**Appendix 1. Search string used in Embase via Ovid**

1 (Mediterranean\* adj5 (diet\* or eat\* or food\*)).ti,ab.

2 exp Mediterranean diet/

3 1 or 2

4 (dementia\* or cogniti\* or memory or mood\* or anxiet\* or wellbeing or well-being or depress\*).ti,ab.

5 exp cognitive defect/

6 exp cognition/

7 exp cognitive aging/

8 exp memory/

9 exp mood disorder/

10 exp mood/

11 exp anxiety/

12 exp anxiety disorder/

13 exp wellbeing/

14 exp psychological wellbeing assessment/

15 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14

16 3 and 15

17 crossover procedure/

18 double blind procedure/

19 randomized controlled trial/

20 single blind procedure/

21 (random$ or factorial$ or crossover$ or cross over$ or cross-over$ or placebo$ or (doubl$ adj blind$) or (singl$ adj blind$) or assign$ or allocat$ or volunteer$).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

22 17 or 18 or 19 or 20 or 21

23 16 and 22

24 exp human/

25 23 and 24