### Supplementary Table 5: List of A) Frailty and Cognitive Function associated measures and B) Cytokines used for performing association analysis with the diet modulated microbiome components.

#### A)

<table>
<thead>
<tr>
<th>Category</th>
<th>Measure</th>
<th>Description</th>
<th>Directionality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Frailty</td>
<td>Hand Grip Strength</td>
<td>Mean hand grip strength of the dominant hand (3 trials)</td>
<td>Negatively associated with frailty</td>
</tr>
<tr>
<td></td>
<td>Gait Speed (Fastest time)</td>
<td>Gait Speed Fastest Time taken (2 trials)</td>
<td>Positively associated with frailty</td>
</tr>
<tr>
<td></td>
<td>Fried Score</td>
<td>Fried Score for computing frailty</td>
<td>Positively associated with frailty</td>
</tr>
<tr>
<td>Cognitive Functioning</td>
<td>Geriatric Depression Score</td>
<td>Score for measuring geriatric depression (higher values indicate depression)</td>
<td>Negatively associated with cognitive function</td>
</tr>
<tr>
<td></td>
<td>MMSE</td>
<td>Mini Mental State Examination (Scores range 0-30). Higher scores indicate better cognitive function</td>
<td>Positively associated with cognitive function</td>
</tr>
<tr>
<td></td>
<td>BabCock Memory Score</td>
<td>Bab Cock Score for immediate recall</td>
<td>Positively associated with cognitive function</td>
</tr>
<tr>
<td></td>
<td>CAMDEX-Q Scores</td>
<td>Cambridge Examination of Mental Disorders</td>
<td>Positively associated with cognitive function</td>
</tr>
<tr>
<td></td>
<td>Constructional Praxis</td>
<td>CERAD Battery Total Score on Constructional Praxis</td>
<td>Positively associated with cognitive function</td>
</tr>
<tr>
<td></td>
<td>Verbal Fluency</td>
<td>CERAD Battery Total Score on Verbal Fluency Categories</td>
<td>Positively associated with cognitive function</td>
</tr>
</tbody>
</table>

#### B)

**Cytokines**

- IL-13
- Pentraxin-3
- Adiponectin
- TNF-A
- G-CSF
- IL-8
- Ghrelin
- IL-6
- Resistin
- hsCRP

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IL-1b
TGF-b1
IL-4
IL-17
IL-1ra
IL-2
Leptin
sTNF-R1
IFN-g
IL-7
IL-12 p70
sGP130
GM-CSF
IL-5
sIL-6ra
MIP-1b
IL-10
MCP-1-MCAF
IL-18
sTNF-R2
IL-17a