**Online Supplementary Material**

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**Supplementary Figure S1.** Participant selection for the analyses of associations of dietary patterns with cognitive level (age 70) and change (age 70 to age 82) in 863 adults of the Lothian Birth Cohort 1936 study. 1FFQ (food frequency questionnaire) incomplete if ≥10 missing items (according to standard FFQ protocol). 2Outliers of total energy intake: <2.5th or >95th centile of intake. 3Dementia diagnosis at any point across the five assessments

**Supplementary Table S1.** Dietary patterns and factor loadings >0.30 of specific food items from the FFQ in the Lothian Birth Cohort 1936 study at baseline

|  |  |  |
| --- | --- | --- |
| Food items | Factor loading | Mean ± SD (servings/week) |
| **Mediterranean-style pattern (22 items)** |  |  |
| Leeks or courgettes | .617 | .129 ± .196 |
| Broccoli | .605 | .208 ± .274 |
| Sweet peppers | .569 | .158 ± .284 |
| Other salad vegetables (lettuce, cucumber etc) | .565 | .394 ± .607 |
| Spinach or spring greens | .553 | .094 ± .247 |
| Cabbage (all kinds) | .501 | .134 ± .190 |
| Onions | .497 | .319 ± .322 |
| Oil and vinegar dressing | .492 | .128 ± .225 |
| Tomatoes | .482 | .553 ± .743 |
| Smoked oily fish (kipper, mackerel or salmon) | .417 | .055 ± .078 |
| Carrots | .397 | .374 ± .421 |
| Tomato-based sauces (e.g. for pasta) | .393 | .122 ± .154 |
| Grilled, poached or baked while fish | .385 | .067 ± .090 |
| Grilled poached or baked oily fish | .380 | .046 ± .080 |
| Cauliflower, swede or turnip | .378 | .176 ± .200 |
| Pasta (all types) or couscous | .372 | .133 ± .142 |
| Other beans (kidney, butter, chick peas) | .357 | .056 ± .126 |
| Chicken or turkey (roast, casseroled, grilled or fried) | .342 | .202 ± .175 |
| Brussel sprouts | .325 | .125 ± .235 |
| White rice | .312 | .117 ± .162 |
| Tap water | .306 | 1.75 ± 1.75 |
| Brown rice | .303 | .048 ± .131 |
| **Traditional pattern (10 items)** |  |  |
| Tinned vegetables (all kinds) | .491 | .116 ± .309 |
| Peas or green beans | .462 | .276 ± .350 |
| Carrots | .451 | .374 ± .421 |
| Baked beans | .403 | .152 ± .179 |
| Bottled sauces (e.g. ketchup) | .356 | .153 ± .268 |
| Meat or chicken pies, pasties or sausage rolls | .321 | .048 ± .076 |
| Filter, espresso or cappuccino coffee | -.320 | .310 ± .774 |
| Mashed potatoes | .320 | .262 ± .428 |
| Custard or other sweet sauces | .320 | .056 ± .094 |
| Milk-based puddings (e.g. rice, semolina) | .300 | .042 ± .081 |

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**Supplementary Table S2.** Baseline characteristics of the study sample according to completer status\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Non-completers (*N* = 499) |  | Completers (*N* = 364) |  |
| Characteristics | Mean | SD |  | Mean | SD | P for trend |
| Age, years | 69.4 | 0.8 |  | 69.5 | 0.9 | 0.29 |
| Education, years | 10.7 | 1.1 |  | 10.9 | 1.1 | 0.02 |
| Age 11 IQ score† | 100.5 | 13.6 |  | 103.6 | 13.7 | 0.002 |
| Physical activity, level | 2.9 | 1.1 |  | 3.1 | 1.1 | 0.001 |
| Body mass index | 27.8 | 4.4 |  | 27.2 | 3.9 | 0.07 |
|  | % |  |  | % |  |  |
| Male, % | 47.7 |  |  | 47.3 |  | 0.91 |
| Marital status, married % | 73.2 |  |  | 71.1 |  | 0.16 |
| SES, professional % | 78.6 |  |  | 86.4 |  | 0.004 |
| *ApoE e4*, % with allele | 30.2 |  |  | 25.0 |  | 0.11 |
| Smoking, current % | 15.8 |  |  | 3.1 |  | <0.001 |
| Smoking, former % | 42.0 |  |  | 42.9 |  |  |
| Smoking, never % | 42.2 |  |  | 54.0 |  |  |
| Hypertension, % yes | 44.1 |  |  | 33.9 |  | 0.003 |
| Diabetes, % yes | 9.0 |  |  | 3.9 |  | 0.004 |
| CVD, % yes | 25.8 |  |  | 21.6 |  | 0.15 |

Abbreviations: SES, socio-economic status; ApoE, apolipoprotein E; CVD, cardiovascular disease

\*Mean and SD for continuous variables or % for categorical variables. P-values from ANOVA or chi-square tests as appropriate.

†Age 11 IQ (childhood cognitive ability) derived from scores on the Moray House Test completed during the Scottish Mental Survey of 1947.

**Supplementary Table S3.**  Raw cognitive test scores at each wave of testing (mean and standard deviation)\*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Wave 1 (age 70) | Wave 2 (age 73) | Wave 3 (age 76) | Wave 4 (age 79) | Wave 5 (age 82) |
| Cognitive tests | *N =* 863 | *N =* 711 | *N =* 580 | *N =* 456 | *N =* 364 |
| **Visuospatial ability** |  |  |  |  |  |
|  Matrix Reasoning  | 13.87 (5.0) | 13.53 (5.0) | 13.35 (4.9) | 13.24 (4.9) | 13.31 (5.1) |
|  Block Design |  34.66 (10.1) |  34.25 (10.1) |  32.79 (9.7) |  31.92 (9.3) |  30.62 (9.3) |
|  Spatial Span  |  7.43 (1.4) |  7.38 (1.4) |  7.36 (1.3) |  7.10 (1.3) |  7.05 (1.3) |
| **Processing Speed** |  |  |  |  |  |
|  Digit Symbol  |  58.08 (12.4) |  57.38 (12.0) |  54.92 (12.7) |  52.60 (12.3) |  52.26 (12.4) |
|  Symbol Search | 25.41 (6.0) | 25.10 (5.9) | 25.14 (6.2) | 23.42 (6.1) | 22.82 (6.5) |
|  Choice Reaction Time† | -6.36 (0.8) | -6.45 (0.86) | -6.75 (1.0) | -7.00 (1.1) | -7.15 (1.14) |
|  Inspection Time  | 112.45 (11.1) | 111.65 (11.7) | 110.82 (12.3) | 108.11 (12.6) | 106.58 (12.1) |
| **Memory** |  |  |  |  |  |
|  Logical Memory |  72.70 (17.3) |  75.37 (17.1) |  75.85 (18.6) |  74.66 (19.1) |  74.31 (19.8) |
|  Verbal Paired Associates | 26.74 (9.1) | 27.56 (9.3) | 26.66 (9.5) | 27.70 (9.4) | 27.81 (9.38) |
|  Digits Backwards |  7.87 (2.3) |  7.90 (2.3) |  7.86 (2.4) |  7.71 (2.1) |  7.34 (2.26) |
| **Verbal ability** |  |  |  |  |  |
|  NART | 35.19 (7.7) | 34.93 (7.8) | 35.43 (7.7) | 36.27 (7.6) | 36.29 (7.6) |
|  WTAR | 41.79 (6.6) | 41.59 (6.5) | 41.54 (6.5) | 42.24 (6.42) | 42.50 (6.3) |
|  Verbal Fluency |  43.18 (12.5) |  43.79 (12.9) |  43.64 (12.9) |  44.81 (13.3) |  44.27 (12.5) |

Abbreviations: NART, National Adult Reading Test; WTAR, Wechsler Test of Adult Reading

\*Higher cognitive test scores indicate better performance.

†Choice reaction time scores were converted to indicate lower scores with slower reaction times.

**Supplementary Table S4.**  Composite cognitive z-scores at baseline (mean ± SD) for the full sample (*N* = 863), and at baseline and follow-up (wave 5) for the subset of completers\* (*N* = 364)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Baseline |  | Final follow-up |
|  | All sample (*N* = 863) | Completers (*N* = 364) |  | Completers (*N* = 364) |
| Global cognitive function | 0.08 ± 0.59 | 0.23 ± 0.54 |  | -0.09 ± 0.60 |
| Visuospatial ability | 0.07 ± 0.78 | 0.23 ± 0.75 |  | -0.16 ± 0.73 |
| Processing speed | 0.10 ± 0.71 | 0.26 ± 0.65 |  | -0.47 ± 0.87 |
| Memory | 0.06 ± 0.73 | 0.20 ± 0.70 |  | -0.03 ± 0.77 |
| Verbal ability | 0.09 ± 0.81 | 0.19 ± 0.79 |  |  0.20 ± 0.79 |

\*Completers are the subgroup of participants who completed all five waves of follow-up. This data is for information only; using full-information strategies, the latent growth curve models used in the current study, to determine the trajectories of cognitive intercepts and slopes, take into account all measures collected at each time-point regardless of whether participants have complete data throughout the five waves of follow-up.

**Supplementary Table S5**. Regression coefficients and standard errors for paths in growth curve model of dietary patterns and cognitive change (age 70 to 82) (fully-adjusted model)\*

|  |  |
| --- | --- |
|  | Slope |
| Global cognitive function | Visuospatial | Speed | Memory | Verbal ability |
| **Mediterranean diet score** | -0.002 (0.001) | -0.000 (0.002) | -0.003 (0.002) | -0.001 (0.002) | -0.003 (0.001)\*\* |
|  Age  |  0.003 (0.001)\* |  0.003 (0.002) |  0.001 (0.002) |  0.002 (0.002) |  0.003 (0.001)\* |
|  Sex  |  0.005 (0.003) |  0.006 (0.004) |  0.010 (0.005)\* |  0.004 (0.005) |  0.003 (0.003) |
|  Age 11 IQ |  0.000 (0.000) | -0.000 (0.000)\* |  0.000 (0.000) |  0.000 (0.000) |  0.000 (0.000) |
|  APOE e4 | -0.009 (0.003)\*\* | -0.005 (0.004) | -0.012 (0.005)\* | -0.021 (0.005)\*\*\* | -0.002 (0.003) |
|  Smoking | -0.004 (0.002) | -0.004 (0.003) | -0.002 (0.004) | -0.001 (0.004) | -0.006 (0.002)\*\* |
|  Physical activity |  0.000 (0.001) |  0.002 (0.002) |  0.002 (0.002) | -0.000 (0.002) |  0.001 (0.001) |
|  Marital status |  0.002 (0.001)\* |  0.002 (0.001) |  0.001 (0.002) |  0.001 (0.002) |  0.000 (0.001) |
|  SES |  0.001 (0.004) |  0.008 (0.006) | -0.010 (0.006) |  0.006 (0.007) |  0.004 (0.004) |
| RMSEA |  0.044 |  0.041 |  0.061 |  0.039 |  0.037 |
| SRMR |  0.021 |  0.018 |  0.026 |  0.018 |  0.011 |
| CFI |  0.969 |  0.982 |  0.959 |  0.980 |  0.992 |
|  |  |  |  |  |  |
| **Traditional diet score** | -0.000 (0.001) | -0.002 (0.002) | -0.001 (0.002) | -0.000 (0.003) | -0.001 (0.001) |
|  Age  |  0.003 (0.001)\* |  0.003 (0.002) |  0.001 (0.002) |  0.002 (0.002) |  0.003 (0.001)\* |
|  Sex  |  0.004 (0.003) |  0.006 (0.004) |  0.009 (0.005) |  0.004 (0.005) |  0.002 (0.003) |
|  Age 11 IQ |  0.000 (0.000) | -0.000 (0.000)\* |  0.000 (0.000) | -0.000 (0.000) |  0.000 (0.000) |
|  APOE e4 | -0.009 (0.003)\*\* | -0.006 (0.004) | -0.013 (0.005)\*\* | -0.021 (0.005)\*\*\* | -0.003 (0.003) |
|  Smoking | -0.003 (0.002) | -0.004 (0.003) | -0.002 (0.004) | -0.001 (0.004) | -0.006 (0.002)\*\* |
|  Physical activity | -0.000 (0.001) |  0.002 (0.002) |  0.001 (0.002) | -0.001 (0.002) |  0.001 (0.001) |
|  Marital status |  0.002 (0.001)\* |  0.002 (0.001) |  0.001 (0.002) |  0.001 (0.002) |  0.001 (0.001) |
|  SES |  0.001 (0.004) |  0.007 (0.006) | -0.011 (0.006) |  0.006 (0.007) |  0.003 (0.004) |
| RMSEA |  0.044 |  0.040 |  0.061 |  0.046 |  0.037 |
| SRMR |  0.021 |  0.017 |  0.026 |  0.018 |  0.011 |
| CFI |  0.969 |  0.982 |  0.958 |  0.978 |  0.992 |

Abbreviations: SES, socio-economic status; RMSEA, root mean square error of approximation; SRMR, standardized root mean residual; CFI, comparative fit index

Dietary pattern scores are continuous variables. Unstandardized path coefficients (Est.) and standard errors (SE) from latent growth curve models are reported.

*P <* 0.001\*\*\*, *P <* 0.01\*\*, *P <* 0.05\*.

**Supplementary Table S6.**  Sensitivity analysis; associations of dietary pattern scores with cognitive function level (age 70) and slope (age 70 to 82) in latent growth curve models, including additional health variables (BMI, CVD, diabetes)\*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Intercept |  | Slope |
|  | Model 1 | Model 2 | Model 3 |  | Model 1 | Model 2 | Model 3 |
|  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |
| **Mediterranean diet** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Global cognitive |  0.104 (0.020) | **<0.001** |  0.038 (0.015) | **0.01** |  0.014 (0.015)  | 0.35 |  | -0.002 (0.001)  | 0.11 | -0.002 (0.001)  | 0.06 | -0.002 (0.001)  | 0.17 |
|  Visuospatial ability |  0.096 (0.025)  | **<0.001** |  0.032 (0.023)  | 0.16 |  0.014 (0.024) | 0.55 |  | -0.000 (0.002) | 0.80 | -0.000 (0.002)  | 0.99 | -0.000 (0.002)  | 0.93 |
|  Processing speed  |  0.074 (0.024)  | **0.002** |  0.023 (0.022)  | 0.30 |  0.010 (0.022) | 0.64 |  | -0.003 (0.002)  | 0.12 | -0.004 (0.002)  | 0.05 | -0.003 (0.002)  | 0.10 |
|  Memory  |  0.091 (0.024)  | **<0.001** |  0.027 (0.021)  | 0.20 |  0.015 (0.022)  | 0.51 |  | -0.001 (0.002) | 0.63 | -0.002 (0.002)  | 0.41 | -0.001 (0.002)  | 0.59 |
|  Verbal ability |  0.178 (0.027)  | **<0.001** |  0.086 (0.021)  | **<0.001** |  0.064 (0.021)  | **0.003** |  | -0.003 (0.001)  | **0.003** | -0.003 (0.001)  | **0.007** | -0.003 (0.001)  | **0.007** |
| **Traditional diet** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Global cognitive | -0.149 (0.019)  | **<0.001** | -0.060 (0.015)  | **<0.001** | -0.039 (0.015)  | **0.011** |  | 0.001 (0.001)  | 0.57 |  0.000 (0.001) | 0.76 |  0.000 (0.001) | 0.74 |
|  Visuospatial ability | -0.111 (0.025)  | **<0.001** | -0.026 (0.023)  | 0.26 | -0.014 (0.024)  | 0.55 |  | -0.001 (0.002)  | 0.40 | -0.003 (0.002)  | 0.17 | -0.000 (0.002)  | 0.93 |
|  Processing speed  | -0.114 (0.024)  | **<0.001** | -0.070 (0.024)  | **0.004** | -0.010 (0.023)  | 0.66 |  |  0.000 (0.002)  | 0.93 |  -0.000 (0.002)  | 0.90 |  -0.001 (0.002)  | 0.80 |
|  Memory  | -0.135 (0.024)  | **<0.001** | -0.044 (0.022)  | 0.04 | -0.039 (0.023)  | 0.08 |  |  0.000 (0.002)  | 0.84 |  0.000 (0.002) | 0.89 | 0.000 (0.002)  | 0.86 |
|  Verbal ability | -0.230 (0.026)  | **<0.001** | -0.112 (0.021)  | **<0.001** | -0.087 (0.021)  | **<0.001** |  | -0.001 (0.001) | 0.45 | -0.001 (0.001)  | 0.37 | -0.001 (0.001)  | 0.50 |

Abbreviations: global cognitive, global cognitive function, calculated as a composite score using 13 individual cognitive tests

\*Dietary pattern scores are treated as continuous variables. Unstandardised path coefficients (Est.) and standard errors (SE) from latent growth curve models are reported

Model 1: diet score, age and sex. Model 2: Model 1 + age 11 IQ. Model 3: Model 2 + demographic factors (marital status and socio-economic status) + lifestyle factors (physical activity, smoking status) + health (BMI + CVD + diabetes) + *ApoE e4.* Boldtype denotes P values significant following FDR correction.

**Supplementary Table S7.**  Sensitivity analysis; associations of an ‘*a priori*’ MeDi score with cognitive function level (age 70) and slope (age 70 to 82) in latent growth curve models\*

|  |  |  |  |
| --- | --- | --- | --- |
|  | Intercept |  | Slope |
|  | Model 1 | Model 2 | Model 3 |  | Model 1 | Model 2 | Model 3 |
|  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |
| **MeDi Score**† |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Global cognitive |  0.019 (0.011) |  0.07 |  0.004 (0.008)  | 0.65 | -0.007 (0.008) | 0.42 |  | 0.000 (0.001) | 0.60 | -0.000 (0.001) | 0.99 | 0.000 (0.001)  | 0.49 |
|  Visuospatial ability |  0.002 (0.013)  | 0.89 |  -0.014 (0.012) | 0.26 |  -0.026 (0.013) | 0.05 |  | 0.001 (0.001)  | 0.28 | 0.001 (0.001)  | 0.41 | 0.001 (0.001) | 0.40 |
|  Processing speed  |  0.008 (0.013) | 0.53 |  -0.006 (0.012) | 0.63 |  -0.021 (0.012) | 0.09 |  | 0.000 (0.001)  | 0.87 | -0.000 (0.001) | 0.86 | 0.000 (0.001) | 0.71 |
|  Memory  |  0.022 (0.017)  | 0.10 |  0.008 (0.011)  | 0.51 |  0.004 (0.012) | 0.74 |  | 0.000 (0.001)  | 0.84 | -0.001 (0.001)  | 0.66 | 0.000 (0.001) | 0.82 |
|  Verbal ability |  0.057 (0.014) | **<0.001** |  0.037 (0.011)  | **0.001** |  0.012 (0.012)  | **0.011** |  | 0.000 (0.001)  | 0.44 | 0.000 (0.001)  | 0.53 | 0.001 (0.001) | 0.63 |

Abbreviations: global cognitive, global cognitive function, calculated as a composite score using 13 individual cognitive tests

\*Dietary pattern scores were treated as continuous variables. Unstandardised path coefficients (Est.) and standard errors (SE) from latent growth curve models are reported

Model 1: diet score, age and sex. Model 2: Model 1 + age 11 IQ. Model 3: Model 2 + demographic factors (marital status and socio-economic status) + lifestyle factors (physical activity, smoking status) + health (BMI + CVD + diabetes) + *ApoE e4.* Boldtype denotes P values significant following FDR correction.

†MeDi scorewas calculated in accordance with Trichopoulou *et al*.(42). Values of zero or 1 were assigned to each of nine components, using caloric-adjusted sex-specific medians as cut-offs. Consumption of beneficial components (fruit, vegetables, legumes, cereals, fish) and detrimental components (meat, dairy) were coded accordingly (1 above median consumption if beneficial and 1 below median consumption if detrimental). Alcohol was coded 1 in men consuming 10g-50g per day and in women consuming between 5g and 25g per day, and zero for all other values. The ratio of daily consumption (in grams) of monounsaturated fatty acids to saturated fatty acids was a further beneficial component. The MeDi score (range 0–9) was calculated by summing the scores for each of the components, with higher scores indicating higher MeDi adherence.

**Supplementary Table S8.**  Sensitivity analysis; associations of dietary pattern scores with cognitive function level (age 70) and slope (age 70 to 82) in latent growth curve models, using the full sample *N* = 882 (i.e. no exclusions for dementia)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Intercept |  | Slope |
|  | Model 1 | Model 2 | Model 3 |  | Model 1 | Model 2 | Model 3 |
|  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |  | Estimate (SE) | P | Estimate (SE) | P | Estimate (SE) | P |
| **Mediterranean diet** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Global cognitive |  0.097 (0.020) | **<0.001** |  0.032 (0.015)  | 0.04 |  0.009 (0.015) | 0.53 |  | -0.002 (0.001) | 0.13 | -0.002 (0.001) | 0.07 | -0.002 (0.001)  | 0.16 |
|  Visuospatial ability |  0.091 (0.025)  | **<0.001** |  0.024 (0.023) | 0.28 |  0.011 (0.023) | 0.63 |  | -0.001 (0.002)  | 0.72 | -0.000 (0.002)  | 0.93 | -0.000 (0.002) | 0.82 |
|  Processing speed  |  0.063 (0.024) | **0.009** |  0.015 (0.023) | 0.52 |  0.016 (0.023) | 0.53 |  | -0.003 (0.002)  | 0.14 | -0.004 (0.002) | 0.06 | -0.003 (0.002) | 0.12 |
|  Memory  |  0.089 (0.024)  | **<0.001** |  0.021 (0.021)  | 0.34 |  0.011 (0.022) | 0.64 |  | -0.002 (0.002)  | 0.40 | -0.004 (0.002)  | 0.28 | -0.001 (0.002) | 0.45 |
|  Verbal ability |  0.177 (0.028) | **<0.001** |  0.085 (0.021)  | **<0.001** |  0.056 (0.021)  | **0.007** |  | -0.003 (0.001)  | **0.01** | -0.003 (0.001)  | **0.01** | -0.003 (0.001) | **0.009** |
| **Traditional diet** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Global cognitive | -0.139 (0.020) | **<0.001** | -0.052 (0.015) | **<0.001** | -0.032 (0.016) | 0.04 |  | 0.000 (0.001)  | 0.64 |  0.000 (0.001)  | 0.82 |  -0.000 (0.001) | 0.90 |
|  Visuospatial ability | -0.101 (0.025)  | **<0.001** | -0.016 (0.023)  | 0.48 | -0.004 (0.024)  | 0.85 |  | -0.002 (0.002)  | 0.39 | -0.003 (0.002)  | 0.15 | -0.002 (0.002)  | 0.27 |
|  Processing speed  | -0.102 (0.024)  | **<0.001** | -0.039 (0.023) | 0.09 | -0.001 (0.024)  | 0.98 |  | -0.000 (0.002)  | 0.92 |  -0.000 (0.002)  | 0.90 |  0.001 (0.002) | 0.66 |
|  Memory  | -0.127 (0.024) | **<0.001** | -0.032 (0.022)  | 0.09 | -0.030 (0.022)  | 0.18 |  |  0.001 (0.002)  | 0.57 |  0.001 (0.002) | 0.69 | 0.000 (0.003)  | 0.94 |
|  Verbal ability | -0.229 (0.026)  | **<0.001** | -0.111 (0.021)  | **<0.001** | -0.091 (0.022)  | **<0.001** |  | -0.001 (0.001)  | 0.43 | -0.001 (0.001)  | 0.44 | -0.001 (0.001)  | 0.59 |

Abbreviations: global cognitive, global cognitive function, calculated as a composite score using 13 individual cognitive tests

\*Dietary pattern scores are treated as continuous variables. Unstandardised path coefficients (Est.) and standard errors (SE) from latent growth curve models are reported.

Model 1: diet score, age and sex. Model 2: Model 1 + age 11 IQ. Model 3: Model 2 + demographic factors (marital status and socio-economic status) + lifestyle factors (physical activity, smoking status) + *ApoE e4.* Boldtype denotes P values significant following FDR correction