

Electronic Supplementary Information (ESI)

Better adherence to the MIND diet is associated with lower risk of all-cause death and cardiovascular death in patients with atherosclerotic cardiovascular disease or stroke: a cohort study from NHANES analysis

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ESI Text 1. Introduction to the food frequency questionnaire

The food frequency questionnaire (FFQ) was used to collect information on the frequency of food consumption during the past 12 months, which provides information on the frequency covariates on food intake. The calculation of the MIND scores was based on the data of the frequency of food intake in the FFQ such as “How often did you drink wine or wine coolers?”, and the options of this question including never, 1 time per month or less, 2-3 times per month, 1-2 times per week, etc. The National Health and Nutrition Examination Survey (NHANES) FFQ questionnaire was developed by the National Institutes of Health, National Cancer Institute (NCI), which contains several types of questions. There are 151 frequency questions (this includes two frequency sub-questions querying intake over two seasons for questions such as “How often drink tomato juice?” etc.). The FFQ also asks about the proportion (reported as fractions) of the time certain types of foods were eaten over the past 12 months such as sugar-free soft drinks, whole grain foods, and light, low-fat or fat-free varieties of foods. In addition, quality control programs and manual verification checks were used to verify the completeness and accuracy of data ^{1,2}.

ESI Table 1. The calculation for the MIND diet scores³

Scores	0	0.5	1
Green leafy vegetables	≤2 servings/wk	> 2 to <6/wk	≥6 servings/wk
Other vegetables	<5 serving/wk	5 – <7 wk	≥1 serving/day
Berries	<1 serving/wk	1 /wk	≥2 servings/wk
Nuts	<1/mo	1/mo – <5/wk	≥5 servings/wk
Olive Oil	Not primary oil		Not primary oil
Butter, Margarine	>2 T/d	1–2 /d	<1 T/d
Cheese	7+ servings/wk	1–6 /wk	< 1 serving/wk
Whole Grains	<1 serving/d	1–2 /d	≥3 servings/d
Fish (not fried)	Rarely	1–3 /mo	≥1 meals/wk
Beans	<1 meal/wk	1–3/wk	>3 meals/wk
Poultry (not fried)	<1 meal/wk	1 /wk	≥2 meals/wk
Red meat and products	7+ meals/wk	4–6 /wk	< 4 meals/wk
Fast fried foods	4+ times/wk	1–3 /wk	<1 time/wk
Pastries & Sweets	7+ servings/wk	5 –6 /wk	<5 servings/wk
Wine	>1 glass/d or never	1/mo – 6/wk	1 glass/d
Total scores			15

Green leafy vegetables: kale, collards, greens; spinach; lettuce/tossed salad.

Other vegetables: 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.

Berries: strawberries.

Fish (not fried): tuna sandwich, fresh fish as main dish; not fried fish cakes, sticks, or sandwiches

Beans: beans, lentils, soybeans

Poultry (not fried): chicken or turkey sandwich, chicken or turkey as main dish and never eat fried at home or away from home

Red meat and products: cheeseburger, hamburger, beef tacos/burritos, hot dogs/sausages, roast beef or ham sandwich, salami, bologna, or other deli meat sandwich, beef (steak, roast) or lamb as main dish, pork or ham as main dish, meatballs or meatloaf

Fast fried foods: How often do you eat fried food away from home (like French fries, chicken nuggets)

Pastries & Sweets: biscuit/roll, poptarts, cake, snack cakes/twinkies, Danish/sweetrolls/pastry, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes/frappes

ESI References:

1. CDC. NHANES Analytic Guidelines 2005. Available from:
http://www.cdc.gov/nchs/nhanes/survey_methods.htm
2. CDC. NHANES Home Page. Available from:
http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/questexam03_04.htm
3. M. C. Morris, C. C. Tangney, Y. Wang, F. M. Sacks, L. L. Barnes, D. A. Bennett and N. T. Aggarwal, MIND diet slows cognitive decline with aging, *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 2015, **11**, 1015-1022.