**Associations of the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet with cardiac remodeling in the community: The Framingham Heart Study**

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**Supplementary Table S1.** MIND diet score components and corresponding food sources

**Supplementary Table S2. Associations between the cumulative MIND diet score and echocardiographic indices stratified by sex**

**Supplementary Table S1.** MIND diet score components and corresponding food sources1

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| --- | --- | --- |
| **MIND Diet****Component**  | **Scoring Criteria**  | **Foods included** |
| **0** | **0.5** | **1** |
| Whole grains  | <1 serving/d | 1–2 /d | ≥3/d | Cooked oatmeal, dark bread, brown rice, other grains, bran, wheat germ, moderate whole cereals, moderate whole cereals with bran, high whole cereals, high whole cereals with bran |
| Green leafy  | ≤2 servings/wk | > 2 to <6/wk | ≥6/wk | Spinach, kale, mustard greens, chard, iceberg lettuce, head lettuce, romaine, leaf lettuce |
| Other vegetables  | <5 serving/wk | 5 – <7 wk | ≥1/d | Tomatoes, string beans, broccoli, cabbage, cole slaw, cauliflower, brussels sprouts, carrots, corn, peas, lima beans, mixed vegetables, winter squash, summer squash, celery, beets, alfalfa sprouts, garlic |
| Berries  | <1 serving/wk | 1 /wk | ≥2/wk | Strawberries, blueberries |
| Red meat and products  | 7+ meals/wk | 4–6 /wk | < 4/wk | Bacon, hot dogs, processed meats, hamburger, sandwich meat, meat casserole, main dish meat |
| Fish  | Rarely | 1–3 /mo | ≥1/wk | Canned tuna, dark fish, other fish |
| Poultry  | <1 meal/wk | 1 /wk | ≥2/wk | Chicken (not fried) with or without skin |
| Beans  | <1 meal/wk | 1–3/wk | >3/wk | Beans, lentils |
| Nuts  | <1/mo | 1/mo – <5/wk | ≥ 5/wk | Nuts |
| Fast/fried foods  | 4+ times/wk | 1–3 /wk | <1/wk | French fries, chips, fried food |
| Olive oil as primary oil? | No |  | Yes | Pure olive oil |
| Butter, margarine  | >2 T/d | 1–2 /d | <1T/d | Butter, margarine |
| Cheese  | 7+ servings/wk | 1–6 /wk | <1/wk | Cottage cheese, ricotta cheese, cream cheese, other cheese |
| Wine  | >1 glass/d or never | 1/mo – 6/wk | 1/d | White wine, red wine |
| Pastries and sweets  | 7+ servings/wk | 5 −6 /wk | <5/wk | Sherbet, ice milk, ice cream, muffins, biscuits, pancakes, waffles, chocolate, candy bars, candy without chocolate, cookies, brownies, doughnuts, cake, sweetroll, pie, popcorn |

1MIND diet components and scoring criteria adapted from Morris MC, Tangney CC, Wang Y, et al. (2015) MIND diet slows cognitive decline with aging. *Alzheimers Dement* **11**, 1015–1022.

**Supplementary Table S2. Associations between the cumulative MIND diet score and echocardiographic indices stratified by sex**

|  |  |  |
| --- | --- | --- |
|  | **Men** | **Women** |
| **Echocardiographic Indices** | **n** | **βc (SE)** | **p-valued** | **n** | **β (SE)** | **p-valued** |
| **Primary Indices**  |  |  |  |  |  |  |
| Left ventricular ejection fraction, % | 999 | 0.02 (0.02) | 0.21 | 1241 | 0.03 (0.01) | 0.02 |
| Left atrial emptying fraction,% | 732 | 0.01 (0.02) | 0.55 | 879 | 0.02 (0.02) | 0.24 |
| Left ventricular mass, g \* | 996 | 0.01 (0.01) | 0.40 | 1243 | 0.04 (0.01) | 0.003 |
| E/e’ ratio\* | 1069 | -0.02 (0.02) | 0.21 | 1342 | -0.03 (0.02) | 0.03 |
| **Secondary Indices**  |  |  |  |  |  |  |
| Global longitudinal strain, % | 1077 | -0.05 (0.02) | 0.01 | 1325 | -0.02 (0.02) | 0.18 |
| Global circumferential strain, % | 933 | -0.05 (0.02) | 0.01 | 1207 | -0.03 (0.02) | 0.04 |
| Mitral annular plane systolic excursion, % | 1112 | 0.03 (0.02) | 0.14 | 1371 | 0.03 (0.02) | 0.047 |
| Longitudinal segmental synchrony, % \* | 1000 | -0.01 (0.02) | 0.45 | 1243 | -0.01 (0.01) | 0.39 |
| Left ventricular hypertrophy, (OR [95% CI])e | 1087 | 1.05 [0.72-1.52]f | 0.81 | 1350 | 1.24 [0.71 – 2.18]f | 0.46 |
| Aortic root diameter, mm | 1116 | 0.01 (0.01) | 0.46 | 1367 | 0.01 (0.01) | 0.27 |

All models adjusted for age and total energy intake.

cβ estimates represent the change in standardized echocardiographic index per 1 unit increase in the cumulative MIND diet score.

dBonferroni-corrected significance level is 0.01 for primary indices and 0.008 for secondary indices.

eOdd ratio and corresponding 95% CI

fChange in the odds of LV hypertrophy

\* log-transformed