Table 4a. Association between MDS and the time course of SCD score in the cognitively normal population at baseline irrespective of participation in follow-up.

|  |  |  |  |
| --- | --- | --- | --- |
| GEE model | Adjustment for: | β (MDS × time) | p |
| *1* | Sex, age, education, *APOE-ε4* carriage & follow-up duration | -0.007 | **0.013** |
| *2* | Sex, age, education, genetic predisposition to cognitive decline & follow-up duration | -0.007 | **0.005** |
| *3* | Model 2 + energy intake (Kcal/day) | -0.006 | **0.005** |
| *4* | Model 2 + GDS score | -0.006 | **0.005** |
| *5* | Model 2 + energy intake + GDS score + Hachinski score | -0.006 | **0.006** |

MDS: Mediterranean Diet Score, SCD: Subjective Cognitive Decline, GEE: Generalized Estimating Equations, *APOE:* apolipoprotein E gene, GDS: Geriatric Depression Scale.

The table shows the association between the interaction of MDS with time and the SCD score, after adjustment for potential confounders, using GEE. Participants were considered genetically predisposed to cognitive decline if they were *APOE-ε4* carriers or reported family history of dementia. Baseline values were used for age, energy intake, GDS score and Hachinski score. The SCD score was calculated as the number of SCD cognitive domains reported. Bold p values denote a statistically significant result (p<0.05).

Table 5a. Association of specific food group consumption and the time course of SCD score in the cognitively normal population at baseline irrespective of participation in follow-up.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Adjustment for sex, age, education, genetic predisposition to cognitive decline & follow-up duration** | | **Adjustment for sex, age, education, genetic predisposition to cognitive decline, follow-up duration & energy intake (Kcal/day)** | |
| ***β (intake × time)*** | ***p*** | ***β (intake × time)*** | ***p*** |
| *Milk, yogurt* | 0.015 | 0.357 | 0.015 | 0.385 |
| *Cheese* | -0.001 | 0.958 | 0.000 | 0.986 |
| *Cereals, legumes* | 0.007 | 0.207 | 0.006 | 0.299 |
| *Fruit, juice* | -0.006 | 0.380 | -0.006 | 0.377 |
| *Vegetables* | -0.022 | **0.024** | -0.021 | **0.030** |
| *Red meat, poultry, cold cuts & eggs* | 0.015 | 0.294 | 0.014 | 0.321 |
| *Fish* | 0.041 | 0.100 | 0.041 | 0.100 |
| *Pastries, cakes* | 0.014 | 0.542 | 0.019 | 0.420 |
| *Sweeteners, regular soft drinks* | -0.005 | 0.733 | -0.004 | 0.753 |
| *Coffee, tea* | -0.016 | 0.226 | -0.018 | 0.191 |
| *Alcoholic beverages* | -0.027 | 0.070 | -0.025 | 0.100 |

SCD: Subjective Cognitive Decline, GEE: Generalized Estimating Equations, *APOE:* apolipoprotein E gene.

The table shows two models exploring the association between the interaction of specific food group consumption with time and the SCD score, after adjustment for potential confounders, using GEE. Participants were considered genetically predisposed to cognitive decline if they were *APOE-ε4* carriers or reported family history of dementia. Food consumption was expressed in servings/day. Baseline values were used for age and energy intake. The SCD score was calculated as the number of SCD cognitive domains reported. Bold p values denote a statistically significant result (p<0.05).