

SUPPLEMENTARY TABLES

Supplementary Table 1. The associations of dietary habits and medical comorbidities with bowel movement.

Variables	Have a bowel movement within 10 minutes (≤ 3 per week) N=141 N (%)	Have a bowel movement within 10 minutes (≥ 4 per week) N=610 N (%)	χ^2	P-value
How often consume meat and meat product			0.063	0.802
≤ 3 times per week	77 (54.6)	326 (53.4)		
≥ 4 times per week	64 (45.4)	284 (46.6)		
How often consume milk and dairy product			0.324	0.569
≤ 3 times per week	73 (51.8)	332 (54.4)		
≥ 4 times per week	68 (48.2)	278 (45.6)		
How often consume green vegetables			1.305	0.253
≤ 3 times per week	19 (13.5)	62 (10.2)		
≥ 4 times per week	122 (86.5)	548 (89.8)		
How often consume fruits			4.537	0.033
≤ 3 times per week	40 (28.4)	123 (20.2)		
≥ 4 times per week	101 (71.6)	390 (79.8)		
How often consume legumes			0.344	0.558
≤ 3 times per week	124 (87.9)	525 (86.1)		
≥ 4 times per week	17 (12.1)	85 (13.9)		
How often consume eggs			0.033	0.856
≤ 3 per week	117 (83.0)	510 (83.6)		
≥ 4 per week	24 (17.0)	100 (16.4)		
How often consume coffee			0.719	0.397
≤ 3 times per week	39 (27.6)	191 (31.3)		
≥ 4 times per week	102 (72.4)	419 (68.7)		
How often consume nuts			0.647	0.421
≤ 3 times per week	130 (92.2)	548 (90.0)		
≥ 4 times per week	11 (7.8)	61 (10.0)		
How often consume sea fish			0.006	0.936
≤ 3 times per week	73 (51.8)	312 (51.4)		
≥ 4 times per week	68 (48.2)	295 (48.6)		
How often consume tofu			0.182	0.670
≤ 3 times per week	123 (87.2)	522 (85.8)		
≥ 4 times per week	18 (12.8)	86 (14.2)		
How often consume carrot			< 0.001	1.000
≤ 3 times per week	105 (75.0)	456 (75.0)		
≥ 7 times per week	35 (25.0)	152 (25.0)		
How often consume celery			0.129	0.719
≤ 3 times per week	132 (93.6)	573 (94.4)		
≥ 4 times per week	9 (6.4)	34 (5.6)		
How often consume walnut			0.206	0.650
≤ 3 times per week	133 (94.3)	569 (93.3)		
≥ 4 times per week	8 (5.7)	41 (6.7)		
How often consume curry			2.528	0.112
≤ 3 times per week	134 (95.0)	595 (97.5)		
≥ 4 times per week	7 (5.0)	15 (2.5)		
Hypertension			5.113	0.024
Yes	81 (57.4)	286 (46.9)		

No	60 (42.6)	324 (53.1)		
Hyperlipidemia			2.974	0.396
Yes	83 (58.9)	314 (51.5)		
No	58 (41.1)	296 (48.5)		
Diabetes mellitus			0.624	0.430
Yes	28 (19.9)	104 (17.0)		
No	113 (80.1)	506 (83.0)		
Stroke			0.327	0.586
Yes	6 (4.3)	20 (3.3)		
No	135 (95.7)	590 (96.7)		
Cataracts/glaucoma			0.391	0.532
Yes	46 (32.6)	216 (35.4)		
No	95 (67.4)	394 (64.6)		
Gastrointestinal problems			0.776	0.687
Yes	10 (7.1)	56 (9.2)		
No	131 (92.9)	554 (90.8)		
Anxiety disorder			4.160	0.125
Yes	4 (2.8)	6 (1.0)		
No	137 (97.2)	604 (99.0)		
Heart attack			0.569	0.451
Yes	7 (4.7)	22 (3.6)		
No	134 (95.3)	588 (96.4)		
Irregular heartbeat			0.211	0.646
Yes	7 (4.7)	25 (4.1)		
No	134 (95.3)	585 (95.9)		
Heart failure			0.529	0.467
Yes	3 (2.1)	8 (1.3)		
No	138 (97.9)	602 (98.7)		

Supplementary Table 2. Inference probabilities of Bayesian network for years of schooling and fruit consumption (%).

Paternal nodes		MCI
Years of schooling	Fruit consumption	Yes (%)
≤5	≤3 per week	32.58
≤5	≥4 per week	22.36
6-11	≤3 per week	20.81
6-11	≥4 per week	17.78
≥12	≤3 per week	18.79
≥12	≥4 per week	17.76

Abbreviations: MCI, mild cognitive impairment.