Supplementary Table 1. MIND diet Screening instrument and scoring

Diet Questionnaire	Frequency
1. How many times per week do you consume food from a fast food restaurant such as McDonalds, Burger King, Denny's, Dominos, Popeye's, or Kentucky Fried Chicken?	__ __ *per week*
2. How often do you consume sweets, candy bars, pastries, cookies, or cakes per week?	__ __ *per week*
3. How many servings of butter or stick margarine do you consume each day? (1 pat or teaspoon(tsp))	__ __ *tsp per day*
4. How many servings of whole fat or regular cheese or cream cheese do you eat each week? (1oz)	__ __ *per week*
5. How many servings of red meat or processed meat, such as steak, ham, roast, hamburger, hot dogs or sausages do you consume each week? (3-5 oz)	__ __ *per week*
6. How many servings of fish (not fried) do you consume each week? (3-5oz)	__ __ *per week*
7. How many servings of poultry, such as chicken or turkey (not fried, skinless) do you consume each week? (3-5 oz)	__ __ *per week*
8. How many tablespoons (Tpsb) of olive oil do you consume per day (including that used in salad dressings and cooking, sautéing, or on bread)?	__ __ *Tbsp per day*
9. How many servings of green leafy vegetables do you eat each week, such as spinach, kale, greens, or romaine? (1 cup leafy; ½ cup cooked/raw chopped)	__ __ *per week*
10. How many servings of other types of vegetables do you eat each week (e.g. broccoli, carrots, peas, onions, green/red peppers, celery, string beans, tomatoes, yams, squash, eggplant, etc.)?(½ cup)	__ __ *per week*
11. How many servings (1/2c) of berries do you eat each week (e.g. strawberries, blueberries, raspberries)?(½ cup)	__ __ *per week*
12. How many servings of beans/legumes do you consume each week?(½ cup)	__ __ *per week*
13. How many servings of whole grain breads, pasta, or cereals do you eat each day? (1 slice dark bread; ½ cup brown rice or pasta; ¾ cup whole grain cereal)	__ __ *per day*
14. How many servings of nuts do you eat each week? (handful or ¼ cup)	__ __*per week*

Supplementary Table 2. MIND Diet Components and Scoring

Food	Score		
	0.0	0.5	1.0
Fast and fried foods[1]	≥ 4 meal/wk	> 1 - < 4/wk	< 1 meal/wk
Pastries and sweets[2]	≥ 7 servings/wk	≥ 5 - < 7 wk	< 5 servings/wk
Butter and stick margarine	≥ 14 pat(tsp)/wk	> 7 - < 14/wk	≤ 7 pat(tsp)/wk
Regular cheese	≥ 7 servings/wk	> 2 – < 7/wk	≤ 2 serving/wk
Red and processed meats[3]	≥ 7 meals/wk	≥ 4 - < 7/wk	< 4 meals/wk
Fish (not fried)[4]	< 1/wk	1/wk	> 1 meal/wk
Poultry (not fried, skinless)[5]	< 1 meal/wk	≥ 1 - < 2/wk	≥ 2 meals/wk
Olive oil	< 1 Tbsp/d	≥7 - < 14 Tbsp/wk	≥ 14 Tbsp/wk
Green leafy vegetables[6]	≤ 2 servings/wk	> 2 to <7/wk	≥ 7 servings/wk
Other vegetables[7]	< 5 servings/wk	≥ 5 - < 7/wk	≥ 7 servings/wk
Berries[8]	< 1 serving/wk	≥1 - < 5/wk	≥ 5 servings/wk
Beans and legumes[9]	< 1 serving/wk	≥ 1- < 3/wk	> 3 meals/wk
Whole grains	< 7 serving/wk	≥ 7 - < 21/wk	≥ 21 servings/wk
Nuts	< 1 serving/wk	≥ 1 - < 5/wk	≥ 5 servings/wk
TOTAL SCORE	0	7	14

[1] How often do you eat fast food or fried food away from home (e.g., french fries)?

[2] Biscuits/rolls, toaster pastries, cake, snack cakes, Danish/sweet rolls/pastries, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes/frappes

[3] Cheeseburgers/hamburgers; beef tacos/burritos; hot dogs/sausages; roast beef, ham, salami, bologna, or other deli meat sandwiches; beef (steak, roast) or lamb as main dish; pork or ham as main dish; meatballs or meatloaf

[4] Tuna sandwich, fresh fish as main dish, not fried

[5] Chicken or turkey sandwiches, chicken or turkey as main dish

[6] Kale, collards, greens, spinach, lettuce/tossed salad

[7] Green/red peppers, squash, cooked carrots, raw carrots, broccoli, celery, potatoes, peas or lima beans, potatoes, tomatoes, tomato sauce, string beans, beets, corn, zucchini/summer squash, eggplant, coleslaw, potato salad

[8] Strawberries, blueberries, raspberries, blackberries

[9] Beans, lentils, soybeans