

Supplementary data

SUPPLEMENTAL TABLE 1. Reasons for the exclusion of full-text articles based on the application of inclusion criteria ($n=19$).

Citation	Reason for exclusion
Crichton GE, Murphy KJ, Bryan J. Dairy intake and cognitive health in middle-aged South Australians. <i>Asia Pac J Clin Nutr.</i> 2010;19(2):161–71.	Age under 60 years
Chan R, Chan D, Woo J. A cross sectional study to examine the association between dietary patterns and cognitive impairment in older Chinese people in Hong Kong. <i>J Nutr Health Aging.</i> 2013;17(9):757–65.	Analyzes dietary patterns
Woodside J V., Gallagher NE, Neville CE, McKinley MC. Mediterranean diet interventions to prevent cognitive decline-opportunities and challenges. <i>Eur J Clin Nutr.</i> 2014;68(11):1241–4.	Analyzes dietary patterns
Bajerska J, Wozniwicz M, Suwalska A, Jeszka J. Eating patterns are associated with cognitive function in the elderly at risk of metabolic syndrome from rural areas. <i>Eur Rev Med Pharmacol Sci.</i> 2014;18(21):3234–45.	Cross-sectional design
León-Muñoz LM, García-Esquinas E, López-García E, Banegas JR, Rodríguez-Artalejo F. Major dietary patterns and risk of frailty in older adults: A prospective cohort study. <i>BMC Med.</i> 2015;13(1).	Analyzes dietary patterns
Garcia S, Calvo D, Spitznagel MB, Sweet L, Josephson R, Hughes J, Gunstad J. Dairy intake is associated with memory and pulsatility index in heart failure. <i>Int J Neurosci.</i> 2015;125(4):247–52.	Cross-sectional design
Kim J, Yu A, Choi BY, Nam JH, Kim MK, Oh DH, Yang YJ. Dietary patterns derived by cluster analysis are associated with cognitive function among Korean older adults. <i>Nutrients.</i> 2015;7(6):4154–69.	Analyzes dietary patterns
Berti V, Murray J, Davies M, Spector N, Tsui WH, Li Y, Williams S, Pirraglia E, Vallabhajosula S, McHugh P, et al. Nutrient patterns and brain biomarkers of Alzheimer's disease in cognitively normal individuals. <i>J Nutr Health Aging.</i> 2015;19(4):413–23.	Subject age under 60 years Cross-sectional design
Chan R, Leung J, Woo J. Dietary patterns and risk of frailty in Chinese community-dwelling older people in Hong Kong: A prospective cohort study. <i>Nutrients.</i> 2015;7(8):7070–84.	Analyzes dietary patterns. Cross-sectional design
Ogata S, Tanaka H, Omura K, Honda C, Hayakawa K. Association between intake of dairy products and short-term memory with and without adjustment for genetic and family environmental factors: A twin study. <i>Clin Nutr.</i> 2016;35(2):507–13.	Subject age under 60 years. Cross-sectional design
Granic A, Davies K, Adamson A, Kirkwood T, Hill TR, Siervo M, Mathers JC, Jagger C. Dietary Patterns High in Red Meat, Potato, Gravy, and Butter Are Associated with Poor Cognitive Functioning but Not with Rate of Cognitive Decline in Very Old Adults. <i>J Nutr.</i> 2016;146(2):265–74.	Analyzes dietary patterns

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SUPPLEMENTAL TABLE 1 (continued). Reasons for the exclusion of full-text articles based on the application of inclusion criteria ($n=19$).

Citation	Reason for exclusion
Shin D, Lee KW, Kim MH, Kim HJ, An YS, Chung HK. Identifying dietary patterns associated with mild cognitive impairment in older Korean adults using reduced rank regression. <i>Int J Environ Res Public Health</i> . 2018;15(1). pii: E100.	Analyzes dietary patterns Cross-sectional design
Theodorakopoulos C, Jones J, Bannerman E, Greig CA. Effectiveness of nutritional and exercise interventions to improve body composition and muscle strength or function in sarcopenic obese older adults: A systematic review. <i>Nutr Res</i> . 2017;43:3–15.	Outcome present
Dewansingh P, Melse-Boonstra A, Krijnen WP, van der Schans CP, Jager-Wittenaar H, van den Heuvel EGHM. Supplemental protein from dairy products increases body weight and vitamin D improves physical performance in older adults: a systematic review and meta-analysis. <i>Nutr Res</i> . 2018;49:1–22.	Protein supplement use
Alemán-Mateo H, Macías L, Esparza-Romero J, Astiazaran-García H, Blancas AL. Physiological effects beyond the significant gain in muscle mass in sarcopenic elderly men: Evidence from a randomized clinical trial using a protein-rich food. <i>Clin Interv Aging</i> . 2012;7:225–34.	Outcome present
Farsijani S, Payette H, Morais JA, Shatenstein B, Gaudreau P, Chevalier S. Dairy Consumption is Associated with Body Composition, Physical Function and Frailty in Community-Dwelling Older Adults: The Quebec NuAge Longitudinal Study. <i>The FASEB Journal</i> . 2017;31(1 supplement):139:6-6.	Incomplete data
Tessier A-J, Farsijani S, Payette H, Morais JA, Gaudreau P, Shatenstein B, Chevalier S. Dairy Product Intake is Associated with Cognition but not Cognitive Decline in the NuAge Community-Dwelling Older Adult Cohort. <i>The FASEB Journal</i> . 2017;31(1 supplement):150:5-5.	Incomplete data
Laird E, Molloy AM, McNulty H, Ward M, McCarroll K, Hoey L, Hughes CF, Cunningham C, Strain JJ, Casey MC. Greater yogurt consumption is associated with increased bone mineral density and physical function in older adults. <i>Osteoporos Int</i> . 2017; 28(8):2409–19.	Cross-sectional design
Lo YL, Hsieh YT, Hsu LL, Chuang SY, Chang HY, Hsu CC, Chen CY, Pan WH. Dietary Pattern Associated with Frailty: Results from Nutrition and Health Survey in Taiwan. <i>J Am Geriatr Soc</i> . 2017;65(9):2009–15.	Cross-sectional design