

Supplemental Data, Nurk et al. 'Cognitive performance among the elderly in relation to the intake of plant foods. The Hordaland HealthStudy'

Table 1S Mean intakes of energy, some nutrients and non-plant foods by percentiles of main groups of plant foods in 2031 elderly participants in the Cognitive Sub-study of the Hordaland Health Study

	Percentiles* of plant food intake					
	0-10	10-25	25-50	50-75	75-90	90-100
	Mean (95% CI)					
Total energy, kJ/d						
Combined fruits and vegetables	4695 (4393, 4997)	6336 (6093, 6579)	7167 (6987, 7347)	8006 (7819, 8192)	8519 (8231, 8807)	9708 (9328, 10088) ^a
Fruits	5145 (4819, 5471)	6319 (6064, 6573)	7153 (6967, 7340)	8045 (7836, 8255)	8516 (8265, 8768)	9248 (8863, 9631) ^a
Vegetables	4852 (4525, 5180)	6500 (6240, 6760)	7257 (7074, 7439)	7977 (7784, 8169)	8485 (8213, 8758)	9193 (8791, 9595) ^a
Potatoes	4719 (4401, 5036)	6314 (6096, 6532)	7147 (6965, 7328)	8176 (7977, 8374)	8745 (8472, 9018)	9047 (8651, 9441) ^a
Grain products	4749 (4457, 5042)	5977 (5766, 6187)	6794 (6628, 6959)	7883 (7708, 8059)	9042 (8801, 9284)	10644 (10313, 10975) ^a
Mushrooms	7203 (7073, 7333)	8250 (8035, 8466) ^a				
Nuts	7207 (7088, 7327)	8820 (8537, 9104) ^a				
Protein, g/d						
Combined fruits and vegetables	44 (41, 47)	60 (58, 63)	68 (66, 70)	76 (74, 78)	81 (78, 85)	91 (87, 95) ^a
Fruits	51 (47, 54)	61 (58, 63)	70 (68, 72)	76 (74, 78)	80 (77, 82)	85 (80, 89) ^a
Vegetables	45 (42, 48)	60 (57, 62)	68 (66, 70)	76 (74, 78)	82 (79, 84)	91 (87, 96) ^a
Potatoes	48 (44, 51)	60 (58, 63)	68 (66, 69)	78 (76, 80)	82 (79, 85)	84 (80, 88) ^a
Grain products	46 (43, 49)	59 (56, 61)	65 (63, 67)	75 (73, 77)	84 (82, 87)	97 (93, 101) ^a
Mushrooms	68 (67, 70)	79 (76, 81) ^a				
Nuts	69 (67, 70)	82 (80, 85) ^a				
Fat, g/d						
Combined fruits and vegetables	41 (38, 44)	55 (52, 57)	61 (59, 63)	67 (65, 69)	70 (66, 73)	77 (73, 81) ^a
Fruits	45 (41, 48)	55 (52, 57)	61 (59, 63)	67 (65, 69)	70 (67, 73)	71 (67, 75) ^a
Vegetables	41 (38, 44)	55 (52, 57)	61 (59, 63)	66 (64, 69)	71 (67, 74)	75 (71, 80) ^a
Potatoes	40 (36, 43)	53 (50, 55)	60 (58, 62)	69 (67, 71)	74 (70, 77)	71 (67, 76) ^a
Grain products	40 (37, 43)	49 (47, 52)	57 (55, 59)	67 (65, 69)	75 (72, 78)	87 (83, 91) ^a
Mushrooms	60 (59, 61)	69 (67, 72) ^a				
Nuts	60 (59, 61)	75 (72, 79) ^a				
Saturated fatty acids, g/d						
Combined fruits and vegetables	20 (18, 21)	22 (21, 23)	24 (24, 25)	26 (25, 27)	27 (26, 28)	29 (27, 30) ^a
Fruits	21 (20, 23)	22 (21, 23)	25 (24, 26)	26 (25, 27)	27 (26, 28)	27 (25, 28) ^a
Vegetables	20 (19, 22)	23 (21, 24)	24 (23, 25)	26 (26, 27)	27 (26, 28)	29 (27, 30) ^a
Potatoes	19 (18, 21)	22 (21, 23)	24 (23, 25)	27 (26, 28)	29 (28, 30)	27 (26, 29) ^a

Grain products	19 (18, 21)	21 (20, 22)	23 (22, 24)	26 (25, 27)	29 (28, 30)	32 (31, 34) ^a
Mushrooms	24 (24, 25)	27 (26, 28) ^a				
Nuts	24 (24, 25)	29 (28, 30) ^a				
Monounsaturated fatty acids, g/d						
Combined fruits and vegetables	15 (14, 16)	17 (16, 18)	19 (18, 20)	21 (20, 22)	21 (20, 22)	23 (22, 24) ^a
Fruits	16 (15, 17)	17 (16, 18)	19 (19, 20)	21 (20, 22)	22 (21, 23)	21 (20, 23) ^a
Vegetables	15 (14, 16)	17 (16, 18)	19 (19, 20)	21 (20, 22)	22 (21, 23)	23 (21, 24) ^a
Potatoes	14 (13, 15)	17 (16, 18)	19 (18, 19)	21 (21, 22)	23 (22, 24)	22 (21, 24) ^a
Grain products	15 (14, 16)	16 (15, 17)	18 (17, 18)	21 (20, 21)	23 (22, 24)	26 (25, 27) ^a
Mushrooms	19 (19, 19)	22 (21, 22) ^a				
Nuts	19 (19, 19)	24 (23, 25) ^a				
Polyunsaturated fatty acids, g/d						
Combined fruits and vegetables	9 (9, 10)	12 (11, 12)	12 (12, 13)	14 (13, 14)	14 (13, 15)	16 (15, 17) ^a
Fruits	10 (10, 11)	12 (11, 12)	13 (12, 13)	14 (13, 14)	15 (14, 15)	14 (13, 15) ^a
Vegetables	10 (9, 10)	11 (11, 12)	13 (12, 13)	14 (13, 14)	15 (14, 15)	15 (14, 16) ^a
Potatoes	9 (8, 10)	11 (10, 11)	12 (12, 13)	14 (14, 15)	15 (14, 15)	15 (14, 16) ^a
Grain products	9 (8, 9)	10 (9, 11)	11 (11, 12)	14 (13, 14)	16 (15, 16)	19 (18, 20) ^a
Mushrooms	13 (12, 13)	14 (14, 15)				
Nuts	12 (12, 13)	16 (15, 16)				
n-6 polyunsaturated fatty acids, g/d						
Combined fruits and vegetables	7.6 (7.0, 8.2)	9.2 (8.6, 9.7)	9.8 (9.4, 10.1)	10.7 (10.3, 11.1)	10.7 (10.3, 11.1)	11.9 (11.1, 12.6) ^a
Fruits	8.1 (7.5, 8.8)	9.2 (8.7, 9.8)	9.8 (9.4, 10.2)	10.7 (10.2, 11.1)	11.2 (10.6, 11.7)	10.7 (10.0, 11.4) ^a
Vegetables	7.6 (6.9, 8.3)	8.9 (8.4, 9.4)	9.8 (9.4, 10.2)	10.6 (10.2, 11.1)	11.3 (10.7, 11.8)	11.5 (10.8, 12.2) ^a
Potatoes	7.2 (6.6, 7.9)	8.3 (7.9, 8.8)	9.5 (9.2, 9.9)	11.2 (10.8, 11.7)	11.5 (11.0, 12.1)	11.6 (10.8, 12.3) ^a
Grain products	6.6 (6.1, 7.1)	7.6 (7.2, 8.0)	8.9 (8.6, 9.3)	10.7 (10.3, 11.1)	12.4 (11.8, 12.9)	14.7 (13.9, 15.5) ^a
Mushrooms	9.9 (9.6, 10.1)	10.9 (10.5, 11.3) ^a				
Nuts	9.7 (9.5, 9.9)	12.2 (11.6, 12.8) ^a				
n-3 polyunsaturated fatty acids, g/d						
Combined fruits and vegetables	1.7 (1.5, 1.8)	2.2 (2.0, 2.3)	2.4 (2.3, 2.5)	2.7 (2.6, 2.8)	2.7 (2.6, 2.8)	2.9 (2.7, 3.1) ^a
Fruits	1.9 (1.8, 2.1)	2.1 (2.0, 2.3)	2.5 (2.4, 2.6)	2.7 (2.6, 2.8)	3.0 (2.8, 3.1)	2.9 (2.7, 3.1) ^a
Vegetables	1.8 (1.6, 1.9)	2.0 (1.9, 2.2)	2.4 (2.3, 2.5)	2.7 (2.6, 2.8)	2.9 (2.8, 3.1)	3.3 (3.1, 3.6) ^a
Potatoes	1.9 (1.7, 2.0)	2.2 (2.0, 2.3)	2.4 (2.3, 2.5)	2.8 (2.7, 2.9)	2.9 (2.7, 3.0)	3.0 (2.8, 3.2) ^a
Grain products	1.9 (1.7, 2.0)	2.1 (1.9, 2.2)	2.2 (2.1, 2.3)	2.7 (2.6, 2.8)	3.0 (2.9, 3.2)	3.6 (3.3, 3.8) ^a
Mushrooms	2.4 (2.4, 2.5)	2.9 (2.8, 3.0) ^a				
Nuts	2.4 (2.4, 2.5)	3.1 (2.9, 3.2) ^a				
Very-long-chain n-3 fatty acids, g/d						
Combined fruits	0.6 (0.5, 0.7)	0.8 (0.7, 0.9)	0.9 (0.9, 1.0)	1.1 (1.0, 1.1)	1.3 (1.1, 1.4)	1.4 (1.3, 1.6) ^a

	and vegetables						
	Fruits	0.7 (0.6, 0.8)	0.8 (0.7, 0.9)	1.0 (0.9, 1.1)	1.1 (1.0,1.1)	1.3 (1.2, 1.4)	1.3 (1.1, 1.4) ^a
	Vegetables	0.7 (0.5, 0.8)	0.8 (0.7, 0.8)	1.0 (0.9, 1.0)	1.1 (1.0, 1.2)	1.2 (1.1, 1.3)	1.4 (1.3, 1.6) ^a
	Potatoes	0.7 (0.6, 0.9)	0.9 (0.8, 1.0)	1.0 (0.9, 1.0)	1.1 (1.0, 1.2)	1.2 (1.1, 1.3)	1.3 (1.1, 1.4) ^a
	Grain products	0.9 (0.7, 1.0)	0.9 (0.8, 1.0)	0.9 (0.8, 0.9)	1.1 (1.0, 1.1)	1.2 (1.1, 1.3)	1.3 (1.2, 1.5) ^a
	Mushrooms	1.0 (0.9, 1.0)	1.2 (1.1, 1.3) ^a				
	Nuts	1.0 (0.9, 1.0)	1.3 (1.2, 1.4) ^a				
	Carbohydrates, g/d						
	Combined fruits						
	and vegetables	140 (130, 149)	185 (178, 191)	215 (210, 221)	242 (237, 247)	261 (253, 269)	301 (290, 312) ^a
	Fruits	148 (138, 157)	185 (178, 191)	212 (207, 217)	244 (238, 250)	261 (253, 268)	298 (287, 308) ^a
	Vegetables	147 (137, 157)	197 (190, 205)	221 (215, 227)	240 (234, 245)	256 (248, 263)	273 (261, 285) ^a
	Potatoes	139 (130, 148)	190 (183, 196)	217 (211, 222)	244 (238, 250)	264 (256, 272)	281 (270, 293) ^a
	Grain products	135 (127, 144)	177 (172, 183)	204 (200, 209)	236 (231, 240)	278 (271, 285)	333 (323, 342) ^a
	Mushrooms	219 (215, 223)	243 (237, 250) ^a				
	Nuts	219 (215, 223)	258 (250, 266) ^a				
	Fibre, g/d						
	Combined fruits						
	and vegetables	11 (10, 12)	16 (16, 17)	21 (20, 21)	25 (24, 25)	28 (28, 29)	35 (34, 37) ^a
	Fruits	13 (12, 14)	17 (16, 18)	21 (20, 21)	25 (24, 25)	27 (27, 28)	33 (31, 34) ^a
	Vegetables	12 (11, 13)	17 (16, 18)	21 (20, 21)	24 (23, 24)	28 (27, 29)	34 (33, 35) ^a
	Potatoes	13 (12, 14)	19 (18, 20)	22 (22, 23)	25 (24, 25)	25 (25, 26)	29 (27, 30) ^a
	Grain products	13 (12, 14)	18 (17, 19)	21 (20, 21)	24 (23, 24)	28 (27, 29)	34 (32, 35) ^a
	Mushrooms	22 (21, 22)	26 (25, 27) ^a				
	Nuts	22 (22, 22)	26 (25, 27)				
	Sugar, g/d						
	Combined fruits						
	and vegetables	20 (17, 24)	25 (23, 28)	30 (28, 32)	34 (32, 36)	37 (34, 40)	37 (34, 40) ^a
	Fruits	18 (15, 21)	25 (22, 27)	29 (27, 31)	35 (33, 37)	38 (35, 41)	40 (36, 43) ^a
	Vegetables	21 (18, 24)	29 (26, 32)	30 (29, 32)	34 (32, 36)	34 (32, 37)	34 (30, 37) ^a
	Potatoes	17 (14, 20)	28 (25, 31)	30 (28, 32)	34 (32, 36)	38 (35, 41)	36 (33, 40) ^a
	Grain products	24 (21, 28)	25 (23, 28)	29 (27, 30)	32 (30, 34)	38 (35, 41)	40 (36, 44) ^a
	Mushrooms	30 (29, 31)	34 (32, 36) ^a				
	Nuts	30 (29, 31)	38 (35, 42) ^a				
	Fish, g/d						
	Combined fruits						
	and vegetables	44 (39, 50)	75 (69, 81)	81 (77, 85)	96 (92, 100)	110 (101, 118)	118 (109, 127) ^a
	Fruits	54 (47, 61)	73 (67, 79)	87 (83, 92)	95 (90, 101)	104 (97, 110)	107 (97, 117) ^a
	Vegetables	45 (39, 51)	71 (65, 76)	81 (77, 85)	99 (93, 104)	107 (99, 115)	121 (112, 131) ^a
	Potatoes	52 (44, 60)	66 (61, 71)	80 (76, 85)	101 (96, 106)	108 (101, 114)	118 (108, 127) ^a
	Grain products	67 (60, 74)	79 (72, 86)	79 (75, 83)	94 (88, 99)	100 (94, 107)	115 (105, 125) ^a

	Mushrooms	84 (81, 87)	100 (95, 105) ^a				
	Nuts	85 (82, 87)	108 (101, 115) ^a				
Meat, g/d							
	Combined fruits and vegetables	44 (39, 49)	65 (60, 69)	75 (71, 78)	86 (82, 91)	85 (80, 91)	97 (89, 105) ^a
	Fruits	54 (48, 59)	65 (59, 70)	77 (73, 81)	82 (78, 86)	88 (82, 93)	90 (83, 98) ^a
	Vegetables	42 (37, 47)	63 (58, 67)	75 (72, 79)	86 (81, 90)	94 (88, 99)	92 (84, 99) ^a
	Potatoes	42 (36, 47)	64 (59, 68)	70 (66, 73)	89 (85, 94)	94 (89, 100)	94 (85, 102) ^a
	Grain products	53 (48, 58)	66 (62, 71)	72 (68, 75)	83 (79, 87)	89 (83, 94)	98 (90, 106) ^a
	Mushrooms	73 (71, 75)	89 (85, 94) ^a				
	Nuts	74 (72, 76)	93 (86, 99) ^a				
Milk and milk products, g/d							
	Combined fruits and vegetables	241 (213, 269)	281 (258, 304)	301 (284, 318)	322 (304, 339)	330 (304, 356)	342 (312, 372) ^a
	Fruits	267 (237, 298)	269 (247, 292)	301 (284, 318)	327 (308, 346)	330 (307, 352)	325 (297, 352) ^a
	Vegetables	244 (216, 272)	286 (264, 308)	313 (295, 332)	312 (295, 330)	323 (301, 346)	337 (304, 371) ^a
	Potatoes	242 (215, 269)	287 (265, 310)	304 (288, 321)	313 (296, 330)	349 (323, 376)	320 (287, 352) ^a
	Grain products	228 (199, 258)	278 (256, 300)	283 (266, 299)	327 (310, 345)	356 (331, 381)	357 (324, 389) ^a
	Mushrooms	305 (295, 316)	308 (289, 327)				
	Nuts	304 (294, 313)	319 (295, 342)				

* In case of mushrooms and nuts the values are no intake versus intake.

^a $P < 0.005$, ANOVA.

Table 2S Mean values of cognitive test scores by intake of different plant foods

Fruit or vegetable	Cognitive test	Consumers*		Non-consumers		P value†	P value§
		Total N	Mean (95% CI)†	Total N	Mean (95% CI)†		
Citrus fruits							
	KOLT	1559	35.9 (35.5, 36.2)	468	33.7 (33.0, 34.4)	<0.001	<0.001 ^a
	TMT-A	1557	54.3 (52.7, 56.0)	467	62.1 (59.1, 65.1)	<0.001	0.001 ^a
	m-DST	1555	10.7 (10.5, 10.9)	467	9.2 (8.8, 9.5)	<0.001	<0.001 ^a
	m-BD	1551	15.2 (15.1, 15.3)	467	14.6 (14.4, 14.8)	<0.001	0.001 ^a
	m-MMSE	1550	11.6 (11.5, 11.6)	460	11.4 (11.3, 11.5)	<0.001	0.001 ^a
	S-task	1557	15.5 (15.2, 15.8)	467	14.0 (13.5, 14.5)	<0.001	0.001 ^a
Apple							
	KOLT	1738	35.6 (35.2, 36.0)	289	34.0 (33.1, 34.9)	0.002	0.008 ^a
	TMT-A	1735	55.9 (54.3, 57.4)	289	57.6 (53.8, 61.4)	0.42	0.81
	m-DST	1733	10.4 (10.2, 10.6)	289	9.7 (9.2, 10.2)	0.007	0.28
	m-BD	1729	15.1 (15.0, 15.2)	289	14.7 (14.4, 14.9)	0.002	0.007 ^a
	m-MMSE	1724	11.5 (11.5, 11.6)	286	11.4 (11.4, 11.5)	0.07	0.16
	S-task	1736	15.3 (15.1, 15.6)	288	14.2 (13.6, 14.8)	0.001	0.010 ^a
Other fresh fruits							
	KOLT	1786	35.6 (35.2, 35.9)	241	34.0 (33.0, 35.0)	0.003	0.08
	TMT-A	1783	55.3 (53.8, 56.8)	241	62.2 (58.0, 66.3)	0.002	0.029 ^a
	m-DST	1782	10.5 (10.3, 10.7)	240	9.2 (8.7, 9.8)	<0.001	0.016 ^a
	m-BD	1778	15.1 (15.0, 15.2)	240	14.7 (14.4, 15.0)	0.014	0.35
	m-MMSE	1773	11.5 (11.5, 11.6)	237	11.4 (11.3, 11.5)	0.013	0.10
	S-task	1784	15.3 (15.1, 15.6)	240	13.9 (13.2, 14.6)	<0.001	0.053
Berries							
	KOLT	939	35.9 (35.4, 36.4)	1088	34.9 (34.4, 35.4)	0.006	0.22
	TMT-A	937	53.5 (51.4, 55.6)	1087	58.4 (56.4, 60.4)	0.001	0.040 ^a
	m-DST	936	10.7 (10.4, 11.0)	1086	10.0 (9.8, 10.3)	<0.001	0.40
	m-BD	935	15.2 (15.0, 15.3)	1083	14.9 (14.8, 15.0)	0.012	0.22
	m-MMSE	927	11.6 (11.5, 11.6)	1083	11.5 (11.5, 11.5)	0.15	0.94
	S-task	939	15.4 (15.1, 15.8)	1085	15.0 (14.6, 15.3)	0.06	0.35
Orange juice							
	KOLT	1009	36.1 (35.6, 36.6)	1018	34.7 (34.2, 35.1)	<0.001	0.06
	TMT-A	1006	54.2 (52.1, 56.2)	1018	58.1 (56.0, 60.1)	0.008	0.31
	m-DST	1004	10.8 (10.6, 11.1)	1018	9.8 (9.6, 10.1)	<0.001	0.022
	m-BD	1005	15.2 (15.1, 15.4)	1013	14.8 (14.7, 15.0)	<0.001	0.014
	m-MMSE	1003	11.6 (11.5, 11.6)	1007	11.5 (11.4, 11.5)	0.012	0.43
	S-task	1007	16.0 (15.6, 16.3)	1017	14.4 (14.0, 14.7)	<0.001	<0.001 ^a

Other juices							
	KOLT	438	35.5 (34.7, 36.2)	1589	35.3 (34.9, 35.7)	0.76	0.52
	TMT-A	437	56.5 (53.4, 59.6)	1587	56.0 (54.4, 57.7)	0.79	0.36
	m-DST	436	10.7 (10.3, 11.1)	1586	10.2 (10.0, 10.4)	0.029	0.74
	m-BD	436	15.1 (14.9, 15.4)	1582	15.0 (14.9, 15.1)	0.26	0.81
	m-MMSE	435	11.6 (11.5, 11.6)	1575	11.5 (11.5, 11.6)	0.43	0.76
	S-task	437	15.7 (15.2, 16.2)	1587	15.0 (14.7, 15.3)	0.015	0.49
Conserved fruits and berries							
	KOLT	1821	35.5 (35.1, 35.8)	206	34.4 (33.3, 35.5)	0.06	0.42
	TMT-A	1818	56.2 (54.6, 57.7)	206	56.0 (51.5, 60.5)	0.94	0.76
	m-DST	1816	10.4 (10.2, 10.6)	206	9.8 (9.2, 10.4)	0.06	0.52
	m-BD	1814	15.1 (15.0, 15.2)	204	14.5 (14.2, 14.8)	<0.001	0.001 ^a
	m-MMSE	1806	11.5 (11.5, 11.6)	204	11.4 (11.3, 11.5)	0.024	0.21
	S-task	1819	15.3 (15.0, 15.5)	205	14.4 (13.7, 15.2)	0.036	0.40
Carrot							
	KOLT	1848	35.6 (35.2, 35.9)	179	33.2 (32.0, 34.3)	<0.001	0.008 ^a
	TMT-A	1845	55.3 (53.8, 56.8)	179	64.9 (60.1, 69.8)	<0.001	0.004 ^a
	m-DST	1843	10.5 (10.3, 10.7)	179	8.7 (8.1, 9.3)	<0.001	0.002 ^a
	m-BD	1839	15.1 (15.0, 15.2)	179	14.4 (14.1, 14.8)	<0.001	0.014 ^a
	m-MMSE	1833	11.6 (11.5, 11.6)	177	11.2 (11.1, 11.3)	<0.001	<0.001 ^a
	S-task	1845	15.4 (15.1, 15.6)	179	13.3 (12.5, 14.1)	<0.001	0.007 ^a
Rutabaga (swede)							
	KOLT	1467	35.8 (35.4, 36.2)	560	34.3 (33.7, 35.0)	<0.001	0.053
	TMT-A	1465	54.5 (52.8, 56.2)	559	60.4 (57.7, 63.1)	<0.001	0.003 ^a
	m-DST	1464	10.6 (10.4, 10.8)	558	9.6 (9.3, 10.0)	<0.001	0.003 ^a
	m-BD	1460	15.1 (15.0, 15.2)	558	14.8 (14.6, 15.0)	0.001	0.040
	m-MMSE	1455	11.6 (11.5, 11.6)	555	11.4 (11.3, 11.5)	<0.001	<0.001 ^a
	S-task	1465	15.5 (15.2, 15.8)	559	14.3 (13.8, 14.7)	<0.001	0.004 ^a
Cabbage							
	KOLT	1256	36.0 (35.5, 36.4)	771	34.4 (33.8, 35.0)	<0.001	0.001 ^a
	TMT-A	1255	55.2 (53.4, 57.1)	769	57.6 (55.2, 59.9)	0.13	0.25
	m-DST	1254	10.6 (10.3, 10.8)	768	10.0 (9.7, 10.3)	0.002	0.046
	m-BD	1250	15.2 (15.1, 15.3)	768	14.8 (14.6, 14.9)	<0.001	0.005 ^a
	m-MMSE	1247	11.6 (11.5, 11.6)	763	11.5 (11.4, 11.5)	0.07	0.11
	S-task	1256	15.6 (15.3, 15.9)	768	14.5 (14.1, 14.9)	<0.001	0.001 ^a
Cauliflower, broccoli and Brussels sprouts							
	KOLT	1616	35.8 (35.4, 36.1)	411	33.8 (33.1, 34.6)	<0.001	0.09
	TMT-A	1614	54.6 (53.0, 56.2)	410	62.3 (59.2, 65.5)	<0.001	0.035 ^a
	m-DST	1612	10.7 (10.5, 10.9)	410	8.9 (8.5, 9.3)	<0.001	0.001 ^a
	m-BD	1610	15.1 (15.0, 15.2)	408	14.7 (14.5, 14.9)	<0.001	0.23
	m-MMSE	1604	11.6 (11.5, 11.6)	406	11.3 (11.3, 11.4)	<0.001	0.001 ^a

Onion	S-task	1616	15.6 (15.3, 15.8)	408	13.6 (13.1, 14.1)	<0.001	0.016
	KOLT	1388	35.9 (35.4, 36.3)	639	34.3 (33.7, 34.9)	<0.001	0.021
	TMT-A	1387	55.0 (53.3, 56.7)	637	58.6 (56.1, 61.2)	0.022	0.47
	m-DST	1386	10.6 (10.4, 10.8)	636	9.8 (9.5, 10.1)	<0.001	0.44
	m-BD	1382	15.1 (15.0, 15.2)	636	14.9 (14.7, 15.1)	0.06	0.52
	m-MMSE	1380	11.6 (11.5, 11.6)	630	11.5 (11.4, 11.5)	0.035	0.41
Lettuce	S-task	1386	15.5 (15.2, 15.8)	638	14.5 (14.0, 14.9)	<0.001	0.29
	KOLT	991	36.3 (35.8, 36.8)	1036	34.5 (34.0, 35.0)	<0.001	0.007 ^a
	TMT-A	991	53.6 (51.5, 55.6)	1033	58.6 (56.6, 60.6)	0.001	0.16
	m-DST	991	11.0 (10.7, 11.3)	1031	9.7 (9.4, 9.9)	<0.001	0.004 ^a
	m-BD	988	15.3 (15.1, 15.4)	1030	14.8 (14.7, 14.9)	<0.001	0.023
	m-MMSE	984	11.6 (11.5, 11.6)	1026	11.5 (11.4, 11.5)	0.009	0.79
Cucumber	S-task	991	15.9 (15.5, 16.2)	1033	14.5 (14.2, 14.8)	<0.001	0.08
	KOLT	957	36.2 (35.7, 36.7)	1070	34.6 (34.1, 35.0)	<0.001	0.018
	TMT-A	957	53.4 (51.4, 55.5)	1067	58.5 (56.6, 60.5)	0.001	0.15
	m-DST	957	11.0 (10.8, 11.3)	1065	9.7 (9.4, 10.0)	<0.001	0.003 ^a
	m-BD	954	15.3 (15.1, 15.4)	1064	14.8 (14.7, 15.0)	<0.001	0.047
	m-MMSE	952	11.6 (11.5, 11.6)	1058	11.5 (11.4, 11.5)	0.031	0.87
Tomato	S-task	957	15.9 (15.5, 16.2)	1067	14.5 (14.2, 14.9)	<0.001	0.11
	KOLT	1615	35.7 (35.3, 36.1)	412	34.0 (33.3, 34.8)	<0.001	0.14
	TMT-A	1613	54.5 (52.9, 56.1)	411	62.4 (59.2, 65.6)	<0.001	0.005 ^a
	m-DST	1612	10.7 (10.5, 10.9)	410	9.0 (8.6, 9.4)	<0.001	0.001 ^a
	m-BD	1609	15.1 (15.0, 15.3)	409	14.6 (14.4, 14.8)	<0.001	0.06
	m-MMSE	1602	11.6 (11.5, 11.6)	408	11.3 (11.3, 11.4)	<0.001	<0.001 ^a
Red bell pepper	S-task	1613	15.5 (15.2, 15.8)	411	13.9 (13.3, 14.4)	<0.001	0.08
	KOLT	1161	36.1 (35.6, 36.5)	866	34.4 (33.9, 34.9)	<0.001	0.015
	TMT-A	1160	53.4 (51.5, 55.3)	864	59.8 (57.6, 62.0)	<0.001	0.044
	m-DST	1159	10.9 (10.7, 11.2)	863	9.5 (9.3, 9.8)	<0.001	0.007 ^a
	m-BD	1156	15.2 (15.1, 15.3)	862	14.8 (14.6, 14.9)	<0.001	0.16
	m-MMSE	1153	11.6 (11.5, 11.6)	857	11.5 (11.4, 11.5)	0.006	0.60
Green cabbage and spinach	S-task	1160	15.8 (15.4, 16.1)	864	14.4 (14.0, 14.7)	<0.001	0.22
	KOLT	579	36.0 (35.4, 36.7)	1448	35.1 (34.7, 35.5)	0.017	0.77
	TMT-A	579	52.7 (50.0, 55.4)	1445	57.5 (55.8, 59.2)	0.003	0.20
	m-DST	578	11.2 (10.8, 11.5)	1444	10.0 (9.8, 10.2)	<0.001	0.007
	m-BD	578	15.2 (15.0, 15.4)	1440	15.0 (14.8, 15.1)	0.017	0.66

	m-MMSE	577	11.6 (11.6, 11.7)	1433	11.5 (11.4, 11.5)	0.001	0.14
	S-task	579	16.2 (15.8, 16.6)	1445	14.8 (14.5, 15.0)	<0.001	0.08
Legumes	KOLT	1504	35.7 (35.3, 36.1)	523	34.3 (33.6, 34.9)	<0.001	0.012 ^a
	TMT-A	1502	54.9 (53.3, 56.6)	522	59.5 (56.7, 62.4)	0.006	0.07
	m-DST	1502	10.5 (10.3, 10.7)	520	9.8 (9.5, 10.2)	0.001	0.39
	m-BD	1498	15.1 (15.0, 15.2)	520	14.8 (14.6, 15.0)	0.002	0.20
	m-MMSE	1490	11.5 (11.5, 11.6)	520	11.5 (11.4, 11.5)	0.052	0.43
	S-task	1503	15.4 (15.1, 15.7)	521	14.5 (14.0, 14.9)	0.001	0.22
White bread	KOLT	562	35.2 (34.5, 35.8)	1465	35.4 (35.0, 35.8)	0.48	0.23
	TMT-A	561	55.6 (52.9, 58.4)	1463	56.3 (54.6, 58.0)	0.67	0.55
	m-DST	560	10.4 (10.1, 10.8)	1462	10.3 (10.1, 10.5)	0.66	0.68
	m-BD	558	15.1 (14.9, 15.2)	1460	15.0 (14.9, 15.1)	0.81	0.74
	m-MMSE	561	11.5 (11.5, 11.6)	1449	11.5 (11.5, 11.6)	0.45	0.86
	S-task	561	15.4 (14.9, 15.8)	1463	15.1 (14.8, 15.4)	0.33	0.74
Medium-fibre bread	KOLT	859	35.4 (34.9, 35.9)	1168	35.3 (34.9, 35.8)	0.80	0.68
	TMT-A	858	55.8 (53.5, 58.0)	1166	56.4 (54.5, 58.3)	0.66	0.59
	m-DST	857	10.2 (9.9, 10.5)	1165	10.4 (10.2, 10.7)	0.34	0.18
	m-BD	856	15.1 (15.0, 15.3)	1162	15.0 (14.8, 15.1)	0.07	0.32
	m-MMSE	848	11.5 (11.5, 11.6)	1162	11.5 (11.5, 11.6)	0.53	0.82
	S-task	857	15.3 (14.9, 15.7)	1167	15.1 (14.8, 15.4)	0.37	0.80
High-fibre bread	KOLT	1424	35.7 (35.3, 36.1)	603	34.6 (34.0, 35.3)	0.007	0.06
	TMT-A	1423	54.6 (52.9, 56.3)	601	59.7 (57.1, 62.4)	0.001	0.024 ^a
	m-DST	1421	10.6 (10.4, 10.9)	601	9.6 (9.3, 10.0)	<0.001	0.002 ^a
	m-BD	1419	15.1 (15.0, 15.2)	599	14.8 (14.6, 15.0)	0.002	0.020 ^a
	m-MMSE	1417	11.6 (11.5, 11.6)	593	11.4 (11.4, 11.5)	0.003	0.06
	S-task	1424	15.5 (15.2, 15.8)	600	14.4 (14.0, 14.8)	<0.001	0.002 ^a
Flour, rice, and pasta§	KOLT	1833	35.6 (35.2, 35.9)	194	33.5 (32.4, 34.6)	0.001	0.08
	TMT-A	1830	55.5 (54.0, 57.0)	194	62.4 (57.8, 67.1)	0.005	0.13
	m-DST	1828	10.5 (10.3, 10.7)	194	9.1 (8.5, 9.7)	<0.001	0.026 ^a
	m-BD	1825	15.1 (15.0, 15.2)	193	14.6 (14.3, 14.9)	0.008	0.57
	m-MMSE	1818	11.5 (11.5, 11.6)	192	11.5 (11.4, 11.6)	0.26	0.77
	S-task	1831	15.3 (15.0, 15.5)	193	14.0 (13.2, 14.8)	0.002	0.34
Breakfast cereals	KOLT	1242	35.7 (35.2, 36.1)	785	34.9 (34.3, 35.4)	0.021	0.10
	TMT-A	1240	56.1 (54.2, 57.9)	784	56.3 (53.9, 58.6)	0.89	0.92
	m-DST	1240	10.4 (10.2, 10.6)	782	10.3 (10.0, 10.6)	0.50	0.97

	m-BD	1238	15.1 (15.0, 15.3)	780	14.9 (14.7, 15.0)	0.014	0.15
	m-MMSE	1229	11.5 (11.5, 11.6)	781	11.5 (11.5, 11.6)	0.94	0.25
	S-task	1238	15.4 (15.0, 15.7)	786	14.9 (14.5, 15.3)	0.06	0.22
Cakes, pies and cookies							
	KOLT	1814	35.5 (35.1, 35.9)	213	34.1 (33.1, 35.2)	0.017	0.24
	TMT-A	1811	55.6 (54.0, 57.1)	213	61.0 (56.6, 65.5)	0.022	0.26
	m-DST	1809	10.5 (10.3, 10.7)	213	9.0 (8.4, 9.5)	<0.001	0.003 ^a
	m-BD	1805	15.1 (15.0, 15.2)	213	14.6 (14.3, 14.9)	0.002	0.12
	m-MMSE	1798	11.5 (11.5, 11.6)	212	11.4 (11.3, 11.5)	0.012	0.10
	S-task	1812	15.3 (15.1, 15.6)	212	14.0 (13.2, 14.7)	0.001	0.19

KOLT, Kendrick Object Learning Test; m-BD, Modified version of Block Design; m-DST, modified version of Digit Symbol Test; m-MMSE, modified version of Mini Mental State Examination; S-task, from the Controlled Oral Word Association Test; TMT-A, Part A of the Trail Making Test.

* Refers to those who at least once a month consumed the particular item.

† ANOVA, adjusted for sex.

‡ ANOVA adjusted for sex, education, vitamin supplement use (multivitamins, folic acid, vitamins B, C, D or E), smoking status, history of CVD, diabetes, intakes of dairy products, meat, fish, total fat and protein.

§ Cut-off point for low intake was set at 10th percentile.

^a $P < 0.05$, ANOVA adjusted in addition to total intake of fruits and vegetables, and plasma concentrations of total homocysteine and folate.