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| **Supplementary Table 1** Diet components in both group | |
| **Foods group** | **Recommended Serving** |
| **MIND diet** | |
| Green leafy vegetables 1 | 0.5–1.0 cups/day |
| Other vegetables 2 | 0.5 cups/day |
| Berries | 0.5 cups 5 times/week |
| Nuts and/or peanut butter | 150 g/week |
| Whole grains 3 | 3 servings/day (90 g/day) |
| Legumes and/or beans 4 | 0.5 cups 3 times/week |
| Fish | 90-150 g/week |
| Poultry 5 | 90-150 g 2 times/week |
| Extra virgin olive oil | 2 table spoon/day |
| Red meat and products 6 | ≤ 3 servings/week (≤ 90 g/week) |
| margarine and butter | ≤ 1 table spoon/day |
| Cheese | < 30 g/week |
| Pastries and sweets 7 | ≤ 4 servings/week |
| Fried/fast foods | ≤ 1 meal/week |
| **Control diet** a | |
| Grains | 6 servings/day (180 g/day) |
| Meats, poultry and fish | 4 servings/day (120 gr/day) |
| Vegetables | 3 servings/day (360 gr/day) |
| Fruits | 3 servings/day (450 gr/day) |
| Dairy | 2 servings/day (400 gr/day) |
| Fats | 3 servings/day (3 table spoon/day) |
| 1 Kale, collards, greens, spinach, lettuce/tossed salad  2 Green/red peppers, squash, carrots, broccoli, celery, potatoes, peas or lima beans, potatoes, tomatoes, tomato sauce, beets, corn, zucchini/summer, pumpkin, cucumber, onion, garlic, mushrooms, leeks, squash, eggplant, coleslaw, potato salad  3 Wholemeal bread, brown rice, wholemeal pasta  4 Beans, soybeans, lentils, chickpea, green beans  5 Chicken, duck, turkey, quail  6 Beef, lamb, veal, ham, sausages  7 Biscuits/rolls, toaster pastries, cake, snack cakes, Danish/sweet rolls/pastries, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes/frappes, sugar, jam, chocolate, jelly  a Data are presented for a calorie intake of 1400 kcal/day | |