

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)

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

(B)

Cytokines

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

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