Table S1. Search strategy.

For PubMed

Number	Query
7	Search (#1 AND #2 AND #3 AND #4)
6	Search (#1 AND #2 AND #3)
5	Search (#1 AND #2)
4	Search (China[Mesh] OR Taiwan[Mesh] OR Japan[Mesh] OR Korea[Mesh] OR Mongolia[Mesh] OR Brunei[Mesh] OR Cambodia[Mesh] OR Indochina[Mesh] OR Indonesia[Mesh] OR Laos[Mesh] OR Malaysia[Mesh] OR Mekong Valley[Mesh] OR Myanmar[Mesh] OR Philippines[Mesh] OR Singapore[Mesh] OR Thailand[Mesh] OR Timor-Leste[Mesh] OR Vietnam[Mesh] OR Afghanistan[Mesh] OR Sri Lanka[Mesh] OR Bangladesh[Mesh] OR Bhutan[Mesh] OR India[Mesh] OR Nepal[Mesh] OR Pakistan[Mesh] OR Maldives[Mesh])
3	Search (cohort studies[Mesh] OR incidence[Mesh] OR survival analysis[Mesh] OR prospective[Title/Abstract] OR prospectively[Title/Abstract] OR cohort[Title/Abstract] OR follow up[Title/Abstract] OR followed up[Title/Abstract] OR longitudinal[Title/Abstract] OR incidence[Title/Abstract])
2	Search (healthy aging[Mesh] OR dementia[Mesh] OR Alzheimer Disease[Mesh] OR Cognitive Dysfunction[Mesh] OR Cognition[Mesh] OR Quality of Life[Mesh] OR Depression[Mesh] OR Activities of Daily Living[Mesh] OR aging[Title/Abstract] OR ageing[Title/Abstract] OR dementia[Title/Abstract] OR Alzheimer Disease[Title/Abstract] OR Cognit*[Title/Abstract] OR Neurocognit*[Title/Abstract] OR Quality of Life[Title/Abstract] OR Health status [Title/Abstract] OR Depression[Title/Abstract] OR Activities of Daily Living[Title/Abstract] OR physical function[Title/Abstract] OR self-perceived health[Title/Abstract] OR function-limiting[Title/Abstract] OR Cardiovascular diseases[Title/Abstract] OR stroke[Title/Abstract] OR myocardial infarction[Title/Abstract] OR heart failure[Title/Abstract] OR Cancer[Title/Abstract] OR diabetes[Title/Abstract] OR kidney[Title/Abstract] OR lung disease[Title/Abstract])
1	Search (Diet[Mesh] OR nutrition[Title/Abstract] OR food combination*[Title/Abstract] OR diet pattern*[Title/Abstract] OR dietary pattern*[Title/Abstract] OR eating pattern*[Title/Abstract] OR nutrient pattern*[Title/Abstract] OR food pattern*[Title/Abstract] OR diet habit*[Title/Abstract] OR dietary habit*[Title/Abstract] OR eating habit* [Title/Abstract] OR nutrient habit* [Title/Abstract] OR food habit* [Title/Abstract] OR vitamin* [Title/Abstract] OR diet score* [Title/Abstract] OR dietary score* [Title/Abstract] OR diet quality[Title/Abstract] OR dietary quality[Title/Abstract] OR diet index*[Title/Abstract] OR dietary index*[Title/Abstract] OR Mediterranean diet[Title/Abstract] OR Healthy Eating Index*[Title/Abstract] OR Dietary Approaches to Stop Hypertension[Title/Abstract] OR Prudent pattern* [Title/Abstract] OR conservative pattern* [Title/Abstract] OR traditional pattern* [Title/Abstract] OR vegetarian diet* [Title/Abstract] OR DASH[Title/Abstract])

For EMBASE

Number	Query
#1	exp diet/
#2	(food combination or diet* pattern or eating pattern or nutrient pattern or food pattern or diet* habit* or eating habit* or nutrient habit* or food habit* or diet* score or diet* quality or diet* index* or Mediterranean diet* or Healthy Eating Index* or Dietary Approaches to Stop Hypertension or Prudent pattern* or conservative pattern* or traditional pattern* or vegetarian diet* or DASH).ti,ab.

#3	exp healthy ageing/
#4	(healthy ag* or success ag*).ti,ab.
#5	exp dementia/ or exp cognitive defect/ or exp quality of life/ or exp depression/ or exp activities of daily living/
#6	(cognit* or neurocognit* or dementia or Alzheimer* or health* or physical function or self-perceived health or function-limiting or cardiovascular* or stroke or myocardial infarction or heart failure or cancer or diabetes or kidney or lung disease).ti,ab.
#7	exp prospective study/ or exp cohort analysis/ or exp survival analysis/ or exp follow up/ or exp longitudinal study/ or exp incidence/
#8	(cohort or incidence or survival or prospective or prospectively or follow-up or follow* up or longitudinal).ti,ab.
#9	exp China/ or exp Taiwan/ or exp Japan/ or exp Korea/ or exp Mongolia/ or exp Brunei/ or exp Cambodia/ or exp Indochina/ or exp Indonesia/ or exp Laos/ or exp Malaysia/ or exp Mekong Valley/ or exp Myanmar/ or exp Philippines/ or exp Singapore/ or exp Thailand/ or exp Timor-Leste/ or exp Vietnam/ or exp Afghanistan/ or exp Sri Lanka/ or exp Bangladesh/ or exp Bhutan/ or exp India/ or exp Nepal/ or exp Pakistan/ or exp Maldives/
#10	(China or Taiwan or Japan or Korea or Mongolia or Brunei or Cambodia or Indochina or Indonesia or Laos or Malaysia or Mekong Valley or Myanmar or Philippines or Singapore or Thailand or Timor-Leste or Vietnam or Afghanistan or Sri Lanka or Bangladesh or Bhutan or India or Nepal or Pakistan or Maldives).ti,ab.
#11	#1 OR #2
#12	#3 OR #4 OR #5 OR #6
#13	#7 OR #8
#14	#9 OR #10
#15	#11 AND #12 AND #13 AND #14

For Web of Science

Number	Query
#1	TS=(diet OR nutrition OR food combination OR Vitamins OR diet* pattern OR eating pattern OR nutrient pattern OR food pattern OR diet* habit* OR eating habit* OR nutrient habit* OR food habit* OR diet* score OR diet* quality OR diet* index* OR Mediterranean diet* OR Healthy Eating Index* OR Dietary Approaches to Stop Hypertension OR Prudent pattern* OR conservative pattern* OR traditional pattern* OR vegetarian diet* OR DASH) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
#2	TS=(healthy aging OR dementia OR Alzheimer* OR cognit* OR neurocognit* OR Quality of Life OR Depression OR Activities of Daily Living OR ageing OR Health status OR physical function OR self-perceived health OR function-limiting OR Cardiovascular diseases OR stroke OR myocardial infarction OR heart failure OR Cancer OR diabetes OR kidney OR lung disease) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
#3	TS=(cohort OR incidence OR survival OR prospective OR prospectively OR follow-up OR follow* up OR longitudinal) Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI Timespan=All years
#4	TS=(China OR Taiwan OR Japan OR Korea OR Mongolia OR Brunei OR Cambodia OR Indochina OR Indonesia OR Laos OR Malaysia OR Mekong Valley OR Myanmar OR Philippines OR Singapore OR Thailand OR Timor-Leste OR Vietnam OR Afghanistan OR Sri Lanka OR

	Bangladesh OR Bhutan OR India OR Nepal OR Pakistan OR Maldives) Timespan=All years	Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, ESCI
#5	#1 AND #2	
#6	#1 AND #2 AND #3	
#7	#1 AND #2 AND #3 AND #4	

Table S2. Risk of bias of the included studies: the Newcastle–Ottawa Scale.

Study	Selection of cohorts	Comparability of cohorts	Assessment of outcome	Total score
Zhang et al, 2021 [1]	3	2	2	7
Zhou et al, 2020 [2]	3	2	3	8
Zhou et al, 2022 [3]	3	2	3	8
Aihemaitijiang et al, 2022 [4]	3	2	2	7
Hata et al, 2022 [5]	4	2	3	9
Zhang et al, 2020 [6]	4	2	3	9
Matsuyama et al. 2019 [7]	4	2	3	9
Tomata et al, 2012 [8]	4	2	2	8
Chan et al, 2014 [9]	4	2	2	8
Pei et al, 2022 [10]	4	2	2	8
Matsuoka et al, 2017 [11]	3	2	3	8
Tsai et al, 2011 [12]	4	2	2	8
Fann et al, 2022 [13]	4	2	3	9
Zhang et al, 2022 [14]	3	2	3	8
Zhang et al, 2020 [15]	3	2	2	7
Qin et al, 2015 [16]	3	2	3	8
Shang et al, 2021 [17]	3	2	3	8
Xu et al, 2018 [18]	3	2	3	8
Zhang et al, 2023 [19]	3	2	3	8
Li et al, 2019 [20]	3	2	3	8
Qin et al, 2014 [21]	3	2	3	8
Gao et al, 2022 [22]	3	2	3	8
Sukik et al, 2022 [23]	3	2	3	8
Shi et al, 2019 [24]	3	2	3	8
Shi et al, 2019 [25]	3	2	3	8
Jiang et al, 2022 [26]	3	2	3	8
Zheng et al, 2021 [27]	4	2	2	8
Zhu et al, 2022 [28]	4	2	3	9
Wang et al, 2020 [29]	3	2	2	7
Hu et al, 2023 [30]	4	2	3	9
Chen et al, 2012 [31]	4	2	2	8
Wu et al, 2019 [32]	3	2	3	8
Tong et al, 2021 [33]	3	2	3	8
Sheng et al, 2021 [34]	3	2	3	8
Zhang et al, 2020 [35]	3	2	3	8
Jiang et al, 2020 [36]	3	2	3	8
Talaei et al, 2021 [37]	3	2	3	8
Sheng et al, 2020 [38]	3	2	3	8
Sheng et al, 2022 [39]	3	2	3	8
Jiang et al, 2021 [40]	3	2	3	8
Jiang et al, 2020 [41]	3	2	3	8
Ozawa et al, 2013 [42]	4	2	3	9
Kimura al, 2022 [43]	4	2	3	9
Ozawa et al, 2014 [44]	4	2	3	9
Ozawa et al, 2012 [45]	4	2	3	9

Otsuka et al, 2023 [46]	3	2	3	8
Murai et al, 2021 [47]	3	2	3	8
Svensson et al, 2022 [48]	3	2	3	8
Nozakia et al, 2021 [49]	3	2	3	8
Zhang et al, 2023 [50]	4	2	3	9
Kinoshita et al, 2021 [51]	4	2	3	9
Shirai, et al, 2019 [52]	4	2	3	9
Nakamoto et al, 2017 [53]	4	2	3	9
Tsurumaki et al, 2019 [54]	3	2	3	8
Tomata et al, 2016 [55]	3	2	2	7
Chou, et al, 2019 [56]	4	2	2	8
Li et al, 2022 [57]	4	2	3	9
Yeung, et al, 2022 [58]	4	2	2	8
Chuang et al, 2019 [59]	4	2	3	9
Lee et al, 2017 [60]	4	2	3	9
Chen et al, 2017 [61]	3	2	2	7
Tsai et al, 2014 [62]	3	2	3	8
Wang et al, 2022 [63]	4	2	3	9
Jia et al, 2023 [64]	4	2	3	9
Zhu et al, 2018 [65]	3	2	3	8
Liu et al, 2017 [66]	3	2	2	7
Gao et al, 2011 [67]	4	2	2	8
Manacharoen et al, 2023 [68]	4	2	3	9
Tao et al, 2019 [69]	4	2	2	8
Luo et al, 2022 [70]	4	2	3	9
Wang et al, 2021 [71]	3	2	2	7

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