

Supplementary Material

Diet May Moderate the Relationship Between Arterial Stiffness and Cognitive Performance in Older Adults

Supplementary Table 1. The individual food groups in the Western Style Diet factor by Gardener et al. (2015) and their corresponding food items from the Cancer Council FFQ

Gardener et al.'s Food Group	Cancer Council's corresponding Food items	Factor loading
Red meats	Beef, veal, lamb, pork	0.50
Processed meats	Bacon, ham, salami, sausage	0.49
Chips	Chips	0.48
Refined grains	High-fire white bread, white bread, rice, pasta	0.48
Poultry	Chicken	0.43
Condiments	Jam, vegemite	0.42
Potatoes	Potatoes	0.40
Other breakfast cereals	All bran, Branflakes, weet bix, cornflakes	0.35
Meat pies	Meat pies	0.32
Margarine	Polyunsaturated margarine, monounsaturated margarine, margarine	0.31
High-fat dairy	Hard cheese, soft cheese, ricotta or cottage cheese, firm cheese, cream cheese, full-cream milk, ice-cream, flavored milk drink	0.30
Dark-yellow vegetables	Carrots, pumpkin, zucchini, cucumber	0.30
Fruit juice	Fruit juice	0.30
Snacks	Crisps, crackers	0.29
Beer	Light beer and heavy beer	0.29
Hamburgers	Hamburgers	0.24
Pizza	Pizza	0.23
Low-fat dairy *	Skim milk, reduced-fat milk, yoghurt, low-fat cheese	-0.21

*negatively scored

Supplementary Table 2. The individual food groups in the prudent style diet factor by Gardener et al. (2015) and their corresponding food items from the Cancer Council FFQ

Gardener et al.'s Food Group	Cancer Council's corresponding Food items	Factor loading
Dark-yellow vegetables	Carrots, pumpkin, zucchini, cucumber	0.72
Other Vegetables	Celery, mushrooms, capsicum, beetroot, onion	0.61
Green leafy vegetables	Spinach, lettuce	0.47
Fruit	Avocado, oranges, strawberries, apricots, peaches, mango, apples, pears, bananas, melon, pineapple, tinned fruit	0.41
Cruciferous vegetables	Broccoli, cauliflower, cabbage	0.49
Nuts	Nuts, peanut butter	0.30
Whole grains	Muesli, porridge, wholemeal bread, multi-grain bread, rye bread	0.29
Tomatoes	Tomatoes, tomato sauce	0.29
Fish	Fish, fried fish, tinned fish	0.29
Low fat dairy	Skim milk, reduced fat milk, yogurt, low-fat cheese	0.26
Potatoes	Potatoes	0.25
High-fat dairy*	Hard cheese, soft cheese, ricotta or cottage cheese, firm cheese, cream cheese, full-cream milk, ice-cream, flavored milk drink	-0.25
Poultry	Chicken	0.22
Garlic	Garlic	
Snacks	Crisps, crackers	0.29

*negatively score