

Online supporting material

The relationship between mushroom consumption and cognitive performance among middle-aged and older adults: a cross-sectional study

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Supplementary Table 1. Sex stratified analysis of relationship between the mushroom intake and cognitive function

	Mushroom consumption			
	Quartile 1 (0-4.00 g /d)	Quartile 2 (4.01-10.42 g /d)	Quartile 3 (10.43-20.84 g /d)	Quartile 4 (>20.84 g /d)
Composite z-score				
Men	0 (ref)	0.19 (-0.03, 0.41)	0.01 (-0.21, 0.23)	0.11 (-0.11, 0.34)
Women	0 (ref)	0.09 (0.02, 0.17)	0.14 (0.07, 0.22)	0.14 (0.06, 0.22)
AVLT				
Men	0 (ref)	2.27 (-1.13, 5.67)	-1.17 (-4.54, 2.2)	1.01 (-2.39, 4.41)
Women	0 (ref)	-0.03 (-1.32, 1.26)	1.10 (-0.13, 2.33)	1.30 (0.003, 2.59)
VFT				
Men	0 (ref)	1.29 (-0.26, 2.85)	-0.22 (-1.77, 1.32)	0.30 (-1.26, 1.85)
Women	0 (ref)	0.60 (0.06, 1.15)	0.68 (0.16, 1.20)	0.54 (0.00, 1.08)
DSST				
Men	0 (ref)	0.86 (-1.97, 3.69)	1.20 (-1.61, 4.01)	2.41 (-0.42, 5.25)
Women	0 (ref)	0.97 (-0.11, 2.05)	1.11 (0.08, 2.14)	1.15 (0.07, 2.23)
TMT-B				
Men	0 (ref)	-4.78 (-17.02, 7.45)	-2.72 (-14.86, 9.42)	-1.87 (-14.11, 10.37)
Women	0 (ref)	-4.60 (-8.37, -0.82)	-6.07 (-9.67, -2.47)	-6.36 (-10.14, -2.58)
MCI				
Men	1 (ref)	0.45 (0.14, 1.44)	0.54 (0.18, 1.64)	0.68 (0.23, 2.03)
Women	1 (ref)	0.81 (0.56, 1.16)	0.50 (0.34, 0.72)	0.50 (0.33, 0.74)

Adjusted for age, gender, education level, marital status, smoking status, alcohol intake, physical activity, sleep quality, total energy intake, fish intake, vegetable intake, fruit intake, body mass index, hypertension, diabetes, cardiovascular disease, and depressive symptoms.

Supplementary Table 2. Age stratified analysis of relationship between the mushroom intake and cognitive function.

	Mushroom consumption			
	Quartile 1 (0-4.00 g /d)	Quartile 2 (4.01-10.42 g /d)	Quartile 3 (10.43-20.84 g /d)	Quartile 4 (>20.84 g /d)
Composite z-score				
<65	0 (ref)	0.07 (-0.03, 0.16)	0.13 (0.04, 0.22)	0.15 (0.05, 0.25)
≥65	0 (ref)	0.17 (0.05, 0.29)	0.13 (0.01, 0.24)	0.11 (0.00, 0.23)
AVLT				
<65	0 (ref)	-0.33 (-1.95, 1.29)	0.73 (-0.84, 2.30)	1.54 (-0.13, 3.20)
≥65	0 (ref)	1.13 (-0.69, 2.96)	1.07 (-0.63, 2.78)	0.88 (-0.88, 2.63)
VFT				
<65	0 (ref)	0.72 (0.06, 1.39)	0.81 (0.17, 1.46)	0.63 (-0.05, 1.32)
≥65	0 (ref)	0.61 (-0.19, 1.4)	0.28 (-0.46, 1.03)	0.22 (-0.54, 0.98)
DSST				
<65	0 (ref)	0.02 (-1.27, 1.3)	0.9 (-0.34, 2.15)	1.43 (0.11, 2.75)
≥65	0 (ref)	2.67 (1.04, 4.3)	1.43 (-0.09, 2.96)	0.99 (-0.58, 2.55)
TMT-B				
<65	0 (ref)	-4.07 (-8.3, 0.15)	-5.69 (-9.79, -1.59)	-5.31 (-9.65, -0.97)
≥65	0 (ref)	-5.69 (-12.09, 0.72)	-6.16 (-12.15, -0.17)	-6.77 (-12.93, -0.61)
MCI				
<65	1 (ref)	0.82 (0.51, 1.31)	0.44 (0.26, 0.74)	0.38 (0.21, 0.68)
≥65	1 (ref)	0.70 (0.43, 1.16)	0.55 (0.34, 0.90)	0.69 (0.43, 1.13)

Adjusted for age, gender, education level, marital status, smoking status, alcohol intake, physical activity, sleep quality, total energy intake, fish intake, vegetable intake, fruit intake, body mass index, hypertension, diabetes, cardiovascular disease, and depressive symptoms.