MIND Diet Adherence Might Be Associated with a Reduced Odds of Multiple Sclerosis: Results From a Case-Control Study

Morvarid Noormohammadi [a], Zeinab Ghorbani [b,c], Abdorreza Naser Moghadasi [d], Zahra Saeedirad [e] Sahar Shahemi [e,f], , Milad Ghanaatgar [e], Nasim Rezaeimanesh [d,e], Azita Hekmatdoost [e], Amir Ghaemi [g], Soodeh Razeghi Jahromi [d,e]

[a] Student Research Committee, Department of Nutrition, School of Public Health, Iran University of Medical Sciences, Tehran, Iran.

[b] Cardiovascular Diseases Research Center, Department of Cardiology, Heshmat Hospital, School of Medicine, Guilan University of Medical Sciences, Rasht, Iran.

[c] Department of Clinical Nutrition, School of Medicine, Guilan University of Medical Sciences, Rasht, Iran.

[d] Multiple Sclerosis Research Center, Neuroscience Institute, Tehran University of Medical Sciences, Tehran, Iran.

[e] Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

[f] Nutrition and Endocrine Research Center, Research Institute for Endocrine Sciences, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

[g] Department of Virology, Pasteur Institute of Iran, Tehran, Iran.

Corresponding author:

Dr, Soodeh Razeghi Jahromi, PhD

razeghi@sina.tums.ac.ir

soodehrazeghi@gmail.com

Department of Clinical Nutrition and Dietetics, Faculty of Nutrition and Food Technology, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Supplementary Table 1 Odds ratio (OR) estimates and 95% confidence intervals (CIs) for the association between MIND diet and multiple sclerosis in a sample of RRMS patients compared to healthy individuals based on the MIND diet and components score [a]

	B	S.E.	wald	df	OR (95%CI)	P for trend
MIND						
Base Model [b]	-0.938	0.143	43.085	1	0.391 (0.296, 0.518)	<0.001
Full Model [c]	-0.683	0.165	17.049	1	0.505 (0.365, 0.698)	<0.001
green leafy vegetables						
Base Model [b]	-4.898	0.639	58.689	1	0.007 (0.002, 0.026)	<0.001
Full Model [c]	-4.630	0.752	37.883	1	0.010 (0.002, 0.043)	<0.001
other vegetables						
Base Model [b]	-5.470	0.992	30.378	1	0.004 (0.001, 0.029)	<0.001
Full Model [c]	-4.066	0.969	17.604	1	0.017 (0.003, 0.115)	<0.001
nuts						
Base Model [b]	-1.742	0.562	9.613	1	0.175 (0.058, 0.527)	0.002
Full Model [c]	0.074	0.749	0.010	1	1.077 (0.248, 4.673)	0.921
berries						
Base Model [b]	-0.513	0.430	1.427	1	0.599 (0.258, 1.389)	0.232
Full Model [c]	0.248	0.588	0.179	1	1.282 (0.405, 4.056)	0.672
beans						
Base Model [b]	-6.430	2.173	8.756	1	0.002 (0.000, 0.114)	0.003
Full Model [c]	-4.981	2.764	3.247	1	0.007 (0.000, 1.547)	0.072
whole grains						
Base Model [b]	-0.863	0.423	4.152	1	0.422 (0.184, 0.968)	0.042
Full Model [c]	-1.213	0.541	5.023	1	0.297 (0.103, 0.859)	0.025
fish						
Base Model [b]	-0.289	0.388	0.553	1	0.749 (0.350, 1.604)	0.457
Full Model [c]	0.295	0.499	0.349	1	1.343 (0.505, 3.572)	0.555
poultry						
Base Model [b]	0.301	0.720	0.175	1	1.352 (0.330, 5.545)	0.675
Full Model [c]	1.511	0.906	2.781	1	4.531 (0.767, 26.753)	0.095
olive oil						
Base Model [b]	-0.557	0.368	2.293	1	0.573 (0.279, 1.178)	0.130
Full Model [c]	0.190	0.477	0.159	1	1.209 (0.475, 3.079)	0.690
red meats						
Base Model [b]	0.377	0.517	0.532	1	1.458 (0.529, 4.013)	0.466
Full Model [c]	0.193	0.678	0.081	1	1.213 (0.321, 4.582)	0.776
butter and stick margarine						
Base Model [b]	-0.386	0.750	0.265	1	0.680 (0.156, 2.956)	0.607
Full Model [c]	1.021	0.980	1.085	1	2.777 (0.406, 18.972)	0.298
cheese						
Base Model [b]	-0.807	0.451	3.212	1	0.446 (0.184, 1.079)	0.073
Full Model [c]	-1.526	0.581	6.887	1	0.217 (0.070, 0.680)	0.009
pastries and sweets						
Base Model [b]	-3.336	1.189	7.877	1	0.036 (0.003, 0.366)	0.005
Full Model [c]	-2.259	1.204	3.521	1	0.104 (0.010, 1.106)	0.061
fried/fast foods						
Base Model [b]	-4.671	2.076	5.065	1	0.009 (0.000, 0.547)	0.024
Full Model [c]	-3.974	2.266	3.075	1	0.019 (0.000, 1.596)	0.080