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| Supplementary table 1. MIND diet component, servings, and scores a | | | |
| Item/Score | 0 | 0.5 | 1 |
| Green leafy vegetables b | ≤2 servings/wk | > 2 to <6/wk | ≥6 servings/wk |
| Other vegetables c | <5 serving/wk | 5 to <7 wk | ≥1 serving/day |
| Berries d | <1 serving/wk | 1 /wk | ≥2 servings/wk |
| Nuts | <1 serving /mo | 1/mo to <5/wk | ≥5 servings/wk |
| Olive oil | Not primary oil |  | Primary oil used |
| Butter, margarine | >2 times/d | 1–2 times/d | <1 times/d |
| Cheese | 7+ servings/wk | 1–6 /wk | < 1 serving/wk |
| Whole grains | <1 serving/d | 1–2 /d | ≥3 servings/d |
| Fish (not fried) e | Rarely | 1–3 /mo | ≥1 meals/wk |
| Beans f | <1 meal/wk | 1–3/wk | >3 meals/wk |
| Poultry (not fried) g | <1 meal/wk | 1 /wk | ≥2 meals/wk |
| Red meat and products h | 7+ meals/wk | 4–6 /wk | < 4 meals/wk |
| Fast fried foods i | 4+ times/wk | 1–3 /wk | <1 time/wk |
| Pastries & sweets j | 7+ servings/wk | 5 −6 /wk | <5 servings/wk |
| Wine | >1 glass/d or never | 1/mo to 6/wk | 1 glass/d |
| Total score | 15 | | |
| a Vegetables 1 serving = 0.5 cup, 118.3 g (USA) = 0.5 bowl, 100 g (Taiwan); Berries 1 serving = 0.5 cup, 118.3 g (USA) strawberries 170 g (Taiwan); Nuts 1 serving =1 oz, 28.35 g (USA) = 1 time, 15 g (Taiwan); Grains 1 serving = dry weight 15~20 g (USA) = dry weight 20 g (Taiwan).  b Kale, collards, greens; spinach; lettuce/tossed salad.  c Green/red peppers, squash, cooked carrots, raw carrots, broccoli, celery, potatoes, peas or lima beans, potatoes, tomatoes, tomato sauce, string beans, beets, corn, zucchini/summer squash/eggplant, coleslaw, potato salad.  d Strawberries.  e Tuna sandwich, fresh fish as a main dish; not fried fish cakes, sticks, or sandwiches.  f Beans, lentils, soybeans.  g Chicken or turkey sandwich, chicken or turkey as a main dish and never eat fried at home or away from home.  h Cheeseburger, hamburger, beef tacos/burritos, hot dogs/sausages, roast beef or ham sandwich, salami, bologna, or other deli meat sandwich, beef (steak, roast) or lamb as a main dish, pork or ham as a main dish, meat balls or meatloaf.  i How often do you eat fried food away from home (like French fries, chicken nuggets)?  j Biscuits/rolls, pop tarts, cake, snack cakes/Twinkies, Danish/sweet rolls/pastry, donuts, cookies, brownies, pie, candy bars, other candy, ice cream, pudding, milkshakes/frappes.  MIND, Mediterranean-DASH intervention for neurodegenerative delay. | | | |