**APPENDIX**

**Dietary component, servings and maximum score for the MIND diet score.**

|  |  |
| --- | --- |
| **MIND Diet Score** | |
| **MIND components** | **Max Score** |
| **Whole Grains**  ≥ 3/d | **1** |
| **Green Leafy**  ≥ 6wk | **1** |
| **Other vegetabels**  ≥  **1/d** | **1** |
| **Berries**  ≥ 2/wk | **1** |
| **Red Meats and products <4/wk** | **1** |
| **Fish**  ≥ 1/wk | **1** |
| **Poultry**  ≥ 2/wk | **1** |
| **Beans > 3/wk** | **1** |
| **Nuts**  ≥ 5/wk | **1** |
| **Fast/fried food < 1/wk** | **1** |
| **Olive oil primary oil** | **1** |
| **Butter, margarine < 1T/d** | **1** |
| **Cheese <1/wk** | **1** |
| **Alcohos/wine 1/d** | **1** |
| **Total MIND Score** | **15** |

**d= day**

**wk= week**