

SUPPLEMENTAL MATERIAL

Table e-1 Comparison of Included & Excluded Participants

	Overall (n=31,546)	Included (n=27,860)	Excluded (n=3,686)	p-value
mAEHI, Median (range)	24.3 (19.5-30.0)	24.4 (19.6-30.1)	23.2 (18.8-28.8)	<0.001
Age (yrs), Mean (SD)	66.5 (7.2)	66.2 (7.1)	68.6 (7.8)	<0.001
Female, % (n)	29.7% (9,378)	29.2% (8,146)	33.4% (1,232)	<0.001
BMI, Mean (SD)	28.1 (4.5)	28.1 (4.5)	28.0 (4.8)	0.059
MMSE at baseline	27.7 (2.9)	27.7 (2.8)	26.9 (3.8)	<0.001
Smoking, % (n)				
Never	37.6% (11,857)	37.6% (10,475)	37.5% (1,382)	<0.001
Former	50.2% (15,832)	50.6% (14,088)	47.3% (1,744)	
Current	12.1% (3,807)	11.7% (3,269)	14.6% (538)	
Education, % (n)				
≤12 years	63.3% (19,962)	62.6% (17,432)	66.6% (2,530)	<0.001
>12 years	36.7% (11,559)	37.4% (10,428)	30.4% (1,132)	
Normal creatinine, % (n)	76.9% (24,245)	78.1% (21,766)	67.3% (2,479)	<0.001
Microalbuminuria, % (n)	11.5% (3,629)	11.0% (3,076)	15.0% (553)	<0.001
Macroalbuminuria, % (n)	3.2% (1,024)	2.8% (790)	6.3% (234)	<0.001

Table e-2 Description of food groups in the food group frequency questionnaire

a) Meat/poultry:	Includes beef, pork, lamb, mutton, goat, veal, rabbit, chicken, turkey, duck, pheasant; their curries; Mexican meat soups/stews (menudo), liver, kidney, brain, spleen, heart and sausages.
b) Fish:	Includes fresh-water and sea-water fish; preserved fish such as salted fish, canned fish, dried fish; shellfish and crustaceans (clams, squid, prawns, mollusks); caviar.
c) Eggs:	Includes preserved eggs, duck eggs, thousand year old eggs.
d) Whole grains:	Includes whole wheat flour; whole wheat chapatti, cracked wheat; brown/wild rice; corn/hominy/masa harina/corn flour/maize, oats - old fashioned & Scotch/cracked oats; couscous; pot barley, brown rusk; whole wheat pasta, semolina.
e) Refined grains:	Includes white flour; white flour chapatti; white/polished/instant/ parboiled rice; jook or rice congee; pasta; noodles/ramen/somen; bulgur; pearl barley, sago; plain rusk; sheermal; taftan.
f) Dairy products:	Includes milk, yogurt, cheese, curd, raita, lassi, custard, khoya, firni, kheer, milk puddings, and ice cream.
g) Deep fried foods:	Includes French fries, potato chips, onion rings, samosas, papad, pakoras; sev; fried won ton, egg roll.
h) Soy and other sauces:	Includes fish sauce, oyster sauce, tamari; fermented bean pastes (hoi sin); other salty sauces.
i) Salty snacks:	Includes salt added in cooking and to food at the table and salty snacks such as chips, crackers etc.
j) Pickled vegetables (brine):	Includes pickled in brine such as dill pickles, relishes; olives; salted cabbage or leafy greens (mui choy); mango pickle, lemon pickle; salted root vegetables (choi po); pickled eggs, pickled meat.
k) Desserts/sweet snacks:	Includes the use of jam; cakes; pies; chocolate; candy; burfi/ladoo; rasgulla/gulab jamun; halwa; shameia, mohalabeia, Chinese sweet buns; nor mei; sweet bean desserts, Coke and other soft drinks.
l) Sugar/sweetener:	Includes the use of white sugar, brown sugar, corn syrup, honey, molasses, maple syrup, treacle.
m) Tofu/soybean curd:	Includes textured vegetable protein, soy milk.

- n) Legumes:** Includes dried beans, lentils, peas, daals; soups (split pea).
- o) Nuts/seeds:** Includes peanuts, almonds, sunflower seeds, cashews, walnuts.
- p) Fruit:** Includes all fruits
- q) Fruit juice:** include all types of natural fruit juice
- r) Leafy greens vegetable:** Includes all fresh leafy green vegetables: spinach, bok choy; choy sum, collards, mustard or turnip greens; asparagus.
- s) Other raw vegetables:** Includes any raw vegetables not included in the preceding categories.
- t) Other cooked vegetables:** Includes any cooked vegetables not included in the preceding categories.
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