

Table S1. Correlations of Mediterranean diet adherence and Mini-Mental State Exam (MMSE).

	Sperman's correlation coefficient Rho (<i>p</i> value)
	Total score MMSE
Grains (including bread, rice, and pasta)	0.143 (0.13)
Olive oil (including preparation of food)	-0.053 (0.57)
Nuts	0.052 (0.58)
Fresh fruits (excluding fruit juices)	-0.073 (0.44)
Vegetables	0.046 (0.63)
Legumes	0.038 (0.69)
Eggs	0.160 (0.09)
Fish (white and blue)	-0.069 (0.47)
Sweets (sugar, cakes, cookies, and fruit sodas)	-0.068 (0.48)

Table S2. Predictors of cognitive deficit—parts of Mediterranean Diet Serving Score.

	β	Wald	<i>p</i> Value	OR	95% CI
Potato	-0.55	3.77	0.05	0.58	0.33–1.01
Red meat (pork, beef, and veal)	-0.52	3.85	0.05	0.59	0.35–0.99
Wine (in quantity: 1 glass for women, 1–2 glasses for man)	18.5	0	0.99	-	-
MDSS total score	0.09	1.96	0.16	1.1	0.96–1.26

β —regression coefficients.

Table S3. Cognitive test performance differences between two groups of patients categorized by MMSE score.

	Median (IQR)			<i>p</i> *
	No cognitive decline (<i>n</i> = 79)	Moderate/Severe decline (<i>n</i> = 35)	Total (<i>n</i> = 114)	
TMT – A (s)	49.1 (0–80.9)	59.5 (33.72–90)	49.2 (0–81.99)	<0.001
TMT - B (s)	46.5 (0–96.5)	67.8 (38.4–120)	54 (0–100.2)	<0.001
SDMT (n)	6 (0–20)	12 (0–24.5)	8 (0–20)	<0.001

* *p*-values were obtained with Mann–Whitney U test.

Table S4. Statistically significant positive correlations between MMSE score and other variables.

	Spearman's correlation coefficient Rho (<i>p</i> value)
	Total score MMSE
Muscle strength (kg)	0.438 (<0.001)
Blood pressure – systolic (mmHg)	0.364 (<0.001)
Blood pressure – diastolic (mmHg)	0.254 (0.01)
Upper arm circumference (cm)	0.342 (0.05)
MNA total score	0.206 (0.03)
TMT – A (min)	0.326 (<0.001)
TMT – A (s)	0.326 (<0.001)
TMT – B (min)	0.528 (<0.001)
TMT – B (s)	0.517 (<0.001)
SDMT, (n)	0.569 (<0.001)
Potato	0.205 (0.03)
Milk and dairy products	0.185 (0.05)
White meat (chicken and turkey)	0.310 (<0.001)
Red meat (pork, beef, and veal)	0.258 (0.01)

SF-36 quality of life

Physical functioning	0.279 (<0.001)
Role limitation due to physical problems	0.238 (0.01)
Mental health	0.228 (0.02)
Energy vitality	0.309 (<0.001)
Pain	0.226 (0.02)
General health perception	0.262 (0.01)
Change in health	0.198 (0.04)
