**Supplementary Table 1.** Baseline demographic, health and dietary factors according to diabetes status† in the MSLS sample (*n* 803)

(Mean values with standard deviations; percentages)

|  |  |  |
| --- | --- | --- |
| Characteristic | Diabetes status |  |
| Non-diabetic subjects*n* 707 (88%) | Diabetic subjects*n* 96 (12%) | *P* |
| Age (years) | 61.5  | 13.1 | 63.6  | 11.2 | 0.15 |
| Sex (% male) | 38.9 |  | 49.0 |  | 0.06 |
| Education (years) | 15 | 2.7 | 14  | 2.7 | 0.003 |
| Physical activity (mins/day) | 39  | 51 | 21  | 27 | 0.003 |
| Smoking (cigs/day) | 1.4  | 5.4 | 1.1  | 5.2 | 0.66 |
| Systolic BP (mmHg) | 130  | 22 | 139  | 20 | <0.001 |
| Diastolic BP (mmHg) | 70  | 10 | 72  | 9.3 | 0.09 |
| Waist circumference (cm) | 94  | 15 | 105  | 16 | <0.001 |
| Total cholesterol (mg/dL) | 205  | 39 | 186  | 43 | <0.001 |
| HDL-cholesterol (mg/dL) | 55  | 16 | 45  | 11 | <0.001 |
| LDL-cholesterol (mg/dL) | 123  | 33 | 106  | 34 | <0.001 |
| Fasting plasma glucose (mg/dL) | 92  | 11 | 145  | 55 | <0.001 |
| Triglycerides (mg/dL) | 138  | 102 | 183  | 155 | <0.001 |
| C-reactive protein (mg/L) | 0.39  | 0.44 | 0.61  | 0.64 | <0.001 |
| BMI (kg/m2) | 28.7  | 5.6 | 33.3  | 7.8 | <0.001 |
| Depressed mood, CES-D‡score | 7.3  | 6.8 | 9.3  | 8.0 | 0.011 |
| Hypertension (%) | 57.9 |  | 85.4 |  | <0.001 |
| Obesity (%) | 34.1 |  | 64.9 |  | <0.001 |
| **Cognitive scores** § |  |  |  |  |  |
| Global Composite | 0.13  | 0.04 | -0.41  | 0.11 | <0.001 |
| Visual Spatial Memory and Organization | 0.12  | 0.04 | -0.33  | 0.12 | <0.001 |
| Scanning and Tracking | 0.11  | 0.04 | -0.50  | 0.10 | <0.001 |
| Verbal Memory | 0.07  | 0.04 | -0.13  | 0.11 | 0.05 |
| Working Memory | 0.11  | 0.04 | -0.28  | 0.10 | <0.001 |
| Executive Function | 0.11  | 0.04 | -0.36  | 0.11 | <0.001 |
| Similarities | 0.10  | 0.04 | -0.31  | 0.11 | <0.001 |
| Mini-Mental State Examination | 0.09  | 0.04 | -0.43  | 0.13 | <0.001 |
| **Dietary variables** |  |  |  |  |  |
| Mean no. regular soft drinks/day | 0.3  | 1.1 | 0.3  | 0.7 | 0.89 |
| Mean no. diet soft drinks/day | 0.4  | 0.9 | 0.8  | 1.5 | <0.001 |
| Total energy intake|| | 14.5  | 4.5 | 14.0  | 4.0 | 0.27 |
| Vegetables (servings/day) | 2.7  | 1.1 | 2.6  | 1.1 | 0.24 |
| Fruit (servings/day) | 1.6  | 1.0 | 1.5  | 1.0 | 0.27 |
| Grains (servings/day) | 3.6  | 2.0 | 4.0  | 2.1 | 0.038 |
| Meat (servings/day) | 2.0  | 0.9 | 2.2  | 1.0 | 0.028 |
| Dairy foods (servings/day) | 2.0  | 1.1 | 2.0  | 1.1 | 0.89 |
| Alcohol (standard drinks/day) | 0.5  | 1.0 | 0.2  | 0.5 | 0.008 |

BMI, body mass index; CES-D, Center for Epidemiological Studies Depression Scale.

† Diabetes defined as fasting glucose level of at least 126mg/dL, or treated with anti-diabetic medication.

‡ CES-D: higher score indicates greater number of depressive symptoms.

§ Values are mean *z*-scores ± SE.

|| Total energy intake = total serves/day all food groups.