

## Supplemental Material

**Supplementary Table 1. Characteristics of study participants by vegetarian dietary pattern status at baseline**

Characteristic	Mean $\pm$ SD or n (%)	
	Vegetarian dietary pattern (n=68)	Non-Vegetarian dietary pattern (n=59)
Age, years	76.0 $\pm$ 7.9 range 61-90	73.6 $\pm$ 7.8 range 60-92
Sex		
Male	30 (44.1)	24 (40.7)
Female	38 (55.9)	35 (59.3)
Race		
White	58 (85.3)	43 (72.9)
Non-White	10 (14.7)	16 (27.1)
Education, years	17.1 $\pm$ 2.4	16.2 $\pm$ 2.7
MMSE	29.0 $\pm$ 1.3	29.2 $\pm$ 1.0
MOCA	25.4 $\pm$ 3.3	25.0 $\pm$ 3.0
GDS	3.7 $\pm$ 3.5	2.3 $\pm$ 2.3
AMNART IQ	118.6 $\pm$ 7.1	118.7 $\pm$ 7.9
Mild memory impairment, yes	15 (22.1)	10 (16.9)
BMI	26.3 $\pm$ 5.5	28.0 $\pm$ 5.4
normal, underweight (BMI $\leq$ 24.9)	35 (54.5)	16 (27.1)
overweight (BMI 25-29.9)	20 (29.4)	25 (42.4)
obese (BMI>30)	13 (19.1)	18 (30.5)
ApoE genotype*		
2/3	9 (14.7)	5 (10.0)

3/3	33 (54.1)	33 (66.0)
2/4, 3/4 or 4/4	19 (31.2)	12 (24.0)
PPT total (range)	26.3 ± 4.4 (13-33)	26.9 ± 4.5 (16-34)
TUG time (sec) (range)	10.5 ± 2.8 (6.7-22.4)	10.4 ± 2.7 (5.3-17.4)
Vigorous activity, MET-hours per week MET-hours per week (range)‡	9.8 ± 9.2 (0-31.8)	9.4 ± 9.8 (0-31.7)

†n=113

\*n=100

‡metabolic equivalents

**Supplementary Table 2. Results from unadjusted regression models of associations between**

<b>Variable</b>	Memory/Language $\beta$ [SE ( $\beta$ )] <sup>*</sup> ; p-value	Mild Memory Impairment OR (95% CI) <sup>†</sup>	Executive Function $\beta$ [SE ( $\beta$ )] <sup>*</sup> ; p-value
PPT total (per SD* score)	0.10 (0.09); p=0.27	1.01 (0.65, 1.55)	0.12 (0.08); p = 0.17
TUG time (per SD* sec)	-0.07 (0.09); p=0.45	0.85 (0.53, 1.37)	-0.10 (0.09); p = 0.23
Vigorous activity (per SD* MET-hours per week) <sup>‡</sup>	-0.14 (0.09); p=0.13	1.28 (0.85, 1.95)	-0.11 (0.09); p = 0.23

**measures of physical abilities and self-reported physical activity and cognition**

\*SD: standard deviation

<sup>†</sup>OR: Odds Ratio, 95% CI: confidence interval

<sup>‡</sup>metabolic equivalents