

Dutch National Food Consumption Survey Older Adults 2010-2012|Part5 Intake of macronutrients, Version 1, based on dataset FCS_2012_elderly_20130716

Contents

1. Intake of macronutrients

- 1.1 Macronutrients intake
- 1.2. Macronutrients intake - by gender (2 subgroups)
- 1.3.a Macronutrients intake - by age (2 subgroups)
- 1.3.b Macronutrients intake - by age and gender (4 subgroups)
- 1.4.a Macronutrients intake - by education (3 subgroups)
- 1.4.b Macronutrients intake - by education and gender (6 subgroups)
- 1.5.a Macronutrients intake - by BMI (2 subgroups)
- 1.5.b Macronutrients intake - by BMI and gender (4 subgroups)

2. Intake by place of consumption

- 2.1 Macronutrients - place
- 2.2 Macronutrients - place - by gender (2 subgroups)
- 2.3.a Macronutrients - place - by age (2 subgroups)
- 2.3.b Macronutrients - place - by age and gender (4 subgroups)
- 2.4.a Macronutrients - place - by education (3 subgroups)
- 2.4.b Macronutrients - place - by education and gender (6 subgroups)
- 2.5.a Macronutrients - place - by BMI (2 subgroups)
- 2.5.b Macronutrients - place - by BMI and gender (4 subgroups)

3. Intake by eating moments

- 3.1 Macronutrients - food consumption occasion
- 3.2 Macronutrients - food consumption occasion - by gender (2 subgroups)
- 3.3.a Macronutrients - food consumption occasion - by age (2 subgroups)
- 3.3.b Macronutrients - food consumption occasion - by age and gender (4 subgroups)
- 3.4.a Macronutrients - food consumption occasion - by education (3 subgroups)
- 3.4.b Macronutrients - food consumption occasion - by education and gender (6 subgroups)
- 3.5.a Macronutrients - food consumption occasion - by BMI (2 subgroups)
- 3.5.b Macronutrients - food consumption occasion - by BMI and gender (4 subgroups)

4. Intake by place of consumption and eating moments

- 4.1 Macronutrients - place and food consumption occasion
- 4.2 Macronutrients - place and food consumption occasion - by gender (2 subgroups)
- 4.3.a Macronutrients - place and food consumption occasion - by age (2 subgroups)
- 4.3.b Macronutrients - place and food consumption occasion - by age and gender (4 subgroups)
- 4.4.a Macronutrients - place and food consumption occasion - by education (3 subgroups)
- 4.4.b Macronutrients - place and food consumption occasion - by education and gender (6 subgroups)
- 4.5.a Macronutrients - place and food consumption occasion - by BMI (2 subgroups)
- 4.5.b Macronutrients - place and food consumption occasion - by BMI and gender (4 subgroups)

Remarks:

- Please note that some figures are calculated from a small sample size
- All intakes are presented with one decimal by default, but this is not always correct

Table 1.1 Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Total Population (n=739)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	10.9	3.7	0.0	46.1
Alpha Linolenic Acid (g/day)	1.7	1.5	0.7	3.0
Animal protein (g/day)	50.1	48.8	24.0	81.3
Carbohydrates (g/day)	206.8	204.3	124.4	308.3
EPA and DHA (g/day)	0.3	0.0	0.0	1.3
Energy (MJ/day)	8.1	7.9	4.9	11.8
Fat (g/day)	75.5	73.5	38.0	113.7
Fibre (g/day)	19.7	19.2	9.9	30.7
Linoleic acid (g/day)	11.9	11.0	4.5	22.9
Mono- and disaccharides (g/day)	97.6	93.5	38.9	167.8
Poly unsaturated fatty acids (g/day)	14.4	13.5	5.9	26.9
Polysaccharides (g/day)	109.1	103.8	57.7	168.9
Protein (g/day)	77.1	77.2	46.1	111.5
Saturated fatty acids (g/day)	30.0	28.6	13.4	48.1
Trans-fatty acids (g/day)	1.5	1.3	0.4	2.8
Unsaturated fatty acids-cis (g/day)	38.9	38.1	18.5	63.1
Vegetable protein (g/day)	26.9	25.3	15.5	40.8
Water (g/day)	2,432.4	2,390.0	1,556.1	3,565.5

Table 1.2 Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults (n=373)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	17.9	12.7	0.0	59.0
Alpha Linolenic Acid (g/day)	1.9	1.7	0.8	3.3
Animal protein (g/day)	53.0	50.9	26.4	83.8
Carbohydrates (g/day)	237.3	234.5	141.0	351.0
EPA and DHA (g/day)	0.3	0.1	0.0	1.4
Energy (MJ/day)	9.4	9.2	6.7	13.1
Fat (g/day)	86.0	84.5	51.8	128.0
Fibre (g/day)	21.9	20.7	12.7	33.4
Linoleic acid (g/day)	14.5	13.1	5.8	26.4
Mono- and disaccharides (g/day)	109.9	106.0	57.9	187.9
Poly unsaturated fatty acids (g/day)	17.5	15.9	7.6	31.2
Polysaccharides (g/day)	127.2	120.6	75.6	198.5
Protein (g/day)	83.9	81.9	52.0	129.2
Saturated fatty acids (g/day)	32.9	31.3	18.8	51.9
Trans-fatty acids (g/day)	1.5	1.3	0.6	3.2
Unsaturated fatty acids-cis (g/day)	45.7	45.2	24.3	67.7
Vegetable protein (g/day)	30.8	28.5	18.8	47.8
Water (g/day)	2,438.7	2,422.4	1,627.1	3,601.9

Group=Female older adults (n=366)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	6.3	0.0	0.0	27.5
Alpha Linolenic Acid (g/day)	1.5	1.5	0.7	2.6
Animal protein (g/day)	48.1	46.3	23.2	71.9
Carbohydrates (g/day)	186.9	181.5	113.4	266.2
EPA and DHA (g/day)	0.2	0.0	0.0	1.0
Energy (MJ/day)	7.3	7.3	4.3	10.2
Fat (g/day)	68.7	66.7	33.4	101.2
Fibre (g/day)	18.3	18.3	9.9	28.3
Linoleic acid (g/day)	10.1	9.1	3.9	18.9
Mono- and disaccharides (g/day)	89.6	87.8	26.6	155.0
Poly unsaturated fatty acids (g/day)	12.4	11.8	5.3	21.6
Polysaccharides (g/day)	97.3	96.4	56.0	141.0
Protein (g/day)	72.6	71.4	41.0	104.4
Saturated fatty acids (g/day)	28.0	26.5	12.2	46.2
Trans-fatty acids (g/day)	1.4	1.3	0.4	2.7
Unsaturated fatty acids-cis (g/day)	34.4	33.7	18.0	53.9
Vegetable protein (g/day)	24.3	23.4	14.3	36.7
Water (g/day)	2,428.2	2,344.9	1,518.4	3,550.2

Table 1.3.a Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - 70-79 years (n=514)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	13.2	5.4	0.0	50.7
Alpha Linolenic Acid (g/day)	1.7	1.6	0.8	3.0
Animal protein (g/day)	52.5	50.7	27.0	81.3
Carbohydrates (g/day)	211.4	207.6	125.3	308.4
EPA and DHA (g/day)	0.3	0.0	0.0	1.3
Energy (MJ/day)	8.4	8.3	5.0	11.9
Fat (g/day)	76.3	73.7	39.6	114.8
Fibre (g/day)	20.7	20.2	11.4	31.0
Linoleic acid (g/day)	12.3	11.5	4.5	24.6
Mono- and disaccharides (g/day)	100.7	95.8	53.6	169.5
Poly unsaturated fatty acids (g/day)	15.0	14.5	6.0	28.7
Polysaccharides (g/day)	110.7	107.0	57.9	169.0
Protein (g/day)	80.5	78.8	49.0	121.9
Saturated fatty acids (g/day)	29.6	28.3	13.4	49.3
Trans-fatty acids (g/day)	1.4	1.3	0.4	2.8
Unsaturated fatty acids-cis (g/day)	39.9	39.4	18.5	63.8
Vegetable protein (g/day)	27.8	26.1	16.5	43.2
Water (g/day)	2,496.1	2,465.7	1,630.6	3,594.9

Group=Older adults - 80 years and older (n=225)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	6.6	0.1	0.0	28.7
Alpha Linolenic Acid (g/day)	1.6	1.5	0.7	2.9
Animal protein (g/day)	45.5	45.8	22.6	67.3
Carbohydrates (g/day)	198.3	194.6	110.5	300.5
EPA and DHA (g/day)	0.2	0.0	0.0	1.0
Energy (MJ/day)	7.7	7.3	4.2	11.0
Fat (g/day)	74.0	72.3	34.0	109.4
Fibre (g/day)	17.9	17.2	9.9	28.3
Linoleic acid (g/day)	11.0	9.7	4.3	21.2
Mono- and disaccharides (g/day)	92.0	93.3	25.0	158.5
Poly unsaturated fatty acids (g/day)	13.4	11.4	5.2	26.1
Polysaccharides (g/day)	106.3	103.4	55.9	168.8
Protein (g/day)	70.6	71.8	37.8	97.3
Saturated fatty acids (g/day)	30.7	28.7	13.0	46.8
Trans-fatty acids (g/day)	1.5	1.3	0.4	2.8
Unsaturated fatty acids-cis (g/day)	36.9	34.9	18.8	58.1
Vegetable protein (g/day)	25.1	23.3	14.5	38.5
Water (g/day)	2,313.1	2,203.0	1,502.1	3,250.3

Table 1.3.b Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - 70-79 years (n=270)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	19.8	13.9	0.0	59.2
Alpha Linolenic Acid (g/day)	1.9	1.7	0.8	3.3
Animal protein (g/day)	55.4	53.0	32.4	86.7
Carbohydrates (g/day)	235.4	234.3	135.9	355.7
EPA and DHA (g/day)	0.3	0.1	0.0	1.8
Energy (MJ/day)	9.5	9.3	6.6	13.2
Fat (g/day)	87.0	87.4	50.4	131.6
Fibre (g/day)	22.1	21.1	12.9	33.7
Linoleic acid (g/day)	14.4	12.8	5.3	27.4
Mono- and disaccharides (g/day)	108.5	105.9	53.1	190.9
Poly unsaturated fatty acids (g/day)	17.4	15.5	7.3	32.6
Polysaccharides (g/day)	126.8	118.8	69.4	192.4
Protein (g/day)	86.6	81.9	55.6	129.7
Saturated fatty acids (g/day)	33.2	32.2	18.3	52.1
Trans-fatty acids (g/day)	1.5	1.3	0.6	3.2
Unsaturated fatty acids-cis (g/day)	46.2	45.3	24.1	68.6
Vegetable protein (g/day)	31.1	29.2	18.8	50.1
Water (g/day)	2,502.1	2,478.9	1,656.4	3,661.6

Group=Male older adults - 80 years and older (n=103)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	8.0	0.0	0.0	36.8
Alpha Linolenic Acid (g/day)	1.6	1.4	0.6	2.7
Animal protein (g/day)	50.2	47.9	25.6	80.5
Carbohydrates (g/day)	192.4	182.9	120.2	273.5
EPA and DHA (g/day)	0.3	0.0	0.0	1.0
Energy (MJ/day)	7.5	7.4	4.8	10.6
Fat (g/day)	67.9	66.6	34.8	102.3
Fibre (g/day)	19.6	20.0	11.1	29.1
Linoleic acid (g/day)	10.7	10.1	3.9	19.7
Mono- and disaccharides (g/day)	94.5	88.0	53.8	162.1
Poly unsaturated fatty acids (g/day)	13.2	13.1	5.4	23.0
Polysaccharides (g/day)	97.9	95.4	53.8	142.1
Protein (g/day)	75.7	72.6	45.7	110.9
Saturated fatty acids (g/day)	26.7	24.9	11.9	42.4
Trans-fatty acids (g/day)	1.3	1.3	0.4	2.5
Unsaturated fatty acids-cis (g/day)	35.0	35.2	16.6	53.5
Vegetable protein (g/day)	25.3	24.5	15.9	37.0
Water (g/day)	2,491.3	2,429.7	1,592.3	3,536.8

Group=Female older adults - 70-79 years (n=244)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	12.9	2.1	0.0	40.2
Alpha Linolenic Acid (g/day)	1.9	1.8	0.8	3.1
Animal protein (g/day)	46.8	47.1	21.9	83.4
Carbohydrates (g/day)	242.1	233.1	146.5	329.5
EPA and DHA (g/day)	0.2	0.1	0.0	1.3
Energy (MJ/day)	9.1	8.8	6.7	11.9
Fat (g/day)	83.4	83.2	53.1	117.8
Fibre (g/day)	21.4	20.3	12.5	32.0
Linoleic acid (g/day)	14.9	14.3	6.4	23.2
Mono- and disaccharides (g/day)	113.7	107.7	59.3	179.9
Poly unsaturated fatty acids (g/day)	17.9	18.2	7.6	27.4
Polysaccharides (g/day)	128.3	122.8	82.1	199.1
Protein (g/day)	76.8	76.7	45.9	105.4
Saturated fatty acids (g/day)	32.1	29.8	19.8	49.0
Trans-fatty acids (g/day)	1.4	1.2	0.6	2.5
Unsaturated fatty acids-cis (g/day)	44.3	43.1	25.1	61.9
Vegetable protein (g/day)	30.0	28.4	18.5	40.6
Water (g/day)	2,270.9	2,209.3	1,502.5	3,031.0

Group=Female older adults - 80 years and older (n=122)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	3.8	0.0	0.0	15.1
Alpha Linolenic Acid (g/day)	1.5	1.5	0.7	2.4
Animal protein (g/day)	44.9	45.4	21.8	64.6
Carbohydrates (g/day)	178.5	178.7	94.7	254.7
EPA and DHA (g/day)	0.2	0.0	0.0	0.7
Energy (MJ/day)	7.0	7.3	3.5	9.1
Fat (g/day)	69.8	67.8	33.1	95.0
Fibre (g/day)	16.3	16.2	8.1	26.0
Linoleic acid (g/day)	9.2	8.0	3.9	16.2
Mono- and disaccharides (g/day)	82.2	84.3	17.7	143.3
Poly unsaturated fatty acids (g/day)	11.3	10.0	4.9	19.6
Polysaccharides (g/day)	96.3	98.3	52.5	134.5
Protein (g/day)	67.8	68.2	36.0	89.1
Saturated fatty acids (g/day)	30.0	27.4	12.2	46.2
Trans-fatty acids (g/day)	1.6	1.4	0.4	2.8
Unsaturated fatty acids-cis (g/day)	33.5	32.8	17.7	53.9
Vegetable protein (g/day)	22.9	21.5	14.0	35.1
Water (g/day)	2,332.2	2,203.0	1,471.7	3,285.3

Table 1.4.a Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Low education (n=293)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	7.1	0.0	0.0	36.1
Alpha Linolenic Acid (g/day)	1.7	1.6	0.7	2.8
Animal protein (g/day)	50.1	47.6	24.4	80.9
Carbohydrates (g/day)	211.0	206.2	113.4	308.4
EPA and DHA (g/day)	0.2	0.0	0.0	1.0
Energy (MJ/day)	8.0	8.0	4.7	11.3
Fat (g/day)	72.7	69.5	37.5	109.4
Fibre (g/day)	19.6	19.4	10.0	30.8
Linoleic acid (g/day)	12.4	11.8	5.0	21.8
Mono- and disaccharides (g/day)	100.1	93.5	48.7	172.4
Poly unsaturated fatty acids (g/day)	14.9	14.3	7.0	26.1
Polysaccharides (g/day)	110.8	106.4	57.6	180.9
Protein (g/day)	76.9	72.2	50.1	111.6
Saturated fatty acids (g/day)	28.1	26.7	12.3	45.8
Trans-fatty acids (g/day)	1.4	1.3	0.4	2.7
Unsaturated fatty acids-cis (g/day)	38.1	35.9	18.2	58.3
Vegetable protein (g/day)	26.6	24.8	14.3	39.5
Water (g/day)	2,437.8	2,395.8	1,457.1	3,617.8

Group=Older adults - Moderate education (n=250)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	11.6	3.9	0.0	45.5
Alpha Linolenic Acid (g/day)	1.7	1.6	0.7	3.0
Animal protein (g/day)	50.5	51.2	22.6	77.8
Carbohydrates (g/day)	199.4	195.4	128.5	300.9
EPA and DHA (g/day)	0.3	0.0	0.0	1.3
Energy (MJ/day)	8.0	7.6	5.3	11.8
Fat (g/day)	76.5	74.6	37.9	116.7
Fibre (g/day)	19.5	19.0	9.6	30.5
Linoleic acid (g/day)	11.2	9.4	4.5	23.8
Mono- and disaccharides (g/day)	91.4	91.5	27.3	151.0
Poly unsaturated fatty acids (g/day)	13.8	11.7	5.3	27.7
Polysaccharides (g/day)	107.9	103.5	59.3	159.4
Protein (g/day)	76.8	77.2	37.7	114.7
Saturated fatty acids (g/day)	31.2	29.3	13.3	50.4
Trans-fatty acids (g/day)	1.5	1.3	0.4	2.7
Unsaturated fatty acids-cis (g/day)	38.6	38.3	19.0	63.7
Vegetable protein (g/day)	26.3	24.7	14.7	40.0
Water (g/day)	2,499.4	2,567.7	1,557.4	3,577.1

Group=Older adults - High education (n=156)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	14.0	6.5	0.0	55.9
Alpha Linolenic Acid (g/day)	1.7	1.4	0.8	3.2
Animal protein (g/day)	48.8	47.9	26.8	77.2
Carbohydrates (g/day)	206.3	208.4	124.3	295.4
EPA and DHA (g/day)	0.4	0.1	0.0	1.4
Energy (MJ/day)	8.3	8.0	5.5	11.8
Fat (g/day)	77.3	73.4	43.2	119.4
Fibre (g/day)	20.1	18.8	12.0	30.7
Linoleic acid (g/day)	11.5	10.7	4.3	22.5
Mono- and disaccharides (g/day)	100.9	96.7	51.0	157.4
Poly unsaturated fatty acids (g/day)	14.3	13.1	5.8	25.3
Polysaccharides (g/day)	105.3	102.0	57.0	161.9
Protein (g/day)	76.5	74.7	46.0	106.6
Saturated fatty acids (g/day)	30.5	29.7	15.4	47.2
Trans-fatty acids (g/day)	1.5	1.4	0.6	3.2
Unsaturated fatty acids-cis (g/day)	39.8	38.0	23.6	64.8
Vegetable protein (g/day)	27.6	25.5	16.9	40.7
Water (g/day)	2,331.6	2,263.6	1,516.4	3,295.1

Table 1.4.b Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - Low Education (n=124)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	12.3	0.0	0.0	49.8
Alpha Linolenic Acid (g/day)	2.1	1.9	1.1	3.3
Animal protein (g/day)	55.5	54.0	27.3	87.9
Carbohydrates (g/day)	249.2	243.3	152.7	352.0
EPA and DHA (g/day)	0.3	0.1	0.0	0.9
Energy (MJ/day)	9.5	9.4	7.1	12.2
Fat (g/day)	86.6	86.7	56.9	113.7
Fibre (g/day)	21.7	21.0	12.2	32.2
Linoleic acid (g/day)	16.1	14.9	6.9	27.9
Mono- and disaccharides (g/day)	111.8	99.0	55.9	195.0
Poly unsaturated fatty acids (g/day)	19.1	17.8	8.6	32.2
Polysaccharides (g/day)	137.3	129.3	82.6	205.1
Protein (g/day)	87.0	83.2	59.1	122.3
Saturated fatty acids (g/day)	32.1	29.6	20.3	48.7
Trans-fatty acids (g/day)	1.4	1.2	0.6	2.7
Unsaturated fatty acids-cis (g/day)	47.2	47.5	26.9	67.2
Vegetable protein (g/day)	31.4	29.2	18.9	47.4
Water (g/day)	2,490.4	2,521.5	1,555.4	3,421.2

Group=Male older adults - Moderate Education (n=129)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	18.5	13.3	0.0	59.7
Alpha Linolenic Acid (g/day)	1.9	1.7	0.8	3.6
Animal protein (g/day)	53.5	53.0	26.5	82.4
Carbohydrates (g/day)	236.3	239.2	135.0	366.3
EPA and DHA (g/day)	0.3	0.0	0.0	1.9
Energy (MJ/day)	9.3	8.9	6.0	14.0
Fat (g/day)	85.0	80.7	47.0	141.6
Fibre (g/day)	23.1	21.0	12.6	37.3
Linoleic acid (g/day)	14.3	12.2	5.0	25.7
Mono- and disaccharides (g/day)	110.3	108.1	53.1	178.4
Poly unsaturated fatty acids (g/day)	17.3	15.2	6.2	31.4
Polysaccharides (g/day)	125.9	121.9	66.4	192.2
Protein (g/day)	83.5	81.2	54.2	130.2
Saturated fatty acids (g/day)	33.1	32.7	17.2	52.3
Trans-fatty acids (g/day)	1.4	1.3	0.5	2.7
Unsaturated fatty acids-cis (g/day)	44.7	42.1	23.1	69.0
Vegetable protein (g/day)	30.0	29.2	17.1	50.2
Water (g/day)	2,541.9	2,558.6	1,658.6	3,762.3

Group=Male older adults - High Education (n=86)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	20.3	12.7	0.0	59.1
Alpha Linolenic Acid (g/day)	1.8	1.8	0.8	3.3
Animal protein (g/day)	50.7	49.6	22.1	82.3
Carbohydrates (g/day)	224.4	221.6	127.1	323.8
EPA and DHA (g/day)	0.3	0.1	0.0	1.3
Energy (MJ/day)	9.2	9.0	5.8	12.0
Fat (g/day)	86.7	86.5	50.4	129.3
Fibre (g/day)	20.6	18.6	13.2	33.2
Linoleic acid (g/day)	13.5	12.5	6.4	24.8
Mono- and disaccharides (g/day)	105.0	101.4	57.9	152.3
Poly unsaturated fatty acids (g/day)	16.5	15.1	7.6	29.7
Polysaccharides (g/day)	119.3	114.8	79.8	174.6
Protein (g/day)	81.5	78.9	44.7	110.1
Saturated fatty acids (g/day)	32.9	31.8	19.2	47.0
Trans-fatty acids (g/day)	1.8	1.5	0.6	3.6
Unsaturated fatty acids-cis (g/day)	45.7	44.5	24.3	69.0
Vegetable protein (g/day)	30.5	27.6	19.7	43.2
Water (g/day)	2,305.5	2,269.2	1,447.4	3,463.9

Group=Female older adults - Low Education (n=169)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	4.9	0.0	0.0	21.3
Alpha Linolenic Acid (g/day)	1.5	1.5	0.6	2.6
Animal protein (g/day)	47.9	45.4	24.0	72.8
Carbohydrates (g/day)	195.0	187.5	113.4	274.1
EPA and DHA (g/day)	0.2	0.0	0.0	1.0
Energy (MJ/day)	7.3	7.1	4.3	10.6
Fat (g/day)	66.9	66.3	33.4	103.0
Fibre (g/day)	18.7	18.8	9.9	28.3
Linoleic acid (g/day)	10.9	10.5	3.9	20.0
Mono- and disaccharides (g/day)	95.3	89.2	48.5	169.4
Poly unsaturated fatty acids (g/day)	13.2	13.2	4.8	22.9
Polysaccharides (g/day)	99.7	99.7	53.5	138.1
Protein (g/day)	72.6	68.3	48.9	110.7
Saturated fatty acids (g/day)	26.5	24.6	11.9	42.5
Trans-fatty acids (g/day)	1.3	1.3	0.4	2.6
Unsaturated fatty acids-cis (g/day)	34.3	33.7	15.8	55.1
Vegetable protein (g/day)	24.6	23.3	13.3	37.0
Water (g/day)	2,415.9	2,329.8	1,421.0	3,639.1

Group=Female older adults - Moderate Education (n=121)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	7.3	3.8	0.0	26.1
Alpha Linolenic Acid (g/day)	1.6	1.5	0.7	2.4
Animal protein (g/day)	48.6	48.5	21.7	71.8
Carbohydrates (g/day)	176.0	171.0	120.8	245.4
EPA and DHA (g/day)	0.2	0.0	0.0	0.8
Energy (MJ/day)	7.2	7.3	4.2	9.5

Group=Female older adults - Moderate Education (n=121)

Macronutriënts	Mean	Median	P5	P95
Fat (g/day)	71.1	70.2	32.8	95.0
Fibre (g/day)	17.3	16.2	9.5	27.1
Linoleic acid (g/day)	9.4	8.1	4.2	16.0
Mono- and disaccharides (g/day)	79.4	82.3	27.3	139.7
Poly unsaturated fatty acids (g/day)	11.6	10.2	5.1	18.5
Polysaccharides (g/day)	96.6	96.4	56.4	138.0
Protein (g/day)	72.5	77.0	37.2	102.1
Saturated fatty acids (g/day)	30.0	28.6	12.1	46.2
Trans-fatty acids (g/day)	1.6	1.4	0.4	2.8
Unsaturated fatty acids-cis (g/day)	34.7	35.0	18.0	52.8
Vegetable protein (g/day)	23.9	23.2	14.7	34.6
Water (g/day)	2,472.7	2,579.5	1,549.6	3,546.1

Group=Female older adults - High Education (n=70)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	8.3	5.9	0.0	33.2
Alpha Linolenic Acid (g/day)	1.5	1.4	0.8	2.7
Animal protein (g/day)	47.0	45.9	29.9	66.1
Carbohydrates (g/day)	189.6	186.1	117.0	273.4
EPA and DHA (g/day)	0.4	0.0	0.0	1.4
Energy (MJ/day)	7.4	7.3	5.4	9.9
Fat (g/day)	68.7	65.9	39.7	101.4
Fibre (g/day)	19.7	19.1	11.9	28.3
Linoleic acid (g/day)	9.7	8.8	3.2	15.8
Mono- and disaccharides (g/day)	97.2	90.8	45.9	156.9
Poly unsaturated fatty acids (g/day)	12.2	11.6	5.5	20.7
Polysaccharides (g/day)	92.4	91.1	49.9	147.5
Protein (g/day)	72.0	72.8	45.8	94.3
Saturated fatty acids (g/day)	28.3	27.2	12.8	50.5
Trans-fatty acids (g/day)	1.3	1.2	0.5	2.7
Unsaturated fatty acids-cis (g/day)	34.4	30.5	21.2	52.5
Vegetable protein (g/day)	25.0	24.5	16.4	35.7
Water (g/day)	2,355.7	2,250.0	1,608.8	3,280.0

Table 1.5.a Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Under and normal weight (n=186)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	11.1	3.8	0.0	45.6
Alpha Linolenic Acid (g/day)	1.7	1.7	0.8	2.7
Animal protein (g/day)	51.7	51.2	24.6	81.0
Carbohydrates (g/day)	209.2	213.4	128.6	300.0
EPA and DHA (g/day)	0.3	0.0	0.0	1.3
Energy (MJ/day)	8.4	8.0	5.9	11.7
Fat (g/day)	80.4	81.8	49.9	113.5
Fibre (g/day)	19.2	18.2	9.4	30.4
Linoleic acid (g/day)	11.6	11.4	4.5	21.8
Mono- and disaccharides (g/day)	99.4	99.8	25.6	169.6
Poly unsaturated fatty acids (g/day)	14.3	13.9	5.9	25.6
Polysaccharides (g/day)	109.7	103.8	65.9	177.6
Protein (g/day)	79.2	77.3	53.0	110.6
Saturated fatty acids (g/day)	33.2	31.5	17.7	48.6
Trans-fatty acids (g/day)	1.6	1.5	0.6	2.7
Unsaturated fatty acids-cis (g/day)	40.1	39.9	22.9	58.3
Vegetable protein (g/day)	27.3	24.7	18.7	39.7
Water (g/day)	2,448.6	2,522.4	1,591.3	3,089.7

Group=Older adults - Overweight and obese (n=523)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	11.4	3.4	0.0	46.2
Alpha Linolenic Acid (g/day)	1.7	1.5	0.8	3.0
Animal protein (g/day)	49.9	48.4	25.2	81.5
Carbohydrates (g/day)	207.0	200.9	125.1	302.7
EPA and DHA (g/day)	0.3	0.0	0.0	1.3
Energy (MJ/day)	8.1	7.9	4.8	11.8
Fat (g/day)	73.9	72.4	39.1	111.2
Fibre (g/day)	20.0	19.8	11.1	30.8
Linoleic acid (g/day)	12.0	11.0	5.0	23.8
Mono- and disaccharides (g/day)	97.9	92.8	51.2	165.8
Poly unsaturated fatty acids (g/day)	14.6	13.5	6.9	27.6
Polysaccharides (g/day)	109.0	106.2	57.6	165.7
Protein (g/day)	76.9	74.9	46.1	113.3
Saturated fatty acids (g/day)	28.8	27.4	12.9	47.3
Trans-fatty acids (g/day)	1.4	1.3	0.4	2.9
Unsaturated fatty acids-cis (g/day)	38.5	37.7	18.5	63.7
Vegetable protein (g/day)	26.9	25.7	15.5	40.4
Water (g/day)	2,454.5	2,371.1	1,625.2	3,655.8

Table 1.5.b Actual intake of macronutrients from food sources only by the Dutch population aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - under and normal weight (n=84)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	19.5	15.1	0.0	58.9
Alpha Linolenic Acid (g/day)	2.0	1.7	0.8	3.1
Animal protein (g/day)	52.9	50.5	30.3	78.3
Carbohydrates (g/day)	247.4	243.2	155.6	351.8
EPA and DHA (g/day)	0.3	0.1	0.0	1.3
Energy (MJ/day)	9.7	9.9	7.2	12.4
Fat (g/day)	89.1	87.1	57.5	126.3
Fibre (g/day)	21.8	20.8	13.0	32.5
Linoleic acid (g/day)	14.6	13.1	4.8	21.9
Mono- and disaccharides (g/day)	121.0	115.4	69.5	192.8
Poly unsaturated fatty acids (g/day)	17.6	17.0	6.6	26.2
Polysaccharides (g/day)	126.3	111.5	82.1	200.0
Protein (g/day)	84.1	81.6	57.9	117.9
Saturated fatty acids (g/day)	35.2	34.6	20.7	50.7
Trans-fatty acids (g/day)	1.5	1.3	0.7	2.6
Unsaturated fatty acids-cis (g/day)	46.5	45.4	24.2	64.9
Vegetable protein (g/day)	31.0	30.1	19.1	47.2
Water (g/day)	2,431.4	2,430.1	1,638.8	3,352.4

Group=Male older adults - overweight and obese (n=278)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	17.7	12.6	0.0	58.9
Alpha Linolenic Acid (g/day)	1.9	1.7	0.8	3.4
Animal protein (g/day)	53.4	52.3	25.1	84.2
Carbohydrates (g/day)	230.3	229.4	135.1	333.6
EPA and DHA (g/day)	0.3	0.1	0.0	1.4
Energy (MJ/day)	9.2	8.9	6.2	12.2
Fat (g/day)	83.8	82.6	50.0	124.3
Fibre (g/day)	21.5	20.6	12.6	32.2
Linoleic acid (g/day)	14.1	12.9	6.3	27.2
Mono- and disaccharides (g/day)	105.0	101.0	54.2	171.4
Poly unsaturated fatty acids (g/day)	17.0	15.8	7.8	31.1
Polysaccharides (g/day)	125.2	122.3	67.8	185.9
Protein (g/day)	83.8	81.3	51.1	127.7
Saturated fatty acids (g/day)	31.9	30.9	17.9	50.8
Trans-fatty acids (g/day)	1.5	1.3	0.6	3.5
Unsaturated fatty acids-cis (g/day)	44.5	44.2	24.2	67.3
Vegetable protein (g/day)	30.4	28.3	18.6	46.1
Water (g/day)	2,451.9	2,425.5	1,556.1	3,620.2

Group=Female older adults - under and normal weight (n=102)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	5.8	3.4	0.0	22.6
Alpha Linolenic Acid (g/day)	1.6	1.5	0.8	2.5
Animal protein (g/day)	51.0	56.1	23.8	79.9
Carbohydrates (g/day)	185.7	177.5	119.8	261.8
EPA and DHA (g/day)	0.2	0.0	0.0	1.0
Energy (MJ/day)	7.6	7.3	5.5	10.1
Fat (g/day)	75.0	69.6	45.9	100.6
Fibre (g/day)	17.7	17.5	9.0	28.7
Linoleic acid (g/day)	9.8	8.0	3.8	18.3
Mono- and disaccharides (g/day)	86.2	89.2	25.2	160.3
Poly unsaturated fatty acids (g/day)	12.2	11.1	4.8	22.9
Polysaccharides (g/day)	99.5	102.2	61.7	136.5
Protein (g/day)	76.2	77.2	47.5	110.2
Saturated fatty acids (g/day)	32.0	30.2	15.6	46.2
Trans-fatty acids (g/day)	1.7	1.5	0.5	2.7
Unsaturated fatty acids-cis (g/day)	36.2	35.3	22.4	52.6
Vegetable protein (g/day)	25.0	23.3	17.0	36.9
Water (g/day)	2,459.2	2,612.1	1,415.6	3,068.2

Group=Female older adults - overweight and obese (n=245)

Macronutriënts	Mean	Median	P5	P95
Alcohol (g/day)	7.0	0.0	0.0	34.5
Alpha Linolenic Acid (g/day)	1.5	1.4	0.7	2.7
Animal protein (g/day)	47.5	44.9	24.5	71.2
Carbohydrates (g/day)	190.5	183.0	118.2	272.1
EPA and DHA (g/day)	0.3	0.0	0.0	1.0
Energy (MJ/day)	7.3	7.3	4.3	10.6
Fat (g/day)	67.0	65.6	33.4	101.7
Fibre (g/day)	19.0	18.9	10.9	27.2
Linoleic acid (g/day)	10.6	9.8	3.9	19.1
Mono- and disaccharides (g/day)	92.9	87.2	48.8	155.4
Poly unsaturated fatty acids (g/day)	12.9	12.5	5.6	21.9
Polysaccharides (g/day)	97.6	94.8	53.0	141.9
Protein (g/day)	72.0	68.6	44.2	102.4
Saturated fatty acids (g/day)	26.6	25.0	11.9	45.2
Trans-fatty acids (g/day)	1.3	1.2	0.4	2.7
Unsaturated fatty acids-cis (g/day)	34.3	32.8	16.4	54.1
Vegetable protein (g/day)	24.5	24.2	13.3	35.9
Water (g/day)	2,456.4	2,309.6	1,629.3	3,714.5

Table 2.1 Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Macronutrient	At home mean%	Not at home mean%
Energy	90.5%	9.5%
Protein	91.5%	8.5%
Vegetable protein	92.8%	7.2%
Animal protein	91.1%	8.9%
Fat	90.4%	9.6%
Saturated fatty acids	90.1%	9.9%
Poly unsaturated fatty acids	91.1%	8.9%
Trans-fatty acids	88.2%	11.8%
Alpha Linolenic Acid	92.5%	7.5%
EPA and DHA	89.6%	10.4%
Unsaturated fatty acids-cis	90.7%	9.3%
Linoleic acid	91.0%	9.0%
Carbohydrates	91.3%	8.7%
Mono- and disaccharides	90.1%	9.9%
Polysaccharides	92.1%	7.9%
Fibre	93.6%	6.4%
Alcohol	69.4%	30.6%
Water	90.9%	9.1%

Table 2.2 Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Macronutrient	At home mean%	Not at home mean%
Energy	92.4%	7.6%
Protein	93.7%	6.3%
Vegetable protein	93.7%	6.3%
Animal protein	93.8%	6.2%
Fat	92.7%	7.3%
Saturated fatty acids	92.2%	7.8%
Poly unsaturated fatty acids	93.5%	6.5%
Trans-fatty acids	90.4%	9.6%
Alpha Linolenic Acid	94.5%	5.5%
EPA and DHA	93.5%	6.5%
Unsaturated fatty acids-cis	93.0%	7.0%
Linoleic acid	93.5%	6.5%
Carbohydrates	92.5%	7.5%
Mono- and disaccharides	91.7%	8.3%
Polysaccharides	93.3%	6.7%
Fibre	94.4%	5.6%
Alcohol	79.7%	20.3%
Water	91.6%	8.4%

Group=Female older adults (n=366)

Macronutrient	At home mean%	Not at home mean%
Energy	89.3%	10.7%
Protein	90.0%	10.0%
Vegetable protein	92.2%	7.8%
Animal protein	89.3%	10.7%
Fat	89.0%	11.0%
Saturated fatty acids	88.8%	11.2%
Poly unsaturated fatty acids	89.6%	10.4%
Trans-fatty acids	86.7%	13.3%
Alpha Linolenic Acid	91.1%	8.9%
EPA and DHA	87.1%	12.9%
Unsaturated fatty acids-cis	89.2%	10.8%
Linoleic acid	89.4%	10.6%
Carbohydrates	90.4%	9.6%
Mono- and disaccharides	89.1%	10.9%
Polysaccharides	91.3%	8.7%
Fibre	93.0%	7.0%
Alcohol	60.6%	39.4%
Water	90.4%	9.6%

Table 2.3.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Macronutrient	At home mean%	Not at home mean%
Energy	91.0%	9.0%
Protein	92.4%	7.6%
Vegetable protein	92.9%	7.1%
Animal protein	92.3%	7.7%
Fat	91.2%	8.8%
Saturated fatty acids	90.6%	9.4%
Poly unsaturated fatty acids	92.6%	7.4%
Trans-fatty acids	88.0%	12.0%
Alpha Linolenic Acid	93.4%	6.6%
EPA and DHA	90.4%	9.6%
Unsaturated fatty acids-cis	91.7%	8.3%
Linoleic acid	92.6%	7.4%
Carbohydrates	91.5%	8.5%
Mono- and disaccharides	90.7%	9.3%
Polysaccharides	92.2%	7.8%
Fibre	94.0%	6.0%
Alcohol	74.8%	25.2%
Water	91.0%	9.0%

Group=Older adults - 80 years and older (n=225)

Macronutrient	At home mean%	Not at home mean%
Energy	89.6%	10.4%
Protein	89.7%	10.3%
Vegetable protein	92.6%	7.4%
Animal protein	88.8%	11.2%
Fat	89.0%	11.0%
Saturated fatty acids	89.3%	10.7%
Poly unsaturated fatty acids	88.5%	11.5%
Trans-fatty acids	88.5%	11.5%
Alpha Linolenic Acid	90.7%	9.3%
EPA and DHA	88.1%	11.9%
Unsaturated fatty acids-cis	88.9%	11.1%
Linoleic acid	88.1%	11.9%
Carbohydrates	90.9%	9.1%
Mono- and disaccharides	89.0%	11.0%
Polysaccharides	91.8%	8.2%
Fibre	92.7%	7.3%
Alcohol	58.7%	41.3%
Water	90.7%	9.3%

Table 2.3.b Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Macronutrient	At home mean%	Not at home mean%
Energy	91.6%	8.4%
Protein	93.0%	7.0%
Vegetable protein	93.2%	6.8%
Animal protein	92.7%	7.3%
Fat	92.1%	7.9%
Saturated fatty acids	91.7%	8.3%
Poly unsaturated fatty acids	93.0%	7.0%
Trans-fatty acids	89.6%	10.4%
Alpha Linolenic Acid	94.1%	5.9%
EPA and DHA	92.2%	7.8%
Unsaturated fatty acids-cis	92.5%	7.5%
Linoleic acid	93.0%	7.0%
Carbohydrates	91.9%	8.1%
Mono- and disaccharides	91.1%	8.9%
Polysaccharides	92.6%	7.4%
Fibre	94.0%	6.0%
Alcohol	78.6%	21.4%
Water	90.7%	9.3%

Group=Male older adults - 80 years and older (n=103)

Macronutrient	At home mean%	Not at home mean%
Energy	90.5%	9.5%
Protein	92.0%	8.0%
Vegetable protein	92.6%	7.4%
Animal protein	92.0%	8.0%
Fat	90.5%	9.5%
Saturated fatty acids	89.7%	10.3%
Poly unsaturated fatty acids	92.2%	7.8%
Trans-fatty acids	86.7%	13.3%
Alpha Linolenic Acid	92.8%	7.2%
EPA and DHA	89.1%	10.9%
Unsaturated fatty acids-cis	91.2%	8.8%
Linoleic acid	92.3%	7.7%
Carbohydrates	91.1%	8.9%
Mono- and disaccharides	90.5%	9.5%
Polysaccharides	91.9%	8.1%
Fibre	94.0%	6.0%
Alcohol	70.6%	29.4%
Water	91.1%	8.9%

Group=Female older adults - 70-79 years (n=244)

Macronutrient	At home mean%	Not at home mean%
Energy	94.3%	5.7%
Protein	95.8%	4.2%
Vegetable protein	95.0%	5.0%
Animal protein	96.7%	3.3%
Fat	94.1%	5.9%
Saturated fatty acids	93.5%	6.5%
Poly unsaturated fatty acids	94.7%	5.3%
Trans-fatty acids	92.5%	7.5%
Alpha Linolenic Acid	95.7%	4.3%
EPA and DHA	96.8%	3.2%
Unsaturated fatty acids-cis	94.6%	5.4%
Linoleic acid	94.8%	5.2%
Carbohydrates	94.2%	5.8%
Mono- and disaccharides	93.4%	6.6%
Polysaccharides	95.1%	4.9%
Fibre	95.6%	4.4%
Alcohol	82.9%	17.1%
Water	93.8%	6.2%

Group=Female older adults - 80 years and older (n=122)

Macronutrient	At home mean%	Not at home mean%
Energy	87.4%	12.6%
Protein	86.9%	13.1%
Vegetable protein	91.5%	8.5%
Animal protein	85.2%	14.8%
Fat	86.7%	13.3%
Saturated fatty acids	87.4%	12.6%
Poly unsaturated fatty acids	85.7%	14.3%
Trans-fatty acids	86.7%	13.3%
Alpha Linolenic Acid	88.5%	11.5%
EPA and DHA	84.1%	15.9%
Unsaturated fatty acids-cis	86.3%	13.7%
Linoleic acid	85.0%	15.0%
Carbohydrates	89.3%	10.7%
Mono- and disaccharides	87.1%	12.9%
Polysaccharides	90.2%	9.8%
Fibre	91.4%	8.6%
Alcohol	46.6%	53.4%
Water	89.4%	10.6%

Table 2.4.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Macronutrient	At home mean%	Not at home mean%
Energy	90.7%	9.3%
Protein	91.4%	8.6%
Vegetable protein	92.6%	7.4%
Animal protein	91.1%	8.9%
Fat	90.8%	9.2%
Saturated fatty acids	90.4%	9.6%
Poly unsaturated fatty acids	92.0%	8.0%
Trans-fatty acids	88.9%	11.1%
Alpha Linolenic Acid	92.4%	7.6%
EPA and DHA	90.6%	9.4%
Unsaturated fatty acids-cis	91.2%	8.8%
Linoleic acid	92.1%	7.9%
Carbohydrates	91.5%	8.5%
Mono- and disaccharides	90.6%	9.4%
Polysaccharides	92.3%	7.7%
Fibre	93.3%	6.7%
Alcohol	68.3%	31.7%
Water	90.9%	9.1%

Group=Older adults - Moderate education (n=250)

Macronutrient	At home mean%	Not at home mean%
Energy	90.6%	9.4%
Protein	91.1%	8.9%
Vegetable protein	93.8%	6.2%
Animal protein	90.2%	9.8%
Fat	90.1%	9.9%
Saturated fatty acids	89.8%	10.2%
Poly unsaturated fatty acids	90.4%	9.6%
Trans-fatty acids	87.3%	12.7%
Alpha Linolenic Acid	92.7%	7.3%
EPA and DHA	89.3%	10.7%
Unsaturated fatty acids-cis	90.4%	9.6%
Linoleic acid	90.0%	10.0%
Carbohydrates	91.9%	8.1%
Mono- and disaccharides	90.3%	9.7%
Polysaccharides	92.7%	7.3%
Fibre	94.4%	5.6%
Alcohol	60.5%	39.5%
Water	91.3%	8.7%

Group=Older adults - High education (n=156)

Macronutrient	At home mean%	Not at home mean%
Energy	89.6%	10.4%
Protein	91.9%	8.1%
Vegetable protein	90.8%	9.2%
Animal protein	92.5%	7.5%
Fat	89.7%	10.3%
Saturated fatty acids	89.8%	10.2%
Poly unsaturated fatty acids	90.0%	10.0%
Trans-fatty acids	86.5%	13.5%
Alpha Linolenic Acid	91.4%	8.6%
EPA and DHA	87.3%	12.7%
Unsaturated fatty acids-cis	89.6%	10.4%
Linoleic acid	89.8%	10.2%
Carbohydrates	89.1%	10.9%
Mono- and disaccharides	88.4%	11.6%
Polysaccharides	89.8%	10.2%
Fibre	92.2%	7.8%
Alcohol	78.8%	21.2%
Water	89.7%	10.3%

Table 2.4.b Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Macronutrient	At home mean%	Not at home mean%
Energy	93.1%	6.9%
Protein	94.4%	5.6%
Vegetable protein	94.6%	5.4%
Animal protein	94.5%	5.5%
Fat	93.3%	6.7%
Saturated fatty acids	92.8%	7.2%
Poly unsaturated fatty acids	94.3%	5.7%
Trans-fatty acids	91.3%	8.7%
Alpha Linolenic Acid	94.7%	5.3%
EPA and DHA	91.3%	8.7%
Unsaturated fatty acids-cis	93.6%	6.4%
Linoleic acid	94.6%	5.4%
Carbohydrates	93.8%	6.2%
Mono- and disaccharides	93.3%	6.7%
Polysaccharides	94.1%	5.9%
Fibre	95.8%	4.2%
Alcohol	72.6%	27.4%
Water	92.2%	7.8%

Group=Male older adults - Moderate Education (n=129)

Macronutrient	At home mean%	Not at home mean%
Energy	92.0%	8.0%
Protein	93.3%	6.7%
Vegetable protein	93.3%	6.7%
Animal protein	93.2%	6.8%
Fat	92.1%	7.9%
Saturated fatty acids	91.7%	8.3%
Poly unsaturated fatty acids	92.9%	7.1%
Trans-fatty acids	89.7%	10.3%
Alpha Linolenic Acid	94.8%	5.2%
EPA and DHA	95.0%	5.0%
Unsaturated fatty acids-cis	92.3%	7.7%
Linoleic acid	92.8%	7.2%
Carbohydrates	92.3%	7.7%
Mono- and disaccharides	91.5%	8.5%
Polysaccharides	93.0%	7.0%
Fibre	93.8%	6.2%
Alcohol	78.2%	21.8%
Water	90.9%	9.1%

Group=Male older adults - High Education (n=86)

Macronutrient	At home mean%	Not at home mean%
Energy	92.3%	7.7%
Protein	93.7%	6.3%
Vegetable protein	92.9%	7.1%
Animal protein	94.3%	5.7%
Fat	92.8%	7.2%
Saturated fatty acids	92.2%	7.8%
Poly unsaturated fatty acids	93.1%	6.9%
Trans-fatty acids	88.1%	11.9%
Alpha Linolenic Acid	93.7%	6.3%
EPA and DHA	94.0%	6.0%
Unsaturated fatty acids-cis	93.3%	6.7%
Linoleic acid	93.0%	7.0%
Carbohydrates	91.7%	8.3%
Mono- and disaccharides	90.4%	9.6%
Polysaccharides	92.8%	7.2%
Fibre	93.6%	6.4%
Alcohol	81.7%	18.3%
Water	91.8%	8.2%

Group=Female older adults - Low Education (n=169)

Macronutrient	At home mean%	Not at home mean%
Energy	89.7%	10.3%
Protein	90.1%	9.9%
Vegetable protein	91.8%	8.2%
Animal protein	89.7%	10.3%
Fat	89.8%	10.2%
Saturated fatty acids	89.5%	10.5%
Poly unsaturated fatty acids	91.0%	9.0%
Trans-fatty acids	88.0%	12.0%
Alpha Linolenic Acid	91.5%	8.5%
EPA and DHA	90.3%	9.7%
Unsaturated fatty acids-cis	90.2%	9.8%
Linoleic acid	91.0%	9.0%
Carbohydrates	90.5%	9.5%
Mono- and disaccharides	89.5%	10.5%
Polysaccharides	91.6%	8.4%
Fibre	92.3%	7.7%
Alcohol	65.7%	34.3%
Water	90.3%	9.7%

Group=Female older adults - Moderate Education (n=121)

Macronutrient	At home mean%	Not at home mean%
Energy	89.7%	10.3%
Protein	89.8%	10.2%
Vegetable protein	94.0%	6.0%
Animal protein	88.3%	11.7%
Fat	88.8%	11.2%
Saturated fatty acids	88.6%	11.4%

Group=Female older adults - Moderate Education (n=121)

Macronutrient	At home mean%	Not at home mean%
Poly unsaturated fatty acids	88.8%	11.2%
Trans-fatty acids	85.7%	14.3%
Alpha Linolenic Acid	91.4%	8.6%
EPA and DHA	85.6%	14.4%
Unsaturated fatty acids-cis	89.2%	10.8%
Linoleic acid	88.1%	11.9%
Carbohydrates	91.8%	8.2%
Mono- and disaccharides	89.6%	10.4%
Polysaccharides	92.5%	7.5%
Fibre	94.8%	5.2%
Alcohol	49.1%	50.9%
Water	91.6%	8.4%

Group=Female older adults - High Education (n=70)

Macronutrient	At home mean%	Not at home mean%
Energy	87.1%	12.9%
Protein	90.2%	9.8%
Vegetable protein	88.9%	11.1%
Animal protein	90.9%	9.1%
Fat	86.8%	13.2%
Saturated fatty acids	87.6%	12.4%
Poly unsaturated fatty acids	87.1%	12.9%
Trans-fatty acids	85.1%	14.9%
Alpha Linolenic Acid	89.2%	10.8%
EPA and DHA	81.2%	18.8%
Unsaturated fatty acids-cis	86.3%	13.7%
Linoleic acid	86.9%	13.1%
Carbohydrates	86.7%	13.3%
Mono- and disaccharides	86.5%	13.5%
Polysaccharides	87.1%	12.9%
Fibre	90.9%	9.1%
Alcohol	75.6%	24.4%
Water	87.7%	12.3%

Table 2.5.a Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Macronutrient	At home mean%	Not at home mean%
Energy	89.8%	10.2%
Protein	90.4%	9.6%
Vegetable protein	92.7%	7.3%
Animal protein	89.5%	10.5%
Fat	89.2%	10.8%
Saturated fatty acids	88.9%	11.1%
Poly unsaturated fatty acids	89.5%	10.5%
Trans-fatty acids	86.7%	13.3%
Alpha Linolenic Acid	91.3%	8.7%
EPA and DHA	89.1%	10.9%
Unsaturated fatty acids-cis	89.6%	10.4%
Linoleic acid	89.0%	11.0%
Carbohydrates	90.9%	9.1%
Mono- and disaccharides	89.3%	10.7%
Polysaccharides	91.8%	8.2%
Fibre	93.1%	6.9%
Alcohol	63.5%	36.5%
Water	91.2%	8.8%

Group=Older adults - Overweight and obese (n=523)

Macronutrient	At home mean%	Not at home mean%
Energy	91.0%	9.0%
Protein	92.1%	7.9%
Vegetable protein	92.9%	7.1%
Animal protein	92.1%	7.9%
Fat	91.2%	8.8%
Saturated fatty acids	90.8%	9.2%
Poly unsaturated fatty acids	92.3%	7.7%
Trans-fatty acids	88.5%	11.5%
Alpha Linolenic Acid	93.0%	7.0%
EPA and DHA	90.2%	9.8%
Unsaturated fatty acids-cis	91.5%	8.5%
Linoleic acid	92.3%	7.7%
Carbohydrates	91.6%	8.4%
Mono- and disaccharides	90.7%	9.3%
Polysaccharides	92.4%	7.6%
Fibre	94.0%	6.0%
Alcohol	71.8%	28.2%
Water	90.9%	9.1%

Table 2.5.b Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Macronutrient	At home mean%	Not at home mean%
Energy	91.8%	8.2%
Protein	92.8%	7.2%
Vegetable protein	92.5%	7.5%
Animal protein	92.8%	7.2%
Fat	92.0%	8.0%
Saturated fatty acids	91.4%	8.6%
Poly unsaturated fatty acids	92.8%	7.2%
Trans-fatty acids	91.0%	9.0%
Alpha Linolenic Acid	93.3%	6.7%
EPA and DHA	92.6%	7.4%
Unsaturated fatty acids-cis	92.3%	7.7%
Linoleic acid	92.8%	7.2%
Carbohydrates	91.5%	8.5%
Mono- and disaccharides	91.0%	9.0%
Polysaccharides	92.2%	7.8%
Fibre	93.1%	6.9%
Alcohol	87.1%	12.9%
Water	92.6%	7.4%

Group=Male older adults - overweight and obese (n=278)

Macronutrient	At home mean%	Not at home mean%
Energy	93.2%	6.8%
Protein	94.7%	5.3%
Vegetable protein	94.5%	5.5%
Animal protein	94.9%	5.1%
Fat	93.8%	6.2%
Saturated fatty acids	93.3%	6.7%
Poly unsaturated fatty acids	94.7%	5.3%
Trans-fatty acids	90.3%	9.7%
Alpha Linolenic Acid	95.1%	4.9%
EPA and DHA	94.1%	5.9%
Unsaturated fatty acids-cis	94.2%	5.8%
Linoleic acid	94.7%	5.3%
Carbohydrates	93.5%	6.5%
Mono- and disaccharides	92.5%	7.5%
Polysaccharides	94.3%	5.7%
Fibre	95.6%	4.4%
Alcohol	76.7%	23.3%
Water	91.6%	8.4%

Group=Female older adults - under and normal weight (n=102)

Macronutrient	At home mean%	Not at home mean%
Energy	88.6%	11.4%
Protein	88.9%	11.1%
Vegetable protein	92.9%	7.1%
Animal protein	87.4%	12.6%
Fat	87.6%	12.4%
Saturated fatty acids	87.4%	12.6%
Poly unsaturated fatty acids	87.5%	12.5%
Trans-fatty acids	84.1%	15.9%
Alpha Linolenic Acid	90.1%	9.9%
EPA and DHA	86.9%	13.1%
Unsaturated fatty acids-cis	87.9%	12.1%
Linoleic acid	86.7%	13.3%
Carbohydrates	90.5%	9.5%
Mono- and disaccharides	88.2%	11.8%
Polysaccharides	91.5%	8.5%
Fibre	93.2%	6.8%
Alcohol	48.0%	52.0%
Water	90.3%	9.7%

Group=Female older adults - overweight and obese (n=245)

Macronutrient	At home mean%	Not at home mean%
Energy	89.4%	10.6%
Protein	90.4%	9.6%
Vegetable protein	91.7%	8.3%
Animal protein	90.1%	9.9%
Fat	89.4%	10.6%
Saturated fatty acids	89.1%	10.9%
Poly unsaturated fatty acids	90.6%	9.4%
Trans-fatty acids	87.3%	12.7%
Alpha Linolenic Acid	91.6%	8.4%
EPA and DHA	87.5%	12.5%
Unsaturated fatty acids-cis	89.7%	10.3%
Linoleic acid	90.6%	9.4%
Carbohydrates	90.2%	9.8%
Mono- and disaccharides	89.4%	10.6%
Polysaccharides	91.0%	9.0%
Fibre	92.8%	7.2%
Alcohol	66.8%	33.2%
Water	90.4%	9.6%

Table 3.1 Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.2%	25.1%	32.1%	26.6%
Protein	14.7%	29.7%	40.5%	15.1%
Vegetable protein	22.4%	28.8%	29.4%	19.5%
Animal protein	10.4%	30.4%	46.6%	12.6%
Fat	14.4%	27.2%	36.4%	21.9%
Saturated fatty acids	14.7%	26.9%	33.0%	25.4%
Poly unsaturated fatty acids	17.2%	28.8%	37.9%	16.2%
Trans-fatty acids	14.7%	25.8%	30.7%	28.8%
Alpha Linolenic Acid	19.0%	29.6%	37.2%	14.2%
EPA and DHA	6.1%	31.1%	49.4%	13.4%
Unsaturated fatty acids-cis	14.2%	27.5%	39.2%	19.1%
Linoleic acid	17.4%	28.6%	37.8%	16.2%
Carbohydrates	19.6%	23.3%	26.7%	30.5%
Mono- and disaccharides	18.2%	17.2%	20.0%	44.5%
Polysaccharides	20.8%	28.3%	32.4%	18.5%
Fibre	19.2%	27.5%	34.7%	18.6%
Alcohol	0.0%	3.4%	18.3%	78.3%
Water	16.4%	16.0%	20.5%	47.0%

Table 3.2.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.2%	24.0%	32.1%	26.8%
Protein	16.5%	29.0%	40.0%	14.5%
Vegetable protein	23.1%	28.5%	29.6%	18.8%
Animal protein	12.5%	29.6%	46.1%	11.9%
Fat	15.7%	26.3%	36.8%	21.2%
Saturated fatty acids	16.1%	25.7%	33.1%	25.0%
Poly unsaturated fatty acids	18.1%	29.4%	38.2%	14.4%
Trans-fatty acids	17.2%	24.6%	30.2%	28.0%
Alpha Linolenic Acid	20.5%	29.6%	36.4%	13.5%
EPA and DHA	8.0%	30.9%	48.6%	12.5%
Unsaturated fatty acids-cis	15.4%	26.9%	39.6%	18.1%
Linoleic acid	18.2%	29.2%	38.5%	14.1%
Carbohydrates	20.6%	23.0%	27.6%	28.9%
Mono- and disaccharides	19.9%	17.9%	20.1%	42.2%
Polysaccharides	20.8%	27.6%	34.0%	17.6%
Fibre	20.8%	27.0%	35.0%	17.2%
Alcohol	0.0%	1.7%	18.0%	80.3%
Water	16.1%	15.8%	22.8%	45.3%

Group=Female older adults (n=366)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.6%	25.8%	32.0%	26.6%
Protein	13.5%	30.2%	40.8%	15.6%
Vegetable protein	21.9%	29.0%	29.2%	19.9%
Animal protein	9.0%	30.9%	47.0%	13.1%
Fat	13.6%	27.9%	36.1%	22.4%
Saturated fatty acids	13.7%	27.7%	32.9%	25.7%
Poly unsaturated fatty acids	16.6%	28.4%	37.7%	17.4%
Trans-fatty acids	13.1%	26.5%	31.0%	29.3%
Alpha Linolenic Acid	18.1%	29.5%	37.8%	14.6%
EPA and DHA	4.9%	31.2%	49.9%	14.1%
Unsaturated fatty acids-cis	13.5%	27.8%	39.0%	19.7%
Linoleic acid	16.8%	28.2%	37.4%	17.6%
Carbohydrates	19.0%	23.4%	26.1%	31.5%
Mono- and disaccharides	17.2%	16.8%	20.0%	46.0%
Polysaccharides	20.8%	28.7%	31.3%	19.2%
Fibre	18.2%	27.8%	34.4%	19.6%
Alcohol	0.0%	4.8%	18.6%	76.6%
Water	16.7%	16.2%	19.0%	48.2%

Table 3.3.a Average contribution of food consumption occasions to the intake of macronutrients of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.0%	24.9%	32.0%	27.1%
Protein	14.8%	29.8%	40.2%	15.3%
Vegetable protein	22.3%	28.9%	29.2%	19.6%
Animal protein	10.5%	30.3%	46.4%	12.8%
Fat	14.1%	27.3%	37.1%	21.5%
Saturated fatty acids	14.2%	26.8%	34.0%	25.1%
Poly unsaturated fatty acids	17.5%	29.8%	37.4%	15.3%
Trans-fatty acids	14.2%	25.4%	31.7%	28.7%
Alpha Linolenic Acid	20.0%	30.6%	36.2%	13.3%
EPA and DHA	5.6%	33.6%	48.7%	12.1%
Unsaturated fatty acids-cis	14.1%	27.8%	39.5%	18.6%
Linoleic acid	17.9%	29.6%	37.3%	15.2%
Carbohydrates	19.6%	23.3%	26.2%	31.0%
Mono- and disaccharides	18.0%	17.5%	19.5%	45.0%
Polysaccharides	20.8%	28.3%	32.3%	18.5%
Fibre	19.2%	27.2%	34.2%	19.4%
Alcohol	0.0%	2.6%	20.9%	76.5%
Water	16.1%	15.2%	21.2%	47.4%

Group=Older adults - 80 years and older (n=225)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.5%	25.3%	32.3%	25.9%
Protein	14.4%	29.7%	41.0%	14.9%
Vegetable protein	22.5%	28.6%	29.6%	19.2%
Animal protein	10.1%	30.5%	47.1%	12.3%
Fat	15.0%	27.1%	35.1%	22.8%
Saturated fatty acids	15.6%	27.2%	31.1%	26.1%
Poly unsaturated fatty acids	16.5%	26.8%	38.8%	17.8%
Trans-fatty acids	15.6%	26.6%	28.8%	29.0%
Alpha Linolenic Acid	17.3%	27.7%	39.1%	15.9%
EPA and DHA	7.0%	26.4%	50.7%	15.9%
Unsaturated fatty acids-cis	14.5%	26.8%	38.7%	19.9%
Linoleic acid	16.4%	26.6%	38.8%	18.2%
Carbohydrates	19.7%	23.2%	27.4%	29.6%
Mono- and disaccharides	18.7%	16.7%	21.0%	43.6%
Polysaccharides	20.8%	28.1%	32.5%	18.7%
Fibre	19.2%	28.1%	35.6%	17.2%
Alcohol	0.0%	4.9%	13.2%	81.9%
Water	17.1%	17.5%	19.2%	46.3%

Table 3.3.b Average contribution of food consumption occasions to the intake of macronutrients of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.2%	23.9%	32.6%	27.2%
Protein	15.4%	29.4%	40.5%	14.8%
Vegetable protein	22.2%	28.2%	30.5%	19.2%
Animal protein	11.3%	30.3%	46.1%	12.3%
Fat	14.5%	26.5%	37.7%	21.3%
Saturated fatty acids	15.1%	26.3%	33.5%	25.1%
Poly unsaturated fatty acids	16.9%	29.3%	39.5%	14.4%
Trans-fatty acids	16.0%	24.2%	30.6%	29.1%
Alpha Linolenic Acid	19.8%	29.6%	37.0%	13.6%
EPA and DHA	6.4%	31.8%	48.5%	13.3%
Unsaturated fatty acids-cis	14.0%	26.8%	41.0%	18.2%
Linoleic acid	17.1%	29.0%	39.9%	14.1%
Carbohydrates	20.0%	22.8%	27.8%	29.4%
Mono- and disaccharides	19.2%	17.8%	20.0%	43.0%
Polysaccharides	20.2%	27.1%	34.7%	18.0%
Fibre	20.0%	26.7%	35.8%	17.5%
Alcohol	0.0%	1.8%	19.8%	78.5%
Water	15.3%	15.2%	22.9%	46.6%

Group=Male older adults - 80 years and older (n=103)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.9%	25.7%	31.4%	26.9%
Protein	14.3%	30.1%	40.0%	15.6%
Vegetable protein	22.5%	29.4%	28.2%	19.9%
Animal protein	10.0%	30.3%	46.6%	13.2%
Fat	13.8%	28.0%	36.6%	21.6%
Saturated fatty acids	13.4%	27.1%	34.4%	25.1%
Poly unsaturated fatty acids	18.1%	30.2%	35.7%	16.0%
Trans-fatty acids	12.9%	26.2%	32.6%	28.3%
Alpha Linolenic Acid	20.1%	31.3%	35.6%	13.0%
EPA and DHA	5.0%	34.9%	48.9%	11.2%
Unsaturated fatty acids-cis	14.1%	28.6%	38.3%	18.9%
Linoleic acid	18.5%	30.2%	35.2%	16.1%
Carbohydrates	19.2%	23.6%	25.0%	32.2%
Mono- and disaccharides	17.0%	17.3%	19.1%	46.6%
Polysaccharides	21.3%	29.3%	30.5%	18.9%
Fibre	18.6%	27.6%	32.9%	20.9%
Alcohol	0.0%	3.6%	22.2%	74.2%
Water	16.7%	15.2%	19.9%	48.1%

Group=Female older adults - 70-79 years (n=244)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	19.6%	24.1%	30.8%	25.5%
Protein	19.5%	28.0%	38.8%	13.6%
Vegetable protein	25.5%	29.2%	27.4%	17.9%
Animal protein	15.7%	27.5%	46.1%	10.7%
Fat	18.8%	25.8%	34.3%	21.0%
Saturated fatty acids	18.9%	24.2%	32.0%	24.9%
Poly unsaturated fatty acids	21.4%	29.6%	34.7%	14.3%
Trans-fatty acids	20.5%	25.5%	29.1%	24.9%
Alpha Linolenic Acid	22.4%	29.7%	34.6%	13.4%
EPA and DHA	12.3%	28.5%	48.9%	10.3%
Unsaturated fatty acids-cis	18.9%	27.0%	36.0%	18.1%
Linoleic acid	21.4%	29.7%	34.7%	14.2%
Carbohydrates	22.1%	23.6%	26.9%	27.4%
Mono- and disaccharides	21.6%	18.1%	20.4%	40.0%
Polysaccharides	22.4%	28.8%	32.1%	16.6%
Fibre	22.8%	27.8%	33.0%	16.3%
Alcohol	0.0%	1.4%	12.5%	86.1%
Water	18.2%	17.2%	22.8%	41.8%

Group=Female older adults - 80 years and older (n=122)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.1%	25.9%	32.9%	26.1%
Protein	12.1%	30.4%	42.0%	15.5%
Vegetable protein	21.1%	28.4%	30.6%	19.8%
Animal protein	7.6%	31.9%	47.5%	13.0%
Fat	13.3%	27.7%	35.5%	23.5%
Saturated fatty acids	14.1%	28.5%	30.7%	26.7%
Poly unsaturated fatty acids	14.3%	25.6%	40.7%	19.4%
Trans-fatty acids	13.5%	27.0%	28.7%	30.9%
Alpha Linolenic Acid	15.0%	26.8%	41.1%	17.0%
EPA and DHA	4.6%	25.4%	51.5%	18.6%
Unsaturated fatty acids-cis	12.5%	26.7%	40.0%	20.8%
Linoleic acid	14.2%	25.2%	40.7%	20.0%
Carbohydrates	18.7%	23.1%	27.7%	30.5%
Mono- and disaccharides	17.4%	16.1%	21.3%	45.2%
Polysaccharides	20.0%	27.8%	32.6%	19.6%
Fibre	17.5%	28.2%	36.7%	17.6%
Alcohol	0.0%	6.6%	13.5%	79.9%
Water	16.5%	17.6%	17.6%	48.3%

Table 3.4.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.5%	26.1%	31.5%	25.9%
Protein	14.9%	31.7%	38.2%	15.1%
Vegetable protein	23.5%	28.7%	29.1%	18.7%
Animal protein	10.2%	33.4%	43.6%	12.8%
Fat	15.0%	28.3%	36.3%	20.4%
Saturated fatty acids	14.4%	27.1%	34.8%	23.6%
Poly unsaturated fatty acids	18.5%	30.0%	36.5%	15.0%
Trans-fatty acids	14.3%	24.7%	32.1%	28.9%
Alpha Linolenic Acid	20.0%	30.8%	35.6%	13.7%
EPA and DHA	4.6%	38.2%	46.2%	11.1%
Unsaturated fatty acids-cis	15.4%	29.3%	37.6%	17.7%
Linoleic acid	18.8%	30.0%	36.5%	14.7%
Carbohydrates	19.0%	23.8%	26.4%	30.8%
Mono- and disaccharides	16.2%	18.2%	19.6%	46.0%
Polysaccharides	21.3%	28.6%	32.3%	17.7%
Fibre	19.2%	28.6%	32.5%	19.6%
Alcohol	0.0%	4.3%	11.6%	84.2%
Water	16.0%	17.3%	20.3%	46.4%

Group=Older adults - Moderate education (n=250)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.8%	25.1%	33.2%	25.9%
Protein	13.7%	29.3%	42.8%	14.1%
Vegetable protein	22.0%	28.6%	30.2%	19.3%
Animal protein	9.4%	29.8%	49.3%	11.5%
Fat	14.1%	27.2%	37.3%	21.3%
Saturated fatty acids	14.7%	27.9%	32.4%	25.0%
Poly unsaturated fatty acids	16.5%	27.2%	40.2%	16.1%
Trans-fatty acids	14.4%	26.9%	30.3%	28.5%
Alpha Linolenic Acid	18.6%	28.2%	39.6%	13.6%
EPA and DHA	5.5%	29.3%	50.0%	15.2%
Unsaturated fatty acids-cis	13.6%	26.4%	41.6%	18.3%
Linoleic acid	16.7%	26.5%	40.2%	16.6%
Carbohydrates	19.8%	23.4%	27.5%	29.3%
Mono- and disaccharides	19.2%	16.8%	21.0%	43.1%
Polysaccharides	20.5%	28.2%	32.7%	18.5%
Fibre	18.9%	26.5%	37.2%	17.5%
Alcohol	0.0%	3.6%	15.6%	80.8%
Water	16.6%	15.8%	19.7%	48.0%

Group=Older adults - High education (n=156)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.1%	23.0%	31.0%	30.0%
Protein	15.1%	26.2%	40.4%	18.3%
Vegetable protein	21.0%	28.7%	28.6%	21.7%
Animal protein	11.4%	25.4%	47.0%	16.2%
Fat	13.3%	25.1%	35.6%	25.9%
Saturated fatty acids	14.2%	24.7%	31.4%	29.7%
Poly unsaturated fatty acids	15.9%	28.2%	37.0%	19.0%
Trans-fatty acids	14.8%	24.3%	28.5%	32.4%
Alpha Linolenic Acid	18.1%	27.9%	37.2%	16.9%
EPA and DHA	10.3%	23.1%	50.0%	16.6%
Unsaturated fatty acids-cis	12.8%	25.5%	38.8%	23.0%
Linoleic acid	16.0%	28.1%	36.8%	19.1%
Carbohydrates	20.4%	21.7%	25.2%	32.8%
Mono- and disaccharides	20.7%	15.8%	18.9%	44.5%
Polysaccharides	20.0%	27.1%	31.1%	21.7%
Fibre	19.7%	26.4%	34.5%	19.5%
Alcohol	0.0%	3.1%	22.4%	74.5%
Water	17.4%	13.9%	21.1%	47.6%

Table 3.4.b Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	18.8%	24.7%	32.7%	23.8%
Protein	17.9%	31.2%	38.3%	12.6%
Vegetable protein	25.2%	26.1%	31.5%	17.2%
Animal protein	13.4%	34.4%	42.2%	9.9%
Fat	17.0%	27.5%	38.0%	17.5%
Saturated fatty acids	17.0%	26.8%	34.8%	21.4%
Poly unsaturated fatty acids	20.1%	28.1%	40.2%	11.6%
Trans-fatty acids	18.4%	24.9%	31.9%	24.8%
Alpha Linolenic Acid	23.0%	27.7%	38.9%	10.4%
EPA and DHA	5.1%	34.3%	48.2%	12.4%
Unsaturated fatty acids-cis	16.9%	27.9%	40.5%	14.7%
Linoleic acid	20.4%	28.2%	40.0%	11.4%
Carbohydrates	21.8%	22.3%	28.2%	27.7%
Mono- and disaccharides	19.9%	18.1%	19.9%	42.1%
Polysaccharides	22.2%	25.9%	35.1%	16.8%
Fibre	21.8%	27.5%	34.3%	16.4%
Alcohol	0.0%	0.7%	12.1%	87.2%
Water	16.3%	18.2%	21.9%	43.7%

Group=Male older adults - Moderate Education (n=129)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	23.9%	32.1%	27.7%
Protein	15.6%	28.6%	40.4%	15.4%
Vegetable protein	23.2%	28.4%	29.3%	19.1%
Animal protein	11.2%	28.7%	46.7%	13.4%
Fat	15.0%	26.4%	37.7%	20.9%
Saturated fatty acids	15.1%	26.0%	34.1%	24.8%
Poly unsaturated fatty acids	18.2%	29.2%	38.5%	14.1%
Trans-fatty acids	15.3%	23.4%	31.6%	29.8%
Alpha Linolenic Acid	20.3%	29.8%	35.5%	14.4%
EPA and DHA	8.1%	35.1%	45.6%	11.3%
Unsaturated fatty acids-cis	15.0%	26.7%	40.7%	17.6%
Linoleic acid	18.5%	28.4%	39.3%	13.9%
Carbohydrates	19.7%	23.3%	27.5%	29.6%
Mono- and disaccharides	18.5%	18.0%	19.9%	43.5%
Polysaccharides	20.6%	28.0%	33.9%	17.5%
Fibre	21.1%	25.0%	35.9%	18.1%
Alcohol	0.0%	1.5%	9.4%	89.1%
Water	15.5%	14.7%	21.9%	47.9%

Group=Male older adults - High Education (n=86)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	23.3%	31.0%	29.3%
Protein	15.2%	26.8%	40.5%	17.5%
Vegetable protein	20.6%	29.8%	28.6%	21.0%
Animal protein	12.1%	25.4%	47.6%	14.8%
Fat	14.3%	24.6%	35.0%	26.1%
Saturated fatty acids	15.6%	24.1%	31.1%	29.2%
Poly unsaturated fatty acids	16.2%	29.2%	35.6%	18.9%
Trans-fatty acids	16.8%	22.9%	25.6%	34.7%
Alpha Linolenic Acid	17.8%	29.3%	35.3%	17.5%
EPA and DHA	11.8%	28.3%	41.9%	17.9%
Unsaturated fatty acids-cis	13.7%	25.3%	37.8%	23.2%
Linoleic acid	16.1%	28.6%	36.7%	18.6%
Carbohydrates	21.0%	23.0%	26.8%	29.1%
Mono- and disaccharides	23.1%	17.3%	20.6%	39.0%
Polysaccharides	19.4%	27.7%	32.4%	20.5%
Fibre	19.1%	27.8%	35.3%	17.8%
Alcohol	0.0%	4.0%	14.4%	81.6%
Water	17.0%	14.9%	23.4%	44.7%

Group=Female older adults - Low Education (n=169)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.6%	26.7%	31.0%	26.7%
Protein	13.7%	32.0%	38.2%	16.1%
Vegetable protein	22.7%	29.7%	28.1%	19.4%
Animal protein	8.9%	33.0%	44.2%	14.0%
Fat	14.2%	28.6%	35.6%	21.7%
Saturated fatty acids	13.4%	27.3%	34.8%	24.6%
Poly unsaturated fatty acids	17.9%	30.8%	35.0%	16.4%
Trans-fatty acids	12.6%	24.7%	32.2%	30.6%
Alpha Linolenic Acid	18.7%	32.1%	34.2%	15.0%
EPA and DHA	4.4%	39.8%	45.3%	10.5%
Unsaturated fatty acids-cis	14.7%	29.9%	36.4%	19.0%
Linoleic acid	18.2%	30.7%	35.0%	16.0%
Carbohydrates	17.9%	24.4%	25.7%	32.1%
Mono- and disaccharides	14.7%	18.2%	19.5%	47.7%
Polysaccharides	20.9%	29.8%	31.2%	18.1%
Fibre	18.2%	29.1%	31.8%	20.9%
Alcohol	0.0%	6.4%	11.2%	82.4%
Water	15.9%	17.0%	19.6%	47.6%

Group=Female older adults - Moderate Education (n=121)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.5%	25.9%	33.9%	24.7%
Protein	12.5%	29.8%	44.4%	13.4%
Vegetable protein	21.2%	28.8%	30.7%	19.3%
Animal protein	8.3%	30.5%	51.0%	10.2%
Fat	13.5%	27.8%	37.1%	21.6%
Saturated fatty acids	14.5%	29.0%	31.3%	25.1%

Group=Female older adults - Moderate Education (n=121)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Poly unsaturated fatty acids	15.5%	26.0%	41.2%	17.3%
Trans-fatty acids	13.8%	29.0%	29.5%	27.7%
Alpha Linolenic Acid	17.5%	27.3%	42.1%	13.2%
EPA and DHA	3.9%	25.6%	52.8%	17.7%
Unsaturated fatty acids-cis	12.8%	26.2%	42.3%	18.8%
Linoleic acid	15.6%	25.4%	40.8%	18.2%
Carbohydrates	20.0%	23.5%	27.5%	29.1%
Mono- and disaccharides	19.6%	16.0%	21.6%	42.8%
Polysaccharides	20.5%	28.4%	32.0%	19.1%
Fibre	17.4%	27.4%	38.1%	17.1%
Alcohol	0.0%	5.0%	19.6%	75.3%
Water	17.2%	16.5%	18.3%	48.0%

Group=Female older adults - High Education (n=70)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.7%	22.7%	31.0%	30.6%
Protein	14.9%	25.7%	40.4%	19.0%
Vegetable protein	21.3%	27.7%	28.6%	22.3%
Animal protein	10.8%	25.4%	46.3%	17.5%
Fat	12.3%	25.6%	36.2%	25.8%
Saturated fatty acids	12.9%	25.2%	31.7%	30.2%
Poly unsaturated fatty acids	15.5%	27.2%	38.2%	19.1%
Trans-fatty acids	13.0%	25.6%	31.1%	30.3%
Alpha Linolenic Acid	18.3%	26.6%	38.8%	16.2%
EPA and DHA	8.9%	18.3%	57.4%	15.4%
Unsaturated fatty acids-cis	11.9%	25.6%	39.7%	22.8%
Linoleic acid	15.9%	27.6%	36.8%	19.6%
Carbohydrates	19.8%	20.5%	23.6%	36.1%
Mono- and disaccharides	18.6%	14.5%	17.4%	49.5%
Polysaccharides	20.7%	26.6%	29.9%	22.8%
Fibre	20.2%	25.1%	33.7%	21.0%
Alcohol	0.0%	2.1%	31.1%	66.8%
Water	17.8%	13.0%	18.9%	50.3%

Table 3.5.a Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.8%	23.1%	33.4%	26.7%
Protein	14.2%	26.2%	43.6%	16.1%
Vegetable protein	21.6%	26.9%	31.6%	19.9%
Animal protein	10.2%	26.2%	50.0%	13.6%
Fat	14.7%	25.3%	36.5%	23.6%
Saturated fatty acids	15.5%	26.9%	31.3%	26.4%
Poly unsaturated fatty acids	16.2%	23.8%	40.8%	19.2%
Trans-fatty acids	16.3%	27.7%	27.6%	28.4%
Alpha Linolenic Acid	17.7%	26.0%	40.6%	15.6%
EPA and DHA	5.9%	22.2%	53.6%	18.3%
Unsaturated fatty acids-cis	14.0%	23.7%	41.3%	21.1%
Linoleic acid	16.4%	23.5%	40.9%	19.2%
Carbohydrates	20.9%	21.8%	27.4%	29.9%
Mono- and disaccharides	20.7%	16.1%	19.3%	43.9%
Polysaccharides	20.7%	26.3%	34.6%	18.4%
Fibre	19.0%	24.8%	38.7%	17.5%
Alcohol	0.0%	2.1%	22.6%	75.3%
Water	16.9%	14.7%	21.0%	47.4%

Group=Older adults - Overweight and obese (n=523)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.9%	25.8%	31.6%	26.7%
Protein	14.7%	31.2%	39.5%	14.5%
Vegetable protein	22.7%	29.6%	28.5%	19.2%
Animal protein	10.3%	32.0%	45.8%	11.9%
Fat	14.3%	28.0%	36.6%	21.2%
Saturated fatty acids	14.2%	26.8%	34.2%	24.8%
Poly unsaturated fatty acids	17.7%	31.2%	36.2%	14.9%
Trans-fatty acids	13.8%	24.6%	32.6%	29.0%
Alpha Linolenic Acid	19.6%	31.3%	35.7%	13.4%
EPA and DHA	6.2%	34.3%	48.2%	11.3%
Unsaturated fatty acids-cis	14.4%	29.0%	38.4%	18.2%
Linoleic acid	17.9%	31.1%	36.0%	15.0%
Carbohydrates	19.0%	23.8%	26.5%	30.7%
Mono- and disaccharides	17.0%	17.7%	20.5%	44.8%
Polysaccharides	20.8%	29.2%	31.6%	18.4%
Fibre	19.4%	28.5%	33.1%	19.0%
Alcohol	0.0%	2.5%	16.7%	80.9%
Water	16.2%	16.4%	20.3%	47.1%

Table 3.5.b Average contribution of food consumption occasions to the intake of macronutrients consumption of the Dutch aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.2%	23.8%	31.9%	27.1%
Protein	15.7%	28.9%	39.8%	15.5%
Vegetable protein	21.5%	29.0%	30.7%	18.8%
Animal protein	12.4%	29.2%	44.8%	13.6%
Fat	14.9%	25.7%	36.0%	23.3%
Saturated fatty acids	16.6%	26.1%	30.0%	27.3%
Poly unsaturated fatty acids	15.4%	27.1%	41.9%	15.6%
Trans-fatty acids	20.2%	27.1%	25.4%	27.3%
Alpha Linolenic Acid	17.9%	27.9%	39.7%	14.5%
EPA and DHA	7.1%	19.7%	60.1%	13.1%
Unsaturated fatty acids-cis	13.8%	25.4%	40.9%	19.9%
Linoleic acid	15.5%	27.3%	42.3%	14.9%
Carbohydrates	21.6%	23.0%	26.5%	28.9%
Mono- and disaccharides	22.4%	19.7%	16.4%	41.5%
Polysaccharides	20.1%	26.9%	35.9%	17.1%
Fibre	19.7%	27.7%	37.3%	15.3%
Alcohol	0.0%	3.1%	30.2%	66.7%
Water	15.9%	15.8%	24.5%	43.7%

Group=Male older adults - overweight and obese (n=278)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.1%	24.0%	32.1%	26.8%
Protein	16.6%	29.0%	40.4%	14.0%
Vegetable protein	23.5%	28.2%	29.3%	19.0%
Animal protein	12.2%	29.7%	47.0%	11.0%
Fat	16.1%	26.6%	37.1%	20.2%
Saturated fatty acids	16.1%	25.7%	34.4%	23.8%
Poly unsaturated fatty acids	19.3%	30.5%	36.3%	13.9%
Trans-fatty acids	16.1%	23.2%	32.2%	28.5%
Alpha Linolenic Acid	21.3%	30.0%	35.5%	13.2%
EPA and DHA	8.4%	34.3%	44.9%	12.5%
Unsaturated fatty acids-cis	16.1%	27.5%	39.1%	17.3%
Linoleic acid	19.4%	30.2%	36.6%	13.9%
Carbohydrates	20.1%	23.0%	27.8%	29.2%
Mono- and disaccharides	18.8%	17.2%	21.2%	42.8%
Polysaccharides	21.0%	27.8%	33.2%	17.9%
Fibre	21.1%	26.8%	34.3%	17.7%
Alcohol	0.0%	1.0%	12.7%	86.2%
Water	16.0%	15.8%	22.0%	46.2%

Group=Female older adults - under and normal weight (n=102)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.5%	22.8%	34.4%	26.4%
Protein	13.3%	24.5%	45.8%	16.4%
Vegetable protein	21.7%	25.6%	32.1%	20.6%
Animal protein	8.8%	24.4%	53.2%	13.6%
Fat	14.5%	25.0%	36.8%	23.7%
Saturated fatty acids	14.7%	27.4%	32.1%	25.8%
Poly unsaturated fatty acids	16.7%	21.8%	40.1%	21.4%
Trans-fatty acids	14.0%	28.0%	29.0%	29.1%
Alpha Linolenic Acid	17.7%	24.9%	41.2%	16.3%
EPA and DHA	5.1%	23.8%	49.6%	21.5%
Unsaturated fatty acids-cis	14.1%	22.6%	41.5%	21.8%
Linoleic acid	17.0%	21.1%	40.1%	21.8%
Carbohydrates	20.4%	21.1%	28.0%	30.5%
Mono- and disaccharides	19.6%	13.9%	21.1%	45.4%
Polysaccharides	21.1%	25.9%	33.8%	19.2%
Fibre	18.6%	23.0%	39.7%	18.8%
Alcohol	0.0%	1.5%	17.7%	80.9%
Water	17.4%	14.1%	18.9%	49.6%

Group=Female older adults - overweight and obese (n=245)

Macronutrient	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.0%	27.0%	31.3%	26.6%
Protein	13.4%	32.7%	38.9%	14.9%
Vegetable protein	22.1%	30.6%	27.9%	19.4%
Animal protein	8.9%	33.6%	45.0%	12.6%
Fat	13.0%	28.9%	36.3%	21.8%
Saturated fatty acids	12.9%	27.7%	34.0%	25.5%
Poly unsaturated fatty acids	16.6%	31.7%	36.1%	15.6%
Trans-fatty acids	12.1%	25.6%	32.9%	29.3%
Alpha Linolenic Acid	18.5%	32.2%	35.8%	13.6%
EPA and DHA	4.6%	34.3%	50.6%	10.5%
Unsaturated fatty acids-cis	13.2%	30.0%	38.0%	18.8%
Linoleic acid	16.9%	31.8%	35.6%	15.8%
Carbohydrates	18.2%	24.4%	25.5%	31.8%
Mono- and disaccharides	15.8%	18.0%	20.0%	46.2%
Polysaccharides	20.6%	30.1%	30.5%	18.8%
Fibre	18.2%	29.6%	32.3%	19.9%
Alcohol	0.0%	3.9%	20.7%	75.4%
Water	16.3%	16.9%	19.1%	47.7%

Table 4.1 Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.1%	23.2%	29.3%	21.9%	0.1%	1.9%	2.7%	4.8%
Protein	14.5%	27.5%	37.0%	12.5%	0.1%	2.3%	3.5%	2.6%
Vegetable protein	22.2%	26.8%	27.6%	16.2%	0.2%	2.0%	1.8%	3.2%
Animal protein	10.3%	28.1%	42.4%	10.3%	0.1%	2.3%	4.2%	2.3%
Fat	14.3%	25.3%	33.3%	17.5%	0.1%	1.9%	3.1%	4.4%
Saturated fatty acids	14.6%	25.1%	30.2%	20.3%	0.1%	1.8%	2.8%	5.2%
Poly unsaturated fatty acids	17.1%	26.5%	34.6%	12.9%	0.1%	2.3%	3.2%	3.2%
Trans-fatty acids	14.6%	24.2%	28.3%	21.1%	0.1%	1.6%	2.4%	7.7%
Alpha Linolenic Acid	18.9%	27.3%	34.7%	11.6%	0.2%	2.3%	2.5%	2.6%
EPA and DHA	6.0%	28.2%	45.0%	10.4%	0.1%	2.9%	4.3%	3.0%
Unsaturated fatty acids-cis	14.1%	25.4%	35.9%	15.3%	0.1%	2.0%	3.4%	3.8%
Linoleic acid	17.3%	26.3%	34.5%	13.0%	0.1%	2.3%	3.3%	3.3%
Carbohydrates	19.4%	21.6%	24.7%	25.6%	0.2%	1.7%	2.0%	4.9%
Mono- and disaccharides	18.1%	16.0%	18.4%	37.7%	0.2%	1.2%	1.6%	6.8%
Polysaccharides	20.6%	26.2%	30.1%	15.2%	0.2%	2.1%	2.3%	3.4%
Fibre	19.1%	25.6%	32.6%	16.3%	0.1%	1.9%	2.1%	2.4%
Alcohol	0.0%	2.1%	12.8%	54.5%	0.0%	1.3%	5.5%	23.8%
Water	16.3%	14.7%	18.8%	41.1%	0.1%	1.3%	1.7%	5.9%

Table 4.2 Average contribution of places and moments of consumption the intake of macronutrients of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.1%	22.3%	30.2%	22.7%	0.1%	1.6%	1.9%	4.0%
Protein	16.4%	27.2%	37.8%	12.3%	0.1%	1.8%	2.2%	2.2%
Vegetable protein	23.0%	26.4%	28.4%	15.9%	0.1%	2.0%	1.2%	2.9%
Animal protein	12.4%	27.9%	43.3%	10.1%	0.1%	1.6%	2.8%	1.8%
Fat	15.6%	24.6%	34.7%	17.8%	0.1%	1.7%	2.1%	3.4%
Saturated fatty acids	16.0%	23.9%	31.2%	21.1%	0.1%	1.9%	1.9%	3.9%
Poly unsaturated fatty acids	18.0%	27.5%	35.9%	12.1%	0.1%	1.9%	2.3%	2.3%
Trans-fatty acids	17.1%	22.7%	28.9%	21.7%	0.1%	1.9%	1.3%	6.3%
Alpha Linolenic Acid	20.4%	27.6%	35.0%	11.6%	0.1%	2.1%	1.4%	1.9%
EPA and DHA	8.0%	29.4%	45.9%	10.1%	0.0%	1.6%	2.7%	2.3%
Unsaturated fatty acids-cis	15.3%	25.2%	37.3%	15.2%	0.1%	1.7%	2.3%	3.0%
Linoleic acid	18.2%	27.3%	36.1%	11.9%	0.1%	1.8%	2.4%	2.3%
Carbohydrates	20.4%	21.4%	26.0%	24.7%	0.1%	1.6%	1.5%	4.1%
Mono- and disaccharides	19.7%	16.7%	18.7%	36.6%	0.1%	1.2%	1.4%	5.5%
Polysaccharides	20.7%	25.6%	32.4%	14.7%	0.1%	2.0%	1.6%	3.0%
Fibre	20.7%	25.2%	33.5%	14.9%	0.1%	1.7%	1.5%	2.2%
Alcohol	0.0%	1.5%	15.8%	62.4%	0.0%	0.2%	2.2%	17.9%
Water	16.0%	14.7%	21.5%	39.4%	0.1%	1.1%	1.4%	5.9%

Group=Female older adults (n=366)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.4%	23.8%	28.8%	21.3%	0.2%	2.0%	3.3%	5.3%
Protein	13.3%	27.6%	36.5%	12.6%	0.2%	2.6%	4.3%	3.0%
Vegetable protein	21.7%	27.0%	27.0%	16.5%	0.3%	2.0%	2.1%	3.4%
Animal protein	8.9%	28.2%	41.8%	10.4%	0.1%	2.8%	5.2%	2.7%
Fat	13.5%	25.8%	32.4%	17.3%	0.1%	2.0%	3.8%	5.1%
Saturated fatty acids	13.6%	25.9%	29.6%	19.8%	0.1%	1.8%	3.3%	6.0%
Poly unsaturated fatty acids	16.4%	25.8%	33.9%	13.5%	0.2%	2.5%	3.8%	3.9%
Trans-fatty acids	13.0%	25.2%	27.9%	20.6%	0.1%	1.4%	3.1%	8.7%
Alpha Linolenic Acid	17.9%	27.1%	34.5%	11.6%	0.2%	2.4%	3.3%	3.0%
EPA and DHA	4.7%	27.4%	44.4%	10.6%	0.2%	3.8%	5.5%	3.5%
Unsaturated fatty acids-cis	13.4%	25.6%	34.9%	15.4%	0.1%	2.3%	4.1%	4.3%
Linoleic acid	16.7%	25.6%	33.5%	13.7%	0.2%	2.6%	3.9%	3.9%
Carbohydrates	18.8%	21.7%	23.8%	26.2%	0.2%	1.7%	2.3%	5.4%
Mono- and disaccharides	17.0%	15.6%	18.2%	38.3%	0.2%	1.3%	1.8%	7.7%
Polysaccharides	20.5%	26.5%	28.6%	15.6%	0.2%	2.2%	2.7%	3.6%
Fibre	18.0%	25.9%	32.0%	17.1%	0.2%	2.0%	2.4%	2.4%
Alcohol	0.0%	2.6%	10.3%	47.7%	0.0%	2.2%	8.3%	28.9%
Water	16.5%	14.7%	17.0%	42.2%	0.2%	1.4%	2.0%	6.0%

Table 4.3.a Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.9%	23.2%	29.6%	22.3%	0.1%	1.8%	2.4%	4.7%
Protein	14.7%	27.6%	37.4%	12.8%	0.1%	2.2%	2.8%	2.5%
Vegetable protein	22.1%	27.0%	27.6%	16.2%	0.2%	1.9%	1.6%	3.4%
Animal protein	10.5%	28.1%	43.0%	10.7%	0.1%	2.2%	3.4%	2.1%
Fat	14.0%	25.5%	34.4%	17.3%	0.1%	1.8%	2.6%	4.2%
Saturated fatty acids	14.1%	25.0%	31.5%	20.1%	0.1%	1.8%	2.5%	5.0%
Poly unsaturated fatty acids	17.4%	27.8%	34.8%	12.6%	0.1%	2.0%	2.6%	2.7%
Trans-fatty acids	14.2%	23.8%	29.6%	20.4%	0.1%	1.5%	2.1%	8.3%
Alpha Linolenic Acid	19.8%	28.3%	34.3%	11.0%	0.1%	2.3%	1.9%	2.3%
EPA and DHA	5.5%	30.8%	44.6%	9.5%	0.1%	2.8%	4.0%	2.6%
Unsaturated fatty acids-cis	14.0%	25.9%	36.8%	15.0%	0.1%	1.9%	2.7%	3.6%
Linoleic acid	17.8%	27.6%	34.6%	12.6%	0.1%	2.0%	2.6%	2.6%
Carbohydrates	19.4%	21.7%	24.4%	26.1%	0.2%	1.6%	1.9%	4.9%
Mono- and disaccharides	17.8%	16.4%	17.9%	38.6%	0.2%	1.2%	1.6%	6.4%
Polysaccharides	20.6%	26.4%	30.3%	15.0%	0.2%	2.0%	2.1%	3.5%
Fibre	19.1%	25.5%	32.4%	17.0%	0.1%	1.6%	1.8%	2.4%
Alcohol	0.0%	1.7%	15.4%	57.7%	0.0%	0.9%	5.5%	18.8%
Water	16.0%	14.2%	19.7%	41.2%	0.2%	1.1%	1.5%	6.3%

Group=Older adults - 80 years and older (n=225)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	23.3%	28.9%	21.0%	0.1%	2.1%	3.4%	4.8%
Protein	14.3%	27.2%	36.2%	12.0%	0.1%	2.5%	4.8%	2.9%
Vegetable protein	22.3%	26.5%	27.5%	16.3%	0.2%	2.2%	2.1%	2.9%
Animal protein	10.0%	28.0%	41.3%	9.5%	0.1%	2.5%	5.8%	2.8%
Fat	14.9%	25.0%	31.1%	18.0%	0.1%	2.1%	4.0%	4.8%
Saturated fatty acids	15.5%	25.3%	27.8%	20.7%	0.1%	1.8%	3.3%	5.4%
Poly unsaturated fatty acids	16.4%	24.1%	34.4%	13.6%	0.1%	2.7%	4.4%	4.2%
Trans-fatty acids	15.5%	24.9%	25.8%	22.3%	0.1%	1.7%	3.0%	6.7%
Alpha Linolenic Acid	17.1%	25.4%	35.4%	12.8%	0.2%	2.3%	3.7%	3.1%
EPA and DHA	7.0%	23.3%	45.7%	12.1%	0.0%	3.1%	4.9%	3.8%
Unsaturated fatty acids-cis	14.5%	24.5%	34.1%	15.8%	0.1%	2.3%	4.6%	4.1%
Linoleic acid	16.3%	23.7%	34.4%	13.7%	0.1%	2.8%	4.5%	4.5%
Carbohydrates	19.6%	21.4%	25.2%	24.7%	0.2%	1.8%	2.2%	4.9%
Mono- and disaccharides	18.5%	15.4%	19.3%	35.9%	0.2%	1.4%	1.7%	7.7%
Polysaccharides	20.6%	25.7%	29.8%	15.6%	0.2%	2.4%	2.7%	3.0%
Fibre	19.0%	25.8%	33.1%	14.9%	0.2%	2.3%	2.5%	2.3%
Alcohol	0.0%	2.9%	7.7%	48.1%	0.0%	2.0%	5.5%	33.9%
Water	16.9%	15.8%	17.1%	41.0%	0.1%	1.7%	2.1%	5.3%

Table 4.3.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.1%	22.4%	30.3%	22.8%	0.1%	1.5%	2.3%	4.4%
Protein	15.3%	27.6%	37.8%	12.4%	0.1%	1.8%	2.7%	2.4%
Vegetable protein	22.0%	26.3%	28.9%	15.9%	0.1%	1.9%	1.5%	3.3%
Animal protein	11.2%	28.5%	42.7%	10.3%	0.1%	1.9%	3.3%	2.1%
Fat	14.4%	24.9%	35.1%	17.8%	0.1%	1.6%	2.6%	3.6%
Saturated fatty acids	15.0%	24.5%	31.2%	21.0%	0.1%	1.8%	2.3%	4.1%
Poly unsaturated fatty acids	16.8%	27.6%	36.7%	11.9%	0.1%	1.7%	2.8%	2.4%
Trans-fatty acids	15.9%	22.4%	29.1%	22.3%	0.1%	1.8%	1.6%	6.9%
Alpha Linolenic Acid	19.7%	27.6%	35.4%	11.5%	0.1%	2.0%	1.6%	2.1%
EPA and DHA	6.4%	30.1%	45.3%	10.4%	0.0%	1.8%	3.2%	2.9%
Unsaturated fatty acids-cis	13.9%	25.3%	38.2%	15.0%	0.1%	1.6%	2.8%	3.1%
Linoleic acid	17.0%	27.3%	37.0%	11.7%	0.1%	1.7%	2.9%	2.3%
Carbohydrates	19.8%	21.3%	25.9%	25.0%	0.2%	1.6%	1.9%	4.4%
Mono- and disaccharides	19.0%	16.7%	18.2%	37.1%	0.2%	1.2%	1.8%	5.8%
Polysaccharides	20.1%	25.3%	32.7%	14.6%	0.1%	1.8%	2.0%	3.4%
Fibre	19.9%	25.1%	33.9%	15.0%	0.1%	1.5%	1.9%	2.5%
Alcohol	0.0%	1.5%	17.3%	59.8%	0.0%	0.3%	2.5%	18.7%
Water	15.2%	14.3%	21.1%	40.1%	0.1%	1.0%	1.7%	6.4%

Group=Male older adults - 80 years and older (n=103)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.7%	23.8%	29.0%	21.9%	0.2%	1.9%	2.4%	5.0%
Protein	14.2%	27.6%	37.1%	13.1%	0.2%	2.4%	2.9%	2.6%
Vegetable protein	22.2%	27.4%	26.6%	16.4%	0.3%	1.9%	1.7%	3.5%
Animal protein	9.9%	27.8%	43.2%	11.1%	0.1%	2.5%	3.4%	2.1%
Fat	13.7%	26.0%	33.9%	16.9%	0.1%	2.0%	2.6%	4.8%
Saturated fatty acids	13.3%	25.3%	31.7%	19.3%	0.1%	1.8%	2.6%	5.8%
Poly unsaturated fatty acids	17.9%	28.0%	33.3%	13.1%	0.2%	2.3%	2.4%	2.9%
Trans-fatty acids	12.8%	24.9%	30.0%	18.9%	0.1%	1.3%	2.5%	9.4%
Alpha Linolenic Acid	19.9%	28.9%	33.4%	10.6%	0.2%	2.4%	2.2%	2.5%
EPA and DHA	4.8%	31.3%	44.1%	8.9%	0.3%	3.6%	4.7%	2.3%
Unsaturated fatty acids-cis	14.0%	26.5%	35.7%	15.1%	0.1%	2.2%	2.6%	3.9%
Linoleic acid	18.4%	27.9%	32.8%	13.2%	0.2%	2.3%	2.4%	2.8%
Carbohydrates	19.0%	22.0%	23.2%	26.9%	0.2%	1.6%	1.8%	5.3%
Mono- and disaccharides	16.8%	16.1%	17.7%	39.8%	0.2%	1.2%	1.4%	6.8%
Polysaccharides	21.0%	27.3%	28.4%	15.3%	0.3%	2.1%	2.1%	3.6%
Fibre	18.5%	25.9%	31.2%	18.5%	0.2%	1.7%	1.8%	2.3%
Alcohol	0.0%	1.9%	13.3%	55.3%	0.0%	1.7%	8.9%	18.9%
Water	16.6%	14.1%	18.5%	41.9%	0.2%	1.2%	1.4%	6.2%

Group=Female older adults - 70-79 years (n=244)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	19.6%	22.3%	30.0%	22.4%	0.1%	1.8%	0.7%	3.1%
Protein	19.5%	26.3%	37.8%	12.2%	0.1%	1.7%	1.0%	1.5%
Vegetable protein	25.5%	26.7%	27.0%	15.9%	0.1%	2.5%	0.4%	2.0%
Animal protein	15.7%	26.5%	44.9%	9.6%	0.0%	0.9%	1.2%	1.1%
Fat	18.8%	23.8%	33.4%	18.1%	0.1%	1.9%	0.9%	3.0%
Saturated fatty acids	18.8%	22.1%	31.3%	21.3%	0.1%	2.1%	0.8%	3.6%
Poly unsaturated fatty acids	21.3%	27.3%	33.7%	12.3%	0.1%	2.2%	1.0%	2.0%
Trans-fatty acids	20.4%	23.3%	28.5%	20.3%	0.1%	2.2%	0.6%	4.5%
Alpha Linolenic Acid	22.3%	27.4%	34.0%	11.9%	0.1%	2.2%	0.6%	1.5%
EPA and DHA	12.3%	27.5%	47.6%	9.5%	0.0%	1.0%	1.3%	0.8%
Unsaturated fatty acids-cis	18.9%	25.1%	35.0%	15.6%	0.1%	1.9%	1.0%	2.5%
Linoleic acid	21.3%	27.4%	33.8%	12.2%	0.0%	2.2%	0.9%	2.0%
Carbohydrates	22.1%	21.7%	26.4%	24.0%	0.1%	1.9%	0.5%	3.4%
Mono- and disaccharides	21.5%	16.7%	20.0%	35.2%	0.1%	1.4%	0.4%	4.8%
Polysaccharides	22.4%	26.4%	31.6%	14.8%	0.1%	2.4%	0.6%	1.8%
Fibre	22.8%	25.5%	32.5%	14.7%	0.1%	2.3%	0.5%	1.6%
Alcohol	0.0%	1.4%	11.0%	70.5%	0.0%	0.0%	1.5%	15.6%
Water	18.2%	15.9%	22.3%	37.4%	0.0%	1.3%	0.5%	4.4%

Group=Female older adults - 80 years and older (n=122)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.0%	23.7%	28.4%	20.4%	0.2%	2.1%	4.6%	5.7%
Protein	11.9%	27.6%	35.5%	11.9%	0.2%	2.8%	6.5%	3.6%
Vegetable protein	20.9%	26.4%	27.8%	16.5%	0.3%	2.0%	2.9%	3.3%
Animal protein	7.5%	28.7%	39.6%	9.5%	0.1%	3.2%	7.9%	3.6%
Fat	13.2%	25.5%	30.0%	17.9%	0.1%	2.1%	5.5%	5.6%
Saturated fatty acids	14.0%	26.8%	26.3%	20.4%	0.1%	1.7%	4.5%	6.2%
Poly unsaturated fatty acids	14.2%	22.6%	34.7%	14.2%	0.1%	3.0%	6.0%	5.3%
Trans-fatty acids	13.3%	25.6%	24.6%	23.2%	0.1%	1.4%	4.0%	7.7%
Alpha Linolenic Acid	14.8%	24.5%	36.0%	13.1%	0.2%	2.3%	5.1%	3.9%
EPA and DHA	4.6%	21.4%	44.9%	13.3%	0.0%	4.1%	6.6%	5.3%
Unsaturated fatty acids-cis	12.5%	24.2%	33.7%	15.9%	0.1%	2.5%	6.3%	4.9%
Linoleic acid	14.1%	22.0%	34.6%	14.4%	0.1%	3.1%	6.1%	5.6%
Carbohydrates	18.5%	21.3%	24.6%	25.0%	0.2%	1.8%	3.0%	5.6%
Mono- and disaccharides	17.2%	14.8%	18.9%	36.2%	0.2%	1.4%	2.3%	9.0%
Polysaccharides	19.8%	25.4%	29.0%	16.0%	0.2%	2.3%	3.6%	3.6%
Fibre	17.3%	25.9%	33.3%	15.0%	0.2%	2.3%	3.4%	2.6%
Alcohol	0.0%	3.7%	6.0%	36.9%	0.0%	2.9%	7.5%	43.0%
Water	16.3%	15.7%	14.7%	42.6%	0.2%	1.9%	2.9%	5.7%

Table 4.4.a Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	23.9%	29.0%	21.4%	0.1%	2.2%	2.5%	4.4%
Protein	14.8%	28.7%	35.1%	12.7%	0.1%	3.0%	3.1%	2.4%
Vegetable protein	23.3%	26.6%	27.2%	15.6%	0.2%	2.1%	1.9%	3.2%
Animal protein	10.1%	30.1%	40.0%	10.9%	0.1%	3.3%	3.6%	1.9%
Fat	14.9%	25.8%	33.6%	16.5%	0.1%	2.5%	2.6%	3.9%
Saturated fatty acids	14.3%	24.8%	32.3%	19.0%	0.1%	2.3%	2.5%	4.6%
Poly unsaturated fatty acids	18.4%	27.2%	34.0%	12.4%	0.1%	2.8%	2.5%	2.6%
Trans-fatty acids	14.2%	22.9%	29.8%	22.0%	0.1%	1.9%	2.3%	6.9%
Alpha Linolenic Acid	19.8%	28.1%	33.0%	11.5%	0.1%	2.7%	2.6%	2.2%
EPA and DHA	4.4%	34.5%	42.6%	9.1%	0.2%	3.6%	3.6%	2.0%
Unsaturated fatty acids-cis	15.3%	26.7%	34.9%	14.4%	0.1%	2.6%	2.8%	3.3%
Linoleic acid	18.7%	27.1%	34.0%	12.3%	0.1%	2.9%	2.5%	2.4%
Carbohydrates	18.9%	22.0%	24.3%	26.2%	0.2%	1.7%	2.1%	4.5%
Mono- and disaccharides	16.1%	16.9%	18.0%	39.7%	0.1%	1.3%	1.6%	6.4%
Polysaccharides	21.1%	26.5%	29.9%	14.9%	0.2%	2.2%	2.5%	2.9%
Fibre	19.1%	26.5%	30.4%	17.3%	0.1%	2.1%	2.1%	2.3%
Alcohol	0.0%	3.4%	4.8%	60.0%	0.0%	0.8%	6.7%	24.2%
Water	15.9%	15.9%	18.6%	40.5%	0.1%	1.4%	1.7%	6.0%

Group=Older adults - Moderate education (n=250)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.8%	24.0%	29.9%	20.9%	0.0%	1.1%	3.3%	4.9%
Protein	13.7%	28.0%	38.4%	11.2%	0.0%	1.4%	4.5%	3.0%
Vegetable protein	21.9%	27.3%	28.5%	16.1%	0.0%	1.3%	1.7%	3.2%
Animal protein	9.4%	28.4%	43.8%	8.6%	0.0%	1.3%	5.6%	2.9%
Fat	14.0%	26.2%	33.4%	16.4%	0.1%	1.1%	3.9%	4.9%
Saturated fatty acids	14.6%	26.9%	29.0%	19.3%	0.1%	1.0%	3.4%	5.7%
Poly unsaturated fatty acids	16.5%	25.9%	36.0%	12.0%	0.0%	1.3%	4.2%	4.1%
Trans-fatty acids	14.3%	25.9%	27.5%	19.5%	0.0%	1.0%	2.8%	8.9%
Alpha Linolenic Acid	18.5%	26.9%	36.8%	10.5%	0.0%	1.3%	2.8%	3.1%
EPA and DHA	5.5%	27.0%	45.6%	11.1%	0.0%	2.3%	4.3%	4.1%
Unsaturated fatty acids-cis	13.6%	25.3%	37.4%	14.2%	0.0%	1.1%	4.3%	4.2%
Linoleic acid	16.7%	25.3%	35.8%	12.2%	0.0%	1.3%	4.4%	4.4%
Carbohydrates	19.8%	22.3%	25.4%	24.6%	0.1%	1.1%	2.1%	4.7%
Mono- and disaccharides	19.1%	16.1%	19.1%	36.1%	0.1%	0.7%	1.9%	7.0%
Polysaccharides	20.5%	26.7%	30.4%	15.1%	0.1%	1.5%	2.3%	3.4%
Fibre	18.8%	25.3%	35.0%	15.3%	0.0%	1.2%	2.2%	2.2%
Alcohol	0.0%	1.7%	9.5%	49.3%	0.0%	2.0%	6.1%	31.4%
Water	16.5%	15.0%	17.6%	42.2%	0.1%	0.8%	2.0%	5.8%

Group=Older adults - High education (n=156)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.8%	20.5%	28.6%	24.7%	0.3%	2.4%	2.4%	5.3%
Protein	14.8%	23.9%	37.8%	15.5%	0.3%	2.4%	2.6%	2.8%
Vegetable protein	20.4%	25.6%	26.5%	18.2%	0.5%	3.1%	2.1%	3.5%
Animal protein	11.2%	23.5%	44.1%	13.6%	0.2%	1.9%	2.9%	2.6%
Fat	13.1%	22.9%	32.7%	21.1%	0.2%	2.3%	2.9%	4.9%
Saturated fatty acids	14.0%	22.7%	29.1%	24.0%	0.2%	2.0%	2.3%	5.7%
Poly unsaturated fatty acids	15.6%	25.0%	33.7%	15.7%	0.3%	3.2%	3.3%	3.3%
Trans-fatty acids	14.6%	22.6%	26.1%	23.2%	0.2%	1.7%	2.3%	9.2%
Alpha Linolenic Acid	17.7%	24.7%	34.9%	14.1%	0.4%	3.3%	2.2%	2.7%
EPA and DHA	10.3%	20.4%	43.6%	13.0%	0.0%	2.7%	6.4%	3.6%
Unsaturated fatty acids-cis	12.5%	22.8%	35.5%	18.8%	0.2%	2.6%	3.4%	4.1%
Linoleic acid	15.8%	24.8%	33.4%	15.9%	0.3%	3.3%	3.4%	3.2%
Carbohydrates	20.0%	19.0%	23.3%	26.8%	0.4%	2.7%	1.9%	6.0%
Mono- and disaccharides	20.4%	13.6%	17.6%	36.8%	0.3%	2.2%	1.4%	7.7%
Polysaccharides	19.6%	24.0%	28.9%	17.4%	0.5%	3.2%	2.2%	4.3%
Fibre	19.3%	23.6%	32.5%	16.8%	0.4%	2.8%	2.0%	2.7%
Alcohol	0.0%	2.1%	18.0%	58.7%	0.0%	1.0%	4.5%	15.7%
Water	17.0%	11.7%	19.7%	41.2%	0.4%	2.2%	1.3%	6.4%

Table 4.4.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	18.8%	23.1%	31.0%	20.3%	0.0%	1.6%	1.8%	3.5%
Protein	17.9%	29.5%	36.1%	10.9%	0.0%	1.6%	2.3%	1.7%
Vegetable protein	25.2%	24.2%	30.5%	14.7%	0.0%	1.9%	1.0%	2.5%
Animal protein	13.4%	32.9%	39.5%	8.7%	0.0%	1.5%	2.8%	1.2%
Fat	17.0%	25.5%	36.2%	14.7%	0.0%	2.1%	1.8%	2.8%
Saturated fatty acids	17.0%	24.5%	33.1%	18.2%	0.0%	2.3%	1.7%	3.2%
Poly unsaturated fatty acids	20.1%	26.1%	38.4%	9.7%	0.0%	2.0%	1.8%	1.8%
Trans-fatty acids	18.4%	22.2%	30.9%	19.8%	0.0%	2.7%	1.0%	5.0%
Alpha Linolenic Acid	23.0%	25.3%	37.4%	8.9%	0.0%	2.3%	1.5%	1.5%
EPA and DHA	5.1%	33.1%	43.8%	9.3%	0.0%	1.2%	4.4%	3.1%
Unsaturated fatty acids-cis	16.9%	26.0%	38.6%	12.1%	0.0%	1.9%	1.9%	2.6%
Linoleic acid	20.4%	26.3%	38.3%	9.6%	0.0%	2.0%	1.7%	1.7%
Carbohydrates	21.8%	20.8%	26.9%	24.2%	0.0%	1.5%	1.3%	3.5%
Mono- and disaccharides	19.9%	17.2%	18.6%	37.6%	0.0%	0.9%	1.3%	4.5%
Polysaccharides	22.2%	24.0%	33.7%	14.2%	0.0%	1.8%	1.4%	2.6%
Fibre	21.8%	26.2%	33.1%	14.7%	0.0%	1.3%	1.2%	1.8%
Alcohol	0.0%	0.7%	6.3%	65.6%	0.0%	0.0%	5.8%	21.6%
Water	16.3%	17.3%	20.7%	37.9%	0.0%	0.8%	1.2%	5.8%

Group=Male older adults - Moderate Education (n=129)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.3%	22.6%	29.6%	23.5%	0.1%	1.2%	2.5%	4.2%
Protein	15.5%	27.2%	37.9%	12.6%	0.1%	1.4%	2.5%	2.7%
Vegetable protein	23.1%	26.8%	27.5%	15.9%	0.1%	1.6%	1.8%	3.3%
Animal protein	11.1%	27.3%	43.8%	10.9%	0.1%	1.4%	2.8%	2.5%
Fat	14.9%	25.1%	34.8%	17.3%	0.1%	1.3%	2.9%	3.6%
Saturated fatty acids	14.9%	24.6%	31.5%	20.7%	0.2%	1.5%	2.5%	4.1%
Poly unsaturated fatty acids	18.1%	28.0%	35.3%	11.6%	0.1%	1.2%	3.2%	2.5%
Trans-fatty acids	15.2%	21.8%	30.0%	22.8%	0.1%	1.6%	1.6%	7.0%
Alpha Linolenic Acid	20.2%	28.2%	34.1%	12.2%	0.1%	1.5%	1.4%	2.2%
EPA and DHA	8.1%	34.0%	44.3%	8.7%	0.0%	1.1%	1.2%	2.6%
Unsaturated fatty acids-cis	14.9%	25.5%	37.5%	14.4%	0.1%	1.2%	3.2%	3.2%
Linoleic acid	18.4%	27.2%	35.8%	11.4%	0.0%	1.2%	3.4%	2.5%
Carbohydrates	19.5%	22.0%	25.2%	25.6%	0.2%	1.3%	2.2%	4.0%
Mono- and disaccharides	18.3%	17.1%	17.8%	38.3%	0.2%	1.0%	2.1%	5.2%
Polysaccharides	20.4%	26.5%	31.7%	14.4%	0.2%	1.5%	2.2%	3.1%
Fibre	21.1%	23.7%	33.5%	15.6%	0.0%	1.3%	2.4%	2.4%
Alcohol	0.0%	1.1%	8.7%	68.3%	0.0%	0.3%	0.7%	20.8%
Water	15.4%	14.0%	20.1%	41.5%	0.1%	0.7%	1.8%	6.4%

Group=Male older adults - High Education (n=86)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.3%	20.7%	30.0%	25.3%	0.1%	2.5%	1.0%	4.1%
Protein	15.2%	23.8%	39.2%	15.6%	0.1%	3.0%	1.2%	1.9%
Vegetable protein	20.5%	26.3%	27.7%	18.3%	0.1%	3.5%	0.9%	2.7%
Animal protein	12.1%	22.8%	46.2%	13.2%	0.1%	2.6%	1.4%	1.7%
Fat	14.2%	22.4%	33.9%	22.4%	0.1%	2.2%	1.1%	3.7%
Saturated fatty acids	15.5%	22.0%	30.1%	24.5%	0.1%	2.1%	0.9%	4.7%
Poly unsaturated fatty acids	16.1%	26.0%	34.3%	16.7%	0.1%	3.2%	1.4%	2.3%
Trans-fatty acids	16.7%	21.6%	24.4%	25.4%	0.1%	1.3%	1.2%	9.3%
Alpha Linolenic Acid	17.8%	26.0%	34.7%	15.3%	0.1%	3.3%	0.7%	2.3%
EPA and DHA	11.8%	24.7%	40.4%	17.0%	0.0%	3.6%	1.5%	0.9%
Unsaturated fatty acids-cis	13.6%	22.8%	36.6%	20.3%	0.1%	2.5%	1.2%	2.9%
Linoleic acid	16.1%	25.3%	35.3%	16.4%	0.0%	3.3%	1.5%	2.2%
Carbohydrates	20.9%	20.3%	25.9%	24.6%	0.1%	2.7%	0.9%	4.5%
Mono- and disaccharides	22.9%	15.1%	19.9%	32.4%	0.1%	2.3%	0.7%	6.5%
Polysaccharides	19.3%	24.4%	31.4%	17.8%	0.1%	3.3%	1.1%	2.7%
Fibre	19.0%	24.3%	34.5%	15.8%	0.1%	3.4%	0.8%	2.0%
Alcohol	0.0%	4.0%	13.0%	64.7%	0.0%	0.0%	1.3%	16.9%
Water	17.0%	12.7%	22.6%	39.5%	0.1%	2.1%	0.8%	5.2%

Group=Female older adults - Low Education (n=169)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.4%	24.3%	28.2%	21.9%	0.2%	2.5%	2.8%	4.8%
Protein	13.5%	28.4%	34.8%	13.5%	0.2%	3.6%	3.4%	2.7%
Vegetable protein	22.5%	27.5%	25.9%	16.0%	0.3%	2.2%	2.3%	3.4%
Animal protein	8.8%	28.9%	40.2%	11.8%	0.1%	4.1%	4.0%	2.2%
Fat	14.0%	25.9%	32.6%	17.3%	0.1%	2.7%	3.0%	4.4%
Saturated fatty acids	13.2%	24.9%	31.9%	19.4%	0.1%	2.4%	2.9%	5.2%
Poly unsaturated fatty acids	17.7%	27.6%	32.1%	13.6%	0.2%	3.1%	2.8%	2.9%
Trans-fatty acids	12.5%	23.1%	29.4%	22.9%	0.1%	1.5%	2.8%	7.7%
Alpha Linolenic Acid	18.5%	29.3%	31.2%	12.5%	0.2%	2.8%	3.0%	2.5%
EPA and DHA	4.1%	35.1%	42.1%	9.0%	0.3%	4.7%	3.2%	1.5%
Unsaturated fatty acids-cis	14.6%	27.0%	33.3%	15.3%	0.1%	2.9%	3.1%	3.7%
Linoleic acid	18.0%	27.4%	32.3%	13.4%	0.2%	3.3%	2.8%	2.7%
Carbohydrates	17.7%	22.5%	23.3%	27.1%	0.2%	1.9%	2.4%	5.0%
Mono- and disaccharides	14.5%	16.7%	17.8%	40.5%	0.2%	1.4%	1.7%	7.1%
Polysaccharides	20.7%	27.5%	28.3%	15.1%	0.2%	2.3%	2.9%	3.0%
Fibre	18.0%	26.6%	29.3%	18.4%	0.2%	2.5%	2.5%	2.5%
Alcohol	0.0%	5.0%	4.0%	56.7%	0.0%	1.3%	7.3%	25.7%
Water	15.7%	15.4%	17.7%	41.5%	0.1%	1.6%	1.9%	6.1%

Group=Female older adults - Moderate Education (n=121)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.5%	24.8%	30.0%	19.3%	0.0%	1.1%	3.8%	5.4%
Protein	12.5%	28.4%	38.6%	10.2%	0.0%	1.3%	5.7%	3.2%
Vegetable protein	21.2%	27.6%	29.1%	16.2%	0.0%	1.2%	1.6%	3.2%
Animal protein	8.3%	29.1%	43.7%	7.1%	0.0%	1.3%	7.3%	3.1%
Fat	13.5%	26.9%	32.5%	15.9%	0.0%	0.9%	4.6%	5.7%
Saturated fatty acids	14.5%	28.3%	27.4%	18.5%	0.0%	0.7%	4.0%	6.7%
Poly unsaturated fatty acids	15.5%	24.6%	36.4%	12.2%	0.0%	1.4%	4.8%	5.1%
Trans-fatty acids	13.8%	28.5%	25.9%	17.5%	0.0%	0.5%	3.6%	10.2%
Alpha Linolenic Acid	17.4%	26.1%	38.5%	9.4%	0.0%	1.2%	3.7%	3.7%
EPA and DHA	3.9%	22.6%	46.5%	12.7%	0.0%	3.0%	6.3%	5.1%
Unsaturated fatty acids-cis	12.7%	25.1%	37.3%	14.1%	0.0%	1.1%	5.0%	4.7%
Linoleic acid	15.6%	24.1%	35.8%	12.7%	0.0%	1.3%	5.0%	5.5%
Carbohydrates	19.9%	22.4%	25.4%	23.9%	0.0%	1.0%	2.0%	5.2%
Mono- and disaccharides	19.6%	15.5%	19.9%	34.7%	0.0%	0.5%	1.8%	8.1%
Polysaccharides	20.5%	26.9%	29.7%	15.5%	0.0%	1.5%	2.3%	3.6%
Fibre	17.4%	26.3%	36.0%	15.0%	0.0%	1.1%	2.1%	2.0%
Alcohol	0.0%	2.0%	10.0%	37.1%	0.0%	3.0%	9.7%	38.3%
Water	17.2%	15.7%	16.1%	42.6%	0.0%	0.8%	2.2%	5.4%

Group=Female older adults - High Education (n=70)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.2%	20.4%	27.3%	24.1%	0.5%	2.3%	3.7%	6.4%
Protein	14.4%	24.0%	36.5%	15.4%	0.5%	1.7%	3.9%	3.6%
Vegetable protein	20.4%	25.0%	25.4%	18.1%	0.9%	2.7%	3.2%	4.2%
Animal protein	10.5%	24.2%	42.1%	14.1%	0.3%	1.2%	4.2%	3.4%
Fat	12.0%	23.3%	31.7%	19.9%	0.3%	2.3%	4.6%	5.9%
Saturated fatty acids	12.5%	23.4%	28.2%	23.5%	0.3%	1.9%	3.5%	6.7%
Poly unsaturated fatty acids	15.1%	24.1%	33.2%	14.8%	0.5%	3.2%	5.0%	4.2%
Trans-fatty acids	12.7%	23.4%	27.7%	21.2%	0.3%	2.2%	3.4%	9.0%
Alpha Linolenic Acid	17.5%	23.4%	35.2%	13.1%	0.7%	3.2%	3.7%	3.2%
EPA and DHA	8.9%	16.5%	46.5%	9.3%	0.0%	1.8%	10.9%	6.1%
Unsaturated fatty acids-cis	11.6%	22.8%	34.4%	17.5%	0.3%	2.7%	5.3%	5.3%
Linoleic acid	15.5%	24.3%	31.7%	15.4%	0.4%	3.4%	5.1%	4.2%
Carbohydrates	19.1%	17.8%	20.9%	28.9%	0.7%	2.6%	2.7%	7.3%
Mono- and disaccharides	18.1%	12.3%	15.4%	40.7%	0.5%	2.2%	2.0%	8.8%
Polysaccharides	19.8%	23.6%	26.6%	17.1%	0.8%	3.0%	3.3%	5.7%
Fibre	19.5%	23.0%	30.7%	17.7%	0.7%	2.1%	3.0%	3.3%
Alcohol	0.0%	0.0%	23.3%	52.3%	0.0%	2.1%	7.8%	14.5%
Water	17.0%	10.8%	17.1%	42.8%	0.8%	2.3%	1.8%	7.5%

Table 4.5.a Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.6%	21.7%	30.2%	21.3%	0.1%	1.4%	3.2%	5.4%
Protein	14.1%	24.6%	38.9%	12.8%	0.1%	1.6%	4.6%	3.3%
Vegetable protein	21.5%	25.2%	29.6%	16.4%	0.1%	1.7%	2.0%	3.5%
Animal protein	10.1%	24.7%	44.3%	10.3%	0.1%	1.5%	5.7%	3.2%
Fat	14.6%	23.8%	32.9%	18.0%	0.1%	1.5%	3.6%	5.6%
Saturated fatty acids	15.3%	25.2%	28.2%	20.1%	0.1%	1.6%	3.0%	6.3%
Poly unsaturated fatty acids	16.1%	22.4%	37.0%	14.0%	0.1%	1.4%	3.8%	5.2%
Trans-fatty acids	16.2%	25.7%	25.1%	19.7%	0.1%	2.0%	2.5%	8.7%
Alpha Linolenic Acid	17.6%	24.4%	37.4%	11.9%	0.1%	1.6%	3.2%	3.8%
EPA and DHA	5.9%	21.0%	50.3%	12.0%	0.0%	1.2%	3.4%	6.3%
Unsaturated fatty acids-cis	13.9%	22.3%	37.2%	16.2%	0.1%	1.4%	4.1%	4.9%
Linoleic acid	16.3%	22.2%	36.9%	13.7%	0.1%	1.3%	4.1%	5.5%
Carbohydrates	20.7%	20.3%	25.3%	24.6%	0.2%	1.5%	2.1%	5.3%
Mono- and disaccharides	20.5%	14.9%	17.4%	36.5%	0.2%	1.2%	1.9%	7.4%
Polysaccharides	20.6%	24.4%	32.3%	14.4%	0.2%	1.8%	2.3%	4.0%
Fibre	18.9%	23.3%	35.9%	15.0%	0.1%	1.4%	2.8%	2.5%
Alcohol	0.0%	1.6%	17.4%	44.4%	0.0%	0.5%	5.2%	30.8%
Water	16.8%	13.8%	18.9%	41.8%	0.1%	1.0%	2.2%	5.6%

Group=Older adults - Overweight and obese (n=523)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	15.8%	23.8%	29.4%	22.1%	0.1%	2.0%	2.3%	4.6%
Protein	14.6%	28.6%	36.7%	12.2%	0.1%	2.5%	2.9%	2.3%
Vegetable protein	22.5%	27.4%	26.9%	16.0%	0.2%	2.2%	1.6%	3.2%
Animal protein	10.2%	29.4%	42.4%	10.1%	0.1%	2.6%	3.4%	1.9%
Fat	14.2%	25.9%	34.0%	17.1%	0.1%	2.1%	2.6%	4.1%
Saturated fatty acids	14.1%	25.0%	31.7%	20.0%	0.1%	1.9%	2.4%	4.8%
Poly unsaturated fatty acids	17.6%	28.6%	33.7%	12.4%	0.1%	2.6%	2.5%	2.5%
Trans-fatty acids	13.7%	23.2%	30.3%	21.3%	0.0%	1.4%	2.3%	7.7%
Alpha Linolenic Acid	19.5%	28.8%	33.5%	11.2%	0.1%	2.5%	2.1%	2.2%
EPA and DHA	6.0%	30.7%	43.9%	9.7%	0.1%	3.7%	4.4%	1.6%
Unsaturated fatty acids-cis	14.3%	26.7%	35.8%	14.8%	0.1%	2.3%	2.7%	3.4%
Linoleic acid	17.8%	28.4%	33.5%	12.6%	0.1%	2.7%	2.5%	2.4%
Carbohydrates	18.8%	22.1%	24.7%	25.9%	0.1%	1.7%	1.7%	4.9%
Mono- and disaccharides	16.9%	16.4%	19.2%	38.1%	0.1%	1.2%	1.3%	6.7%
Polysaccharides	20.6%	27.0%	29.5%	15.3%	0.2%	2.2%	2.1%	3.2%
Fibre	19.3%	26.4%	31.5%	16.8%	0.1%	2.1%	1.6%	2.2%
Alcohol	0.0%	1.2%	10.8%	59.8%	0.0%	1.2%	5.9%	21.1%
Water	16.0%	15.1%	18.9%	40.9%	0.1%	1.4%	1.4%	6.2%

Table 4.5.b Average contribution of places and moments of consumption to the intake of macronutrients of the Dutch aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.0%	22.0%	30.0%	22.8%	0.3%	1.8%	1.9%	4.3%
Protein	15.5%	26.9%	37.3%	13.1%	0.2%	2.0%	2.5%	2.4%
Vegetable protein	21.2%	26.9%	29.1%	15.3%	0.3%	2.1%	1.6%	3.6%
Animal protein	12.2%	27.2%	41.9%	11.5%	0.2%	2.0%	2.9%	2.1%
Fat	14.7%	23.8%	34.1%	19.4%	0.2%	1.9%	1.9%	4.0%
Saturated fatty acids	16.3%	23.8%	28.4%	23.0%	0.3%	2.3%	1.6%	4.3%
Poly unsaturated fatty acids	15.2%	25.4%	39.8%	12.3%	0.2%	1.6%	2.1%	3.3%
Trans-fatty acids	19.9%	24.6%	24.2%	22.3%	0.2%	2.6%	1.2%	5.0%
Alpha Linolenic Acid	17.6%	25.9%	37.7%	12.1%	0.3%	2.0%	2.0%	2.4%
EPA and DHA	7.1%	18.8%	56.2%	10.6%	0.0%	0.9%	3.8%	2.6%
Unsaturated fatty acids-cis	13.6%	23.8%	38.7%	16.1%	0.2%	1.6%	2.2%	3.8%
Linoleic acid	15.4%	25.8%	40.1%	11.6%	0.2%	1.5%	2.2%	3.3%
Carbohydrates	21.1%	21.1%	24.9%	24.4%	0.4%	2.0%	1.6%	4.5%
Mono- and disaccharides	22.0%	18.0%	14.8%	36.2%	0.5%	1.6%	1.6%	5.3%
Polysaccharides	19.8%	24.7%	34.3%	13.5%	0.4%	2.2%	1.6%	3.6%
Fibre	19.4%	25.9%	35.0%	12.7%	0.3%	1.8%	2.3%	2.6%
Alcohol	0.0%	3.1%	28.2%	55.8%	0.0%	0.0%	1.9%	11.0%
Water	15.7%	14.8%	22.9%	39.2%	0.2%	1.1%	1.6%	4.5%

Group=Male older adults - overweight and obese (n=278)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	17.0%	22.4%	30.9%	22.9%	0.0%	1.6%	1.2%	4.0%
Protein	16.6%	27.3%	38.9%	12.0%	0.0%	1.7%	1.5%	2.0%
Vegetable protein	23.5%	26.1%	28.6%	16.3%	0.0%	2.1%	0.7%	2.7%
Animal protein	12.2%	28.2%	45.0%	9.4%	0.0%	1.5%	2.0%	1.7%
Fat	16.0%	24.9%	35.8%	17.0%	0.0%	1.7%	1.3%	3.2%
Saturated fatty acids	16.0%	24.0%	33.3%	20.0%	0.0%	1.7%	1.2%	3.8%
Poly unsaturated fatty acids	19.2%	28.5%	34.9%	12.0%	0.0%	2.0%	1.4%	1.9%
Trans-fatty acids	16.1%	21.5%	31.3%	21.5%	0.0%	1.7%	1.0%	7.0%
Alpha Linolenic Acid	21.3%	27.8%	34.5%	11.4%	0.0%	2.2%	0.9%	1.7%
EPA and DHA	8.4%	32.5%	43.0%	10.2%	0.0%	1.8%	1.8%	2.3%
Unsaturated fatty acids-cis	16.1%	25.8%	37.7%	14.7%	0.0%	1.7%	1.4%	2.7%
Linoleic acid	19.3%	28.2%	35.2%	12.1%	0.0%	2.0%	1.4%	1.8%
Carbohydrates	20.0%	21.5%	26.9%	25.1%	0.0%	1.5%	0.9%	4.1%
Mono- and disaccharides	18.8%	16.1%	20.4%	37.2%	0.0%	1.1%	0.7%	5.7%
Polysaccharides	21.0%	25.9%	32.2%	15.2%	0.0%	2.0%	1.0%	2.7%
Fibre	21.1%	25.1%	33.5%	15.9%	0.0%	1.8%	0.8%	1.8%
Alcohol	0.0%	0.7%	10.5%	65.4%	0.0%	0.3%	2.2%	20.8%
Water	16.0%	14.7%	21.1%	39.8%	0.0%	1.1%	0.9%	6.4%

Group=Female older adults - under and normal weight (n=102)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	16.4%	21.5%	30.3%	20.3%	0.0%	1.2%	4.0%	6.1%
Protein	13.2%	23.2%	40.0%	12.6%	0.0%	1.3%	5.9%	3.9%
Vegetable protein	21.6%	24.2%	29.9%	17.2%	0.0%	1.4%	2.2%	3.4%
Animal protein	8.8%	23.2%	45.8%	9.6%	0.0%	1.2%	7.4%	4.0%
Fat	14.5%	23.8%	32.1%	17.1%	0.0%	1.2%	4.6%	6.6%
Saturated fatty acids	14.7%	26.2%	28.1%	18.4%	0.0%	1.2%	3.9%	7.4%
Poly unsaturated fatty acids	16.6%	20.6%	35.2%	15.0%	0.0%	1.2%	4.9%	6.4%
Trans-fatty acids	13.9%	26.4%	25.7%	18.0%	0.0%	1.6%	3.2%	11.0%
Alpha Linolenic Acid	17.6%	23.5%	37.2%	11.7%	0.0%	1.4%	4.0%	4.6%
EPA and DHA	5.1%	22.3%	46.6%	12.9%	0.0%	1.4%	3.1%	8.6%
Unsaturated fatty acids-cis	14.1%	21.4%	36.3%	16.2%	0.0%	1.2%	5.2%	5.6%
Linoleic acid	16.9%	19.9%	34.9%	15.0%	0.0%	1.2%	5.3%	6.8%
Carbohydrates	20.4%	19.9%	25.6%	24.7%	0.1%	1.2%	2.4%	5.7%
Mono- and disaccharides	19.5%	13.0%	19.0%	36.6%	0.1%	0.9%	2.1%	8.8%
Polysaccharides	21.0%	24.3%	31.1%	15.1%	0.1%	1.6%	2.7%	4.2%
Fibre	18.6%	21.7%	36.5%	16.4%	0.0%	1.2%	3.1%	2.4%
Alcohol	0.0%	0.6%	10.4%	37.0%	0.0%	0.9%	7.3%	43.9%
Water	17.4%	13.1%	16.3%	43.4%	0.0%	0.9%	2.5%	6.2%

Group=Female older adults - overweight and obese (n=245)

Macronutrients	At home				Not at home			
	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
Energy	14.9%	24.7%	28.3%	21.5%	0.2%	2.3%	3.1%	5.1%
Protein	13.3%	29.6%	35.1%	12.4%	0.2%	3.1%	3.8%	2.6%
Vegetable protein	21.8%	28.3%	25.8%	15.9%	0.3%	2.2%	2.1%	3.6%
Animal protein	8.8%	30.3%	40.5%	10.5%	0.1%	3.3%	4.5%	2.0%
Fat	12.9%	26.6%	32.8%	17.1%	0.1%	2.4%	3.5%	4.7%
Saturated fatty acids	12.8%	25.7%	30.7%	19.9%	0.1%	2.0%	3.3%	5.5%
Poly unsaturated fatty acids	16.4%	28.6%	32.8%	12.7%	0.2%	3.1%	3.3%	2.9%
Trans-fatty acids	12.1%	24.5%	29.6%	21.1%	0.1%	1.1%	3.3%	8.2%
Alpha Linolenic Acid	18.2%	29.4%	32.8%	11.1%	0.2%	2.8%	3.0%	2.5%
EPA and DHA	4.3%	29.4%	44.5%	9.4%	0.2%	5.0%	6.2%	1.1%
Unsaturated fatty acids-cis	13.1%	27.3%	34.4%	14.9%	0.1%	2.7%	3.6%	3.9%
Linoleic acid	16.7%	28.5%	32.4%	13.0%	0.2%	3.2%	3.2%	2.8%
Carbohydrates	18.0%	22.6%	23.2%	26.4%	0.2%	1.9%	2.3%	5.4%
Mono- and disaccharides	15.6%	16.6%	18.3%	38.8%	0.1%	1.3%	1.7%	7.4%
Polysaccharides	20.3%	27.8%	27.6%	15.3%	0.3%	2.4%	2.9%	3.5%
Fibre	18.0%	27.3%	30.1%	17.4%	0.2%	2.3%	2.2%	2.5%
Alcohol	0.0%	1.7%	11.1%	53.9%	0.0%	2.2%	9.6%	21.4%
Water	16.1%	15.3%	17.3%	41.7%	0.2%	1.5%	1.8%	6.1%