**Appendix Table I2. Summary risk of bias assessments: diet interventions in adults with normal cognition**

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| **Diet Intervention Type** | **Study** | **Overall Risk of Bias Assessment** | **Rationale** |
| **Caloric restriction diet** | Martin 2007[1](#_ENREF_1) | High | Method of randomization unclear. High reporting bias due to unclear results |
| **Energy restriction diet** | Napoli 2014[2](#_ENREF_2) | Medium | Method of randomization unclear. 13% attrition with no sensitivity analysis. |
| Brinkworth 2009[3](#_ENREF_3) | High | Method of randomization unclear. Attrition 44% |
| **Mediterranean Diet** | Valls-Pedret 2015[4](#_ENREF_4) | High | Attrition 25% with no sensitivity analysis |
| Martinez-Lapiscina 2013(a)[5](#_ENREF_5) | High | Attrition 51% |
| Martinez-Lapiscina 2013(b)[6](#_ENREF_6) | High | Poor randomization |
| Komulainen 2010[7](#_ENREF_7) | High | Flaw in study design related to the analysis of the data and suspected reporting bias |
| **Protein supplement** | van der Zwaluw[8](#_ENREF_8" \o "van der Zwaluw, 2014 #426) | Low | Did not report if outcome assessor was blinded or independent |
| **Nutrient supplement** | Wouters-Wesseling[9](#_ENREF_9) | High | Attrition 34% |