

Supplementary Online Content

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eTable 1. Mean values with SEM for metabolic and lipid indices for normal control and aMCI groups following the LOW or HIGH diet.

eTable 2. Mean values with (SEM) for AD CSF biomarkers and delayed memory scores for normal control and aMCI groups following the LOW or HIGH diet.

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Mean (SEM) Values for Metabolic and Lipid Indexes for the Healthy Control and aMCI Groups After the LOW or HIGH Diet

Variable	Healthy Control Individuals		aMCI Patients	
	LOW	HIGH	LOW	HIGH
Insulin AUC, μU/mL				
Week 0	9675.68 (1343.86)	9773.25 (1485.69)	8250.35 (1236.17)	7032.65 (1150.81)
Week 4	7411.02 (1276.42)	10 480.83 (1411.14)	7300.33 (1174.14)	7785.85 (1093.06)
Glucose AUC, mg/dL				
Week 0	18 442.97 (1174.60)	18 980.89 (1255.70)	17 829.80 (921.43)	16 834.50 (857.81)
Week 4	16 108.12 (1258.13)	18 495.00 (1345.00)	17 572.50 (986.96)	16 566.25 (918.81)
HOMA-IR (log)				
Week 0	1.19 (.11)	1.25 (.13)	1.14 (.10)	1.16 (.10)
Week 4	1.08 (.13)	1.36 (.14)	1.10 (.12)	1.18 (.11)
Weight, lb				
Week 0	169.61 (12.29)	181.18 (12.78)	166.49 (9.50)	175.75 (8.73)
Week 4	170.02 (12.09)	179.74 (12.57)	165.45 (9.35)	175.27 (8.59)
Total cholesterol, mg/dL				
Week 0	201.00 (10.59)	234.56 (11.71)	218.36 (9.39)	210.80 (9.07)
Week 4	187.55 (9.97)	246.78 (11.02)	191.93 (8.84)	236.60 (8.54)
LDL-C, mg/dL				
Week 0	117.18 (9.16)	146.78 (10.13)	135.57 (8.12)	127.67 (7.85)
Week 4	102.27 (8.77)	154.67 (9.70)	112.57 (7.78)	150.60 (7.51)
HDL-C, mg/dL				
Week 0	56.18 (5.28)	65.89 (5.84)	64.07 (4.68)	59.80 (4.52)
Week 4	52.09 (5.48)	70.67 (6.06)	55.43 (4.86)	63.87 (4.70)
LDL/HDL ratio				

Week 0	2.31 (.24)	2.35 (.27)	2.20 (.22)	2.29 (.21)
Week 4	2.10 (.25)	2.37 (.27)	2.18 (.23)	2.54 (.21)

Abbreviations: aMCI, amnestic mild cognitive impairment; AUC, area under the curve; HDL-C, high density lipoprotein cholesterol; HIGH, high saturated fat/high glycemic index; HOMA-IR, homeostatic model assessment of insulin resistance; LDL-C, low density lipoprotein cholesterol; LOW, low saturated fat/low glycemic index.

^aTime × diet interaction, $P \leq .05$.

^bTime × diet interaction, $P \leq .10$.

^cTime × diet interaction, $P \leq .001$.

^dTime × diet × diagnosis interaction, $P \leq .05$.

eTable 2. Mean (SEM) Values for Alzheimer Disease CSF Biomarkers and Delayed Memory Scores for the Healthy Control and aMCI Groups Following the LOW or HIGH Diet

Variable	Healthy Control Individuals		aMCI Patients	
	LOW	HIGH	LOW	HIGH
CSF A β 42, pg/mL				
Week 0	506.49 (50.94)	384.03 (56.95)	397.18 (48.57)	439.04 (46.5)
Week 4	452.04 (51.96)	476.75 (58.10)	519.43 (49.55)	445.63 (47.44)
CSF A β 40, pg/mL				
Week 0	9116.13 (1289.33)	8796.32 (1289.33)	9212.94 (1206.06)	7659.42 (946.11)
Week 4	1011.44 (1514.20)	9101.32 (1514.20)	9316.99 (1416.41)	8473.04 (1111.12)
Tau protein, pg/mL				
Week 0	80.41 (16.85)	76.73 (18.83)	113.18 (16.84)	74.80 (15.38)
Week 4	77.95 (13.86)	73.47 (15.50)	109.87 (13.86)	75.76 (12.66)
p-tau-181, pg/mL				
Week 0	61.67 (12.75)	66.50 (14.25)	88.80 (12.75)	64.93 (11.18)
Week 4	60.39 (10.78)	65.68 (12.05)	87.28 (10.78)	66.10 (9.46)
CSF insulin, μ U/mL				
Week 0	0.76 (0.05)	0.86 (0.05)	0.74 (0.04)	0.76 (0.04)
Week 4	0.73 (0.03)	0.74 (0.04)	0.80 (0.03)	0.76 (0.03)
APOE, ng/mL				
Week 0	1107.02 (100.87)	1161.80 (112.78)	971.37 (100.87)	1115.34 (85.25)
Week 4	1110.51 (109.83)	981.81 (122.79)	1076.32 (109.83)	1076.32 (92.82)
CSF F2- isoprostanes (log) ^{pg}				
Week 0	3.29 (0.12)	3.20 (0.16)	3.35 (0.12)	3.30 (0.09)
Week 4	3.19 (0.12)	3.35 (0.16)	3.27 (0.12)	3.30 (0.09)
Brief Visual Memory				

Test				
Week 0	8.27 (0.77)	9.89 (0.85)	7.39 (0.71)	8.27 (0.66)
Week 4	9.82 (0.67)	9.56 (0.74)	8.31 (0.62)	8.40 (0.58)
Story recall				
Week 0	21.09 (1.55)	22.69 (1.74)	18.48 (1.43)	20.37 (1.31)
Week 4	18.80 (1.85)	23.19 (2.04)	21.46 (1.70)	22.30 (1.58)
Word list recall				
Week 0	13.27 (0.83)	12.78 (0.92)	11.62 (0.76)	11.33 (0.71)
Week 4	13.27 (0.86)	13.67 (0.95)	11.77 (0.80)	11.87 (0.74)

Abbreviations: A β , β -amyloid; aMCI, amnesic mild cognitive impairment; *APOE*, apolipoprotein E; CSF, cerebrospinal fluid; HIGH, high saturated fat/high glycemic index; LOW, low saturated fat/low glycemic index; p-tau, phosphorylated tau.

^aTime \times diet \times diagnosis interaction, $P \leq .001$.

^bTime \times diet interaction, $P \leq .05$.

^cTime \times diet interaction, $P \leq .01$.

^dTime \times diet \times diagnosis interaction, $P \leq .10$.

^eTest \times time \times diet interaction for the 3 delayed memory tests, $P \leq .05$.