

Appendix I Dietary components considered for assessment of diet with reference to dementia.

MIND diet, Morris et al. ¹⁴		Indo-Mediterranean Neuroprotective Diet (MIND)	
Healthy foods	Unhealthy foods	Healthy foods	Unhealthy foods
Green leafy vegetables	Butter and stick margarine	Green leafy vegetables	Butter and trans fat
Other vegetables	Red meat	Other vegetables	Red meat/or preserved
Nuts	Cheese	Nuts	Cheese
Berries	Fast fried foods	Berries	Fast, fried foods
Beans	Pastries and sweets	Beans and soya bean	Pastries and sweets
Whole grains		Whole grains	Farm eggs
Fish		Fish	Refined wheat flour
Poultry		Cottage cheese	Polished rice
Olive oil		Olive oil/ mustard oil	Wine alcohol
Wine		Wheat porridge	
Yogurt		Spices	
		Cocoa products	
		Millets	
		Flex seeds	
		Tea and green tea	
		Jack fruit	
		Bitter melon	