



**Question: What is the relationship between dietary patterns and risk of dementia/cognitive impairment/Alzheimer's disease?**

**Table 1.** Indices and scores used to assess the relationship between dietary patterns and cognitive function/decline, dementia, and/or Alzheimer's Disease

Index/Score (Reference)	Mediterranean Diet Score (Trichoupolou, 2013)	Alternate Med Diet Score (Fung, 2009)	Healthy-diet Index (Eskelinen, 2011)	Mediterranean-Style Dietary Pattern Score (Rumawas, 2009)	Mediterranean Diet Score (Panagiotakas, 2007)	Mediterranean Diet Score (Titova, 2013)
<b>Article(s)</b>	Cherbuin, 2012; Feart, 2009; Gardener, 2014; Gu, 2010; Kesse-Guyot, 2013; Psaltopoulou, 2008; Roberts, 2010; Scarmeas, 2006; Scarmeas, 2009; Tsigoulis, 2013	Samieri, 2013 ( <i>Epid</i> ); Samieri, 2013 ( <i>J Nutr</i> ); Samieri, 2013 ( <i>Ann Int Med</i> ); Wengreen, 2013	Eskelinen, 2011	Kesse-Guyot, 2013	Koyama, 2014; Tangney, 2011	Titova, 2013
<b>Component</b>	Total Score: 0-10	Total Score: 0-9	Total Score: 0-8	Total Score: 0-100	Total Score: 0-55	Total Score: 0-10
<b>Vegetables</b>	Vegetables <sup>(+)</sup> ≥Median=1 <Median=0	Vegetables ( <i>not potatoes</i> ) <sup>(+)</sup> ≥Median=1 <Median=0	Vegetables and roots <sup>(+)</sup> =1 point (>1/wk for men, >3/wk for women)	<b>Vegetables<sup>(+m)</sup></b> : (0-10 pts, 1.67 points/serv/d)  <b>Potatoes, starchy roots<sup>(+m)</sup></b> : (0-10 pts, 3.33 pts/serv/wk)	<b>Vegetables<sup>(+)</sup></b> : 0-5 (5pts for >33 serv/wk)  <b>Potatoes<sup>(+)</sup></b> : 0-5 (5pts for >18 serv/wk)	Vegetables and Legumes ( <i>no potatoes</i> ) <sup>(+)</sup> ≥Median=1 <Median=0
<b>Legumes</b>	Legumes <sup>(+)</sup> ≥Median=1 <Median=0	Legumes <sup>(+)</sup> ≥Median=1 <Median=0		Olives, legumes, nuts <sup>(+m)</sup> (0-10 pts, 2.5 pts/serv/wk)	Legumes, nuts, beans <sup>(+)</sup> 0-5 (5pts for >6 serv/wk)	Vegetables and Legumes <sup>(+)</sup> ≥Median=1 <Median=0
<b>Fruits and/or Nuts</b>	Fruits & Nuts <sup>(+)</sup> ≥Median=1 <Median=0	<b>Fruits<sup>(+)</sup></b> : ≥Median=1 <Median=0  <b>Nuts<sup>(+)</sup></b> : ≥Median=1 <Median=0	Berries and fruits <sup>(+)</sup> =1 point (>1/wk for men, >3/wk for women)	Fruits <sup>(+m)</sup> (0-10 pts, 3.33 pts/serv/d)	Fruits <sup>(+)</sup> 0-5 (5pts for >22 serv/wk)	Fruits <sup>(+)</sup> ≥Median=1 <Median=0
<b>Cereals and/or Whole Grains</b>	Cereals <sup>(+)</sup> ≥Median=1 <Median=0	Whole grains <sup>(+)</sup> ≥Median=1 <Median=0	Bread <sup>(+)</sup> =1 point (>1 slice/wk for men, >3 slice/wk for women)	Whole grains <sup>(+m)</sup> (0-10 pts, 1.25 pts/serv/d)	Nonrefined cereals and breads <sup>(+)</sup> 0-5 (5pts for >32 serv/wk)	Cereals and potatoes <sup>(+)</sup> ≥Median=1 <Median=0
<b>Fish or Fresh Fish</b>	Fish <sup>(+)</sup> ≥Median=1 <Median=0	Fish <sup>(+)</sup> ≥Median=1 <Median=0	Bread <sup>(+)</sup> =1 point (>1/wk)	Fish <sup>(+m)</sup> (0-10 pts, 1.67 pts/serv/wk)	Fish <sup>(+)</sup> 0-5 (5pts for >6 serv/wk)	Fish <sup>(+)</sup> ≥Median=1 <Median=0



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<b>Article(s)</b>	Cherbuin, 2012; Feart, 2009; Gardener, 2014; Gu, 2010; Kesse-Guyot, 2013; Psaltopoulou, 2008; Roberts, 2010; Scarmeas, 2006; Scarmeas, 2009; Tsivgoulis, 2013	Samieri, 2013 ( <i>Epid</i> ); Samieri, 2013 ( <i>J Nutr</i> ); Samieri, 2013 ( <i>Ann Int Med</i> ); Wengreen, 2013	Eskelinen, 2011	Kesse-Guyot, 2013	Koyama, 2014; Tangney, 2011	Titova, 2013
<b>Component</b>	Total Score: 0-10	Total Score: 0-9	Total Score: 0-8	Total Score: 0-100	Total Score: 0-55	Total Score: 0-10
<b>Fat</b>	MUFA/SFA <sup>(+)</sup> ≥Median=1 <Median=0	MUFA/SFA <sup>(+)</sup> ≥Median=1 <Median=0	SFA from milk products/spreads <sup>(-)</sup> =1 point (>20g/d for men, >10g/d for women)  Types of fats used in cooking and baking (vegetable oil or margarine) <sup>(-)</sup>	Olive oil <sup>(+m)</sup> (0 pts for no olive oil, 5 points of use of olive/vegetable oil)	Olive oil <sup>(+)</sup> 0-5 (5 pts for >7 serv/wk)	PUFA/SFA <sup>(+)</sup> ≥Median=1 <Median=0
<b>Alcohol</b>	5-25 <sub>♀</sub> , 10-50 <sub>♂</sub> g/d=1 <sup>(+m)</sup>	10-25g/d=1 <sup>(+m)</sup> (not included in Wengreen, 2013)	Moderate drinking <sup>(+m)</sup> (1-60g/wk for men, 1-24g/wk for women)	Wine <sup>(+m)</sup> (0-10 pts, 3.33 points/serv/d for men; 6.67 points/serv/d for women)	<b>Wine only<sup>(-)</sup></b> : 0-5 (5 pts for <300ml/wk) <b>OR</b> <b>Alcohol<sup>(-)</sup></b> : 0-5 (5 pts for <300ml/wk)	5-25 <sub>♀</sub> , 10-50 <sub>♂</sub> g/d=1 <sup>(+m)</sup>
<b>Total Meat</b>	<b>Meat<sup>(-)</sup></b> : ≥Median=0 <Median=1  <b>Poultry<sup>(-)</sup></b> : ≥Median=0 <Median=1	Red & Processed Meat <sup>(-)</sup> ≥Median=0 <Median=1	<b>Sausage foods<sup>(-)</sup></b> : (twice/mo for men, once/mo for women)  <b>Eggs<sup>(-)</sup></b> : (<2 per week)	Poultry <sup>(+m)</sup> : (0-10 pts, 2.5 pts/serv/wk)  Eggs <sup>(+m)</sup> : (0-10 pts, 3.33 pts/serv/wk)  Meat <sup>(+m)</sup> : (0-10 pts, 10 pts/serv/wk)	<b>Red meat<sup>(-)</sup></b> : 0-5 (5 pts for <1 serv/wk)  <b>Poultry<sup>(-)</sup></b> : 0-5 (5 pts for <3 serv/wk)	Red & Processed Meat <sup>(-)</sup> ≥Median=0 <Median=1



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**Table 1.** Indices and scores used to assess the relationship between dietary patterns and cognitive function/decline, dementia, and/or Alzheimer's Disease

Index/Score (Reference)	Mediterranean Diet Score (Trichopoulos, 2013)	Alternate Med Diet Score (Fung, 2009)	Healthy-diet Index (Eskelinen, 2011)	Mediterranean-Style Dietary Pattern Score (Rumawas, 2009)	Mediterranean Diet Score (Panagiotakas, 2007)	Mediterranean Diet Score (Titova, 2013)
<b>Article(s)</b>	Cherbuin, 2012; Feart, 2009; Gardener, 2014; Gu, 2010; Kesse-Guyot, 2013; Psaltopoulou, 2008; Roberts, 2010; Scarmeas, 2006; Scarmeas, 2009; Tsivgoulis, 2013	Samieri, 2013 ( <i>Epid</i> ); Samieri, 2013 ( <i>J Nutr</i> ); Samieri, 2013 ( <i>Ann Int Med</i> ); Wengreen, 2013	Eskelinen, 2011	Kesse-Guyot, 2013	Koyama, 2014; Tangney, 2011	Titova, 2013
<b>Component</b>	Total Score: 0-10	Total Score: 0-9	Total Score: 0-8	Total Score: 0-100	Total Score: 0-55	Total Score: 0-10
<b>Dairy Products</b>	Dairy Products <sup>(-)</sup> ≥Median=0 <Median=1		<b>MUFA from milk products/ spreads<sup>(+)</sup>:</b> (>11g/d for men, >6g/d for women)  <b>PUFA from milk products/ spreads<sup>(+)</sup>:</b> (>2g/d for men, >1g/d for women)	Dairy <sup>(+m)</sup> (0-10 pts, 5.0 points/serv/d)	Full-fat dairy <sup>(-)</sup> 0-5 (5 pts for <10 serv/wk)	
<b>Sweets or Sugar Products</b>			<b>Candies<sup>(-)</sup>:</b> (never)  <b>Sweet soft drinks<sup>(-)</sup>:</b> (never)  <b>Sugar in tea/coffee<sup>(-)</sup>:</b> (<6 lumps/d for men, <2 lumps/d for women)	Sweets <sup>(+m)</sup> (0-10 pts, 3.33 points/serv/wk)		
<b>Sodium</b>			Salty fish <sup>(-)</sup> (<once/month)  Use of salt on the dining table (no salt added) <sup>(-)</sup>			
<b>Other</b>			Coffee <sup>(+)</sup> (>4 cups/d for men, >3 cups/d for women)			



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<sup>‡</sup>Includes 100% juice; <sup>‡‡</sup>Includes all forms except juice; <sup>†</sup>Includes legumes only after meat & beans standard is met; <sup>††</sup>Includes non-hydrogenated vegetable oils and oils in fish, nuts and seeds.  
<sup>(+)</sup>Positive components; <sup>(-)</sup>Negative components; <sup>(+m)</sup>Positive in moderation



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Index/Score (Reference)	DASH Score (Fung, 2008)	Recommended Food Score (Kant, 2000)	Non-Recommended Food Score (Wengreen, 2009)	Canadian Healthy Eating Index (C-HEI) (Shatenstein, 2005)	WHO Healthy Diet Indicator (Nicolas, 2000)	French National Nutrition and Health Program Guideline Score (PNNS-GS) (Kesse-Guyot, 2011)	Alternative HEI (AHEI)-2010 (Chiuve, 2012)	Healthy Eating Index (HEI)-2005 (Guenther, 2008)
<b>Article(s)</b>	Wengreen, 2013	Wengreen, 2009		Shatenstein, 2012	Nicolas, 2000	Kesse-Guyot, 2011	Samieri, 2013 ( <i>Ann Int Med</i> )	Tangney, 2011
<b>Component</b>	Total Score: 8-40	Total Score: 0-23*	N/A	Total Score: 0-100	Total Score: 0-9	Total Score: 0-15	Total Score: 0-110	Total Score: 0-100
<b>Vegetables</b>	Vegetables (not potatoes and legumes) <sup>(+)</sup> 1-5 Low to High quintile	Tomatoes; broccoli; spinach; mustard, turnip, collard greens; carrots or mixed vegetables w/ carrots; green salad; sweet potatoes, yams; other potatoes <sup>(+)</sup>	French fries and chips <sup>(-)</sup>	Fruit & Vegetables <sup>(+)</sup> 0-20	Fruit & Vegetables <sup>(+)</sup> >400g=1 <400g=0	Fruit & Vegetables <sup>(+)</sup> 0, 0.5, 1, 2	Vegetables (not potatoes, French fries) <sup>(+)</sup> 0-10 ≥5 serv/d=10	<b>Total vegetables<sup>(+)</sup>:</b> 0-5  <b>Dark green/orange/legumes<sup>(+)</sup>†:</b> 0-5
<b>Legumes</b>	Nuts & Legumes <sup>(+m)</sup> 1-5 Low to High quintile	Dried beans <sup>(+)</sup>			Pulses, nuts, seeds <sup>(+)</sup> >30g=1 <30g=0		Nuts & Legumes <sup>(+)</sup> 0-10 ≥1 serv/d=10	Dark green/orange/legumes <sup>(+)</sup> † 0-5
<b>Fruits and/or Nuts</b>	<b>Fruits and fruit juices<sup>(+)</sup>:</b> 1-5 Low to High quintile  <b>Nuts &amp; Legumes<sup>(+m)</sup>:</b> 1-5 Low to High quintile	Apples or pears; oranges; cantaloupe; orange or grapefruit juice; grapefruit; other fruit juices <sup>(+)</sup>		Fruit & Vegetables <sup>(+)</sup> 0-20	<b>Fruit &amp; Vegetables<sup>(+)</sup>:</b> >400g=1 <400g=0  <b>Pulses, nuts, seeds<sup>(+)</sup>:</b> >30g=1 <30g=0	Fruit & Vegetables <sup>(+)</sup> 0, 0.5, 1, 2	<b>Fruits<sup>(+)</sup>:</b> 0-10 ≥4 serv/d=10  <b>Nuts &amp; Legumes<sup>(+)</sup>:</b> 0-10 ≥1 serv/d=10	<b>Total fruit<sup>(+)</sup>‡:</b> 0-5 <b>Whole fruits<sup>(+)</sup>‡‡:</b> 0-5



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<b>Article(s)</b>	Wengreen, 2013	Wengreen, 2009	Shatenstein, 2012	Nicolas, 2000	Kesse-Guyot, 2011	Samieri, 2013 ( <i>Ann Int Med</i> )	Tangney, 2011	
<b>Component</b>	Total Score: 8-40	Total Score: 0-23*	N/A	Total Score: 0-100	Total Score: 0-9	Total Score: 0-15	Total Score: 0-110	Total Score: 0-100
<b>Cereals and/or Whole Grains</b>	Whole Grains <sup>(+)</sup> 1-5 Low to High quintile	Dark breads (wh wheat, rye, pumpernickel); cornbread, tortillas & grits; high-fiber cereals; cooked cereals <sup>(+)</sup>	Refined breads and grains <sup>(-)</sup>	Grain products <sup>(+)</sup> 0-10	<b>Dietary fibers<sup>(+m)</sup>:</b> 27-40g=1 <27g, >40g=0  <b>Complex Carbs<sup>(+m)</sup>:</b> 50-70g=1 <50g, >70g=0	<b>Bread, cereal, potatoes, legumes<sup>(+)</sup>:</b> 0-1 <b>Whole Grains<sup>(+)</sup>:</b> 0-1	Whole Grains <sup>(+)</sup> 0-10 75g/d ♀=10 90g/d ♂=10	<b>Total grains<sup>(+)</sup>:</b> 0-5 <b>Whole grains<sup>(+)</sup>:</b> 0-5
<b>Fish or Fresh Fish</b>		Baked or broiled fish <sup>(+)</sup>				Seafood ≥2 serv/wk=1		
<b>Fat</b>				<b>Total fat<sup>(-)</sup>:</b> (<30%) 0-10 <b>Saturated fat<sup>(-)</sup>:</b> (<10%) 0-10 <b>Cholesterol<sup>(-)</sup>:</b> (<300mg) 0-10	Saturated fat <sup>(+m)</sup> 0-10%=1 >10%=0  Polyunsaturated fat <sup>(+m)</sup> 3-7%=1 <3%, >7%=0	<b>Vegetable Fat<sup>(+)</sup></b> Veg/total ≤0.5=0 Veg/total >0.5=1  <b>Added Fat<sup>(-)</sup>:</b> ≥16%E=0 <16%E=1	<b>Long-chain fats (EPA &amp; DHA)<sup>(+)</sup>:</b> 0-10 0-250mg/d  <b>PUFA<sup>(+)</sup> % energy:</b> ≤2 to ≥10	<b>SFA<sup>(-)</sup>:</b> 0-10 ≥15%-≤7% E  <b>Healthy oils<sup>(+)</sup>††:</b> 0-10 0-12g/d
<b>Alcohol</b>						Wine <sup>(+m)</sup> ≤3 glasses/d ♂=0.8; ≥0 ≤2 glasses/d ♀=0.8; ≥0 Abstainers or	0.5-1.5 ♀ 0.5-2.0 ♂ Drinks/d=10 <sup>(+m)</sup>	Solid fats, alcoholic bevs & added sugars <sup>(-)</sup> 0-20 ≥50%-≤20% E



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<b>Article(s)</b>	Wengreen, 2013	Wengreen, 2009	Shatenstein, 2012	Nicolas, 2000	Kesse-Guyot, 2011	Samieri, 2013 ( <i>Ann Int Med</i> )	Tangney, 2011	
<b>Component</b>	Total Score: 8-40	Total Score: 0-23*	N/A	Total Score: 0-100	Total Score: 0-9	Total Score: 0-15	Total Score: 0-110	Total Score: 0-100
<b>Total Meat</b>	Red & Processed Meat <sup>(-)</sup> 1-5 High to Low quintile	Baked or stewed chicken or turkey <sup>(+)</sup>	Processed meats <sup>(-)</sup>	Meat and meat alternatives <sup>(+)</sup> 0-10	<b>Protein<sup>(+m)</sup>:</b> 10-15%=1 <10%, >15%=0 <b>Cholesterol<sup>(+m)</sup>:</b> 0-300mg=1 >300mg=0	Meat, poultry, seafood, eggs <sup>(+m)</sup> 0, 0.5, 1, 0	Red & Processed Meat <sup>(-)</sup> 0-10 ≥1.5-0 serv/d	Meat & Beans <sup>(+)</sup> 0-10
<b>Dairy Products</b>	Low-fat dairy <sup>(+)</sup> 1-5 Low to High quintile	2% milk and beverages w/ 2% milk; 1% or skim milk <sup>(+)</sup>		Milk products <sup>(+)</sup> 0-10		Milk & Dairy products <sup>(+m)</sup> 0, 0.5, 1, 0.5		Milk, yogurt, cheese, & soy beverages <sup>(+)</sup> 0 - 10
<b>Sweets or Sugar Products</b>	Sweetened beverages <sup>(-)</sup> 1-5 High to Low quintile		Sweets <sup>(-)</sup>		Mono- and disaccharides <sup>(+m)</sup>  0-10%=1 >10%=0	<b>Sweetened foods<sup>(-)</sup>:</b> -0.5, 0, 1 <b>Soda<sup>(-)</sup>:</b> 0, 0.5, 0.75, 1	Sugar Sweetened Beverages & Fruit Juice <sup>(-)</sup> 0-10 ≥1-0 serv/d	Solid fats, alcoholic bevs & added sugars <sup>(-)</sup> 0-20 ≥50%- ≤20% E
<b>Sodium</b>	1-5 High to Low quintile			Sodium <sup>(-)</sup> (<2400mg) 0-10		Salt <sup>(-)</sup> -0.5-1.5	0-10 Highest to Lowest decile <sup>(-)</sup>	0-10 Highest to Lowest decile <sup>(-)</sup>



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<i>Other</i>				Dietary variety <sup>(+)</sup> 0-10			Trans FA <sup>(-)</sup> % energy 0-10 ≥4 to ≤0.5	
<sup>‡</sup> Includes 100% juice; <sup>‡‡</sup> Includes all forms except juice; <sup>†</sup> Includes legumes only after meat & beans standard is met; <sup>††</sup> Includes non-hydrogenated vegetable oils and oils in fish, nuts and seeds. <sup>(+)</sup> Positive components; <sup>(-)</sup> Negative components; <sup>(+m)</sup> Positive in moderation								