i>p</i> = 0.037	165/802	0.82 (0.64–1.05) <i>p</i> = 0.111	0.89 (0.68–1.17) <i>p</i> = 0.407
Don't Eat Meat	1369/1602	1.0 (reference)	166/524	0.85 (0.65–1.10) <i>p</i> = 0.211	0.85 (0.65–1.11) <i>p</i> = 0.241
Eat Meat	2221/3300	0.87 (0.75–1.00) <i>p</i> = 0.054	419/1399	0.83 (0.68–1.01) <i>p</i> = 0.067	0.93 (0.78–1.12) <i>p</i> = 0.459
Don't Eat Fish	2463/3074	1.0 (reference)	339/1055	0.89 (0.74–1.08) <i>p</i> = 0.234	0.94 (0.77–1.14) <i>p</i> = 0.505
Eat Fish	1127/1828	1.06 (0.91–1.23) <i>p</i> = 0.449	246/868	1.02 (0.81–1.28) <i>p</i> = 0.891	0.88 (0.70–1.12) <i>p</i> = 0.305
Don't Eat Eggs	1093/1615	1.0 (reference)	145/488	0.93 (0.71–1.23) <i>p</i> = 0.610	0.86 (0.65–1.14) <i>p</i> = 0.294
Eat Eggs	2497/3287	1.08 (0.93–1.25) <i>p</i> = 0.308	440/1435	0.98 (0.80–1.20) <i>p</i> = 0.877	0.93 (0.77–1.11) <i>p</i> = 0.396
Don't Eat Food Made from Beans	1781/2230	1.0 (reference)	292/758	1.15 (0.93–1.41) <i>p</i> = 0.209	1.12 (0.90–1.40) <i>p</i> = 0.305
Eat Food Made from Beans	1809/2671	0.91 (0.79–1.04) <i>p</i> = 0.153	293/1165	0.68 (0.55–0.85) <i>p</i> = 0.001	0.74 (0.60–0.92) <i>p</i> = 0.005
Don't Eat Salt-preserved Vegetables	2645/3168	1.0 (reference)	407/1246	0.88 (0.73–1.05) <i>p</i> = 0.165	0.87 (0.72–1.05) <i>p</i> = 0.145
Eat Salt-preserved Vegetables	945/1733	0.86 (0.74–0.99) <i>p</i> = 0.033	178/677	0.86 (0.67–1.09) <i>p</i> = 0.209	0.98 (0.76–1.28) <i>p</i> = 0.907
Don't Eat Sugar	2084/3199	1.0 (reference)	309/1176	0.82 (0.68–1.00) <i>p</i> = 0.050	0.79 (0.65–0.97) <i>p</i> = 0.021

Eat Sugar	1506/1703	1.03 (0.89–1.18) <i>p</i> = 0.699	275/747	1.10 (0.88–1.38) <i>p</i> = 0.394	1.14 (0.89–1.45) <i>p</i> = 0.294
Don't Eat Garlic	2426/3092	1.0 (reference)	338/1030	0.89 (0.74–1.08) <i>p</i> = 0.250	0.90 (0.74–1.10) <i>p</i> = 0.299
Eat Garlic	1163/1810	1.08 (0.94–1.24) <i>p</i> = 0.259	247/893	1.03 (0.83–1.29) <i>p</i> = 0.774	0.91 (0.72–1.16) <i>p</i> = 0.462
Don't Eat Milk Products	2529/3710	1.0 (reference)	375/1136	0.98 (0.82–1.18) <i>p</i> = 0.864	1.00 (0.83–1.19) <i>p</i> = 0.962
Eat Milk Products	1061/1192	1.02 (0.87–1.20) <i>p</i> = 0.785	210/787	0.81 (0.63–1.04) <i>p</i> = 0.103	0.76 (0.58–1.00) <i>p</i> = 0.052
Don't Eat Nut Products	3389/4527	1.0 (reference)	543/1684	0.91 (0.78–1.06) <i>p</i> = 0.232	0.91 (0.78–1.07) <i>p</i> = 0.248
Eat Nut Products	201/375	0.85 (0.65–1.12) <i>p</i> = 0.252	42/239	0.87 (0.55–1.40) <i>p</i> = 0.571	0.94 (0.53–1.68) <i>p</i> = 0.842
Don't Eat Mushroom or Algae	3317/4460	1.0 (reference)	508/1588	0.93 (0.80–1.09) <i>p</i> = 0.386	0.95 (0.81–1.11) <i>p</i> = 0.523
Eat Mushroom or Algae	273/442	1.00 (0.79–1.27) <i>p</i> = 0.997	76/335	0.81 (0.55–1.20) <i>p</i> = 0.298	0.67 (0.42–1.07) <i>p</i> = 0.090
Don't Eat Vitamins	3276/4503	1.0 (reference)	532/1637	0.94 (0.81–1.10) <i>p</i> = 0.473	0.94 (0.80–1.10) <i>p</i> = 0.424
Eat Vitamins	314/399	1.10 (0.87–1.40) <i>p</i> = 0.434	53/286	0.79 (0.52–1.20) <i>p</i> = 0.272	0.82 (0.49–1.38) <i>p</i> = 0.458
Don't Eat Medicinal Plants	3505/4765	1.0 (reference)	570/1795	0.92 (0.79–1.07) <i>p</i> = 0.275	0.92 (0.79–1.07) <i>p</i> = 0.296
Eat Medicinal Plants	85/137	0.54 (0.36–0.83) <i>p</i> = 0.004	15/128	0.48 (0.23–0.99) <i>p</i> = 0.048	0.54 (0.18–1.68) <i>p</i> = 0.289
Longitudinal Analyses					
Total Sample	728/1611	1.0 (reference)	240/806	0.98 (0.74–1.29) <i>p</i> = 0.862	
Don't Eat Fruits	480/1045	1.0 (reference)	137/436	0.98 (0.70–1.38) <i>p</i> = 0.906	1.11 (0.78–1.58) <i>p</i> = 0.561
Eat Fruits	248/566	0.62 (0.45–0.86) <i>p</i> = 0.004	103/370	0.60 (0.38–0.93) <i>p</i> = 0.022	0.86 (0.50–1.49) <i>p</i> = 0.592
Don't Eat Vegetables	69/167	1.0 (reference)	13/66	0.79 (0.29–2.15) <i>p</i> = 0.647	-
Eat Vegetables	659/1444	1.59 (0.95–2.65) <i>p</i> = 0.079	227/740	1.57 (0.90–2.75) <i>p</i> = 0.111	0.97 (0.73–1.31) <i>p</i> = 0.863
Don't Drink Tea	486/976	1.0 (reference)	163/452	0.93 (0.66–1.32) <i>p</i> = 0.688	0.95 (0.65–1.36) <i>p</i> = 0.763
Drink Tea	242/635	0.76 (0.55–1.03) <i>p</i> = 0.079	77/354	0.80 (0.52–1.22) <i>p</i> = 0.293	0.94 (0.57–1.56) <i>p</i> = 0.807
Don't Eat Meat	235/558	1.0 (reference)	44/216	0.84 (0.50–1.41) <i>p</i> = 0.505	0.72 (0.39–1.33) <i>p</i> = 0.296
Eat Meat	493/1053	1.12 (0.81–1.55)	196/590	1.16 (0.78–1.71)	1.04 (0.74–1.47)

		$p = 0.500$		$p = 0.474$	$p = 0.809$
Don't Eat Fish	468/1041	1.0 (reference)	130/458	0.84 (0.59–1.21)	0.87 (0.59–1.27)
				$p = 0.351$	$p = 0.459$
Eat Fish	260/570	0.93 (0.67–1.28)	110/348	1.13 (0.74–1.72)	1.08 (0.66–1.74)
		$p = 0.649$		$p = 0.585$	$p = 0.768$
Don't Eat Eggs	234/542	1.0 (reference)	67/203	1.17 (0.71–1.92)	1.59 (0.89–2.85)
				$p = 0.533$	$p = 0.118$
Eat Eggs	494/1069	0.87 (0.63–1.21)	173/603	0.79 (0.53–1.18)	0.85 (0.60–1.20)
		$p = 0.410$		$p = 0.245$	$p = 0.356$
Don't Eat Food Made from Beans	326/784	1.0 (reference)	98/329	1.01 (0.67–1.54)	1.23 (0.79–1.93)
				$p = 0.948$	$p = 0.365$
Eat Food Made from Beans	402/826	1.40 (1.04–1.90)	142/477	1.33 (0.89–1.98)	0.93 (0.63–1.36)
		$p = 0.027$		$p = 0.162$	$p = 0.695$
Don't Eat Salt- preserved Vegetables	466/1023	1.0 (reference)	161/522	1.11 (0.79–1.56)	1.01 (0.70–1.44)
				$p = 0.542$	$p = 0.974$
Eat Salt-preserved Vegetables	262/587	1.32 (0.97–1.79)	79/284	1.01 (0.64–1.58)	0.92 (0.54–1.58)
		$p = 0.077$		$p = 0.971$	$p = 0.762$
Don't Eat Sugar	470/1037	1.0 (reference)	134/508	0.85 (0.59–1.22)	0.89 (0.61–1.32)
				$p = 0.371$	$p = 0.577$
Eat Sugar	258/574	1.06 (0.79–1.44)	106/298	1.25 (0.84–1.87)	1.22 (0.77–1.94)
		$p = 0.684$		$p = 0.270$	$p = 0.391$
Don't Eat Garlic	458/1003	1.0 (reference)	125/407	1.06 (0.73–1.54)	1.10 (0.74–1.65)
				$p = 0.754$	$p = 0.630$
Eat Garlic	270/608	1.12 (0.83–1.52)	115/399	0.99 (0.67–1.47)	0.95 (0.60–1.49)
		$p = 0.456$		$p = 0.979$	$p = 0.813$
Don't Eat Milk Products	556/1242	1.0 (reference)	154/471	0.96 (0.68–1.34)	0.98 (0.69–1.40)
				$p = 0.795$	$p = 0.933$
Eat Milk Products	172/369	0.71 (0.50–1.02)	86/335	0.72 (0.47–1.12)	0.82 (0.46–1.43)
		$p = 0.065$		$p = 0.144$	$p = 0.478$
Don't Eat Nut Products	670/1473	1.0 (reference)	222/698	1.01 (0.75–1.35)	1.03 (0.77–1.39)
				$p = 0.968$	$p = 0.829$
Eat Nut Products	58/138	1.23 (0.72–2.11)	18/108	0.91 (0.44–1.87)	-
		$p = 0.449$		$p = 0.788$	
Don't Eat Mushroom or Algae	669/1491	1.0 (reference)	207/657	0.98 (0.73–1.33)	1.03 (0.76–1.40)
				$p = 0.916$	$p = 0.831$
Eat Mushroom or Algae	59/120	0.92 (0.52–1.64)	33/149	0.84 (0.44–1.58)	-
		$p = 0.776$		$p = 0.587$	
Don't Eat Vitamins	672/1500	1.0 (reference)	214/692	0.98 (0.73–1.32)	1.01 (0.75–1.36)
				$p = 0.898$	$p = 0.959$
Eat Vitamins	56/111	1.18 (0.67–2.06)	26/114	1.09 (0.57–2.11)	-
		$p = 0.572$		$p = 0.789$	
Don't Eat Medicinal Plants	711/1580	1.0 (reference)	233/752	1.00 (0.75–1.33)	0.99 (0.74–1.33)
				$p = 0.984$	$p = 0.966$

Eat Medicinal Plants	17/31	1.31 (0.50–3.46)	7/54	0.71 (0.25–2.03)	-
		$p = 0.586$		$p = 0.529$	

Table S3. The associations between physical exercise and prevalent and incident cognitive impairment in total sample and stratified by dietary habits in older males.

	No Physical Exercise		Physical Exercise		OR (95% CI) for the Association Between PE and CI Within Each Stratum of Dietary Habits
	N With/Without CI	OR (95% CI)	N With/Without CI	OR (95% CI)	
Cross-sectional Analyses					
Total Sample	948/3102	1.0 (reference)	241/1964	0.98 (0.79–1.22) <i>p</i> = 0.855	
Don't Eat Fruits	700/2015	1.0 (reference)	152/988	1.10 (0.84–1.44) <i>p</i> = 0.469	1.05 (0.80–1.38) <i>p</i> = 0.726
Eat Fruits	247/1087	1.06 (0.82–1.37) <i>p</i> = 0.649	89/976	0.85 (0.60–1.19) <i>p</i> = 0.340	0.85 (0.58–1.25) <i>p</i> = 0.417
Don't Eat Vegetables	206/344	1.0 (reference)	35/139	0.91 (0.53–1.58) <i>p</i> = 0.746	0.76 (0.42–1.36) <i>p</i> = 0.354
Eat Vegetables	741/2758	0.51 (0.38–0.68) <i>p</i> <0.001	206/1825	0.50 (0.36–0.70) <i>p</i> <0.001	1.04 (0.81–1.32) <i>p</i> = 0.771
Don't Drink Tea	644/1616	1.0 (reference)	141/910	0.92 (0.69–1.23) <i>p</i> = 0.583	0.95 (0.70–1.27) <i>p</i> = 0.710
Drink Tea	304/1485	0.88 (0.70–1.11) <i>p</i> = 0.280	100/1053	0.93 (0.68–1.28) <i>p</i> = 0.659	1.02 (0.73–1.42) <i>p</i> = 0.924
Don't Eat Meat	386/1003	1.0 (reference)	64/505	0.77 (0.52–1.12) <i>p</i> = 0.175	0.75 (0.50–1.11) <i>p</i> = 0.147
Eat Meat	562/2098	0.81 (0.64–1.03) <i>p</i> = 0.090	177/1458	0.89 (0.66–1.21) <i>p</i> = 0.451	1.10 (0.84–1.45) <i>p</i> = 0.468
Don't Eat Fish	635/1906	1.0 (reference)	131/986	0.97 (0.73–1.29) <i>p</i> = 0.831	1.00 (0.75–1.34) <i>p</i> = 0.991
Eat Fish	313/1195	1.25 (0.98–1.61) <i>p</i> = 0.076	110/977	1.25 (0.90–1.72) <i>p</i> = 0.182	0.97 (0.69–1.36) <i>p</i> = 0.849
Don't Eat Eggs	314/1073	1.0 (reference)	61/462	1.08 (0.73–1.60) <i>p</i> = 0.700	0.92 (0.60–1.39) <i>p</i> = 0.684
Eat Eggs	634/2028	1.16 (0.91–1.49) <i>p</i> = 0.229	180/1501	1.10 (0.81–1.49) <i>p</i> = 0.554	0.97 (0.75–1.26) <i>p</i> = 0.836
Don't Eat Food Made from Beans	455/1457	1.0 (reference)	119/710	1.36 (1.00–1.86) <i>p</i> = 0.049	1.42 (1.03–1.96) <i>p</i> = 0.035
Eat Food Made from Beans	493/1644	1.02 (0.81–1.29) <i>p</i> = 0.852	122/1253	0.76 (0.55–1.04) <i>p</i> = 0.087	0.72 (0.53–0.98) <i>p</i> = 0.034
Don't Eat Salt-preserved Vegetables	675/1921	1.0 (reference)	168/1241	0.98 (0.75–1.27) <i>p</i> = 0.857	0.97 (0.74–1.28) <i>p</i> = 0.835
Eat Salt-preserved Vegetables	273/1180	1.01 (0.79–1.28) <i>p</i> = 0.959	73/722	0.99 (0.71–1.39) <i>p</i> = 0.969	0.97 (0.66–1.42) <i>p</i> = 0.868

Don't Eat Sugar	637/2128	1.0 (reference)	146/1246	0.94 (0.72–1.23) <i>p</i> = 0.660	0.93 (0.71–1.22) <i>p</i> = 0.592
Eat Sugar	311/973	0.87 (0.68–1.11) <i>p</i> = 0.247	95/717	0.91 (0.65–1.28) <i>p</i> = 0.601	1.09 (0.74–1.60) <i>p</i> = 0.664
Don't Eat Garlic	628/1834	1.0 (reference)	130/927	0.93 (0.70–1.23) <i>p</i> = 0.602	0.92 (0.69–1.23) <i>p</i> = 0.572
Eat Garlic	320/1267	0.96 (0.75–1.21) <i>p</i> = 0.714	111/1036	1.01 (0.74–1.39) <i>p</i> = 0.937	1.02 (0.72–1.44) <i>p</i> = 0.928
Don't Eat Milk Products	666/2444	1.0 (reference)	152/1174	1.08 (0.83–1.40) <i>p</i> = 0.572	1.11 (0.85–1.44) <i>p</i> = 0.454
Eat Milk Products	282/657	1.19 (0.90–1.56) <i>p</i> = 0.218	89/789	0.96 (0.67–1.36) <i>p</i> = 0.806	0.79 (0.53–1.19) <i>p</i> = 0.257
Don't Eat Nut Products	893/2763	1.0 (reference)	225/1623	1.00 (0.79–1.25) <i>p</i> = 0.974	0.98 (0.78–1.23) <i>p</i> = 0.880
Eat Nut Products	55/338	0.76 (0.48–1.20) <i>p</i> = 0.242	16/339	0.60 (0.29–1.21) <i>p</i> = 0.154	0.65 (0.22–1.92) <i>p</i> = 0.438
Don't Eat Mushroom or Algae	875/2823	1.0 (reference)	212/1573	1.03 (0.81–1.29) <i>p</i> = 0.831	1.05 (0.83–1.33) <i>p</i> = 0.665
Eat Mushroom or Algae	73/278	1.07 (0.71–1.60) <i>p</i> = 0.743	29/389	0.72 (0.41–1.28) <i>p</i> = 0.266	0.55 (0.27–1.14) <i>p</i> = 0.108
Don't Eat Vitamins	857/2916	1.0 (reference)	223/1688	1.03 (0.82–1.29) <i>p</i> = 0.827	1.04 (0.83–1.31) <i>p</i> = 0.734
Eat Vitamins	91/185	1.12 (0.73–1.72) <i>p</i> = 0.605	18/275	0.68 (0.36–1.30) <i>p</i> = 0.244	0.80 (0.30–2.11) <i>p</i> = 0.657
Don't Eat Medicinal Plants	916/3034	1.0 (reference)	235/1821	1.02 (0.81–1.27) <i>p</i> = 0.886	1.03 (0.82–1.28) <i>p</i> = 0.823
Eat Medicinal Plants	32/67	1.04 (0.52–2.09) <i>p</i> = 0.910	6/142	0.29 (0.09–1.00) <i>p</i> = 0.051	-
Longitudinal Analyses					
Total Sample [‡]	267/1516	1.0 (reference)	130/1121	0.70 (0.48–1.04) <i>p</i> = 0.074	
Don't Eat Fruits	180/952	1.0 (reference)	66/564	0.71 (0.44–1.15) <i>p</i> = 0.167	0.84 (0.51–1.39) <i>p</i> = 0.503
Eat Fruits	87/564	0.72 (0.44–1.17) <i>p</i> = 0.185	64/557	0.49 (0.28–0.88) <i>p</i> = 0.017	0.50 (0.23–1.08) <i>p</i> = 0.078
Don't Eat Vegetables	28/136	1.0 (reference)	5/69	0.89 (0.19–4.21) <i>p</i> = 0.885	-
Eat Vegetables	239/1380	2.93 (1.15–7.51) <i>p</i> = 0.025	125/1052	2.04 (0.77–5.41) <i>p</i> = 0.153	0.69 (0.47–1.03) <i>p</i> = 0.073
Don't Drink Tea	141/758	1.0 (reference)	69/501	0.59 (0.34–1.03) <i>p</i> = 0.063	0.69 (0.37–1.29) <i>p</i> = 0.245
Drink Tea	126/757	0.86 (0.55–1.35) <i>p</i> = 0.513	61/619	0.70 (0.41–1.19) <i>p</i> = 0.193	0.76 (0.43–1.34) <i>p</i> = 0.343
Don't Eat Meat	84/490	1.0 (reference)	20/290	0.64 (0.31–1.34)	0.54 (0.19–1.52)

				$p = 0.235$	$p = 0.243$
Eat Meat	183/1025	1.26 (0.76–2.08)	110/830	0.91 (0.51–1.63)	0.68 (0.43–1.08)
		$p = 0.372$		$p = 0.761$	$p = 0.106$
Don't Eat Fish	169/926	1.0 (reference)	67/572	0.68 (0.41–1.13)	0.57 (0.32–1.00)
				$p = 0.136$	$p = 0.050$
Eat Fish	98/589	1.34 (0.84–2.14)	63/548	0.99 (0.57–1.71)	0.69 (0.36–1.31)
		$p = 0.218$		$p = 0.959$	$p = 0.259$
Don't Eat Eggs	83/528	1.0 (reference)	28/256	1.00 (0.50–1.98)	1.13 (0.44–2.89)
				$p = 0.992$	$p = 0.796$
Eat Eggs	184/987	1.06 (0.65–1.73)	102/864	0.65 (0.37–1.15)	0.60 (0.37–0.96)
		$p = 0.820$		$p = 0.140$	$p = 0.034$
Don't Eat Food Made from Beans	124/737	1.0 (reference)	52/417	0.73 (0.42–1.28)	0.83 (0.44–1.55)
				$p = 0.274$	$p = 0.553$
Eat Food Made from Beans	143/778	1.12 (0.72–1.76)	78/703	0.77 (0.44–1.34)	0.69 (0.40–1.19)
		$p = 0.611$		$p = 0.354$	$p = 0.179$
Don't Eat Salt- preserved Vegetables	165/905	1.0 (reference)	91/685	0.92 (0.57–1.47)	0.84 (0.51–1.40)
				$p = 0.726$	$p = 0.510$
Eat Salt-preserved Vegetables	102/610	1.34 (0.85–2.12)	39/435	0.60 (0.33–1.09)	0.46 (0.22–0.99)
		$p = 0.205$		$p = 0.095$	$p = 0.047$
Don't Eat Sugar	175/1037	1.0 (reference)	75/762	0.55 (0.33–0.91)	0.54 (0.31–0.92)
				$p = 0.020$	$p = 0.024$
Eat Sugar	92/478	0.95 (0.60–1.52)	55/394	0.94 (0.56–1.60)	1.40 (0.70–2.80)
		$p = 0.844$		$p = 0.832$	$p = 0.345$
Don't Eat Garlic	168/867	1.0 (reference)	60/516	0.63 (0.37–1.07)	0.53 (0.29–0.98)
				$p = 0.087$	$p = 0.041$
Eat Garlic	99/648	0.98 (0.63–1.55)	70/604	0.78 (0.47–1.30)	0.74 (0.39–1.38)
		$p = 0.948$		$p = 0.337$	$p = 0.339$
Don't Eat Milk Products	196/1246	1.0 (reference)	81/685	0.80 (0.51–1.27)	0.75 (0.46–1.23)
				$p = 0.348$	$p = 0.256$
Eat Milk Products	71/269	1.24 (0.73–2.12)	49/435	0.68 (0.38–1.23)	0.27 (0.16–0.63)
		$p = 0.426$		$p = 0.202$	$p = 0.002$
Don't Eat Nut Products	242/1307	1.0 (reference)	119/903	0.77 (0.51–1.16)	0.84 (0.55–1.27)
				$p = 0.210$	$p = 0.407$
Eat Nut Products	25/208	1.34 (0.67–2.67)	11/216	0.49 (0.20–1.21)	-
		$p = 0.410$		$p = 0.123$	
Don't Eat Mushroom or Algae	238/1396	1.0 (reference)	109/895	0.70 (0.47–1.06)	0.67 (0.44–1.03)
				$p = 0.090$	$p = 0.066$
Eat Mushroom or Algae	29/119	1.07 (0.47–2.42)	21/224	0.77 (0.36–1.66)	-
		$p = 0.875$		$p = 0.504$	
Don't Eat Vitamins	248/1448	1.0 (reference)	116/979	0.71 (0.48–1.07)	0.68 (0.45–1.03)
				$p = 0.100$	$p = 0.068$
Eat Vitamins	19/67	1.26 (0.49–3.25)	14/141	0.77 (0.32–1.83)	-
		$p = 0.630$		$p = 0.547$	

Don't Eat Medicinal Plants	259/1490	1.0 (reference)	126/1042	0.74 (0.50–1.10) <i>p</i> = 0.135	0.73 (0.49–1.08) <i>p</i> = 0.113
Eat Medicinal Plants	8/25	2.07 (0.53–8.13) <i>p</i> = 0.296	4/78	0.42 (0.11–1.59) <i>p</i> = 0.200	-

Table S4. The associations between physical exercise and prevalent and incident cognitive impairment in total sample and stratified by dietary habits in older females.

	No Physical Exercise		Physical Exercise		OR (95% CI) for the Association Between PE and CI Within Each Stratum of Dietary Habits
	N With/Without CI	OR (95% CI)	N With/Without CI	OR (95% CI)	
Cross-sectional Analyses					
Total Sample	2748/4040	1.0 (reference)	384/1508	0.87 (0.72–1.05) <i>p</i> = 0.150	
Don't Eat Fruits	1863/2528	1.0 (reference)	237/732	1.02 (0.81–1.29) <i>p</i> = 0.869	1.02 (0.80–1.29) <i>p</i> = 0.899
Eat Fruits	885/1512	1.06 (0.89–1.26) <i>p</i> = 0.507	147/776	0.70 (0.51–0.96) <i>p</i> = 0.027	0.66 (0.48–0.93) <i>p</i> = 0.016
Don't Eat Vegetables	566/384	1.0 (reference)	48/109	0.85 (0.52–1.40) <i>p</i> = 0.525	0.80 (0.49–1.32) <i>p</i> = 0.382
Eat Vegetables	2182/3656	0.51 (0.41–0.63) <i>p</i> <0.001	336/1399	0.44 (0.34–0.58) <i>p</i> <0.001	0.89 (0.72–1.09) <i>p</i> = 0.255
Don't Drink Tea	2174/2719	1.0 (reference)	302/1012	0.91 (0.73–1.13) <i>p</i> = 0.388	0.94 (0.76–1.18) <i>p</i> = 0.610
Drink Tea	572/1321	0.88 (0.75–1.05) <i>p</i> = 0.162	80/495	0.67 (0.47–0.97) <i>p</i> = 0.034	0.72 (0.49–1.07) <i>p</i> = 0.103
Don't Eat Meat	1037/1387	1.0 (reference)	118/447	0.90 (0.66–1.25) <i>p</i> = 0.540	0.91 (0.66–1.26) <i>p</i> = 0.578
Eat Meat	1709/2653	0.86 (0.72–1.02) <i>p</i> = 0.082	265/1060	0.73 (0.57–0.95) <i>p</i> = 0.017	0.83 (0.65–1.05) <i>p</i> = 0.121
Don't Eat Fish	1898/2522	1.0 (reference)	234/818	0.88 (0.70–1.12) <i>p</i> = 0.312	0.90 (0.71–1.15) <i>p</i> = 0.412
Eat Fish	848/1518	1.02 (0.86–1.22) <i>p</i> = 0.818	149/689	0.86 (0.63–1.17) <i>p</i> = 0.344	0.81 (0.59–1.10) <i>p</i> = 0.176
Don't Eat Eggs	821/1337	1.0 (reference)	99/420	0.88 (0.62–1.24) <i>p</i> = 0.464	0.83 (0.58–1.18) <i>p</i> = 0.289
Eat Eggs	1925/2703	1.05 (0.88–1.25) <i>p</i> = 0.594	284/1087	0.91 (0.70–1.17) <i>p</i> = 0.452	0.88 (0.70–1.11) <i>p</i> = 0.265
Don't Eat Food Made from Beans	1385/1824	1.0 (reference)	190/593	0.99 (0.76–1.30) <i>p</i> = 0.947	0.93 (0.70–1.23) <i>p</i> = 0.602
Eat Food Made from Beans	1361/2215	0.86 (0.73–1.01) <i>p</i> = 0.070	193/914	0.66 (0.51–0.87) <i>p</i> = 0.004	0.79 (0.61–1.04) <i>p</i> = 0.094
Don't Eat Salt-preserved	2038/2482	1.0 (reference)	261/901	0.82 (0.65–1.03) <i>p</i> = 0.094	0.81 (0.64–1.02) <i>p</i> = 0.072

Vegetables					
Eat Salt-preserved	708/1557	0.80 (0.68–0.95)	122/606	0.78 (0.57–1.07)	1.02 (0.73–1.42)
Vegetables		$p = 0.010$		$p = 0.119$	$p = 0.916$
Don't Eat Sugar	1525/2672	1.0 (reference)	189/939	0.74 (0.57–0.95)	0.72 (0.56–0.93)
				$p = 0.018$	$p = 0.012$
Eat Sugar	1221/1368	1.14 (0.97–1.35)	193/568	1.23 (0.93–1.63)	1.11 (0.82–1.49)
		$p = 0.110$		$p = 0.142$	$p = 0.507$
Don't Eat Garlic	1872/2488	1.0 (reference)	227/805	0.84 (0.66–1.07)	0.84 (0.66–1.08)
				$p = 0.154$	$p = 0.180$
Eat Garlic	873/1552	1.12 (0.95–1.33)	156/702	1.03 (0.77–1.38)	0.89 (0.65–1.21)
		$p = 0.164$		$p = 0.821$	$p = 0.457$
Don't Eat Milk	1946/3113	1.0 (reference)	255/913	0.95 (0.76–1.19)	0.94 (0.75–1.18)
Products				$p = 0.673$	$p = 0.591$
Eat Milk Products	800/927	0.97 (0.80–1.17)	128/594	0.69 (0.49–0.96)	0.69 (0.48–1.01)
		$p = 0.767$		$p = 0.027$	$p = 0.054$
Don't Eat Nut	2597/3687	1.0 (reference)	354/1244	0.85 (0.70–1.04)	0.86 (0.70–1.05)
Products				$p = 0.115$	$p = 0.130$
Eat Nut Products	149/353	0.82 (0.59–1.14)	29/263	0.90 (0.50–1.62)	1.00 (0.46–2.17)
		$p = 0.233$		$p = 0.715$	$p = 0.996$
Don't Eat	2540/3658	1.0 (reference)	331/1199	0.87 (0.71–1.06)	0.87 (0.71–1.07)
Mushroom or				$p = 0.176$	$p = 0.180$
Algae					
Eat Mushroom or	206/381	1.00 (0.75–1.34)	51/307	0.87 (0.52–1.45)	0.88 (0.46–1.68)
Algae		$p = 0.990$		$p = 0.584$	$p = 0.698$
Don't Eat	2517/3705	1.0 (reference)	348/1254	0.89 (0.73–1.09)	0.88 (0.72–1.07)
Vitamins				$p = 0.264$	$p = 0.194$
Eat Vitamins	229/335	1.12 (0.84–1.48)	35/253	0.78 (0.46–1.34)	0.84 (0.43–1.64)
		$p = 0.445$		$p = 0.372$	$p = 0.603$
Don't Eat	2691/3924	1.0 (reference)	373/1406	0.86 (0.70–1.04)	0.85 (0.70–1.03)
Medicinal Plants				$p = 0.114$	$p = 0.106$
Eat Medicinal	55/116	0.40 (0.24–0.67)	10/101	0.58 (0.23–1.45)	1.26 (0.12–13.3)
Plants		$p = 0.001$		$p = 0.246$	$p = 0.847$
Longitudinal Analyses					
Total Sample	567/1752	1.0 (reference)	154/817	0.89 (0.64–1.24)	
				$p = 0.501$	
Don't Eat Fruits	371/1088	1.0 (reference)	95/406	0.92 (0.62–1.38)	0.99 (0.65–1.49)
				$p = 0.696$	$p = 0.945$
Eat Fruits	196/664	0.64 (0.45–0.91)	59/411	0.54 (0.32–0.92)	0.67 (0.36–1.23)
		$p = 0.014$		$p = 0.023$	$p = 0.194$
Don't Eat	51/156	1.0 (reference)	12/54	1.01 (0.32–3.15)	-
Vegetables				$p = 0.987$	
Eat Vegetables	516/1596	1.47 (0.85–2.54)	142/763	1.30 (0.71–2.39)	0.87 (0.62–1.23)
		$p = 0.167$		$p = 0.397$	$p = 0.432$
Don't Drink Tea	402/1158	1.0 (reference)	116/550	0.91 (0.61–1.34)	0.86 (0.57–1.31)

Drink Tea	165/594	0.97 (0.69–1.37) <i>p</i> = 0.859	38/267	<i>p</i> = 0.617 0.84 (0.49–1.45) <i>p</i> = 0.531	<i>p</i> = 0.489 0.91 (0.48–1.74) <i>p</i> = 0.779
Don't Eat Meat	185/647	1.0 (reference)	36/246	0.90 (0.51–1.60) <i>p</i> = 0.719	0.72 (0.36–1.49) <i>p</i> = 0.355
Eat Meat	382/1105	1.34 (0.94–1.92) <i>p</i> = 0.104	118/571	1.19 (0.76–1.88) <i>p</i> = 0.444	0.90 (0.60–1.35) <i>p</i> = 0.614
Don't Eat Fish	372/1122	1.0 (reference)	85/461	0.76 (0.51–1.14) <i>p</i> = 0.187	0.82 (0.53–1.27) <i>p</i> = 0.375
Eat Fish	195/630	0.80 (0.56–1.15) <i>p</i> = 0.235	69/356	0.96 (0.58–1.61) <i>p</i> = 0.881	0.94 (0.52–1.72) <i>p</i> = 0.851
Don't Eat Eggs	191/596	1.0 (reference)	53/233	0.85 (0.48–1.49) <i>p</i> = 0.559	1.24 (0.65–2.38) <i>p</i> = 0.511
Eat Eggs	376/1156	0.78 (0.55–1.12) <i>p</i> = 0.179	101/584	0.72 (0.45–1.14) <i>p</i> = 0.160	0.94 (0.62–1.42) <i>p</i> = 0.767
Don't Eat Food Made from Beans	252/844	1.0 (reference)	61/322	0.91 (0.55–1.49) <i>p</i> = 0.696	0.95 (0.55–1.63) <i>p</i> = 0.840
Eat Food Made from Beans	315/907	1.50 (1.07–2.09) <i>p</i> = 0.018	93/495	1.32 (0.84–2.10) <i>p</i> = 0.230	0.86 (0.55–1.35) <i>p</i> = 0.514
Don't Eat Salt- preserved Vegetables	365/1019	1.0 (reference)	93/476	0.86 (0.57–1.30) <i>p</i> = 0.476	0.82 (0.53–1.26) <i>p</i> = 0.358
Eat Salt-preserved Vegetables	202/732	1.03 (0.74–1.45) <i>p</i> = 0.842	61/341	0.98 (0.59–1.61) <i>p</i> = 0.934	0.94 (0.53–1.65) <i>p</i> = 0.820
Don't Eat Sugar	357/1203	1.0 (reference)	86/521	0.85 (0.56–1.31) <i>p</i> = 0.472	0.85 (0.54–1.34) <i>p</i> = 0.478
Eat Sugar	210/549	1.39 (1.00–1.93) <i>p</i> = 0.052	68/296	1.31 (0.82–2.11) <i>p</i> = 0.260	1.01 (0.59–1.72) <i>p</i> = 0.972
Don't Eat Garlic	348/1049	1.0 (reference)	83/415	1.14 (0.73–1.77) <i>p</i> = 0.565	1.18 (0.73–1.90) <i>p</i> = 0.492
Eat Garlic	219/703	1.45 (1.04–2.02) <i>p</i> = 0.027	71/402	1.00 (0.63–1.59) <i>p</i> = 0.991	0.72 (0.43–1.20) <i>p</i> = 0.206
Don't Eat Milk Products	451/1367	1.0 (reference)	107/502	0.83 (0.57–1.23) <i>p</i> = 0.358	0.85 (0.57–1.27) <i>p</i> = 0.439
Eat Milk Products	116/385	0.54 (0.36–0.83) <i>p</i> = 0.005	47/315	0.58 (0.33–0.99) <i>p</i> = 0.047	0.72 (0.32–1.58) <i>p</i> = 0.408
Don't Eat Nut Products	521/1570	1.0 (reference)	141/659	0.89 (0.63–1.25) <i>p</i> = 0.497	0.86 (0.60–1.22) <i>p</i> = 0.385
Eat Nut Products	46/182	1.01 (0.54–1.87) <i>p</i> = 0.987	13/158	0.95 (0.43–2.11) <i>p</i> = 0.902	-
Don't Eat Mushroom or Algae	530/1588	1.0 (reference)	137/636	0.93 (0.66–1.31) <i>p</i> = 0.682	0.94 (0.67–1.33) <i>p</i> = 0.741
Eat Mushroom or	37/164	0.67 (0.35–1.28)	17/180	0.40 (0.16–1.00)	-

Algae		$p = 0.224$		$p = 0.051$	
Don't Eat	525/1618	1.0 (reference)	137/679	0.89 (0.63–1.25)	0.89 (0.63–1.27)
Vitamins				$p = 0.489$	$p = 0.533$
Eat Vitamins	42/134	0.89 (0.48–1.65)	17/138	0.86 (0.38–1.95)	-
		$p = 0.711$		$p = 0.713$	
Don't Eat	555/1715	1.0 (reference)	148/764	0.89 (0.64–1.25)	0.90 (0.64–1.26)
Medicinal Plants				$p = 0.507$	$p = 0.530$
Eat Medicinal	12/37	1.49 (0.51–4.34)	6/53	1.35 (0.40–4.53)	-
Plants		$p = 0.461$		$p = 0.623$	