

## 8 APPENDICES

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## 8.2 Supplementary Tables

**Table 3** – Comparison of Different Types of Diets

<i>Dietary Component</i>	<i>Recommended Servings</i>				
	<b>Mediterranean</b> (Bach-Faig et al. 2011)	<b>DASH</b> (Campbell 2017)	<b>MIND</b> (Marcason 2015)	<b>Healthy Nordic</b> (Adamsson et al. 2012)	<b>Traditional Asian</b> (Asian Heritage Diet [no date])
<i>Fruits</i>	1–2/meal	4–5 servings/day	Berries: ≥ 2 servings/week	Fruits, berries, vegetables, and potatoes: ≥ 500 g/day	Daily
<i>Vegetables</i>	≥ 2 servings/meal	4–5 servings/day	Green leafy: ≥ 6 servings/week Other: ≥ 1 serving/day		Daily
<i>Whole grains</i>	1–2 servings/meal	7–8 servings/day	≥ 3 servings/day	Bread: 4–6 slices/day Cereal: 1.5 servings/day Pasta: 3 servings/week β-glucan-rich foods: 3 g/day	Daily
<i>Dairy</i>	Low-fat: 2 servings/day	Low- or non-fat: 2–3 servings/day	Cheese: < 1 serving/week Butter: < 1 Tbsp/day	Low-fat milk: ≤ 5dL/day Cheese: for cooking	Yogurt: daily to weekly
<i>Nuts, seeds, legumes</i>	Olives/nuts/seeds: 1–2 servings/day Legumes: ≥ 2 servings/week	4–5 servings/week	Nuts: ≥ 5 servings/week Beans: > 3 servings/week	Nuts (mostly almonds): 15 g/day	Daily

<i>Beef, pork, ham, lamb, veal, poultry</i>	Red meat: < 2 servings/week Processed meat: ≤ 1 serving/week White meat: 2 servings/week	Lean protein: ≤ 2 servings/day	Red meat: < 4 servings/week Poultry: ≥ 2 servings/week	Meat: ≤ 500 g/week Poultry: ≤ 300 g/week	Red meat: infrequent Poultry: daily to weekly
<i>Fish / seafood</i>	≥ 2 servings/week		≥ 1 serving/week	3–5 servings/week	2 servings/week
<i>Fats, oils, salad dressing</i>	Olive oil: 1–2 servings/meal	2–3 servings/day	Olive oil as primary oil	5 g/bread slice 0.5 dL/day as dressing	Healthy cooking oils: daily to weekly
<i>Sweets</i>	≤ 2 servings/week	≤ 5 servings/week	Pastries & sweets: < 5 servings/week	On weekends	Infrequent
<i>Other</i>	Eggs: 2–4 servings/week Potatoes: ≤ 3 servings/week	Sodium < 2,300 mg/day	Fried or fast food: < 1 serving/week	Eggs: stay withing daily recommended cholesterol intake Fruit/vegetable juice: 4 dL/week	Eggs: daily to weekly
<i>Alcohol</i>	Wine: in moderation	Women: ≤ 1 drink/day Men: ≤ 2 drinks/day	1 glass/day	Habitual amount	In moderation

Adapted from: (Cena, Calder 2020)

**Table 7** Study Characteristics

<i>Study</i>	<i>Date of publication</i>	<i>Database</i>	<i>Country</i>	<i>Design</i>	<i>Recruitment</i>	<i>Lifestyle factor</i>
<i>Bielak</i>	2014	Scopus	Australia	Cohort longitudinal study	Australian Longitudinal Study of Ageing (ALSA)	PA Social Engagement
<i>Brown</i>	2016	Web of Science	Canada	Cohort study	Victoria Longitudinal Study (VLS)	PA Social Engagement
<i>Calandri</i>	2020	Hand search	Argentina	Cohort study	Participants volunteered	PA Other
<i>Cook Maher</i>	2017	Hand search	USA	Cohort study	Northwestern University SuperAger programme	Psychologic well-being
<i>Dawe</i>	2021	Scopus	USA	Cohort study	Rush Memory and Ageing Project (MAP)	PA
<i>Ferencz</i>	2014	Scopus	Sweden	Cohort study	Swedish National Study on Ageing and Care in Kungsholmen (SNAC-K)	PA

<i>Festini</i>	2016	Web of Science	USA	Cohort study	Dallas Lifespan Brain Study (DLBS)	Busyness Stress
<i>Griffa</i>	2021	Web of Science	Switzerland/ Netherlands	Cohort study	European Medical Information Framework for AD 90+ Study (EMIF AD)	Cognitive activities
<i>Halaschek</i>	2019	Hand search	Canada	Non-randomised cohort study	BC MSP* subscribers; volunteers from press; BC Stats	PA Alcohol/tobacco
<i>Hardman</i>	2018	Science Direct	Australia	Cohort study	Care and retirement villages	Diet Medication
<i>Hayes</i>	2015	Scopus	USA	Non-randomised cohort study	Boston University Memory Disorder Research Centre; flyers; YMCAs; libraries.	PA Other
<i>Kim</i>	2020	Hand search	South Korea	Cohort study	Gangseo Centre for Dementia (Seoul)	PA Sleep
<i>Klaming</i>	2017	Web of Science	Netherlands	Cohort longitudinal study	Longitudinal Ageing Study Amsterdam (LASA)	PA Sleep Social engagement Alcohol/tobacco

\*BC MSP – British Columbia Ministry of Health Service Plan

<i>Lee</i>	2014	Web of Science	Australia	Twin study design	Older Australian Twins Study (OATS)	PA Cognitive activity Social engagement
<i>Reas<sup>1</sup></i>	2019	Web of Science	USA	Cohort study	Rancho Bernardo Study of Healthy Ageing	PA Alcohol/tobacco
<i>Reas<sup>2</sup></i>	2019	Hand search	USA	Cohort study	Rancho Bernardo Study of Healthy Ageing	PA Alcohol/tobacco BMI
<i>Wagner</i>	2022	Science Direct	France/USA	Cohort study – nested case-control sample	Nurses' Health Study (NHS)	PA Diet/BMI
<i>Watts</i>	2015	Scopus	Australia/USA	Cohort longitudinal study	PATH Through Life Project	PA
<i>Yang</i>	2022	Hand search	Canada	Cohort randomised study	Ryerson Senior Participant Pool (RSPP)	PA
<i>Yu</i>	2020	Hand search	Singapore	Cohort study	Ageing in a Community Environment Study	PA Social engagement Sleep Stress Acohol/tobacco

### **8.3 Data Extraction Form**

1. Study title
2. Authors
3. Method
  - a. Participant recruitment
  - b. Participant characteristics
    - i. Number
    - ii. Age
    - iii. Inclusion/exclusion details
4. Lifestyle factor/s identified
5. Lifestyle factor measurement
6. Episodic memory assessment
7. Results
8. Discussion
9. Additional info
10. Comments