

Online Supplementary Material

All residents ≥ 60 years in the town of Hisayama, 1988 survey
(n=1,360)

Participants in the screening survey of cognitive impairment and dementia,
1988 survey
(n=1,228), participation rate 90.3%

Exclusions:

Subjects with dementia (n=35)

Incomplete data of dietary questionnaires (n=111)

No blood sample (n= 1)

Exclusions:

Implausible total energy intake

(more or less than the mean energy intake $\pm$ 3 standard deviations) (n=10)

Subjects with completed baseline survey, 1988 (n=1,071)

Supplementary Figure 1. Participant flow chart