**Supplementary Materials**

**Table S1**: Tabularization of the translation of American servings to quantities and volumes of the MIND diet

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Step 1: direct translation | | Step 2: indirect translation | | |  | Step 3: indirect translation to Dutch servings | |  | |  | |  |  | |
| MIND Component | Advise  (Score 1)(1) | USDA serving sizes\* | FFQ MIND trial\*, serving size | | Dutch dietary guidelines (2) | American dietary guideline(3) | | | Dutch food-based guidelines (4) † | | Advise translated to grams/day or meal | | Advise translated to grams/wk ‡ (score 1) | Standardized Dutch serving size, grams | | Advise in grams$, corrected for Dutch portion sizes (score 1) |
| Step 1 |  |  |  | |  |  | | |  | |  | |  |  | |  |
| Fish (not fried, not shell) | *>1 serving/wk* | 3-5 oz | - | | - | - | | |  | | 85 | | *>*85 | 90 (serving) | | >90/wk |
| Poultry (not fried and skinless) | *≥2 servings/wk* | 3-5 oz | - | | - | - | | |  | | 85 | | *≥*170 | 100 (serving) | | ≥200/wk |
| Nuts | *≥5 servings/wk* | 1 oz | - | | - | - | | |  | | *28* | | *≥*142 | 20 (hand) | | ≥140/wk |
| Butter and stick margarine | ≤ 7 pat(tsp)/wk | 1 teaspoon/ 5 g/ 1 pat | - | | - | - | | |  | | 5 | | ≤35 | 5 (teaspoon or serving sandwich) | | ≤35 /wk |
| Full-fat cheese | ≤2 *serving/wk* | 1 slice/ 1 oz | - | | - | - | | |  | | 28 | | ≤57 | 30 (slice) | | ≤60/wk |
| Red and processed meat | *< 4 meals/wk* | 3 oz edible portion | - | | - | - | | |  | | 85 | | <340 | 100 (serving) 15 (deli meat) | | <300/wk |
| Beans and legumes | *>3 meals/wk* | ½ cup cooked | ½ cup or 3-4 oz per meal | |  | - | | |  | | 85 | | > 255 | 60 (serving spoon) | | ≥180/wk (60g/meal) |
| Wine | *1 glass/d* | glass | glass, 5 oz | | - | - | | |  | | 142 | | 142 | 100 (ml/glass) | | ≤100/d |
| Olive oil | ≥ 14 Tbsp/wk | Tbsp (14g) | - | | - | - | | |  | | 28 | | 198 | 10 (tablespoon) | | ≥210/wk (30/d) |
| Step 2 |  |  |  | |  |  | | |  | |  | |  |  | |  |
| Green leafy vegetables | *≥7 servings/wk* | Varies per vegetable | 1 cup raw/ 1/2 cup cooked | | 200 gram total for vegetables/day | **2**-3 cups total for vegetables/day | | |  | | 100 | | 700 | 25 (raw, dish) 50 (cooked, spoon) | | ≥700/wk |
| Other vegetables | *≥7 servings/wk* | Varies per vegetable | Mixed vegetables -> ½ cup | | 200 gram total for vegetables/day | **2**-3 cups total for vegetables/day | | |  | | 100 | | 700 | 70 (raw, dish) 50 (cooked, spoon) | | ≥700/wk |
| Berries | *≥5 servings/wk* | ½ cup | - | | 200 gram of fruit/day | 1 ½ - **2** cups for total fruit intake/day | | |  | | 50 | | *≥*250 | 100 (dish) | | ≥250/wk |
| Whole Grains | ≥21 servings/wk | 1 slice of bread, 0.5 cup of pasta/brown rice, 0.75 cup of whole grain cereals | **-** | | 90 gram/day: 3 slices of bread, 2 serving spoons of pasta or 1.5 serving spoons of rice | - | | |  | | 90 | | ≥630 | 1 slice of bread = 35  Pasta = 45  Rice = 60 | | ≥630/wk |
| Step 3 |  |  |  | |  |  | | |  | |  | |  |  | |  |
| Take out, fried foods, and snacks | *<1 meal/wk* | Varies as per food | Varies as per food | | - | - | | | 3 serving equivalents of total exceptional foods | | - | | - | serving eq. are: 1 take out meal; 1 snack (fried snacks or savoury pastries); 4 hands of crisps; | | ≤1 serving eq./wk |
| Cookies, pastries, and sweets | *<5 servings/wk* | Varies as per food | Varies as per food | | - | - | | | 3 serving equivalents of total exceptional foods | | - | | - | serving eq. are: 1 piece of cake; 1 large cookie; 4 small cookies; 4 pieces of chocolate; 4 sweet bread toppings | | ≤2 serving eq./wk |

\* Received by contact researchers of RUSH University;  † the Netherlands Nutrition Centre specifies the group of ‘exceptional’ foods; ‡ Conversion based on USDA conversion table incl. 1Tsp= 5 grams, 1Tbsp=14 grams, 1 oz= 28 grams; $ advice for take out, fried foods, and snacks and cookies, pastries, and sweets given in serving eq/week.   
Data retrieved from: (1)Liu et al. 2021; (2) Kromhout et al. 2016; (3) U.S. Department of Agriculture and U.S. Department of Health and Human Services (2020); (4) De rijk et al. 2021.

**References**

1. Liu X, Morris MC, Dhana K *et al.* (2021) Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) study: rationale, design and baseline characteristics of a randomized control trial of the MIND diet on cognitive decline. *Contemporary clinical trials* **102**, 106270.

2. Kromhout D, Spaaij CJ, de Goede J *et al.* (2016) The 2015 Dutch food-based dietary guidelines. *Eur J Clin Nutr* **70**, 869-878.

3. U.S. Department of Agriculture and U.S. Department of Health and Human Services (2020) *Dietary Guidelines for Americans (DGA), 2020-2025*. U.S. Department of Agriculture and U.S. Department of Health and Human Services.

4. de Rijk MG, Slotegraaf AI, Brouwer-Brolsma EM *et al.* (2021) Development and evaluation of a diet quality screener to assess adherence to the Dutch food-based dietary guidelines. *Br J Nutr* **128**, 1-11.