MIND Diet Adherence Might Be Associated with a Reduced Odds of Multiple Sclerosis: Results From a Case-Control Study

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Supplementary Table 1 Odds ratio (OR) estimates and 95% confidence intervals (CIs) for the association between MIND diet and multiple sclerosis in a sample of RRMS patients compared to healthy individuals based on the MIND diet and components score.

|                          | B      | S.E.   | wald  | df | OR (95%CI)                       | P for trend |
|--------------------------|--------|--------|-------|----|----------------------------------|------------|
| **MIND**                 |        |        |       |    |                                  |            |
| Base Model b             | -0.938 | 0.143  | 43.085| 1  | 0.391 (0.296, 0.518)             | <0.001     |
| Full Model c             | -0.683 | 0.165  | 17.049| 1  | 0.505 (0.365, 0.698)             | <0.001     |
| **green leafy vegetables** |       |        |       |    |                                  |            |
| Base Model b             | -4.898 | 0.639  | 58.689| 1  | 0.007 (0.002, 0.026)             | <0.001     |
| Full Model c             | -4.630 | 0.752  | 37.883| 1  | 0.010 (0.002, 0.043)             | <0.001     |
| **other vegetables**     |        |        |       |    |                                  |            |
| Base Model b             | -5.470 | 0.992  | 30.378| 1  | 0.004 (0.001, 0.029)             | <0.001     |
| Full Model c             | -4.066 | 0.969  | 17.604| 1  | 0.017 (0.003, 0.115)             | <0.001     |
| **nuts**                 |        |        |       |    |                                  |            |
| Base Model b             | -1.742 | 0.562  | 9.613 | 1  | 0.175 (0.058, 0.527)             | 0.002      |
| Full Model c             | 0.074  | 0.749  | 0.010 | 1  | 1.077 (0.248, 4.673)             | 0.921      |
| **berries**              |        |        |       |    |                                  |            |
| Base Model b             | -0.513 | 0.430  | 1.427 | 1  | 0.599 (0.258, 1.389)             | 0.232      |
| Full Model c             | 0.248  | 0.588  | 0.179 | 1  | 1.282 (0.405, 4.056)             | 0.672      |
| **beans**                |        |        |       |    |                                  |            |
| Base Model b             | -6.430 | 2.173  | 8.756 | 1  | 0.002 (0.000, 0.114)             | 0.003      |
| Full Model c             | -4.981 | 2.764  | 3.247 | 1  | 0.007 (0.000, 1.547)             | 0.072      |
| **whole grains**         |        |        |       |    |                                  |            |
| Base Model b             | -0.863 | 0.423  | 4.152 | 1  | 0.422 (0.184, 0.968)             | 0.042      |
| Full Model c             | -1.213 | 0.541  | 5.023 | 1  | 0.297 (0.103, 0.859)             | 0.025      |
| **fish**                 |        |        |       |    |                                  |            |
| Base Model b             | -0.289 | 0.388  | 0.553 | 1  | 0.749 (0.350, 1.604)             | 0.457      |
| Full Model c             | 0.295  | 0.499  | 0.349 | 1  | 1.343 (0.505, 3.572)             | 0.555      |
| **poultry**              |        |        |       |    |                                  |            |
| Base Model b             | 0.301  | 0.720  | 0.175 | 1  | 1.352 (0.330, 5.545)             | 0.675      |
| Full Model c             | 1.511  | 0.906  | 2.781 | 1  | 4.531 (0.767, 26.753)            | 0.095      |
| **olive oil**            |        |        |       |    |                                  |            |
| Base Model b             | -0.557 | 0.368  | 2.293 | 1  | 0.573 (0.279, 1.178)             | 0.130      |
| Full Model c             | 0.190  | 0.477  | 0.159 | 1  | 1.209 (0.475, 3.079)             | 0.690      |
| **red meats**            |        |        |       |    |                                  |            |
| Base Model b             | 0.377  | 0.517  | 0.532 | 1  | 1.458 (0.529, 4.013)             | 0.466      |
| Full Model c             | 0.193  | 0.678  | 0.081 | 1  | 1.213 (0.321, 4.582)             | 0.776      |
| **butter and stick**     |        |        |       |    |                                  |            |
| margarine                |        |        |       |    |                                  |            |
| Base Model b             | -0.386 | 0.750  | 0.265 | 1  | 0.680 (0.156, 2.956)             | 0.607      |
| Full Model c             | 1.021  | 0.980  | 1.085 | 1  | 2.777 (0.406, 18.972)            | 0.298      |
| **cheese**               |        |        |       |    |                                  |            |
| Base Model b             | -0.807 | 0.451  | 3.212 | 1  | 0.446 (0.184, 1.079)             | 0.073      |
| Full Model c             | -1.526 | 0.581  | 6.887 | 1  | 0.217 (0.070, 0.680)             | 0.009      |
| **pastry and sweets**    |        |        |       |    |                                  |            |
| Base Model b             | -3.336 | 1.189  | 7.877 | 1  | 0.036 (0.003, 0.366)             | 0.005      |
| Full Model c             | -2.259 | 1.204  | 3.521 | 1  | 0.104 (0.010, 1.106)             | 0.061      |
| **fried/fast foods**     |        |        |       |    |                                  |            |
| Base Model b             | -4.671 | 2.076  | 5.065 | 1  | 0.009 (0.000, 0.547)             | 0.024      |
| Full Model c             | -3.974 | 2.266  | 3.075 | 1  | 0.019 (0.000, 1.596)             | 0.080      |
a logistic regression model
b adjusted for age (years), gender (male/female), smoking (yes/no), total calories (Kcal)
\( c \) additionally adjusted for BMI (Kg/m\(^2\)), carbohydrate intake (gr/day), animal-based protein intake (gr/day), fiber intake (gr/day)