

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

MIND diet, Morris et al. <sup>14</sup>		Indo-Mediterranean Neuroprotective Diet (MIND)	
<b>Healthy foods</b>	<b>Unhealthy foods</b>	<b>Healthy foods</b>	<b>Unhealthy foods</b>
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	<b>Farm eggs</b>
Fish		Fish	<b>Refined wheat flour</b>
Poultry		Cottage cheese	<b>Polished rice</b>
Olive oil		Olive oil/ mustard oil	<b>Wine alcohol</b>
Wine		<b>Wheat porridge</b>	
<b>Yogurt</b>		<b>Spices</b>	
		<b>Cocoa products</b>	
		<b>Millets</b>	
		<b>Flex seeds</b>	
		<b>Tea and green tea</b>	
		<b>Jack fruit</b>	
		<b>Bitter melon</b>	