

# Dutch National Food Consumption Survey Older adults 2010-2012|Part 7-A Sources (foodgroups) of macronutrients, Version 1, based on dataset FCS\_2012\_elderly\_20130716

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Remarks:

- Please note that some figures are calculated from a small sample size

**Table 1.1** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.6	2.6	7.4	0.0	0.9	0.8	0.5	1.4	0.8	0.4	0.9	5.2	0.0	8.7	0.3	15.8	8.8	0.0	3.2
02	Vegetables	2.2	3.2	9.1	0.0	0.9	0.5	0.4	2.1	1.0	0.2	1.4	7.1	0.3	2.5	3.4	1.8	17.7	0.0	5.6
03	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.3	0.1	0.4	1.2	0.0	0.1
04	Fruits, nuts and olives	6.9	2.8	7.4	0.0	4.2	1.9	4.8	7.6	5.8	0.0	8.0	7.3	1.9	10.3	18.5	3.2	15.0	0.0	5.5
05	Dairy products	16.1	25.4	0.6	39.8	20.2	32.1	14.6	4.4	10.8	32.8	2.9	10.1	1.0	10.9	20.5	2.2	2.6	0.3	12.1
06	Cereals and cereal products	20.6	19.9	55.3	0.3	6.9	4.2	6.4	12.9	8.6	3.7	14.2	10.6	3.0	33.5	6.4	56.8	39.0	0.0	2.6
07	Meat and meat products	11.0	28.1	0.3	42.9	17.2	16.9	22.2	9.4	17.6	13.1	9.4	5.5	27.6	0.6	0.4	0.8	1.2	0.0	3.2
08	Fish and shellfish	1.7	5.7	0.1	8.7	2.0	1.3	2.6	2.6	2.6	0.4	0.6	1.2	29.1	0.2	0.0	0.4	0.1	0.0	0.7
09	Eggs and egg products	0.8	2.0	0.0	3.2	1.5	1.3	1.9	0.6	1.4	0.0	0.6	0.1	10.3	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.2	0.1	0.3	0.1	23.9	18.0	23.7	36.8	29.1	21.5	38.7	35.5	5.8	0.1	0.1	0.1	0.0	0.0	0.4
11	Sugar and confectionery	6.3	1.1	2.0	0.6	3.6	4.9	3.7	1.2	2.8	1.4	1.1	0.5	0.3	11.0	21.3	1.7	3.3	0.8	0.4
12	Cakes	9.0	3.2	7.5	0.9	9.2	11.0	8.6	6.5	7.6	17.9	6.8	4.8	5.8	12.1	13.8	11.3	5.6	3.1	0.4
13	Non-alcoholic beverages	2.6	1.7	4.5	0.2	0.3	0.5	0.1	0.1	0.1	0.3	0.1	0.3	0.0	4.8	9.0	0.8	1.4	0.9	56.9
14	Alcoholic beverages	4.4	0.3	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.8	2.7	1.0	0.6	94.9	3.9
15	Condiments and sauces	2.9	0.6	0.7	0.5	6.5	3.8	7.7	11.5	9.0	2.6	12.5	9.7	5.0	1.1	2.0	0.7	0.7	0.0	0.7
16	Soups, bouillon	1.3	1.8	1.8	1.8	1.3	1.3	1.3	1.2	1.2	4.3	1.3	0.8	5.3	1.1	0.9	1.5	2.2	0.0	3.4
17	Miscellaneous	1.1	1.3	1.5	1.0	1.4	1.3	1.4	1.4	1.4	1.4	1.2	0.8	0.6	1.0	0.6	1.3	0.6	0.0	0.4
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.2** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.9	8.1	0.0	1.1	1.2	0.8	1.5	1.0	0.7	1.0	5.3	0.0	9.4	0.3	16.8	9.9	0.0	3.8
02	Vegetables	1.9	3.0	8.1	0.0	0.6	0.4	0.2	1.6	0.7	0.2	1.1	5.5	0.1	2.3	3.2	1.6	16.4	0.0	5.6
03	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
04	Fruits, nuts and olives	6.0	2.7	6.8	0.0	4.1	1.9	4.7	7.1	5.7	0.0	7.6	6.0	1.7	8.6	16.2	2.5	12.7	0.0	5.2
05	Dairy products	15.0	24.3	0.6	39.0	19.1	31.3	13.7	3.7	9.8	33.5	2.3	9.3	0.2	10.9	21.0	2.5	2.3	0.0	12.9
06	Cereals and cereal products	20.4	21.0	55.7	0.3	6.8	4.0	6.2	12.5	8.4	3.3	13.6	10.7	3.4	33.3	6.0	56.6	41.3	0.0	3.2
07	Meat and meat products	10.8	27.9	0.2	43.9	18.1	18.1	23.2	10.2	18.2	12.6	10.1	6.0	28.4	0.6	0.5	0.8	1.1	0.0	3.5
08	Fish and shellfish	1.7	5.1	0.1	7.8	2.3	1.5	2.9	2.9	2.9	0.4	0.6	1.6	29.1	0.2	0.0	0.3	0.1	0.0	0.6
09	Eggs and egg products	0.8	2.0	0.0	3.2	1.4	1.2	1.7	0.6	1.3	0.0	0.6	0.1	8.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.0	0.1	0.3	0.1	23.5	16.4	23.1	39.5	29.7	20.8	41.8	38.7	8.1	0.1	0.1	0.1	0.0	0.0	0.5
11	Sugar and confectionery	7.6	1.3	2.4	0.7	4.2	5.6	4.3	1.4	3.3	1.8	1.3	0.7	0.1	13.3	25.7	1.8	3.6	0.4	0.5
12	Cakes	8.0	2.9	6.4	0.9	8.5	10.5	8.0	5.3	6.9	17.2	5.4	4.4	4.4	10.6	12.5	9.6	5.0	2.3	0.4
13	Non-alcoholic beverages	2.4	1.7	4.7	0.2	0.3	0.4	0.1	0.1	0.1	0.2	0.1	0.3	0.0	4.5	8.6	0.7	1.3	1.3	51.7
14	Alcoholic beverages	6.7	0.5	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	2.7	3.2	2.1	1.4	96.0	6.7
15	Condiments and sauces	3.0	0.7	0.9	0.6	6.9	4.2	8.0	10.7	9.1	3.3	11.6	9.0	6.8	1.0	1.5	0.7	0.8	0.0	0.8
16	Soups, bouillon	1.2	1.9	1.9	1.9	1.5	1.5	1.3	1.4	1.3	3.9	1.4	1.0	5.3	1.0	0.7	1.3	2.2	0.0	3.6
17	Miscellaneous	1.4	1.7	1.6	1.5	1.7	1.9	1.8	1.3	1.6	2.2	1.2	0.9	0.3	1.3	0.5	1.9	0.7	0.0	0.3
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	0.0	0.0	0.0	0.0	0.0

**Group=Female older adults (n=366)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.3	2.4	6.9	0.0	0.7	0.6	0.3	1.4	0.7	0.2	0.9	5.2	0.0	8.2	0.3	15.2	8.1	0.0	2.8
02	Vegetables	2.4	3.3	9.7	0.0	1.0	0.5	0.6	2.5	1.2	0.2	1.6	8.2	0.3	2.6	3.5	1.9	18.6	0.0	5.5
03	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.2	0.0	0.1
04	Fruits, nuts and olives	7.6	2.8	7.7	0.0	4.3	1.9	4.8	8.0	6.0	0.0	8.3	8.2	1.9	11.5	20.1	3.6	16.4	0.0	5.8
05	Dairy products	16.8	26.1	0.7	40.2	20.9	32.6	15.2	4.8	11.4	32.4	3.3	10.6	1.4	10.9	20.2	2.1	2.8	0.5	11.6
06	Cereals and cereal products	20.7	19.1	55.1	0.3	7.0	4.4	6.6	13.1	8.7	4.0	14.6	10.5	2.7	33.6	6.6	56.9	37.4	0.0	2.2
07	Meat and meat products	11.2	28.2	0.3	42.3	16.7	16.2	21.6	8.9	17.2	13.5	8.9	5.2	27.0	0.6	0.4	0.8	1.2	0.0	3.0
08	Fish and shellfish	1.8	6.2	0.1	9.3	1.9	1.2	2.3	2.5	2.4	0.3	0.5	1.0	29.2	0.2	0.0	0.4	0.1	0.0	0.7

**Group=Female older adults (n=366)**

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	0.9	2.0	0.0	3.2	1.5	1.3	2.0	0.6	1.4	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
10 Fat	8.3	0.1	0.2	0.1	24.1	19.1	24.0	35.0	28.8	21.9	36.7	33.5	4.3	0.1	0.1	0.1	0.0	0.0	0.4
11 Sugar and confectionery	5.5	0.9	1.8	0.5	3.2	4.5	3.3	1.1	2.5	1.1	1.0	0.5	0.4	9.4	18.4	1.6	3.2	1.2	0.3
12 Cakes	9.6	3.3	8.1	0.8	9.6	11.4	9.0	7.2	8.1	18.4	7.7	5.0	6.8	13.1	14.7	12.4	5.9	3.9	0.4
13 Non-alcoholic beverages	2.7	1.6	4.3	0.3	0.4	0.6	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.1	9.4	0.8	1.5	0.5	60.3
14 Alcoholic beverages	2.9	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	1.3	2.3	0.3	0.1	93.9	2.1
15 Condiments and sauces	2.9	0.5	0.6	0.4	6.3	3.6	7.6	12.1	9.0	2.2	13.0	10.1	3.8	1.1	2.3	0.7	0.6	0.0	0.7
16 Soups, bouillon	1.3	1.8	1.7	1.8	1.3	1.2	1.2	1.1	1.2	4.6	1.2	0.7	5.2	1.3	1.0	1.6	2.1	0.0	3.3
17 Miscellaneous	0.9	1.1	1.5	0.7	1.1	1.0	1.2	1.5	1.3	0.9	1.2	0.8	0.8	0.8	0.6	1.0	0.6	0.0	0.4
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.3.a** Average contribution (mean%) of foodgroups and dietary supplements to the intake of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.5	2.5	7.3	0.0	0.8	0.8	0.5	1.4	0.8	0.5	0.9	5.1	0.0	8.5	0.3	15.8	8.4	0.0	3.2
02	Vegetables	2.3	3.2	9.3	0.0	0.9	0.5	0.5	2.2	1.0	0.2	1.5	6.8	0.3	2.7	3.8	1.8	17.6	0.0	5.9
03	Legumes	0.2	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.2	0.1	0.4	1.1	0.0	0.1
04	Fruits, nuts and olives	7.0	2.7	7.2	0.0	4.2	1.9	4.8	7.5	5.8	0.0	7.9	7.0	2.2	10.7	19.3	3.2	15.3	0.0	5.7
05	Dairy products	15.9	25.5	0.5	39.6	19.7	31.8	14.2	4.1	10.4	32.8	2.8	9.6	0.7	11.1	21.4	2.1	2.4	0.0	12.5
06	Cereals and cereal products	20.7	19.8	55.5	0.3	7.6	4.6	7.1	13.8	9.4	3.7	15.3	11.6	3.6	33.0	6.0	57.3	39.3	0.0	2.6
07	Meat and meat products	10.8	27.5	0.2	41.9	17.3	17.4	22.1	9.7	17.5	12.9	9.7	5.5	25.5	0.6	0.4	0.7	1.0	0.0	3.2
08	Fish and shellfish	1.9	6.2	0.1	9.5	2.3	1.5	2.9	3.1	3.0	0.3	0.7	1.5	31.3	0.2	0.0	0.4	0.1	0.0	0.7
09	Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.5	2.0	0.7	1.5	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.1	0.1	0.3	0.1	24.1	17.5	24.3	38.4	30.1	20.7	40.7	37.6	6.3	0.1	0.1	0.1	0.0	0.0	0.5
11	Sugar and confectionery	6.3	1.1	2.0	0.6	3.7	5.1	3.7	1.3	2.8	1.5	1.2	0.6	0.4	10.9	20.6	1.6	3.3	1.2	0.4
12	Cakes	8.3	2.9	6.8	0.8	8.6	10.6	8.0	5.4	6.9	18.0	5.6	4.3	4.6	11.2	12.6	10.6	5.3	2.0	0.4
13	Non-alcoholic beverages	2.7	1.8	5.0	0.3	0.4	0.6	0.2	0.1	0.2	0.3	0.1	0.3	0.0	5.0	9.4	0.8	1.6	0.7	55.0
14	Alcoholic beverages	5.2	0.3	0.8	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	2.2	3.1	1.3	0.8	96.0	4.8
15	Condiments and sauces	2.5	0.6	0.8	0.5	5.8	3.5	6.8	9.5	7.8	2.4	10.4	8.0	4.4	0.9	1.4	0.6	0.7	0.0	0.6
16	Soups, bouillon	1.3	1.8	1.8	1.8	1.3	1.4	1.2	1.1	1.2	4.9	1.2	0.7	5.5	1.1	0.9	1.4	2.3	0.0	3.5
17	Miscellaneous	1.2	1.5	1.6	1.1	1.5	1.4	1.6	1.5	1.6	1.6	1.3	0.8	0.5	1.2	0.7	1.6	0.7	0.0	0.4
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.8	7.6	0.0	0.9	0.8	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.9	0.3	16.0	9.6	0.0	3.3
02	Vegetables	2.0	3.1	8.8	0.0	0.7	0.4	0.4	2.0	0.9	0.1	1.2	7.6	0.2	2.1	2.7	1.8	17.9	0.0	4.9
03	Legumes	0.3	0.5	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.4	0.0	0.3	0.2	0.5	1.5	0.0	0.1
04	Fruits, nuts and olives	6.8	3.0	7.6	0.0	4.2	1.9	4.7	7.9	5.9	0.0	8.3	7.9	1.1	9.6	17.0	3.2	14.3	0.0	5.3
05	Dairy products	16.4	25.2	0.9	40.0	21.1	32.6	15.5	4.8	11.6	32.8	3.2	11.0	1.5	10.4	18.8	2.4	2.9	0.8	11.3
06	Cereals and cereal products	20.3	20.0	55.0	0.3	5.7	3.5	5.1	11.1	7.1	3.6	12.1	8.6	1.8	34.3	7.1	55.9	38.2	0.0	2.6
07	Meat and meat products	11.5	29.2	0.4	44.7	17.1	16.1	22.4	8.8	17.8	13.5	8.8	5.6	31.4	0.6	0.4	0.9	1.5	0.0	3.2
08	Fish and shellfish	1.4	4.8	0.1	7.2	1.5	0.9	1.9	1.6	1.8	0.4	0.4	0.8	25.1	0.2	0.0	0.3	0.1	0.0	0.6

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	0.7	1.6	0.0	2.7	1.2	1.0	1.6	0.5	1.2	0.0	0.5	0.1	8.1	0.1	0.0	0.2	0.0	0.0	0.3
10 Fat	8.4	0.2	0.2	0.1	23.4	19.1	22.6	33.7	27.3	22.9	35.0	31.6	4.9	0.1	0.2	0.1	0.0	0.0	0.4
11 Sugar and confectionery	6.3	1.0	2.0	0.5	3.4	4.6	3.6	1.2	2.7	1.1	1.1	0.5	0.1	11.0	22.6	1.8	3.5	0.0	0.4
12 Cakes	10.3	3.7	8.6	1.0	10.2	11.8	9.7	8.5	8.9	17.7	9.2	5.7	8.1	13.7	16.2	12.7	6.1	5.4	0.4
13 Non-alcoholic beverages	2.3	1.3	3.5	0.1	0.2	0.2	0.1	0.1	0.1	0.2	0.1	0.3	0.0	4.5	8.5	0.7	1.1	1.2	60.4
14 Alcoholic beverages	2.8	0.2	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	1.0	1.8	0.4	0.3	92.6	2.2
15 Condiments and sauces	3.7	0.6	0.7	0.6	7.9	4.5	9.5	15.3	11.3	3.0	16.4	12.9	6.3	1.4	3.2	0.8	0.7	0.0	0.9
16 Soups, bouillon	1.3	1.8	1.7	1.8	1.3	1.2	1.3	1.5	1.3	3.3	1.5	0.8	4.9	1.2	0.9	1.5	1.8	0.0	3.3
17 Miscellaneous	0.8	1.1	1.3	0.9	1.1	1.2	1.1	1.2	1.1	1.1	1.0	0.9	0.7	0.6	0.3	0.9	0.6	0.0	0.3
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.3	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.3.b** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of the Dutch population aged 70 years and older stratified by age gender groups (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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.7	7.9	0.0	1.0	0.9	0.7	1.4	0.9	0.7	1.0	5.2	0.1	9.1	0.3	16.4	9.5	0.0	3.7
02	Vegetables	2.0	2.9	8.3	0.0	0.6	0.4	0.2	1.7	0.7	0.2	1.1	5.5	0.1	2.4	3.5	1.7	16.7	0.0	5.7
03	Legumes	0.2	0.4	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.3	0.1	0.5	1.4	0.0	0.1
04	Fruits, nuts and olives	5.7	2.4	6.1	0.0	3.7	1.8	4.3	6.3	5.0	0.0	6.7	5.2	1.6	8.7	16.5	2.3	12.3	0.0	5.1
05	Dairy products	14.7	23.9	0.4	37.8	18.8	31.0	13.2	3.6	9.6	32.5	2.3	9.3	0.2	10.4	20.5	2.2	2.2	0.0	12.5
06	Cereals and cereal products	20.6	20.8	56.4	0.3	7.1	4.2	6.5	12.8	8.7	3.4	13.9	11.5	3.0	34.0	5.9	57.9	41.8	0.0	3.2
07	Meat and meat products	11.2	28.5	0.2	44.2	19.1	19.3	24.3	10.8	19.2	13.0	10.7	5.8	28.0	0.7	0.5	0.8	1.2	0.0	3.5
08	Fish and shellfish	1.8	5.5	0.1	8.4	2.6	1.6	3.2	3.3	3.2	0.4	0.8	1.9	31.5	0.2	0.0	0.3	0.1	0.0	0.7
09	Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.5
10	Fat	7.9	0.1	0.2	0.1	23.2	16.2	22.8	39.4	29.4	20.4	42.1	38.9	7.4	0.1	0.1	0.2	0.0	0.0	0.5
11	Sugar and confectionery	7.6	1.3	2.4	0.7	4.2	5.7	4.3	1.4	3.3	2.1	1.3	0.8	0.1	13.4	25.7	1.7	3.4	0.5	0.5
12	Cakes	7.5	2.7	6.0	0.9	8.1	10.0	7.6	5.1	6.5	18.0	5.3	4.3	3.5	10.0	12.1	8.9	4.6	0.4	0.4
13	Non-alcoholic beverages	2.2	1.8	4.9	0.2	0.3	0.4	0.2	0.1	0.2	0.3	0.1	0.3	0.0	4.2	8.2	0.6	1.2	0.6	51.2
14	Alcoholic beverages	7.3	0.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	3.0	3.5	2.5	1.6	98.4	7.6
15	Condiments and sauces	3.0	0.8	1.0	0.6	6.7	4.0	8.0	10.6	9.0	3.0	11.5	8.9	6.1	1.1	1.7	0.7	0.9	0.0	0.8
16	Soups, bouillon	1.3	2.0	2.0	2.0	1.5	1.6	1.4	1.3	1.4	4.2	1.4	0.9	6.0	1.0	0.7	1.3	2.3	0.0	3.8
17	Miscellaneous	1.2	1.5	1.6	1.2	1.4	1.4	1.5	1.2	1.3	1.9	1.1	0.8	0.3	1.3	0.6	1.8	0.6	0.0	0.4
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.3	2.3	6.8	0.0	0.7	0.6	0.4	1.4	0.7	0.3	0.9	5.1	0.0	8.0	0.3	15.3	7.6	0.0	2.9
02	Vegetables	2.6	3.4	10.0	0.0	1.1	0.6	0.7	2.6	1.3	0.3	1.9	7.9	0.4	2.8	4.0	1.8	18.3	0.0	6.1
03	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.8	0.0	0.1
04	Fruits, nuts and olives	8.1	2.9	8.1	0.0	4.6	2.1	5.2	8.4	6.4	0.0	8.9	8.4	2.7	12.4	21.6	3.9	17.7	0.0	6.2
05	Dairy products	16.9	26.7	0.6	41.0	20.3	32.4	14.9	4.5	11.0	33.1	3.2	9.8	1.1	11.7	22.2	2.1	2.6	0.1	12.5
06	Cereals and cereal products	20.7	19.1	54.8	0.3	8.0	5.0	7.6	14.6	9.9	4.0	16.4	11.7	4.0	32.3	6.0	56.7	37.4	0.0	2.2
07	Meat and meat products	10.5	26.7	0.2	40.1	15.9	15.9	20.5	8.9	16.1	12.9	8.9	5.2	23.6	0.5	0.3	0.7	0.9	0.0	2.9
08	Fish and shellfish	2.0	6.8	0.2	10.3	2.2	1.3	2.7	3.0	2.8	0.3	0.6	1.2	31.1	0.3	0.0	0.5	0.1	0.0	0.7

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	0.9	2.1	0.0	3.4	1.7	1.5	2.1	0.7	1.5	0.0	0.7	0.1	13.5	0.1	0.0	0.2	0.0	0.0	0.4
10 Fat	8.2	0.1	0.3	0.1	24.9	18.5	25.4	37.6	30.7	20.9	39.6	36.7	5.5	0.1	0.1	0.1	0.0	0.0	0.4
11 Sugar and confectionery	5.3	0.9	1.7	0.5	3.2	4.6	3.3	1.1	2.5	1.1	1.1	0.4	0.6	9.0	16.6	1.6	3.1	2.0	0.3
12 Cakes	8.9	3.0	7.5	0.7	9.0	11.0	8.3	5.6	7.1	18.0	5.8	4.3	5.5	12.1	12.9	11.9	5.8	3.8	0.5
13 Non-alcoholic beverages	3.1	1.9	5.0	0.4	0.5	0.8	0.2	0.2	0.2	0.3	0.2	0.3	0.0	5.7	10.3	1.0	1.9	0.8	58.1
14 Alcoholic beverages	3.6	0.2	0.3	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.3	1.6	2.8	0.4	0.2	93.3	2.6
15 Condiments and sauces	2.2	0.4	0.6	0.3	5.1	3.0	5.9	8.6	6.9	2.0	9.4	7.3	3.0	0.8	1.1	0.5	0.5	0.0	0.5
16 Soups, bouillon	1.3	1.7	1.6	1.7	1.2	1.2	1.1	0.9	1.0	5.4	1.0	0.6	5.0	1.2	1.0	1.5	2.4	0.0	3.2
17 Miscellaneous	1.2	1.4	1.7	1.0	1.6	1.4	1.7	1.8	1.8	1.3	1.4	0.9	0.8	1.1	0.8	1.4	0.7	0.0	0.4
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01 Potatoes and other tubers	5.7	3.4	8.8	0.0	1.5	1.7	1.2	1.6	1.2	0.7	1.0	5.7	0.0	10.0	0.3	18.0	10.9	0.0	4.4
02 Vegetables	1.7	3.0	7.7	0.0	0.6	0.3	0.2	1.5	0.6	0.1	1.0	5.4	0.3	1.9	2.5	1.4	15.5	0.0	5.5
03 Legumes	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.2	0.1	0.3	0.6	0.0	0.1
04 Fruits, nuts and olives	6.7	3.6	8.8	0.0	5.3	2.4	6.0	9.4	7.4	0.0	10.1	8.0	2.1	8.5	15.2	3.1	14.0	0.0	5.7
05 Dairy products	15.9	25.5	1.1	42.2	19.7	31.9	14.9	3.7	10.4	36.1	2.4	9.3	0.5	12.1	22.3	3.3	2.5	0.0	13.8
06 Cereals and cereal products	19.8	21.6	53.8	0.3	6.0	3.5	5.2	11.7	7.6	2.9	12.8	8.6	4.4	31.4	6.0	53.2	39.9	0.0	3.4
07 Meat and meat products	9.5	26.2	0.2	43.0	15.4	15.0	20.2	8.7	15.7	11.8	8.6	6.3	29.4	0.5	0.3	0.7	0.9	0.0	3.3
08 Fish and shellfish	1.2	4.0	0.1	6.2	1.5	1.0	2.0	1.6	1.8	0.4	0.3	0.9	22.5	0.2	0.0	0.3	0.1	0.0	0.6
09 Eggs and egg products	0.5	1.4	0.0	2.3	0.9	0.8	1.2	0.4	0.9	0.0	0.4	0.0	7.4	0.1	0.0	0.1	0.0	0.0	0.3
10 Fat	8.3	0.2	0.4	0.1	24.2	16.9	23.9	39.9	30.5	21.6	41.2	38.3	10.0	0.1	0.1	0.1	0.0	0.0	0.6
11 Sugar and confectionery	7.6	1.3	2.3	0.6	3.9	5.3	4.4	1.4	3.2	0.8	1.3	0.5	0.1	13.0	25.7	1.8	3.9	0.0	0.5
12 Cakes	9.3	3.5	7.5	0.8	9.5	11.7	9.0	5.9	7.7	15.2	5.9	4.8	6.7	12.1	13.5	11.5	6.0	8.2	0.4
13 Non-alcoholic beverages	2.9	1.6	4.1	0.1	0.2	0.3	0.1	0.1	0.1	0.1	0.1	0.3	0.0	5.3	9.5	1.0	1.6	3.3	53.1
14 Alcoholic beverages	4.9	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.7	2.4	1.1	0.8	88.4	4.4
15 Condiments and sauces	2.9	0.6	0.7	0.5	7.3	4.7	8.0	10.9	9.2	3.9	11.9	9.4	8.9	0.8	1.0	0.6	0.6	0.0	0.9
16 Soups, bouillon	1.1	1.6	1.6	1.5	1.3	1.3	1.1	1.6	1.2	3.2	1.6	1.0	3.6	0.9	0.6	1.2	1.9	0.0	2.9
17 Miscellaneous	1.8	2.1	1.8	2.3	2.7	3.2	2.8	1.6	2.3	3.1	1.3	1.2	0.4	1.3	0.3	2.2	0.8	0.0	0.3
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	0.0	0.0	0.0



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.4	2.5	7.1	0.0	0.6	0.4	0.3	1.5	0.6	0.1	0.9	5.3	0.0	8.5	0.3	15.1	9.0	0.0	2.8
02	Vegetables	2.1	3.1	9.3	0.0	0.8	0.4	0.4	2.3	1.0	0.1	1.2	8.7	0.2	2.2	2.8	1.9	19.0	0.0	4.7
03	Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.0	0.4	0.2	0.5	1.9	0.0	0.1
04	Fruits, nuts and olives	6.8	2.8	7.1	0.0	3.8	1.7	4.1	7.3	5.3	0.0	7.5	7.8	0.7	10.1	17.7	3.2	14.4	0.0	5.1
05	Dairy products	16.6	25.1	0.9	39.0	21.7	32.9	15.7	5.3	12.1	31.3	3.6	11.7	2.0	9.5	17.2	2.0	3.1	1.2	10.1
06	Cereals and cereal products	20.5	19.3	55.5	0.2	5.6	3.6	5.0	10.8	6.9	3.9	11.8	8.6	0.6	35.6	7.5	57.2	37.5	0.0	2.3
07	Meat and meat products	12.4	30.6	0.5	45.5	17.8	16.6	23.5	8.9	18.8	14.4	8.9	5.3	32.4	0.7	0.5	1.0	1.7	0.0	3.1
08	Fish and shellfish	1.5	5.2	0.1	7.7	1.4	0.9	1.9	1.6	1.8	0.4	0.4	0.7	26.3	0.2	0.0	0.3	0.1	0.0	0.6
09	Eggs and egg products	0.7	1.7	0.0	2.9	1.3	1.0	1.7	0.6	1.3	0.0	0.6	0.1	8.4	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.5	0.1	0.2	0.1	23.0	20.1	22.0	31.0	25.9	23.4	32.2	28.6	2.5	0.1	0.2	0.1	0.0	0.0	0.3
11	Sugar and confectionery	5.8	0.9	1.9	0.4	3.1	4.3	3.3	1.1	2.5	1.2	1.0	0.6	0.2	10.1	21.2	1.7	3.3	0.0	0.3
12	Cakes	10.7	3.8	9.1	1.1	10.5	11.8	10.0	9.7	9.4	18.8	10.7	6.2	8.7	14.5	17.4	13.3	6.2	4.0	0.4
13	Non-alcoholic beverages	2.1	1.2	3.2	0.1	0.2	0.2	0.1	0.1	0.1	0.2	0.1	0.2	0.0	4.1	8.0	0.5	0.8	0.2	63.7
14	Alcoholic beverages	1.9	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.6	0.8	1.5	0.0	0.0	94.7	1.3
15	Condiments and sauces	4.0	0.6	0.7	0.6	8.2	4.4	10.2	17.3	12.2	2.6	18.5	14.4	5.0	1.7	4.2	0.9	0.8	0.0	0.9
16	Soups, bouillon	1.4	1.9	1.8	1.9	1.4	1.2	1.4	1.4	1.4	3.3	1.5	0.8	5.5	1.3	1.0	1.7	1.8	0.0	3.4
17	Miscellaneous	0.4	0.7	1.1	0.3	0.4	0.3	0.4	0.9	0.6	0.1	0.9	0.7	0.8	0.3	0.2	0.3	0.5	0.0	0.3
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.4.a** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.8	8.0	0.0	1.0	0.9	0.6	1.5	0.9	0.2	1.0	5.6	0.0	9.2	0.3	16.7	9.6	0.0	3.5
02	Vegetables	2.0	2.8	8.4	0.0	0.8	0.4	0.6	1.8	1.0	0.1	1.2	6.4	0.2	2.1	2.9	1.5	16.1	0.0	5.3
03	Legumes	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.3	0.8	0.0	0.1
04	Fruits, nuts and olives	7.2	2.6	7.1	0.0	4.2	1.9	4.5	8.1	5.9	0.0	8.6	7.8	2.1	10.7	19.4	3.1	15.5	0.0	5.7
05	Dairy products	16.4	24.9	0.6	38.6	19.3	31.2	14.4	3.8	10.3	32.4	2.5	9.0	1.7	12.2	23.1	2.6	2.6	0.2	12.5
06	Cereals and cereal products	21.0	20.3	56.5	0.2	6.7	3.9	6.5	11.7	8.4	2.8	12.8	10.0	1.9	32.6	5.9	56.0	39.8	0.0	2.5
07	Meat and meat products	11.0	28.4	0.2	43.7	17.3	17.3	22.6	9.5	17.5	12.2	9.5	5.4	29.4	0.6	0.4	0.7	1.1	0.0	3.3
08	Fish and shellfish	1.5	5.2	0.1	7.7	1.6	1.0	2.1	2.0	2.1	0.2	0.5	0.8	23.5	0.2	0.0	0.3	0.1	0.0	0.6
09	Eggs and egg products	1.0	2.3	0.0	3.6	1.7	1.5	2.2	0.7	1.6	0.0	0.7	0.1	14.2	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.6	0.1	0.3	0.1	25.6	19.0	24.5	41.7	31.5	22.7	43.9	39.7	6.7	0.1	0.1	0.1	0.0	0.0	0.5
11	Sugar and confectionery	6.0	0.8	1.3	0.5	2.7	3.8	2.8	0.9	2.1	1.0	0.8	0.4	0.1	10.6	20.7	1.4	2.8	0.5	0.4
12	Cakes	9.1	3.2	7.6	0.8	9.5	11.6	8.9	5.9	7.6	19.2	6.0	4.8	3.6	11.9	13.4	11.2	5.7	5.3	0.5
13	Non-alcoholic beverages	2.4	1.6	4.4	0.2	0.3	0.4	0.1	0.1	0.1	0.3	0.1	0.2	0.0	4.5	8.5	0.5	1.2	0.3	55.9
14	Alcoholic beverages	3.0	0.3	0.6	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.5	1.5	2.1	0.9	0.6	93.7	3.1
15	Condiments and sauces	2.7	0.5	0.7	0.4	5.9	3.9	6.7	9.3	7.7	2.7	10.0	8.1	4.0	1.0	1.5	0.7	0.6	0.0	0.8
16	Soups, bouillon	1.8	2.8	2.4	3.0	1.8	1.7	1.8	1.7	1.7	4.5	1.7	1.1	9.3	1.6	1.1	2.1	3.0	0.0	4.5
17	Miscellaneous	1.1	1.2	1.2	1.1	1.4	1.4	1.7	1.1	1.5	1.6	0.7	0.3	0.2	1.0	0.5	1.5	0.5	0.0	0.3
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.7	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.7	7.8	0.0	0.9	0.9	0.6	1.6	0.9	0.4	1.0	5.4	0.0	9.4	0.3	16.8	9.3	0.0	3.3
02	Vegetables	2.3	3.3	9.6	0.0	0.9	0.5	0.3	2.4	1.0	0.1	1.5	7.9	0.4	2.7	3.8	1.9	19.1	0.0	5.4
03	Legumes	0.4	0.6	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.4	0.2	0.6	1.9	0.0	0.2
04	Fruits, nuts and olives	6.4	2.5	6.5	0.0	3.2	1.5	3.6	5.8	4.4	0.0	6.0	6.4	1.3	9.9	18.0	3.0	13.9	0.0	5.3
05	Dairy products	15.5	24.6	0.6	38.7	20.4	31.9	14.5	4.7	11.0	31.8	3.2	10.4	0.6	9.4	17.8	1.9	2.1	0.0	10.8
06	Cereals and cereal products	20.1	19.2	54.7	0.3	6.7	4.3	5.9	13.0	8.2	4.3	14.3	10.5	3.5	34.3	7.2	56.1	37.5	0.0	2.4
07	Meat and meat products	12.2	30.5	0.3	45.7	18.4	17.9	23.5	9.8	18.8	15.2	9.7	5.6	28.5	0.7	0.6	1.0	1.6	0.0	3.3
08	Fish and shellfish	1.8	5.5	0.2	8.3	2.1	1.3	2.6	2.8	2.6	0.6	0.6	1.3	31.1	0.2	0.0	0.4	0.1	0.0	0.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09	Eggs and egg products	0.8	1.9	0.0	3.1	1.4	1.2	1.8	0.6	1.4	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.3	0.2	0.2	0.1	23.7	18.2	24.3	34.0	28.6	20.4	36.1	32.9	4.5	0.1	0.2	0.1	0.0	0.0	0.4
11	Sugar and confectionery	6.2	1.1	2.2	0.5	3.4	4.8	3.6	1.3	2.7	1.2	1.2	0.5	0.7	11.0	21.9	1.8	3.5	1.2	0.4
12	Cakes	9.3	3.3	8.1	0.8	9.3	10.7	8.8	7.6	8.0	17.8	8.3	5.0	7.3	13.0	15.6	11.9	6.0	1.1	0.4
13	Non-alcoholic beverages	2.2	1.5	4.1	0.2	0.3	0.3	0.2	0.1	0.1	0.3	0.1	0.2	0.0	4.1	7.8	0.6	1.3	1.0	59.8
14	Alcoholic beverages	4.7	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.6	2.3	0.9	0.5	96.7	3.7
15	Condiments and sauces	3.2	0.4	0.6	0.4	7.1	4.2	8.4	14.0	10.1	2.6	15.0	12.0	4.0	1.2	3.0	0.6	0.7	0.0	0.7
16	Soups, bouillon	1.0	1.2	1.4	1.1	1.0	1.0	0.9	0.8	0.9	4.6	0.8	0.5	3.6	0.9	0.8	1.1	1.6	0.0	2.6
17	Miscellaneous	0.8	1.2	1.7	0.8	1.0	1.0	0.9	1.3	1.0	0.7	1.2	0.9	0.5	0.8	0.5	0.9	0.8	0.0	0.4
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.1	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	3.7	2.2	6.2	0.0	0.6	0.4	0.2	1.2	0.6	0.6	0.8	4.7	0.0	7.2	0.2	13.7	7.0	0.0	2.8
02	Vegetables	2.4	3.6	10.4	0.0	1.0	0.6	0.4	2.6	1.1	0.5	1.8	7.9	0.2	2.8	3.5	2.2	18.7	0.0	6.4
03	Legumes	0.2	0.4	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.3	0.0	0.1
04	Fruits, nuts and olives	7.9	3.7	9.2	0.0	5.4	2.6	6.5	8.7	7.3	0.0	9.3	7.6	2.3	11.4	19.3	3.9	16.8	0.0	6.0
05	Dairy products	17.0	27.9	0.8	43.7	21.4	33.8	15.3	5.1	11.7	33.5	3.6	11.8	0.1	10.9	20.3	2.2	3.7	0.1	12.9
06	Cereals and cereal products	20.1	19.4	52.5	0.3	7.8	5.0	7.1	15.2	9.7	4.9	17.3	11.4	4.7	32.5	6.2	56.7	38.2	0.0	2.8
07	Meat and meat products	9.5	23.8	0.1	37.1	15.5	15.1	20.4	8.4	16.1	12.2	8.4	5.4	23.1	0.5	0.3	0.7	0.8	0.0	2.8
08	Fish and shellfish	2.2	6.8	0.1	10.6	2.8	1.9	3.4	3.6	3.4	0.5	0.7	2.0	33.4	0.2	0.0	0.4	0.1	0.0	0.8
09	Eggs and egg products	0.7	1.7	0.0	2.8	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	5.8	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	7.4	0.1	0.2	0.1	21.4	16.6	21.9	32.0	26.1	20.9	33.5	30.9	7.2	0.1	0.1	0.1	0.0	0.0	0.4
11	Sugar and confectionery	5.3	0.9	1.7	0.4	3.0	4.0	3.3	1.2	2.5	1.3	1.1	0.7	0.1	9.3	17.9	1.5	2.8	0.9	0.3
12	Cakes	9.3	3.3	7.1	1.2	9.6	11.9	8.9	6.2	7.8	18.0	6.5	4.9	8.5	12.3	13.2	12.0	5.1	5.8	0.4
13	Non-alcoholic beverages	3.7	2.1	5.4	0.4	0.5	0.9	0.2	0.2	0.2	0.3	0.2	0.5	0.0	7.1	12.7	1.3	2.0	0.0	55.7
14	Alcoholic beverages	5.5	0.3	0.6	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	2.4	3.8	1.0	0.6	93.2	4.7
15	Condiments and sauces	2.7	0.8	0.9	0.8	6.4	3.1	7.9	11.2	9.2	2.4	12.6	8.7	8.5	0.9	1.3	0.7	0.8	0.0	0.6
16	Soups, bouillon	0.7	0.9	1.0	0.8	0.9	0.9	0.7	1.0	0.8	2.1	1.1	0.6	0.7	0.6	0.4	0.7	1.1	0.0	2.5
17	Miscellaneous	1.8	2.1	2.5	1.8	2.4	2.1	2.3	2.5	2.4	2.6	2.5	2.1	1.7	1.5	0.8	2.2	0.9	0.0	0.6
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.5	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.4.b** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.8	3.3	9.3	0.0	1.3	1.5	1.1	1.6	1.2	0.0	1.0	6.1	0.0	10.5	0.3	18.4	11.9	0.0	4.5
02	Vegetables	1.6	2.5	7.1	0.0	0.5	0.3	0.1	1.2	0.5	0.0	0.8	4.7	0.2	1.8	2.2	1.5	14.2	0.0	4.9
03	Legumes	0.3	0.5	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.4	0.1	0.6	1.9	0.0	0.2
04	Fruits, nuts and olives	5.0	2.0	5.2	0.0	3.0	1.5	3.2	5.2	4.0	0.0	5.5	4.5	1.5	7.4	15.3	1.9	10.9	0.0	4.6
05	Dairy products	14.2	21.8	0.6	34.9	17.1	29.3	12.3	2.9	8.5	31.5	1.8	7.7	0.3	11.0	21.0	3.3	2.3	0.1	11.8
06	Cereals and cereal products	20.5	21.0	56.0	0.3	6.4	3.7	6.0	11.0	7.8	2.8	11.8	9.7	2.7	32.7	5.9	53.6	40.9	0.0	3.0
07	Meat and meat products	11.5	30.2	0.2	47.3	18.5	18.7	23.6	10.6	18.5	12.2	10.4	6.1	33.1	0.6	0.5	0.7	1.3	0.0	3.9
08	Fish and shellfish	1.5	4.8	0.1	7.2	2.0	1.3	2.4	2.4	2.4	0.3	0.9	1.3	24.4	0.2	0.0	0.3	0.1	0.0	0.6
09	Eggs and egg products	0.7	1.9	0.0	3.0	1.3	1.1	1.5	0.5	1.2	0.0	0.5	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.8	0.1	0.4	0.0	25.8	17.4	24.7	44.4	32.7	23.4	47.0	43.1	8.9	0.1	0.1	0.2	0.0	0.0	0.6
11	Sugar and confectionery	7.8	0.8	1.6	0.5	2.7	3.7	3.0	0.9	2.2	1.2	0.8	0.4	0.0	14.2	28.8	1.5	2.6	0.0	0.5
12	Cakes	8.0	2.9	6.6	0.6	8.4	10.8	8.0	4.5	6.6	15.6	4.5	3.3	3.1	10.5	13.1	9.4	5.6	0.0	0.4
13	Non-alcoholic beverages	2.1	1.6	4.2	0.2	0.3	0.5	0.1	0.1	0.1	0.4	0.1	0.1	0.0	3.7	6.9	0.5	1.2	0.5	52.2
14	Alcoholic beverages	4.9	0.6	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	2.2	2.7	2.0	99.3	6.4
15	Condiments and sauces	3.5	0.6	0.8	0.5	8.0	5.2	9.2	11.3	10.1	4.2	11.9	10.5	8.8	1.2	2.0	0.7	1.0	0.0	1.0
16	Soups, bouillon	1.7	3.0	2.9	3.1	2.0	2.1	1.9	1.7	1.8	4.6	1.7	1.2	9.5	1.3	0.9	1.9	3.4	0.0	4.7
17	Miscellaneous	1.9	2.3	1.9	2.3	2.4	2.8	2.8	1.5	2.3	3.6	1.2	0.6	0.0	1.9	0.7	2.6	0.9	0.0	0.4
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.5	3.1	8.9	0.0	1.3	1.5	1.0	1.7	1.2	1.0	1.2	5.5	0.0	10.4	0.4	18.7	10.3	0.0	4.1
02	Vegetables	2.0	3.1	8.5	0.0	0.8	0.5	0.2	2.1	0.8	0.2	1.3	7.0	0.1	2.4	3.6	1.6	16.2	0.0	5.6
03	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
04	Fruits, nuts and olives	6.2	2.4	6.5	0.0	3.2	1.4	3.5	6.3	4.5	0.0	6.6	6.5	1.5	9.9	18.4	2.7	14.2	0.0	6.0
05	Dairy products	16.0	26.3	0.6	41.7	20.2	32.0	14.6	4.1	10.7	34.7	2.7	10.2	0.3	11.8	22.3	2.6	2.6	0.0	13.7
06	Cereals and cereal products	19.9	20.4	55.5	0.1	6.7	3.9	6.1	13.1	8.6	3.6	14.4	10.9	4.6	32.3	6.4	55.4	40.7	0.0	2.9
07	Meat and meat products	11.4	28.7	0.3	44.6	19.6	19.9	25.4	10.7	19.8	14.5	10.6	5.4	27.0	0.8	0.6	1.0	1.4	0.0	3.4
08	Fish and shellfish	1.6	4.2	0.1	6.1	2.4	1.5	3.0	3.1	3.0	0.7	0.5	1.8	24.6	0.2	0.0	0.3	0.1	0.0	0.5

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	0.9	2.1	0.0	3.1	1.6	1.4	1.9	0.7	1.4	0.0	0.7	0.1	11.2	0.1	0.0	0.2	0.0	0.0	0.5
10 Fat	8.4	0.2	0.3	0.1	24.6	17.1	24.8	40.4	31.3	19.2	43.4	38.7	9.8	0.1	0.1	0.1	0.1	0.0	0.5
11 Sugar and confectionery	6.8	1.2	1.9	0.7	3.4	4.6	3.7	1.2	2.8	1.2	1.1	0.5	0.2	12.2	23.1	1.6	3.4	0.0	0.5
12 Cakes	8.1	3.1	6.9	0.9	8.5	10.2	8.1	5.8	7.1	17.3	6.1	4.9	4.4	11.1	12.9	10.2	4.8	0.7	0.4
13 Non-alcoholic beverages	2.0	1.7	4.8	0.1	0.2	0.3	0.2	0.1	0.1	0.2	0.1	0.2	0.0	3.6	7.1	0.4	1.0	0.9	51.8
14 Alcoholic beverages	7.0	0.4	1.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.4	2.5	2.9	1.8	1.1	98.3	6.0
15 Condiments and sauces	2.3	0.4	0.6	0.3	5.3	3.7	5.5	8.8	6.8	2.7	9.6	7.1	4.1	0.7	1.1	0.5	0.6	0.0	0.6
16 Soups, bouillon	1.0	1.5	1.6	1.5	1.1	1.1	1.1	0.9	1.0	3.6	0.9	0.6	5.7	0.8	0.7	1.1	1.7	0.0	3.0
17 Miscellaneous	0.8	1.0	1.3	0.7	0.9	1.1	0.9	0.8	0.9	1.2	0.6	0.2	0.3	0.9	0.3	1.3	0.7	0.0	0.2
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.8	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01 Potatoes and other tubers	4.1	2.5	7.1	0.0	0.7	0.6	0.3	1.3	0.6	0.6	0.8	5.1	0.0	8.2	0.3	14.9	8.5	0.0	3.3
02 Vegetables	2.3	3.5	9.5	0.0	0.7	0.5	0.2	1.7	0.7	0.2	1.3	5.0	0.1	2.9	3.8	2.2	19.4	0.0	6.5
03 Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
04 Fruits, nuts and olives	7.1	3.9	9.0	0.0	6.2	3.1	7.6	9.2	8.2	0.0	10.0	6.6	3.0	9.3	15.8	3.4	13.4	0.0	5.1
05 Dairy products	15.0	23.9	0.5	38.7	19.6	32.2	13.7	3.9	10.2	31.4	2.5	10.2	0.2	10.2	20.2	1.8	2.1	0.0	12.0
06 Cereals and cereal products	20.1	20.2	53.1	0.3	7.1	4.5	6.1	13.4	8.6	3.9	14.8	11.1	3.4	33.5	6.2	56.8	40.7	0.0	3.2
07 Meat and meat products	10.3	26.6	0.1	42.5	17.1	16.9	22.0	9.2	17.3	12.1	9.3	6.7	28.0	0.5	0.4	0.7	0.8	0.0	3.4
08 Fish and shellfish	1.7	5.0	0.0	7.8	2.5	1.7	3.2	3.0	3.1	0.3	0.5	2.0	32.4	0.1	0.0	0.2	0.0	0.0	0.7
09 Eggs and egg products	1.0	2.5	0.0	4.2	1.7	1.4	2.1	0.7	1.6	0.0	0.7	0.1	8.4	0.1	0.0	0.3	0.0	0.0	0.5
10 Fat	7.2	0.1	0.1	0.1	20.2	14.8	20.2	34.2	25.6	18.4	35.4	32.4	6.3	0.1	0.1	0.1	0.0	0.0	0.4
11 Sugar and confectionery	5.4	0.8	1.6	0.3	2.5	3.3	2.8	1.1	2.2	1.0	1.0	0.8	0.0	10.1	20.4	1.3	2.6	1.7	0.4
12 Cakes	9.3	3.5	6.6	1.7	10.5	12.9	9.6	6.4	8.3	24.3	6.4	5.9	6.0	11.9	13.7	10.5	5.0	9.2	0.5
13 Non-alcoholic beverages	3.4	2.1	5.5	0.2	0.3	0.4	0.2	0.2	0.2	0.1	0.2	0.5	0.0	6.7	12.9	1.1	2.2	0.0	52.6
14 Alcoholic beverages	6.9	0.4	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.6	3.4	1.8	1.0	89.1	6.8
15 Condiments and sauces	3.0	0.9	1.2	0.7	6.9	3.9	8.3	11.4	9.5	3.0	12.9	9.4	7.0	1.1	1.5	0.8	1.0	0.0	0.7
16 Soups, bouillon	0.8	1.1	1.3	1.1	1.1	1.1	1.0	1.7	1.2	1.7	1.8	1.2	1.3	0.6	0.4	0.9	1.5	0.0	3.3
17 Miscellaneous	2.1	2.7	2.5	2.5	2.9	2.8	2.8	2.4	2.6	3.0	2.4	2.5	0.6	1.8	0.9	2.7	0.8	0.0	0.6
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.6	7.4	0.0	0.8	0.7	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.6	0.3	16.1	8.6	0.0	3.1
02	Vegetables	2.2	3.0	8.9	0.0	1.0	0.5	0.8	2.0	1.2	0.1	1.4	7.1	0.2	2.3	3.2	1.5	16.9	0.0	5.5
03	Legumes	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
04	Fruits, nuts and olives	8.1	2.9	8.0	0.0	4.7	2.1	5.1	9.3	6.7	0.0	9.9	9.2	2.4	12.0	21.1	3.7	17.4	0.0	6.2
05	Dairy products	17.3	26.1	0.6	40.2	20.2	32.0	15.2	4.2	11.0	32.7	2.8	9.5	2.3	12.7	24.0	2.3	2.8	0.2	12.8
06	Cereals and cereal products	21.1	19.9	56.8	0.2	6.9	4.0	6.6	12.0	8.6	2.8	13.2	10.1	1.5	32.6	5.9	56.9	39.3	0.0	2.3
07	Meat and meat products	10.9	27.7	0.3	42.3	16.8	16.7	22.2	9.1	17.1	12.2	9.1	5.1	27.9	0.6	0.3	0.8	1.0	0.0	3.0
08	Fish and shellfish	1.5	5.4	0.1	7.9	1.5	0.9	2.0	1.9	2.0	0.1	0.3	0.7	23.1	0.2	0.0	0.3	0.0	0.0	0.6
09	Eggs and egg products	1.1	2.4	0.0	3.9	1.9	1.6	2.4	0.8	1.8	0.0	0.8	0.1	17.0	0.1	0.0	0.3	0.0	0.0	0.4
10	Fat	8.5	0.1	0.3	0.1	25.5	19.6	24.4	40.6	31.1	22.4	42.6	38.3	5.7	0.1	0.1	0.1	0.0	0.0	0.4
11	Sugar and confectionery	5.2	0.7	1.2	0.5	2.6	3.8	2.8	0.9	2.0	0.9	0.8	0.4	0.1	9.1	17.3	1.4	2.9	0.8	0.4
12	Cakes	9.6	3.3	7.9	0.9	9.9	11.9	9.2	6.4	8.0	20.7	6.7	5.4	3.8	12.5	13.5	12.0	5.7	8.4	0.5
13	Non-alcoholic beverages	2.6	1.6	4.4	0.2	0.3	0.4	0.1	0.1	0.1	0.3	0.1	0.2	0.0	4.8	9.2	0.6	1.3	0.2	57.4
14	Alcoholic beverages	2.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.8	1.1	2.0	0.2	0.1	90.4	1.7
15	Condiments and sauces	2.3	0.4	0.7	0.3	5.1	3.3	5.6	8.5	6.7	2.1	9.3	7.1	1.9	1.0	1.3	0.7	0.5	0.0	0.7
16	Soups, bouillon	1.8	2.7	2.3	2.9	1.7	1.6	1.7	1.7	1.7	4.4	1.8	1.0	9.2	1.7	1.2	2.2	2.9	0.0	4.5
17	Miscellaneous	0.7	0.8	0.8	0.6	1.0	0.9	1.3	1.0	1.1	0.7	0.5	0.1	0.2	0.7	0.4	1.1	0.3	0.0	0.2
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.4	2.4	7.1	0.0	0.6	0.5	0.3	1.5	0.7	0.1	0.9	5.3	0.0	8.8	0.3	15.6	8.7	0.0	2.7
02	Vegetables	2.4	3.5	10.2	0.0	0.9	0.5	0.4	2.6	1.1	0.1	1.7	8.5	0.5	2.8	3.9	2.1	20.9	0.0	5.3
03	Legumes	0.5	0.7	1.8	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.6	0.0	0.6	0.3	0.8	2.4	0.0	0.2
04	Fruits, nuts and olives	6.4	2.5	6.5	0.0	3.3	1.6	3.7	5.5	4.4	0.0	5.6	6.4	1.2	10.0	17.8	3.2	13.7	0.0	4.9
05	Dairy products	15.2	23.6	0.5	36.8	20.6	31.9	14.4	5.0	11.2	30.0	3.6	10.5	0.7	8.0	14.9	1.5	1.8	0.0	8.9
06	Cereals and cereal products	20.2	18.4	54.1	0.4	6.7	4.6	5.8	12.9	8.0	4.7	14.2	10.3	2.8	35.6	7.7	56.5	35.6	0.0	2.1
07	Meat and meat products	12.7	31.6	0.4	46.4	17.6	16.7	22.3	9.2	18.2	15.6	9.2	5.7	29.5	0.6	0.5	0.9	1.7	0.0	3.2
08	Fish and shellfish	1.9	6.4	0.2	9.7	1.9	1.2	2.4	2.6	2.4	0.5	0.7	1.0	35.2	0.3	0.0	0.5	0.1	0.0	0.8
09	Eggs and egg products	0.8	1.8	0.0	3.0	1.3	1.2	1.8	0.6	1.3	0.0	0.6	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.3	0.2	0.2	0.1	23.2	19.0	24.0	30.0	26.9	21.1	31.5	29.1	1.0	0.1	0.2	0.1	0.0	0.0	0.3
11	Sugar and confectionery	5.9	1.1	2.4	0.4	3.5	5.0	3.5	1.3	2.7	1.2	1.2	0.4	1.0	10.2	21.1	1.9	3.6	2.0	0.3

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
12 Cakes	10.1	3.5	8.8	0.8	9.7	11.1	9.2	8.8	8.6	18.2	9.7	5.1	9.3	14.2	17.3	13.0	6.8	1.4	0.4
13 Non-alcoholic beverages	2.3	1.5	3.7	0.2	0.3	0.4	0.2	0.1	0.1	0.3	0.1	0.2	0.0	4.5	8.3	0.7	1.5	1.0	64.8
14 Alcoholic beverages	3.3	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.9	0.4	0.2	95.6	2.2
15 Condiments and sauces	3.8	0.5	0.5	0.4	8.2	4.5	10.3	17.3	12.2	2.6	18.4	15.0	3.9	1.5	4.2	0.7	0.8	0.0	0.7
16 Soups, bouillon	1.0	1.0	1.3	0.8	1.0	1.0	0.9	0.7	0.8	5.2	0.7	0.4	2.2	1.0	0.8	1.1	1.5	0.0	2.4
17 Miscellaneous	0.9	1.4	1.9	0.8	1.0	0.9	0.9	1.6	1.2	0.4	1.6	1.4	0.7	0.7	0.7	0.6	0.8	0.0	0.5
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
01 Potatoes and other tubers	3.3	1.8	5.4	0.0	0.5	0.3	0.2	1.2	0.5	0.5	0.7	4.4	0.0	6.3	0.2	12.6	5.7	0.0	2.3
02 Vegetables	2.6	3.8	11.1	0.0	1.2	0.8	0.6	3.3	1.4	0.8	2.3	10.5	0.4	2.7	3.3	2.1	18.1	0.0	6.3
03 Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.8	0.0	0.3	0.1	0.6	1.6	0.0	0.1
04 Fruits, nuts and olives	8.6	3.5	9.5	0.0	4.7	2.2	5.6	8.2	6.5	0.0	8.7	8.5	1.7	13.3	22.5	4.4	19.9	0.0	6.8
05 Dairy products	18.8	31.5	1.1	48.3	23.1	35.3	16.8	6.1	13.0	35.5	4.5	13.2	0.1	11.5	20.3	2.5	5.3	0.2	13.7
06 Cereals and cereal products	20.1	18.6	52.0	0.3	8.5	5.4	8.1	16.9	10.7	5.9	19.7	11.8	6.0	31.6	6.1	56.6	36.0	0.0	2.3
07 Meat and meat products	8.8	21.3	0.1	32.1	14.0	13.5	18.8	7.6	14.9	12.3	7.6	4.2	18.5	0.5	0.3	0.6	0.7	0.0	2.3
08 Fish and shellfish	2.6	8.5	0.2	13.2	3.2	2.0	3.5	4.3	3.7	0.6	0.9	2.0	34.2	0.3	0.0	0.6	0.1	0.0	0.9
09 Eggs and egg products	0.4	0.9	0.0	1.4	0.6	0.6	0.8	0.3	0.6	0.0	0.3	0.0	3.4	0.1	0.0	0.1	0.0	0.0	0.2
10 Fat	7.6	0.1	0.2	0.1	22.5	18.3	23.4	30.0	26.5	23.2	31.7	29.5	8.1	0.1	0.1	0.1	0.0	0.0	0.3
11 Sugar and confectionery	5.2	1.0	1.8	0.5	3.5	4.8	3.7	1.4	2.9	1.6	1.2	0.5	0.2	8.6	15.6	1.6	3.0	0.0	0.3
12 Cakes	9.2	3.1	7.5	0.7	8.7	10.9	8.3	6.0	7.3	12.3	6.6	4.0	10.7	12.7	12.6	13.3	5.1	2.2	0.3
13 Non-alcoholic beverages	3.9	2.0	5.4	0.5	0.7	1.3	0.3	0.3	0.2	0.4	0.2	0.5	0.0	7.4	12.5	1.6	1.9	0.0	58.5
14 Alcoholic beverages	4.2	0.2	0.2	0.3	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.2	2.3	4.1	0.3	0.2	97.6	2.8
15 Condiments and sauces	2.5	0.8	0.7	0.9	6.0	2.4	7.5	11.1	8.9	1.9	12.4	8.0	9.9	0.7	1.0	0.6	0.6	0.0	0.5
16 Soups, bouillon	0.6	0.7	0.8	0.6	0.6	0.7	0.5	0.4	0.5	2.6	0.5	0.2	0.3	0.5	0.5	0.6	0.8	0.0	1.8
17 Miscellaneous	1.5	1.6	2.5	1.1	1.9	1.6	1.9	2.7	2.2	2.3	2.5	1.8	2.8	1.2	0.7	1.7	1.0	0.0	0.5
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.7	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.5.a** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.2	2.4	6.8	0.0	0.9	1.0	0.7	1.3	0.8	0.5	0.8	4.5	0.0	8.1	0.3	14.4	8.9	0.0	3.0
02	Vegetables	2.1	3.3	9.2	0.0	0.8	0.4	0.5	2.1	1.0	0.1	1.3	7.6	0.3	2.4	3.0	2.0	19.4	0.0	5.4
03	Legumes	0.1	0.3	0.7	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.5	0.0	0.2	0.0	0.3	0.9	0.0	0.1
04	Fruits, nuts and olives	6.6	3.0	7.8	0.0	5.2	2.4	6.3	9.1	7.3	0.0	9.7	7.2	2.4	9.1	15.5	3.3	13.6	0.0	4.8
05	Dairy products	16.8	26.8	0.7	42.0	21.9	33.8	15.8	5.1	12.0	33.8	3.5	12.4	0.6	9.8	18.1	2.1	2.1	0.1	12.5
06	Cereals and cereal products	20.1	19.5	55.6	0.2	6.1	3.6	5.4	12.5	7.7	2.9	14.1	9.7	3.3	34.6	5.8	59.1	39.0	0.0	2.7
07	Meat and meat products	10.8	29.0	0.4	43.6	14.9	13.7	19.7	8.2	15.9	11.5	8.0	4.4	27.8	0.7	0.5	1.0	1.6	0.0	3.3
08	Fish and shellfish	1.4	4.5	0.0	7.1	1.9	1.2	2.5	2.5	2.5	0.2	0.4	1.3	26.1	0.1	0.0	0.2	0.0	0.0	0.5
09	Eggs and egg products	0.6	1.4	0.0	2.3	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	9.2	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.8	0.1	0.1	0.1	24.6	20.3	24.2	33.7	28.5	25.1	35.4	32.9	6.7	0.1	0.2	0.1	0.0	0.0	0.4
11	Sugar and confectionery	8.3	1.4	3.0	0.6	4.6	6.3	4.7	1.8	3.6	1.7	1.6	0.8	0.5	14.4	28.1	2.2	4.4	1.4	0.4
12	Cakes	8.0	2.8	7.0	0.7	8.4	9.8	7.7	7.3	7.2	17.4	8.0	4.6	8.6	11.0	13.2	10.3	5.1	0.9	0.3
13	Non-alcoholic beverages	2.4	1.6	4.1	0.3	0.3	0.5	0.2	0.2	0.2	0.2	0.1	0.3	0.0	4.6	8.1	0.9	2.1	1.1	58.1
14	Alcoholic beverages	4.2	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.4	2.4	0.4	0.3	96.5	3.6
15	Condiments and sauces	3.0	0.5	0.6	0.5	6.3	3.5	8.2	12.3	9.3	2.2	13.4	11.5	5.0	1.3	3.3	0.7	0.5	0.0	0.7
16	Soups, bouillon	0.9	1.4	1.4	1.4	1.0	1.0	1.0	1.0	1.0	2.8	1.0	0.6	3.6	0.7	0.5	1.0	1.4	0.0	3.0
17	Miscellaneous	1.5	1.9	2.2	1.2	1.8	1.5	1.9	2.3	2.0	1.5	1.9	1.7	0.7	1.4	1.0	1.7	0.8	0.0	0.6
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.1	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.6	7.6	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.6	0.0	8.8	0.3	16.4	8.7	0.0	3.3
02	Vegetables	2.3	3.2	9.2	0.0	0.9	0.5	0.4	2.2	1.0	0.2	1.5	7.1	0.3	2.6	3.7	1.7	17.2	0.0	5.8
03	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
04	Fruits, nuts and olives	7.2	2.8	7.4	0.0	4.0	1.8	4.4	7.4	5.5	0.0	7.7	7.6	1.7	10.9	19.8	3.2	15.7	0.0	5.9
05	Dairy products	15.8	24.8	0.5	38.9	19.4	31.4	14.1	4.0	10.3	32.2	2.7	9.0	1.1	11.4	21.7	2.2	2.8	0.1	11.9
06	Cereals and cereal products	20.6	20.0	55.1	0.3	7.3	4.5	6.9	12.9	9.0	4.0	14.2	10.9	2.7	32.8	6.2	55.9	39.1	0.0	2.6
07	Meat and meat products	11.0	27.5	0.2	42.3	18.1	18.2	23.3	9.9	18.2	13.5	10.0	6.0	26.7	0.5	0.4	0.7	1.0	0.0	3.1
08	Fish and shellfish	1.9	6.6	0.2	9.7	2.2	1.4	2.7	2.8	2.7	0.4	0.7	1.2	31.6	0.2	0.0	0.4	0.1	0.0	0.7



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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	1.0	2.3	0.0	3.6	1.7	1.5	2.1	0.7	1.6	0.0	0.7	0.1	11.0	0.1	0.0	0.2	0.0	0.0	0.4
10 Fat	7.8	0.1	0.3	0.1	23.3	16.9	23.2	37.9	29.2	19.7	39.9	36.4	5.5	0.1	0.1	0.1	0.0	0.0	0.5
11 Sugar and confectionery	5.5	0.9	1.5	0.5	3.1	4.4	3.3	1.0	2.4	1.3	0.9	0.5	0.2	9.5	18.4	1.4	2.8	0.5	0.4
12 Cakes	9.4	3.3	7.7	0.9	9.6	11.6	9.0	6.1	7.8	18.5	6.4	4.9	4.6	12.5	14.1	11.8	5.8	3.2	0.5
13 Non-alcoholic beverages	2.7	1.8	4.8	0.2	0.3	0.5	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.0	9.6	0.7	1.2	0.8	56.2
14 Alcoholic beverages	4.7	0.3	0.8	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.5	2.1	2.9	1.3	0.8	95.4	4.2
15 Condiments and sauces	2.9	0.6	0.8	0.5	6.7	4.0	7.5	11.1	8.9	2.9	12.0	8.8	4.6	1.0	1.4	0.7	0.8	0.0	0.7
16 Soups, bouillon	1.4	1.9	2.0	1.9	1.4	1.4	1.3	1.3	1.3	5.2	1.3	0.8	5.7	1.3	1.0	1.7	2.6	0.0	3.5
17 Miscellaneous	0.9	1.1	1.2	1.0	1.2	1.3	1.3	1.0	1.2	1.4	0.9	0.5	0.5	0.8	0.4	1.2	0.6	0.0	0.2
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4	0.0	0.0	0.0	0.0	0.0	0.0

**Table 1.5.b** Average contribution (mean%) of foodgroups and dietary supplements to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.8	8.0	0.0	1.5	1.8	1.3	1.4	1.3	1.2	1.0	4.4	0.0	9.1	0.3	16.5	10.4	0.0	3.9
02	Vegetables	1.9	3.0	8.0	0.0	0.6	0.4	0.2	1.5	0.6	0.2	1.0	5.5	0.0	2.3	2.9	1.9	17.5	0.0	5.7
03	Legumes	0.3	0.5	1.4	0.0	0.1	0.0	0.0	0.3	0.1	0.0	0.2	1.0	0.0	0.3	0.0	0.7	1.8	0.0	0.2
04	Fruits, nuts and olives	5.4	2.7	6.5	0.0	4.7	2.0	5.7	7.9	6.6	0.0	8.5	5.6	2.9	7.3	13.2	2.0	11.2	0.0	4.4
05	Dairy products	14.9	25.3	0.5	40.9	20.3	32.9	14.4	4.0	10.5	36.1	2.5	11.1	0.1	9.6	17.6	2.5	2.2	0.0	12.8
06	Cereals and cereal products	19.1	20.7	54.5	0.3	5.4	2.9	4.6	11.3	6.9	2.1	12.3	9.3	3.8	31.4	4.6	57.5	40.4	0.0	3.4
07	Meat and meat products	8.7	25.9	0.0	40.7	13.6	12.6	18.0	8.3	14.3	8.9	7.9	3.9	24.9	0.4	0.3	0.4	0.9	0.0	3.3
08	Fish and shellfish	1.6	5.4	0.1	8.7	2.0	1.2	2.7	2.7	2.7	0.2	0.5	1.6	30.4	0.1	0.0	0.1	0.0	0.0	0.7
09	Eggs and egg products	0.7	1.7	0.0	2.8	1.1	1.0	1.3	0.5	1.0	0.0	0.5	0.1	7.0	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.5	0.1	0.2	0.1	24.3	17.1	24.3	40.3	30.7	23.1	43.0	39.4	9.9	0.1	0.1	0.1	0.0	0.0	0.5
11	Sugar and confectionery	11.7	2.2	4.2	1.1	7.4	9.6	7.5	2.5	5.8	3.3	2.3	1.4	0.2	19.7	36.4	2.6	5.0	0.0	0.5
12	Cakes	7.7	2.9	6.3	1.0	8.7	10.7	7.9	5.7	7.0	18.1	5.7	4.4	4.7	9.9	11.2	9.5	5.0	0.0	0.4
13	Non-alcoholic beverages	2.2	1.7	5.0	0.2	0.2	0.3	0.1	0.1	0.1	0.1	0.1	0.3	0.0	4.1	7.1	0.9	1.8	2.8	52.5
14	Alcoholic beverages	6.7	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	2.4	3.6	1.1	0.7	97.2	6.3
15	Condiments and sauces	3.0	0.7	0.9	0.5	6.8	4.2	8.7	10.2	9.3	2.9	11.2	9.6	8.5	1.0	1.5	0.8	0.7	0.0	0.8
16	Soups, bouillon	1.1	1.9	1.7	2.0	1.5	1.5	1.4	1.5	1.4	2.5	1.6	1.0	4.9	0.6	0.4	1.1	1.5	0.0	3.6
17	Miscellaneous	1.7	2.3	2.0	1.8	1.8	1.6	1.9	1.8	1.8	1.2	1.5	1.5	0.5	1.6	0.9	2.1	0.8	0.0	0.7
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.8	8.1	0.0	0.8	0.6	0.3	1.4	0.7	0.4	0.9	5.9	0.1	9.3	0.3	16.8	9.5	0.0	3.7
02	Vegetables	1.9	2.9	8.3	0.0	0.6	0.4	0.2	1.7	0.7	0.1	1.1	5.6	0.2	2.3	3.4	1.6	16.1	0.0	5.6
03	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.0	0.0	0.1
04	Fruits, nuts and olives	6.3	2.8	7.1	0.0	4.0	1.9	4.5	7.0	5.4	0.0	7.4	6.3	1.3	9.3	17.3	2.7	13.5	0.0	5.5
05	Dairy products	15.0	23.8	0.4	37.7	18.5	30.5	13.2	3.5	9.5	31.8	2.2	8.6	0.2	11.2	22.0	2.3	2.2	0.0	12.7
06	Cereals and cereal products	20.9	20.9	56.1	0.3	7.3	4.5	6.8	12.8	8.9	3.8	13.9	11.4	2.7	34.0	6.4	56.4	41.8	0.0	3.0
07	Meat and meat products	11.8	29.1	0.3	45.7	20.4	20.7	25.8	11.4	20.3	13.8	11.5	7.1	30.9	0.7	0.5	0.9	1.2	0.0	3.6
08	Fish and shellfish	1.6	4.9	0.1	7.3	2.2	1.5	2.8	2.9	2.8	0.4	0.7	1.5	27.6	0.2	0.0	0.3	0.1	0.0	0.6

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
09 Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	9.3	0.1	0.0	0.2	0.0	0.0	0.5
10 Fat	7.8	0.1	0.3	0.1	22.9	16.2	22.5	38.7	29.0	20.1	40.7	37.6	6.9	0.1	0.1	0.2	0.0	0.0	0.5
11 Sugar and confectionery	5.8	0.8	1.5	0.5	2.7	3.7	2.9	0.9	2.1	1.1	0.8	0.4	0.0	10.6	21.3	1.4	2.6	0.6	0.4
12 Cakes	8.1	2.9	6.4	0.8	8.4	10.3	7.9	5.2	6.8	17.3	5.3	4.4	4.1	10.9	13.2	9.5	4.9	3.3	0.4
13 Non-alcoholic beverages	2.6	1.8	4.7	0.2	0.3	0.4	0.2	0.1	0.1	0.3	0.1	0.3	0.0	4.9	9.6	0.7	1.2	0.7	51.6
14 Alcoholic beverages	6.8	0.6	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.8	3.1	2.5	1.7	95.4	7.0
15 Condiments and sauces	3.0	0.8	1.0	0.6	7.1	4.4	7.9	11.2	9.2	3.5	12.1	9.0	6.4	1.0	1.6	0.7	0.9	0.0	0.8
16 Soups, bouillon	1.3	1.9	2.1	1.9	1.5	1.5	1.4	1.4	1.3	4.7	1.4	1.0	5.8	1.1	0.9	1.4	2.6	0.0	3.7
17 Miscellaneous	1.2	1.4	1.5	1.4	1.7	2.0	1.8	1.1	1.6	2.6	1.1	0.6	0.2	1.1	0.3	1.8	0.7	0.0	0.2
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01 Potatoes and other tubers	3.7	2.1	6.1	0.0	0.5	0.5	0.3	1.2	0.5	0.1	0.7	4.5	0.0	7.5	0.3	13.2	7.9	0.0	2.5
02 Vegetables	2.3	3.4	10.0	0.0	1.0	0.4	0.7	2.5	1.3	0.1	1.5	8.9	0.4	2.4	3.1	2.1	20.6	0.0	5.2
03 Legumes	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
04 Fruits, nuts and olives	7.4	3.2	8.5	0.0	5.6	2.7	6.6	9.8	7.8	0.0	10.4	8.2	2.1	10.2	17.0	4.0	15.0	0.0	5.0
05 Dairy products	18.0	27.7	0.9	42.6	22.9	34.3	16.6	5.8	12.9	32.4	4.1	13.3	0.8	9.9	18.3	1.9	2.0	0.1	12.4
06 Cereals and cereal products	20.7	18.7	56.3	0.2	6.4	4.0	5.8	13.3	8.1	3.4	15.2	9.9	3.1	36.6	6.6	60.1	38.1	0.0	2.3
07 Meat and meat products	12.2	31.0	0.6	45.4	15.7	14.4	20.7	8.1	16.9	13.1	8.1	4.8	29.7	0.9	0.6	1.3	2.0	0.0	3.4
08 Fish and shellfish	1.3	3.9	0.0	6.1	1.8	1.1	2.4	2.4	2.3	0.2	0.4	1.1	23.5	0.1	0.0	0.3	0.0	0.0	0.4
09 Eggs and egg products	0.6	1.2	0.0	2.0	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	10.6	0.1	0.0	0.2	0.0	0.0	0.3
10 Fat	9.1	0.1	0.1	0.1	24.8	22.3	24.2	29.7	27.1	26.3	30.7	28.9	4.6	0.1	0.3	0.1	0.0	0.0	0.4
11 Sugar and confectionery	6.2	1.0	2.2	0.3	3.0	4.2	3.0	1.3	2.3	0.7	1.2	0.4	0.7	11.2	23.0	2.0	4.0	2.4	0.4
12 Cakes	8.2	2.8	7.4	0.6	8.1	9.2	7.6	8.2	7.3	17.0	9.3	4.6	11.0	11.7	14.5	10.8	5.1	1.5	0.3
13 Non-alcoholic beverages	2.5	1.4	3.5	0.3	0.4	0.6	0.2	0.2	0.2	0.3	0.2	0.3	0.0	4.9	8.7	0.9	2.2	0.0	61.6
14 Alcoholic beverages	2.6	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.8	1.7	0.0	0.0	96.0	1.9
15 Condiments and sauces	3.0	0.4	0.3	0.5	6.0	3.2	7.9	13.6	9.3	1.8	14.7	12.6	2.9	1.5	4.5	0.6	0.4	0.0	0.6
16 Soups, bouillon	0.8	1.1	1.2	1.0	0.7	0.7	0.7	0.6	0.7	2.9	0.7	0.4	2.8	0.7	0.5	0.9	1.4	0.0	2.7
17 Miscellaneous	1.5	1.7	2.3	0.8	1.8	1.4	1.8	2.6	2.1	1.6	2.1	1.8	0.8	1.2	1.0	1.4	0.9	0.0	0.6
20 Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.6	2.5	7.3	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.3	0.0	8.5	0.3	16.1	8.2	0.0	3.0
02	Vegetables	2.5	3.3	9.9	0.0	1.1	0.6	0.6	2.6	1.2	0.2	1.8	8.1	0.3	2.7	3.9	1.8	17.9	0.0	5.9
03	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.9	0.0	0.1
04	Fruits, nuts and olives	7.8	2.8	7.6	0.0	3.9	1.7	4.3	7.6	5.5	0.0	7.9	8.5	2.1	12.1	21.6	3.4	17.3	0.0	6.2
05	Dairy products	16.5	25.6	0.6	39.7	20.1	32.0	14.7	4.4	10.9	32.6	3.0	9.2	1.8	11.4	21.5	2.1	3.2	0.1	11.3
06	Cereals and cereal products	20.5	19.3	54.4	0.3	7.4	4.6	7.0	13.0	9.1	4.2	14.4	10.6	2.7	31.9	6.1	55.5	37.2	0.0	2.2
07	Meat and meat products	10.5	26.4	0.1	40.0	16.6	16.5	21.5	8.9	16.7	13.2	8.9	5.3	23.6	0.4	0.3	0.6	0.8	0.0	2.8
08	Fish and shellfish	2.2	7.7	0.2	11.4	2.1	1.3	2.6	2.7	2.6	0.4	0.7	1.0	34.4	0.3	0.0	0.5	0.1	0.0	0.8
09	Eggs and egg products	1.0	2.3	0.0	3.7	1.7	1.5	2.3	0.7	1.6	0.0	0.7	0.1	12.2	0.1	0.0	0.3	0.0	0.0	0.4
10	Fat	7.9	0.2	0.3	0.1	23.6	17.5	23.7	37.3	29.3	19.4	39.3	35.5	4.5	0.1	0.1	0.1	0.0	0.0	0.4
11	Sugar and confectionery	5.2	0.9	1.6	0.6	3.4	4.8	3.5	1.1	2.6	1.4	1.0	0.5	0.3	8.6	16.3	1.5	2.9	0.5	0.3
12	Cakes	10.3	3.6	8.6	0.9	10.4	12.4	9.8	6.8	8.5	19.4	7.1	5.3	4.9	13.7	14.7	13.3	6.5	3.1	0.5
13	Non-alcoholic beverages	2.8	1.8	4.8	0.2	0.4	0.6	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.1	9.6	0.8	1.1	0.9	59.5
14	Alcoholic beverages	3.3	0.2	0.3	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.6	1.6	2.7	0.4	0.2	95.4	2.3
15	Condiments and sauces	2.8	0.5	0.7	0.4	6.3	3.7	7.3	11.0	8.7	2.4	11.9	8.7	3.3	0.9	1.3	0.7	0.7	0.0	0.7
16	Soups, bouillon	1.5	1.9	1.9	1.8	1.4	1.3	1.3	1.2	1.2	5.5	1.3	0.7	5.6	1.5	1.2	1.8	2.5	0.0	3.3
17	Miscellaneous	0.6	0.9	1.1	0.7	0.8	0.8	0.9	0.9	0.9	0.5	0.8	0.4	0.8	0.6	0.4	0.8	0.5	0.0	0.2
20	Dietary supplements	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.0	0.0	0.0	0.0	0.0

**Table 2.1** Average contribution of food subgroups to the intake of macronutrients of 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)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly. sacha rides	Fibre	Alcohol	Water	
01	Potatoes and other tubers	4.6	2.6	7.4	0.0	0.9	0.8	0.5	1.4	0.8	0.4	0.9	5.2	0.0	8.7	0.3	15.8	8.8	0.0	3.2
01-01	Potatoes	4.6	2.6	7.4	0.0	0.9	0.8	0.5	1.4	0.8	0.4	0.9	5.2	0.0	8.7	0.3	15.8	8.8	0.0	3.2
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.2	3.2	9.1	0.0	0.9	0.5	0.4	2.1	1.0	0.2	1.4	7.1	0.3	2.5	3.4	1.8	17.7	0.0	5.6
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.7	0.0	0.2	0.1	0.1	0.5	0.2	0.1	0.3	2.0	0.0	0.3	0.4	0.2	2.4	0.0	1.1
02-02	Fruiting vegetables	0.6	0.7	2.1	0.0	0.3	0.1	0.3	0.6	0.4	0.0	0.6	1.0	0.0	0.6	1.0	0.4	4.6	0.0	1.7
02-03	Rooting vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.1	2.1	0.0	0.6
02-04	Cabbages	0.5	0.9	2.7	0.0	0.2	0.1	0.0	0.6	0.2	0.0	0.2	3.1	0.0	0.5	0.6	0.5	5.2	0.0	1.2
02-05	Mushrooms	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.3	0.7	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.2	0.2	0.3	0.2	1.1	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.3	0.0	0.4
03	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.3	0.1	0.4	1.2	0.0	0.1
03-01	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.3	0.1	0.4	1.2	0.0	0.1
04	Fruits, nuts and olives	6.9	2.8	7.4	0.0	4.2	1.9	4.8	7.6	5.8	0.0	8.0	7.3	1.9	10.3	18.5	3.2	15.0	0.0	5.5
04-01	Fruits	5.2	1.4	3.9	0.0	0.6	0.3	0.2	1.5	0.7	0.0	1.4	3.2	0.0	9.8	17.9	2.6	13.2	0.0	5.5
04-02	Nuts and seeds (+nut spread)	1.6	1.4	3.4	0.0	3.4	1.5	4.3	6.0	4.9	0.0	6.5	4.0	1.7	0.4	0.3	0.6	1.5	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.1	0.2	0.1	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	16.1	25.4	0.6	39.8	20.2	32.1	14.6	4.4	10.8	32.8	2.9	10.1	1.0	10.9	20.5	2.2	2.6	0.3	12.1
05-01	Milk	3.7	6.9	0.0	10.7	2.9	4.7	2.1	0.5	1.5	4.8	0.3	0.8	0.0	3.5	7.3	0.0	0.0	0.0	6.1
05-02	Milk beverages	0.4	0.5	0.1	0.8	0.2	0.3	0.2	0.0	0.1	0.2	0.0	0.0	0.2	0.6	1.1	0.1	0.5	0.0	0.5
05-03	Yoghurt	2.4	3.6	0.0	5.7	1.5	2.4	1.2	0.3	0.8	2.7	0.2	0.4	0.0	2.7	5.4	0.4	1.4	0.0	2.6
05-04	Fromage blanc, petits suisses	0.5	1.0	0.0	1.6	0.4	0.6	0.3	0.1	0.2	0.7	0.0	0.1	0.0	0.5	0.9	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.9	10.5	0.0	16.6	11.7	18.9	8.2	2.5	6.1	18.6	1.6	7.4	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.3	1.9	0.5	2.8	2.0	3.1	1.7	0.5	1.3	2.8	0.4	0.9	0.8	2.9	4.5	1.5	0.6	0.3	1.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.6	0.3	0.1	0.3	1.3	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.5	0.9	1.4	0.5	0.4	0.5	1.6	0.4	0.3	0.0	0.6	1.1	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.6	19.9	55.3	0.3	6.9	4.2	6.4	12.9	8.6	3.7	14.2	10.6	3.0	33.5	6.4	56.8	39.0	0.0	2.6

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsatt. fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisacharides	Polydisacharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.6	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.7	1.3	3.5	0.1	0.2	0.1	0.1	0.5	0.2	0.0	0.6	0.2	0.0	3.2	0.1	5.9	1.6	0.0	0.7
06-03	Bread, crisp bread, rusks	16.9	17.3	48.7	0.1	5.2	2.8	4.5	11.1	6.8	2.2	12.1	9.9	1.5	27.5	5.5	46.3	34.9	0.0	1.9
06-03-01	Bread	15.5	16.1	45.0	0.1	4.6	2.4	4.0	10.2	6.1	1.3	11.1	9.3	1.5	25.1	5.0	42.1	32.5	0.0	1.9
06-03-02	Crispbread, rusks	1.5	1.2	3.6	0.0	0.6	0.5	0.5	0.9	0.6	0.8	1.0	0.5	0.0	2.4	0.5	4.2	2.5	0.0	0.0
06-04	Breakfast cereals	0.8	0.5	1.4	0.0	0.4	0.3	0.5	0.5	0.5	0.0	0.6	0.1	1.3	1.2	0.6	1.9	1.5	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	0.4	0.8	0.1	0.8	0.8	0.9	0.5	0.7	1.2	0.6	0.2	0.1	0.8	0.1	1.5	0.5	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.3	0.2	0.6	0.0	0.3	0.2	0.5	0.1	0.3	0.3	0.1	0.1	0.0	0.5	0.0	0.7	0.3	0.0	0.0
07	Meat and meat products	11.0	28.1	0.3	42.9	17.2	16.9	22.2	9.4	17.6	13.1	9.4	5.5	27.6	0.6	0.4	0.8	1.2	0.0	3.2
07-01	Fresh meat	5.5	15.4	0.0	23.3	7.8	8.0	10.3	2.8	7.7	8.5	2.8	1.7	9.3	0.1	0.1	0.0	0.4	0.0	1.7
07-01-00	Unclassified	0.7	1.5	0.0	2.5	1.4	1.5	1.8	0.5	1.3	1.4	0.5	0.4	0.2	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	3.0	8.3	0.0	12.5	4.0	4.1	5.4	0.9	3.9	6.3	0.8	1.0	5.8	0.0	0.1	0.0	0.3	0.0	0.9
07-01-02	Veal	0.0	0.2	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.7	5.2	0.0	7.8	2.2	2.2	2.9	1.3	2.3	0.3	1.5	0.2	3.1	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04	Mutton/Lamb	0.1	0.2	0.0	0.3	0.1	0.1	0.1	0.0	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.2	4.1	0.0	6.2	1.4	1.1	1.4	1.6	1.5	1.0	1.5	0.8	10.1	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	3.9	0.0	5.9	1.3	1.0	1.2	1.5	1.3	1.0	1.4	0.8	10.0	0.0	0.0	0.0	0.0	0.0	0.4
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.1	0.1	0.0	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.3	8.4	0.2	13.1	7.9	7.7	10.4	5.0	8.4	3.6	5.0	3.0	8.1	0.5	0.3	0.7	0.8	0.0	1.0
07-05	Offals	0.1	0.2	0.0	0.3	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.7	5.7	0.1	8.7	2.0	1.3	2.6	2.6	2.6	0.4	0.6	1.2	29.1	0.2	0.0	0.4	0.1	0.0	0.7
08-01	Fish	1.5	5.0	0.0	7.6	1.8	1.2	2.4	2.4	2.4	0.2	0.4	1.1	25.5	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.5	0.1	0.8	0.2	0.1	0.1	0.2	0.2	0.1	0.1	0.1	2.9	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.8	2.0	0.0	3.2	1.5	1.3	1.9	0.6	1.4	0.0	0.6	0.1	10.3	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.8	2.0	0.0	3.2	1.5	1.3	1.9	0.6	1.4	0.0	0.6	0.1	10.3	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.2	0.1	0.3	0.1	23.9	18.0	23.7	36.8	29.1	21.5	38.7	35.5	5.8	0.1	0.1	0.1	0.0	0.0	0.4
10-00	Unclassified	0.5	0.0	0.0	0.0	1.6	0.8	1.8	3.0	2.3	0.7	3.5	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.2	0.0	0.0	0.0	3.6	1.4	5.2	5.2	5.4	0.1	6.0	0.9	3.5	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.8	0.0	0.0	0.1	4.7	6.8	3.7	1.1	2.9	9.2	0.6	1.7	0.0	0.0	0.1	0.0	0.0	0.0	0.0

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-03	Margarines	4.5	0.1	0.2	0.0	13.6	8.9	12.4	26.8	17.9	11.2	28.0	30.3	2.3	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.4	0.2	0.5	0.7	0.6	0.3	0.7	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.3	1.1	2.0	0.6	3.6	4.9	3.7	1.2	2.8	1.4	1.1	0.5	0.3	11.0	21.3	1.7	3.3	0.8	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.1	11.8	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.9	0.6	1.4	0.3	2.7	3.6	2.9	1.0	2.2	0.3	0.9	0.3	0.0	2.1	4.2	0.5	1.7	0.8	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.3	0.8	1.7	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.6	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.6	0.2	0.1	0.3	0.8	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.6	1.0	0.2	0.4	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.5	0.9	0.2	0.4	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.0	3.2	7.5	0.9	9.2	11.0	8.6	6.5	7.6	17.9	6.8	4.8	5.8	12.1	13.8	11.3	5.6	3.1	0.4
12-01	Cakes, pies, pastries, etc	4.8	1.7	3.9	0.6	4.8	5.6	4.4	2.9	3.8	12.5	2.9	2.8	1.6	6.5	7.6	5.8	3.3	3.1	0.4
12-02	Dry cakes, biscuits	4.1	1.4	3.6	0.2	4.4	5.4	4.1	3.5	3.8	5.4	3.9	2.0	4.2	5.6	6.2	5.5	2.3	0.0	0.0
13	Non-alcoholic beverages	2.6	1.7	4.5	0.2	0.3	0.5	0.1	0.1	0.1	0.3	0.1	0.3	0.0	4.8	9.0	0.8	1.4	0.9	56.9
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.9	0.1
13-01	Fruit and vegetable juices	1.5	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.0	5.7	0.4	1.0	0.0	2.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.1	0.0	0.0	0.0	1.8
13-03	Coffee, tea and herbal teas	0.6	1.3	3.3	0.2	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.6	1.1	0.2	0.4	0.0	33.6
13-03-01	Coffee	0.5	1.3	3.3	0.2	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.5	0.8	0.2	0.4	0.0	16.4
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.6
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	2.4
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.9
14	Alcoholic beverages	4.4	0.3	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	1.8	2.7	1.0	0.6	94.9	3.9
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
14-01	Wine	2.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.6	0.0	0.0	48.0	2.1
14-02	Fortified wines (sherry, port, vermouth)	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.0	0.0	9.8	0.2
14-03	Beer, cider	0.8	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.0	0.6	12.0	1.3
14-04	Spirits, brandy	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.9	0.3
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0
14-06	Liqueurs	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.3	0.0	0.0	4.7	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.9	0.6	0.7	0.5	6.5	3.8	7.7	11.5	9.0	2.6	12.5	9.7	5.0	1.1	2.0	0.7	0.7	0.0	0.7

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacharides	Fibre	Alcohol	Water
15-01	Sauces	2.9	0.5	0.6	0.5	6.5	3.8	7.7	11.5	9.0	2.6	12.4	9.6	5.0	1.0	2.0	0.6	0.6	0.0	0.7
15-01-00	Unclassified and other sauces	1.8	0.2	0.4	0.1	4.3	3.1	4.5	6.5	5.3	2.2	7.2	4.6	0.5	0.5	0.6	0.4	0.3	0.0	0.5
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.7	0.8	0.8	0.0	0.9	1.1	0.6	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.8	0.2	0.1	0.3	1.7	0.4	2.3	4.0	2.8	0.4	4.2	3.8	3.8	0.3	1.0	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0
16	Soups, bouillon	1.3	1.8	1.8	1.8	1.3	1.3	1.3	1.2	1.2	4.3	1.3	0.8	5.3	1.1	0.9	1.5	2.2	0.0	3.4
16-01	Soups	1.2	1.8	1.7	1.8	1.3	1.2	1.2	1.2	1.2	4.3	1.3	0.8	5.3	1.1	0.8	1.4	2.2	0.0	3.0
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4
17	Miscellaneous	1.1	1.3	1.5	1.0	1.4	1.3	1.4	1.4	1.4	1.4	1.2	0.8	0.6	1.0	0.6	1.3	0.6	0.0	0.4
17-00	Unclassified	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.2	0.3	0.7	0.0	0.2	0.1	0.1	0.5	0.3	0.0	0.5	0.4	0.5	0.1	0.2	0.0	0.2	0.0	0.2
17-02	Dietetic products	0.2	0.2	0.1	0.2	0.2	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.2	0.2	0.2	0.1	0.0	0.1
17-02-00	Unclassified	0.2	0.2	0.1	0.2	0.2	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.2	0.2	0.2	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.7	0.7	0.8	1.0	1.1	1.0	0.6	0.9	1.4	0.5	0.3	0.0	0.6	0.1	1.0	0.3	0.0	0.1



**Table 2.2** Average contribution of food subgroups to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.9	8.1	0.0	1.1	1.2	0.8	1.5	1.0	0.7	1.0	5.3	0.0	9.4	0.3	16.8	9.9	0.0	3.8
01-01	Potatoes	5.0	2.9	8.1	0.0	1.1	1.2	0.8	1.5	1.0	0.7	1.0	5.3	0.0	9.4	0.3	16.8	9.9	0.0	3.8
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	1.9	3.0	8.1	0.0	0.6	0.4	0.2	1.6	0.7	0.2	1.1	5.5	0.1	2.3	3.2	1.6	16.4	0.0	5.6
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.6	0.0	0.2	0.1	0.1	0.4	0.2	0.1	0.2	1.7	0.0	0.3	0.4	0.2	2.6	0.0	1.2
02-02	Fruiting vegetables	0.5	0.8	2.3	0.0	0.2	0.1	0.1	0.5	0.2	0.0	0.5	1.0	0.1	0.7	1.0	0.4	5.0	0.0	1.8
02-03	Root vegetables	0.2	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.0	2.2	0.0	0.6
02-04	Cabbages	0.3	0.6	1.8	0.0	0.1	0.1	0.0	0.4	0.1	0.0	0.1	2.0	0.0	0.3	0.3	0.3	3.3	0.0	0.9
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.3	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.3	0.8	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.1	0.3	0.3	0.2	1.0	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.3	0.2	1.4	0.0	0.5
03	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
03-01	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
04	Fruits, nuts and olives	6.0	2.7	6.8	0.0	4.1	1.9	4.7	7.1	5.7	0.0	7.6	6.0	1.7	8.6	16.2	2.5	12.7	0.0	5.2
04-01	Fruits	4.2	1.2	3.2	0.0	0.5	0.3	0.2	1.2	0.6	0.0	1.1	2.7	0.0	8.1	15.5	2.0	11.0	0.0	5.2
04-02	Nuts and seeds (+nut spread)	1.7	1.5	3.5	0.0	3.5	1.6	4.3	5.7	4.9	0.0	6.3	3.2	1.5	0.5	0.4	0.5	1.5	0.0	0.0
04-03	Mixed fruits	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.2	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	15.0	24.3	0.6	39.0	19.1	31.3	13.7	3.7	9.8	33.5	2.3	9.3	0.2	10.9	21.0	2.5	2.3	0.0	12.9
05-01	Milk	3.5	6.7	0.0	10.6	3.3	5.4	2.4	0.5	1.7	5.8	0.3	1.0	0.0	3.3	7.1	0.0	0.0	0.0	6.2
05-02	Milk beverages	0.4	0.6	0.1	0.9	0.2	0.4	0.2	0.0	0.1	0.3	0.0	0.0	0.1	0.6	1.3	0.1	0.5	0.0	0.6
05-03	Yoghurt	2.0	3.3	0.0	5.3	1.3	2.0	0.9	0.2	0.7	2.4	0.1	0.4	0.0	2.5	5.1	0.4	1.2	0.0	2.6
05-04	Fromage blanc, petits suisses	0.4	0.7	0.0	1.1	0.3	0.5	0.3	0.1	0.2	0.6	0.0	0.1	0.0	0.4	0.8	0.1	0.0	0.0	0.3
05-05	Cheese (including fresh cheeses)	5.1	9.8	0.0	16.1	10.5	17.4	7.3	2.0	5.3	18.4	1.2	6.6	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.6	2.3	0.4	3.6	2.2	3.4	1.8	0.5	1.2	3.1	0.3	0.9	0.2	3.4	5.4	1.8	0.6	0.0	2.1
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.6	0.4	0.1	0.3	1.3	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.4	0.6	0.3	0.1	0.2	1.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.4	0.9	1.5	0.5	0.3	0.4	1.6	0.2	0.2	0.0	0.6	1.1	0.2	0.0	0.0	0.4
06	Cereals and cereal products	20.4	21.0	55.7	0.3	6.8	4.0	6.2	12.5	8.4	3.3	13.6	10.7	3.4	33.3	6.0	56.6	41.3	0.0	3.2

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Linoic acid	Alpha Linoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly-saccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.0	0.7	0.3	0.0	0.0
06-02	Pasta, rice, other grain	2.1	1.7	4.2	0.1	0.3	0.1	0.1	0.6	0.3	0.0	0.7	0.3	0.0	3.9	0.1	7.3	1.9	0.0	0.9
06-03	Bread, crisp bread, rusks	16.2	17.8	47.4	0.1	5.1	2.7	4.3	10.6	6.6	2.1	11.5	9.9	1.6	26.0	5.1	43.9	36.0	0.0	2.2
06-03-01	Bread	15.2	16.9	44.9	0.1	4.8	2.5	4.0	10.1	6.2	1.5	10.9	9.6	1.6	24.3	4.7	41.0	34.1	0.0	2.2
06-03-02	Crispbread, rusks	1.0	0.9	2.6	0.0	0.3	0.3	0.3	0.5	0.3	0.7	0.6	0.3	0.0	1.8	0.4	2.9	1.9	0.0	0.0
06-04	Breakfast cereals	0.8	0.6	1.6	0.0	0.3	0.3	0.3	0.5	0.3	0.0	0.5	0.2	1.5	1.3	0.5	2.1	1.9	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	0.5	1.1	0.1	0.8	0.7	0.8	0.6	0.7	1.0	0.7	0.3	0.2	0.9	0.1	1.7	0.7	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.3	0.8	0.0	0.3	0.1	0.6	0.2	0.4	0.1	0.2	0.1	0.0	0.6	0.0	1.0	0.4	0.0	0.1
07	Meat and meat products	10.8	27.9	0.2	43.9	18.1	18.1	23.2	10.2	18.2	12.6	10.1	6.0	28.4	0.6	0.5	0.8	1.1	0.0	3.5
07-01	Fresh meat	4.4	13.3	0.0	20.8	6.4	6.9	8.4	2.4	6.2	6.7	2.5	1.3	7.5	0.1	0.1	0.0	0.3	0.0	1.6
07-01-00	Unclassified	0.8	1.8	0.0	2.9	1.5	1.5	2.0	0.6	1.5	1.4	0.6	0.4	0.3	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	1.8	6.1	0.0	9.8	2.6	2.9	3.4	0.5	2.3	4.8	0.4	0.7	3.0	0.0	0.0	0.0	0.1	0.0	0.8
07-01-02	Veal	0.0	0.2	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.7	5.1	0.0	7.8	2.3	2.4	2.9	1.3	2.3	0.4	1.4	0.2	4.0	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04	Mutton/Lamb	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.1	4.3	0.0	6.7	1.4	1.1	1.3	1.5	1.4	1.2	1.4	0.8	10.4	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.0	4.0	0.0	6.4	1.3	1.0	1.2	1.4	1.2	1.1	1.3	0.8	10.2	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	5.2	10.0	0.2	15.9	10.2	10.1	13.4	6.3	10.7	4.7	6.2	3.8	10.4	0.5	0.4	0.7	0.9	0.0	1.2
07-05	Offals	0.1	0.3	0.0	0.4	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.7	5.1	0.1	7.8	2.3	1.5	2.9	2.9	2.9	0.4	0.6	1.6	29.1	0.2	0.0	0.3	0.1	0.0	0.6
08-01	Fish	1.5	4.4	0.0	6.8	2.2	1.4	2.8	2.7	2.7	0.3	0.6	1.5	26.1	0.1	0.0	0.1	0.0	0.0	0.5
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.5	0.1	0.7	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	2.4	0.1	0.0	0.1	0.0	0.0	0.1
09	Eggs and egg products	0.8	2.0	0.0	3.2	1.4	1.2	1.7	0.6	1.3	0.0	0.6	0.1	8.5	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.8	2.0	0.0	3.2	1.4	1.2	1.7	0.6	1.3	0.0	0.6	0.1	8.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.0	0.1	0.3	0.1	23.5	16.4	23.1	39.5	29.7	20.8	41.8	38.7	8.1	0.1	0.1	0.1	0.0	0.0	0.5
10-00	Unclassified	0.4	0.0	0.0	0.0	1.2	0.6	1.3	2.5	1.7	0.6	2.8	2.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.4	0.0	0.0	0.0	4.1	1.6	5.7	6.3	6.2	0.1	7.3	0.8	4.0	0.0	0.0	0.0	0.0	0.0	0.0

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	1.1	0.0	0.0	0.0	3.1	4.8	2.4	0.6	1.8	6.8	0.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.8	0.1	0.2	0.0	14.2	9.0	12.6	28.9	18.8	12.8	30.0	34.2	4.1	0.1	0.0	0.1	0.0	0.0	0.5
10-04	Deep frying fats	0.3	0.0	0.0	0.0	0.8	0.4	1.0	1.2	1.1	0.5	1.4	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	7.6	1.3	2.4	0.7	4.2	5.6	4.3	1.4	3.3	1.8	1.3	0.7	0.1	13.3	25.7	1.8	3.6	0.4	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.7	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.0	16.0	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.3	0.8	1.7	0.3	3.2	4.2	3.5	1.1	2.6	0.4	1.1	0.4	0.0	2.5	4.5	0.6	1.9	0.4	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.1	0.1	0.8	1.5	0.2	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.6	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.6	0.3	0.1	0.4	0.9	1.3	0.7	0.1	0.5	1.2	0.1	0.2	0.0	0.7	1.1	0.2	0.5	0.0	0.1
11-05-01	Ice cream	0.6	0.3	0.1	0.4	0.8	1.3	0.7	0.1	0.5	1.1	0.1	0.2	0.0	0.6	1.0	0.2	0.4	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.0	2.9	6.4	0.9	8.5	10.5	8.0	5.3	6.9	17.2	5.4	4.4	4.4	10.6	12.5	9.6	5.0	2.3	0.4
12-01	Cakes, pies, pastries, etc	4.2	1.6	3.3	0.7	4.3	5.2	3.9	2.5	3.4	12.1	2.5	2.5	1.7	5.7	7.0	4.8	2.7	2.3	0.4
12-02	Dry cakes, biscuits	3.8	1.3	3.2	0.2	4.2	5.2	4.0	2.8	3.5	5.1	3.0	1.9	2.6	4.9	5.5	4.8	2.2	0.0	0.0
13	Non-alcoholic beverages	2.4	1.7	4.7	0.2	0.3	0.4	0.1	0.1	0.1	0.2	0.1	0.3	0.0	4.5	8.6	0.7	1.3	1.3	51.7
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.1	0.0	1.3	0.2
13-01	Fruit and vegetable juices	1.2	0.4	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.5	4.8	0.4	0.9	0.0	2.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.8	0.0	0.0	0.0	3.0
13-03	Coffee, tea and herbal teas	0.5	1.3	3.6	0.2	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.1	0.0	0.4	0.8	0.1	0.5	0.0	32.6
13-03-01	Coffee	0.5	1.3	3.6	0.2	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.1	0.0	0.4	0.8	0.1	0.5	0.0	19.2
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.5
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.9
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.6
14	Alcoholic beverages	6.7	0.5	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	2.7	3.2	2.1	1.4	96.0	6.7
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.4	0.0
14-01	Wine	2.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.4	0.0	0.0	42.6	2.9
14-02	Fortified wines (sherry, port, vermouth)	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	4.7	0.2
14-03	Beer, cider	1.7	0.4	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0	2.1	1.4	20.7	3.0
14-04	Spirits, brandy	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	25.4	0.6
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	1.4	0.0

**Group=Male older adults (n=373)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.7	0.9	0.6	6.9	4.2	8.0	10.7	9.1	3.3	11.6	9.0	6.8	1.0	1.5	0.7	0.8	0.0	0.8
15-01	Sauces	2.9	0.6	0.8	0.6	6.8	4.1	8.0	10.6	9.0	3.3	11.6	8.9	6.7	0.9	1.4	0.6	0.7	0.0	0.8
15-01-00	Unclassified and other sauces	1.9	0.3	0.5	0.1	4.7	3.5	5.0	6.9	5.8	2.7	7.6	5.1	0.3	0.5	0.7	0.4	0.3	0.0	0.5
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.3	0.0	0.0	0.0	0.7	0.3	1.0	1.1	1.1	0.1	1.2	1.7	1.2	0.1	0.1	0.1	0.0	0.0	0.1
15-01-03	Mayonnaises and similars	0.6	0.3	0.1	0.4	1.3	0.4	1.8	2.5	2.0	0.4	2.7	2.2	5.2	0.2	0.2	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.0	0.0
16	Soups, bouillon	1.2	1.9	1.9	1.9	1.5	1.5	1.3	1.4	1.3	3.9	1.4	1.0	5.3	1.0	0.7	1.3	2.2	0.0	3.6
16-01	Soups	1.2	1.8	1.8	1.9	1.4	1.4	1.2	1.4	1.2	3.9	1.4	1.0	5.3	0.9	0.7	1.3	2.2	0.0	3.0
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6
17	Miscellaneous	1.4	1.7	1.6	1.5	1.7	1.9	1.8	1.3	1.6	2.2	1.2	0.9	0.3	1.3	0.5	1.9	0.7	0.0	0.3
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.1	0.2	0.5	0.0	0.1	0.0	0.1	0.3	0.2	0.0	0.3	0.2	0.2	0.0	0.1	0.0	0.1	0.0	0.1
17-02	Dietetic products	0.2	0.3	0.0	0.3	0.2	0.1	0.2	0.2	0.2	0.0	0.2	0.3	0.0	0.3	0.2	0.4	0.0	0.0	0.1
17-02-00	Unclassified	0.2	0.3	0.0	0.3	0.2	0.1	0.2	0.2	0.2	0.0	0.2	0.3	0.0	0.3	0.2	0.4	0.0	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.0	1.2	1.1	1.2	1.4	1.7	1.5	0.8	1.3	2.2	0.7	0.4	0.1	0.9	0.2	1.5	0.5	0.0	0.2

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water	
01	Potatoes and other tubers	4.3	2.4	6.9	0.0	0.7	0.6	0.3	1.4	0.7	0.2	0.9	5.2	0.0	8.2	0.3	15.2	8.1	0.0	2.8
01-01	Potatoes	4.3	2.4	6.9	0.0	0.7	0.6	0.3	1.4	0.7	0.2	0.9	5.2	0.0	8.2	0.3	15.2	8.1	0.0	2.8
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.4	3.3	9.7	0.0	1.0	0.5	0.6	2.5	1.2	0.2	1.6	8.2	0.3	2.6	3.5	1.9	18.6	0.0	5.5
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.8	0.0	0.2	0.1	0.1	0.6	0.2	0.1	0.4	2.2	0.0	0.3	0.4	0.2	2.2	0.0	1.1
02-02	Fruiting vegetables	0.6	0.7	2.0	0.0	0.4	0.2	0.4	0.7	0.5	0.0	0.7	1.1	0.0	0.6	1.0	0.4	4.4	0.0	1.6
02-03	Root vegetables	0.3	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.1	0.0	0.4	0.8	0.1	2.0	0.0	0.6
02-04	Cabbages	0.6	1.1	3.3	0.0	0.2	0.1	0.1	0.7	0.3	0.0	0.2	3.9	0.0	0.6	0.7	0.6	6.5	0.0	1.3
02-05	Mushrooms	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.6	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.3	0.2	0.3	0.2	1.1	0.0	0.3
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.2
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.3	0.0	0.3
03	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.2	0.0	0.1
03-01	Legumes	0.2	0.4	0.9	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.2	0.0	0.1
04	Fruits, nuts and olives	7.6	2.8	7.7	0.0	4.3	1.9	4.8	8.0	6.0	0.0	8.3	8.2	1.9	11.5	20.1	3.6	16.4	0.0	5.8
04-01	Fruits	5.9	1.5	4.3	0.0	0.7	0.4	0.3	1.7	0.8	0.0	1.5	3.6	0.0	10.9	19.5	3.0	14.6	0.0	5.7
04-02	Nuts and seeds (+nut spread)	1.6	1.3	3.3	0.0	3.4	1.5	4.3	6.1	5.0	0.0	6.6	4.5	1.8	0.4	0.3	0.6	1.5	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.1	0.1	0.1	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	16.8	26.1	0.7	40.2	20.9	32.6	15.2	4.8	11.4	32.4	3.3	10.6	1.4	10.9	20.2	2.1	2.8	0.5	11.6
05-01	Milk	3.8	7.0	0.0	10.8	2.7	4.3	2.0	0.4	1.4	4.1	0.3	0.7	0.0	3.6	7.4	0.0	0.0	0.0	6.0
05-02	Milk beverages	0.4	0.5	0.1	0.8	0.2	0.3	0.2	0.0	0.1	0.2	0.0	0.0	0.2	0.6	1.0	0.1	0.5	0.0	0.4
05-03	Yoghurt	2.6	3.8	0.0	5.9	1.7	2.6	1.4	0.3	1.0	2.8	0.2	0.4	0.0	2.9	5.5	0.4	1.6	0.0	2.6
05-04	Fromage blanc, petits suisses	0.6	1.2	0.0	2.0	0.4	0.6	0.4	0.1	0.3	0.8	0.0	0.1	0.0	0.5	1.0	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	6.5	11.0	0.0	16.9	12.5	19.8	8.8	2.8	6.6	18.8	1.8	8.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.1	1.6	0.5	2.2	2.0	2.8	1.6	0.6	1.3	2.6	0.4	0.8	1.2	2.6	3.9	1.4	0.6	0.5	1.2
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.5	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.5	0.9	1.3	0.6	0.4	0.5	1.6	0.5	0.3	0.0	0.6	1.2	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.7	19.1	55.1	0.3	7.0	4.4	6.6	13.1	8.7	4.0	14.6	10.5	2.7	33.6	6.6	56.9	37.4	0.0	2.2
06-01	Flour, flakes, starches, semolina	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.5	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.4	1.1	3.0	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	2.7	0.1	5.0	1.4	0.0	0.5
06-03	Bread, crisp bread, rusks	17.4	17.0	49.5	0.0	5.3	2.9	4.6	11.4	6.9	2.2	12.6	9.8	1.5	28.4	5.8	47.9	34.2	0.0	1.7

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.6	15.5	45.2	0.0	4.5	2.3	4.0	10.2	6.1	1.3	11.2	9.2	1.5	25.6	5.2	42.8	31.4	0.0	1.7
06-03-02	Crispbread, rusks	1.8	1.5	4.3	0.0	0.8	0.6	0.6	1.2	0.8	0.9	1.3	0.7	0.0	2.8	0.6	5.0	2.9	0.0	0.0
06-04	Breakfast cereals	0.8	0.5	1.2	0.0	0.5	0.4	0.6	0.6	0.6	0.0	0.7	0.1	1.2	1.2	0.6	1.7	1.2	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.6	0.3	0.7	0.1	0.8	0.8	0.9	0.5	0.8	1.3	0.6	0.2	0.0	0.7	0.1	1.3	0.3	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	0.2	0.4	0.0	0.2	0.2	0.4	0.1	0.3	0.5	0.1	0.1	0.0	0.3	0.0	0.6	0.2	0.0	0.0
07	Meat and meat products	11.2	28.2	0.3	42.3	16.7	16.2	21.6	8.9	17.2	13.5	8.9	5.2	27.0	0.6	0.4	0.8	1.2	0.0	3.0
07-01	Fresh meat	6.2	16.7	0.0	24.9	8.7	8.8	11.6	3.0	8.7	9.6	3.0	1.9	10.5	0.1	0.1	0.1	0.5	0.0	1.7
07-01-00	Unclassified	0.7	1.4	0.0	2.2	1.3	1.4	1.7	0.4	1.2	1.4	0.4	0.3	0.1	0.0	0.0	0.0	0.1	0.0	0.1
07-01-01	Beef	3.7	9.7	0.0	14.3	5.0	5.0	6.8	1.1	5.0	7.4	1.1	1.3	7.8	0.0	0.1	0.0	0.4	0.0	1.0
07-01-02	Veal	0.0	0.2	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.7	5.2	0.0	7.7	2.2	2.1	2.9	1.4	2.3	0.3	1.5	0.2	2.6	0.0	0.0	0.0	0.0	0.0	0.5
07-01-04	Mutton/Lamb	0.1	0.2	0.0	0.4	0.2	0.2	0.2	0.0	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.3	3.9	0.0	5.9	1.5	1.2	1.4	1.7	1.5	0.9	1.6	0.8	9.9	0.0	0.0	0.0	0.0	0.0	0.4
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	3.7	0.0	5.6	1.3	1.0	1.2	1.5	1.3	0.9	1.5	0.8	9.9	0.0	0.0	0.0	0.0	0.0	0.4
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.1	0.1	0.0	0.2	0.2	0.1	0.2	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.7	7.4	0.3	11.3	6.4	6.1	8.5	4.1	6.9	2.9	4.2	2.5	6.6	0.5	0.3	0.7	0.7	0.0	0.8
07-05	Offals	0.0	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.8	6.2	0.1	9.3	1.9	1.2	2.3	2.5	2.4	0.3	0.5	1.0	29.2	0.2	0.0	0.4	0.1	0.0	0.7
08-01	Fish	1.5	5.4	0.0	8.2	1.6	1.0	2.1	2.1	2.1	0.2	0.4	0.8	25.2	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.6	0.1	0.8	0.2	0.1	0.2	0.3	0.2	0.2	0.2	0.1	3.2	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.9	2.0	0.0	3.2	1.5	1.3	2.0	0.6	1.4	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.9	2.0	0.0	3.2	1.5	1.3	2.0	0.6	1.4	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.3	0.1	0.2	0.1	24.1	19.1	24.0	35.0	28.8	21.9	36.7	33.5	4.3	0.1	0.1	0.1	0.0	0.0	0.4
10-00	Unclassified	0.6	0.0	0.0	0.0	1.8	0.9	2.2	3.4	2.6	0.8	4.0	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.1	0.0	0.0	0.0	3.2	1.2	4.9	4.4	4.9	0.1	5.1	1.0	3.1	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	2.3	0.1	0.0	0.1	5.7	8.2	4.6	1.5	3.6	10.7	0.8	2.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
10-03	Margarines	4.3	0.1	0.2	0.0	13.2	8.8	12.3	25.5	17.4	10.2	26.6	27.8	1.2	0.1	0.0	0.1	0.0	0.0	0.3
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.2	0.1	0.2	0.3	0.2	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Linoic acid	Alpha Linoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.5	0.9	1.8	0.5	3.2	4.5	3.3	1.1	2.5	1.1	1.0	0.5	0.4	9.4	18.4	1.6	3.2	1.2	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	9.0	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.7	0.5	1.2	0.2	2.3	3.2	2.6	0.8	1.9	0.2	0.8	0.3	0.0	1.9	4.0	0.4	1.6	1.2	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.1	0.4	0.9	1.8	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.5	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.7	1.2	0.5	0.1	0.4	0.8	0.1	0.1	0.0	0.6	1.0	0.2	0.4	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.2	0.5	0.1	0.3	0.7	0.1	0.1	0.0	0.5	0.9	0.2	0.4	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.6	3.3	8.1	0.8	9.6	11.4	9.0	7.2	8.1	18.4	7.7	5.0	6.8	13.1	14.7	12.4	5.9	3.9	0.4
12-01	Cakes, pies, pastries, etc	5.2	1.8	4.3	0.6	5.1	5.9	4.8	3.2	4.1	12.8	3.2	3.0	1.5	7.1	7.9	6.5	3.6	3.9	0.4
12-02	Dry cakes, biscuits	4.4	1.5	3.9	0.3	4.5	5.5	4.2	4.0	3.9	5.6	4.5	2.0	5.3	6.0	6.7	6.0	2.3	0.0	0.0
13	Non-alcoholic beverages	2.7	1.6	4.3	0.3	0.4	0.6	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.1	9.4	0.8	1.5	0.5	60.3
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.5	0.1
13-01	Fruit and vegetable juices	1.6	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.4	6.3	0.5	1.1	0.0	2.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.7	0.0	0.0	0.0	1.1
13-03	Coffee, tea and herbal teas	0.7	1.2	3.2	0.3	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.8	1.3	0.3	0.4	0.0	34.2
13-03-01	Coffee	0.6	1.2	3.1	0.3	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.6	0.9	0.3	0.3	0.0	14.6
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.7
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	2.7
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.4
14	Alcoholic beverages	2.9	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	1.3	2.3	0.3	0.1	93.9	2.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.1	0.0	0.0	52.6	1.5
14-02	Fortified wines (sherry, port, vermouth)	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.8	0.0	0.0	14.2	0.3
14-03	Beer, cider	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.1	4.5	0.3
14-04	Spirits, brandy	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.1	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.4	0.0	0.0	7.5	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.9	0.5	0.6	0.4	6.3	3.6	7.6	12.1	9.0	2.2	13.0	10.1	3.8	1.1	2.3	0.7	0.6	0.0	0.7
15-01	Sauces	2.9	0.5	0.6	0.4	6.3	3.5	7.6	12.0	9.0	2.2	13.0	10.0	3.8	1.1	2.3	0.6	0.6	0.0	0.7

**Group=Female older adults (n=366)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.7	0.2	0.4	0.1	4.0	2.9	4.2	6.3	5.0	1.9	7.0	4.3	0.6	0.4	0.5	0.3	0.3	0.0	0.4
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.1	0.0	0.0	0.0	0.4	0.1	0.6	0.6	0.6	0.0	0.6	0.8	0.2	0.0	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.0	0.2	0.1	0.3	1.9	0.5	2.7	5.0	3.3	0.3	5.2	4.9	2.9	0.5	1.4	0.2	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16	Soups, bouillon	1.3	1.8	1.7	1.8	1.3	1.2	1.2	1.1	1.2	4.6	1.2	0.7	5.2	1.3	1.0	1.6	2.1	0.0	3.3
16-01	Soups	1.3	1.8	1.7	1.8	1.2	1.1	1.2	1.1	1.1	4.5	1.2	0.7	5.2	1.2	1.0	1.5	2.1	0.0	3.0
16-02	Bouillon	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.3
17	Miscellaneous	0.9	1.1	1.5	0.7	1.1	1.0	1.2	1.5	1.3	0.9	1.2	0.8	0.8	0.8	0.6	1.0	0.6	0.0	0.4
17-00	Unclassified	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.2	0.4	0.8	0.1	0.2	0.1	0.2	0.6	0.3	0.0	0.7	0.5	0.7	0.2	0.3	0.1	0.3	0.0	0.2
17-02	Dietetic products	0.2	0.2	0.1	0.2	0.2	0.1	0.3	0.3	0.3	0.0	0.1	0.1	0.0	0.2	0.2	0.1	0.1	0.0	0.1
17-02-00	Unclassified	0.2	0.2	0.1	0.2	0.2	0.1	0.3	0.3	0.3	0.0	0.1	0.1	0.0	0.2	0.2	0.1	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.5	0.5	0.5	0.5	0.7	0.8	0.7	0.5	0.6	0.8	0.4	0.2	0.0	0.4	0.1	0.7	0.2	0.0	0.1



**Table 2.3.a** Average contribution of food subgroups to the intake of macronutrients of 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)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.5	2.5	7.3	0.0	0.8	0.8	0.5	1.4	0.8	0.5	0.9	5.1	0.0	8.5	0.3	15.8	8.4	0.0	3.2
01-01	Potatoes	4.5	2.5	7.3	0.0	0.8	0.8	0.5	1.4	0.8	0.5	0.9	5.1	0.0	8.5	0.3	15.8	8.4	0.0	3.2
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.3	3.2	9.3	0.0	0.9	0.5	0.5	2.2	1.0	0.2	1.5	6.8	0.3	2.7	3.8	1.8	17.6	0.0	5.9
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.6	0.0	0.2	0.2	0.1	0.6	0.2	0.2	0.4	1.8	0.0	0.3	0.5	0.2	2.3	0.0	1.2
02-02	Fruiting vegetables	0.7	0.8	2.3	0.0	0.3	0.2	0.3	0.7	0.4	0.0	0.7	1.2	0.0	0.7	1.2	0.4	4.9	0.0	1.9
02-03	Root vegetables	0.3	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.2	0.2	0.0	0.4	0.9	0.1	2.3	0.0	0.6
02-04	Cabbages	0.5	0.8	2.4	0.0	0.2	0.1	0.0	0.5	0.2	0.0	0.1	2.7	0.0	0.4	0.5	0.4	4.1	0.0	1.1
02-05	Mushrooms	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.3	0.9	0.0	0.2
02-07	Onion, garlic	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.2	0.3	0.4	0.2	1.2	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.5	0.0	0.4
03	Legumes	0.2	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.2	0.1	0.4	1.1	0.0	0.1
03-01	Legumes	0.2	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.5	0.0	0.2	0.1	0.4	1.1	0.0	0.1
04	Fruits, nuts and olives	7.0	2.7	7.2	0.0	4.2	1.9	4.8	7.5	5.8	0.0	7.9	7.0	2.2	10.7	19.3	3.2	15.3	0.0	5.7
04-01	Fruits	5.3	1.3	3.8	0.0	0.6	0.4	0.2	1.5	0.7	0.0	1.4	3.1	0.0	10.2	18.8	2.6	13.6	0.0	5.6
04-02	Nuts and seeds (+nut spread)	1.6	1.3	3.2	0.0	3.4	1.5	4.2	5.7	4.8	0.0	6.2	3.7	2.0	0.4	0.4	0.5	1.4	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.3	0.2	0.0	0.3	0.1	0.3	0.1	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.9	25.5	0.5	39.6	19.7	31.8	14.2	4.1	10.4	32.8	2.8	9.6	0.7	11.1	21.4	2.1	2.4	0.0	12.5
05-01	Milk	3.9	7.3	0.0	11.2	3.0	4.9	2.1	0.5	1.5	5.0	0.3	0.8	0.0	3.8	8.1	0.0	0.0	0.0	6.4
05-02	Milk beverages	0.4	0.5	0.1	0.8	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.0	0.2	0.5	1.0	0.1	0.4	0.0	0.4
05-03	Yoghurt	2.5	3.9	0.0	6.1	1.4	2.3	1.1	0.2	0.8	2.7	0.1	0.4	0.0	2.9	5.7	0.5	1.5	0.0	2.8
05-04	Fromage blanc, petits suisses	0.6	1.1	0.0	1.8	0.4	0.7	0.4	0.1	0.3	0.9	0.0	0.1	0.0	0.5	1.0	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.7	10.1	0.0	15.9	11.5	18.9	8.1	2.3	6.0	18.9	1.5	7.1	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.0	1.5	0.3	2.2	1.7	2.6	1.4	0.5	1.1	2.3	0.3	0.8	0.5	2.6	4.2	1.4	0.5	0.0	1.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.4	0.6	0.3	0.1	0.2	1.3	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.4	0.6	0.3	0.1	0.2	1.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.5	0.9	1.5	0.5	0.4	0.5	1.6	0.4	0.3	0.0	0.6	1.2	0.1	0.0	0.0	0.4
06	Cereals and cereal products	20.7	19.8	55.5	0.3	7.6	4.6	7.1	13.8	9.4	3.7	15.3	11.6	3.6	33.0	6.0	57.3	39.3	0.0	2.6

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino leinic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.5	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.7	1.3	3.4	0.1	0.2	0.1	0.1	0.5	0.2	0.0	0.6	0.2	0.0	3.2	0.1	6.0	1.5	0.0	0.6
06-03	Bread, crisp bread, rusks	16.8	17.1	48.4	0.0	5.6	3.0	4.8	11.8	7.2	2.2	13.0	10.8	1.7	26.6	5.1	45.8	35.1	0.0	1.9
06-03-01	Bread	15.2	15.9	44.6	0.0	4.9	2.5	4.2	10.7	6.5	1.3	11.7	10.2	1.7	24.1	4.5	41.6	32.5	0.0	1.9
06-03-02	Crispbread, rusks	1.6	1.3	3.7	0.0	0.7	0.5	0.6	1.1	0.8	0.9	1.2	0.6	0.0	2.5	0.5	4.3	2.6	0.0	0.0
06-04	Breakfast cereals	0.8	0.5	1.5	0.0	0.4	0.4	0.5	0.6	0.5	0.0	0.7	0.1	1.7	1.4	0.6	2.1	1.6	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	0.5	1.1	0.1	1.0	1.0	1.1	0.7	1.0	1.4	0.8	0.3	0.1	1.0	0.1	1.8	0.6	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.3	0.9	0.0	0.3	0.2	0.6	0.2	0.5	0.2	0.2	0.1	0.0	0.7	0.0	1.0	0.4	0.0	0.1
07	Meat and meat products	10.8	27.5	0.2	41.9	17.3	17.4	22.1	9.7	17.5	12.9	9.7	5.5	25.5	0.6	0.4	0.7	1.0	0.0	3.2
07-01	Fresh meat	5.0	14.2	0.0	21.5	7.3	7.8	9.5	2.6	6.9	8.1	2.6	1.4	7.2	0.1	0.1	0.0	0.3	0.0	1.6
07-01-00	Unclassified	0.7	1.4	0.0	2.2	1.4	1.5	1.8	0.5	1.3	1.6	0.5	0.3	0.1	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	2.3	6.7	0.0	10.3	3.2	3.5	4.3	0.6	2.9	5.7	0.5	0.8	3.0	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02	Veal	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.9	5.7	0.0	8.4	2.5	2.5	3.2	1.5	2.5	0.4	1.6	0.2	3.9	0.0	0.0	0.0	0.0	0.0	0.7
07-01-04	Mutton/Lamb	0.1	0.2	0.0	0.4	0.2	0.2	0.1	0.0	0.1	0.4	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.3	4.5	0.0	6.8	1.5	1.2	1.4	1.8	1.5	1.1	1.7	1.0	10.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.3	4.4	0.0	6.6	1.5	1.2	1.4	1.7	1.5	1.1	1.6	1.0	10.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.5	8.5	0.2	13.2	8.4	8.2	11.1	5.3	8.9	3.7	5.3	3.1	7.9	0.5	0.3	0.7	0.7	0.0	1.0
07-05	Offals	0.1	0.3	0.0	0.4	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.9	6.2	0.1	9.5	2.3	1.5	2.9	3.1	3.0	0.3	0.7	1.5	31.3	0.2	0.0	0.4	0.1	0.0	0.7
08-01	Fish	1.7	5.5	0.0	8.4	2.2	1.4	2.8	2.9	2.8	0.3	0.6	1.4	27.0	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.1	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.5	0.1	0.7	0.2	0.1	0.1	0.2	0.2	0.1	0.1	0.1	3.3	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.5	2.0	0.7	1.5	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.9	2.2	0.0	3.5	1.6	1.5	2.0	0.7	1.5	0.0	0.7	0.1	11.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.1	0.1	0.3	0.1	24.1	17.5	24.3	38.4	30.1	20.7	40.7	37.6	6.3	0.1	0.1	0.1	0.0	0.0	0.5
10-00	Unclassified	0.4	0.0	0.0	0.0	1.3	0.7	1.5	2.3	1.8	0.6	2.6	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.4	0.0	0.0	0.0	4.1	1.6	6.0	5.8	6.2	0.1	6.6	1.0	3.7	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	1.3	0.0	0.0	0.1	3.7	5.5	2.9	0.8	2.2	7.6	0.4	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.9	0.1	0.3	0.0	14.8	9.5	13.5	29.1	19.5	12.3	30.5	33.3	2.6	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.3	0.1	0.4	0.5	0.4	0.2	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.3	1.1	2.0	0.6	3.7	5.1	3.7	1.3	2.8	1.5	1.2	0.6	0.4	10.9	20.6	1.6	3.3	1.2	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.0	11.6	0.6	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.9	0.6	1.3	0.2	2.7	3.6	3.0	1.0	2.2	0.3	0.9	0.3	0.0	2.1	3.7	0.5	1.5	1.2	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.4	0.8	1.4	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.7	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.6	0.3	0.1	0.3	0.8	1.3	0.6	0.1	0.4	1.0	0.1	0.2	0.0	0.7	1.2	0.3	0.6	0.0	0.1
11-05-01	Ice cream	0.6	0.2	0.1	0.3	0.8	1.3	0.6	0.1	0.4	1.0	0.1	0.2	0.0	0.6	1.1	0.3	0.6	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.3	2.9	6.8	0.8	8.6	10.6	8.0	5.4	6.9	18.0	5.6	4.3	4.6	11.2	12.6	10.6	5.3	2.0	0.4
12-01	Cakes, pies, pastries, etc	5.0	1.8	4.0	0.6	5.0	6.0	4.5	3.0	3.9	13.8	3.0	2.9	1.6	6.8	8.0	6.1	3.5	2.0	0.4
12-02	Dry cakes, biscuits	3.3	1.1	2.8	0.2	3.6	4.6	3.5	2.4	3.0	4.2	2.6	1.4	3.0	4.4	4.6	4.5	1.8	0.0	0.0
13	Non-alcoholic beverages	2.7	1.8	5.0	0.3	0.4	0.6	0.2	0.1	0.2	0.3	0.1	0.3	0.0	5.0	9.4	0.8	1.6	0.7	55.0
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.7	0.1
13-01	Fruit and vegetable juices	1.5	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.2	6.0	0.4	1.1	0.0	2.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.0	0.0	0.0	0.0	1.9
13-03	Coffee, tea and herbal teas	0.7	1.4	3.8	0.3	0.4	0.6	0.2	0.0	0.1	0.3	0.0	0.1	0.0	0.7	1.3	0.3	0.5	0.0	32.4
13-03-01	Coffee	0.6	1.4	3.8	0.3	0.4	0.6	0.2	0.0	0.1	0.3	0.0	0.1	0.0	0.6	1.0	0.3	0.5	0.0	18.4
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.4
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	2.5
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0
14	Alcoholic beverages	5.2	0.3	0.8	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	2.2	3.1	1.3	0.8	96.0	4.8
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	2.0	0.0	0.0	51.8	2.5
14-02	Fortified wines (sherry, port, vermouth)	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.8	0.0	0.0	11.0	0.3
14-03	Beer, cider	1.1	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	1.3	0.8	15.5	1.8
14-04	Spirits, brandy	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	14.0	0.3
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0
14-06	Liqueurs	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.0	0.0	3.2	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.5	0.6	0.8	0.5	5.8	3.5	6.8	9.5	7.8	2.4	10.4	8.0	4.4	0.9	1.4	0.6	0.7	0.0	0.6
15-01	Sauces	2.5	0.5	0.6	0.4	5.8	3.4	6.8	9.4	7.8	2.4	10.3	7.9	4.3	0.8	1.3	0.5	0.6	0.0	0.6
15-01-00	Unclassified and other sauces	1.6	0.2	0.5	0.1	4.0	2.9	4.2	6.0	4.9	2.0	6.7	4.3	0.4	0.5	0.6	0.3	0.2	0.0	0.4
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.8	0.8	0.8	0.1	0.9	1.2	0.2	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.5	0.2	0.1	0.3	1.2	0.3	1.7	2.5	2.0	0.4	2.7	2.4	3.6	0.1	0.2	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0
16	Soups, bouillon	1.3	1.8	1.8	1.8	1.3	1.4	1.2	1.1	1.2	4.9	1.2	0.7	5.5	1.1	0.9	1.4	2.3	0.0	3.5
16-01	Soups	1.2	1.8	1.7	1.8	1.3	1.3	1.1	1.1	1.1	4.8	1.1	0.7	5.5	1.1	0.8	1.3	2.3	0.0	3.0
16-02	Bouillon	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.4
17	Miscellaneous	1.2	1.5	1.6	1.1	1.5	1.4	1.6	1.5	1.6	1.6	1.3	0.8	0.5	1.2	0.7	1.6	0.7	0.0	0.4
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.2	0.3	0.7	0.1	0.2	0.1	0.1	0.5	0.3	0.0	0.5	0.4	0.5	0.1	0.2	0.1	0.2	0.0	0.1
17-02	Dietetetic products	0.3	0.4	0.1	0.3	0.3	0.1	0.4	0.4	0.4	0.0	0.2	0.2	0.0	0.3	0.3	0.3	0.1	0.0	0.1
17-02-00	Unclassified	0.3	0.4	0.1	0.3	0.3	0.1	0.4	0.4	0.4	0.0	0.2	0.2	0.0	0.3	0.3	0.3	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.7	0.8	0.7	1.0	1.2	1.1	0.6	0.9	1.5	0.5	0.2	0.0	0.7	0.2	1.2	0.3	0.0	0.1

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.8	7.6	0.0	0.9	0.8	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.9	0.3	16.0	9.6	0.0	3.3
01-01	Potatoes	4.8	2.8	7.6	0.0	0.9	0.8	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.9	0.3	16.0	9.6	0.0	3.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.0	3.1	8.8	0.0	0.7	0.4	0.4	2.0	0.9	0.1	1.2	7.6	0.2	2.1	2.7	1.8	17.9	0.0	4.9
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.8	0.0	0.2	0.1	0.0	0.5	0.2	0.0	0.2	2.3	0.0	0.2	0.3	0.1	2.4	0.0	1.1
02-02	Fruiting vegetables	0.5	0.6	1.7	0.0	0.2	0.1	0.2	0.5	0.3	0.0	0.4	0.7	0.1	0.5	0.6	0.4	4.2	0.0	1.3
02-03	Root vegetables	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.6	0.1	1.6	0.0	0.5
02-04	Cabbages	0.6	1.1	3.4	0.0	0.2	0.1	0.1	0.8	0.3	0.0	0.2	3.9	0.0	0.7	0.8	0.6	7.3	0.0	1.3
02-05	Mushrooms	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.0	0.1
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.2	0.2	0.2	0.1	0.8	0.0	0.3
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.2	0.2	1.0	0.0	0.3
03	Legumes	0.3	0.5	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.4	0.0	0.3	0.2	0.5	1.5	0.0	0.1
03-01	Legumes	0.3	0.5	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.4	0.0	0.3	0.2	0.5	1.5	0.0	0.1
04	Fruits, nuts and olives	6.8	3.0	7.6	0.0	4.2	1.9	4.7	7.9	5.9	0.0	8.3	7.9	1.1	9.6	17.0	3.2	14.3	0.0	5.3
04-01	Fruits	5.0	1.5	4.0	0.0	0.6	0.3	0.3	1.4	0.7	0.0	1.3	3.4	0.0	9.0	16.4	2.6	12.4	0.0	5.3
04-02	Nuts and seeds (+nut spread)	1.7	1.5	3.6	0.0	3.6	1.6	4.3	6.5	5.2	0.0	7.0	4.5	1.1	0.5	0.3	0.6	1.7	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	16.4	25.2	0.9	40.0	21.1	32.6	15.5	4.8	11.6	32.8	3.2	11.0	1.5	10.4	18.8	2.4	2.9	0.8	11.3
05-01	Milk	3.2	6.0	0.0	9.8	2.8	4.5	2.2	0.5	1.5	4.4	0.3	0.8	0.0	2.8	5.7	0.0	0.0	0.0	5.4
05-02	Milk beverages	0.5	0.6	0.2	0.9	0.3	0.4	0.2	0.0	0.1	0.3	0.0	0.0	0.1	0.7	1.3	0.1	0.7	0.0	0.6
05-03	Yoghurt	2.2	3.0	0.0	4.9	1.7	2.5	1.4	0.3	1.0	2.6	0.2	0.5	0.0	2.4	4.8	0.3	1.4	0.0	2.2
05-04	Fromage blanc, petits suisses	0.4	0.8	0.0	1.3	0.3	0.4	0.3	0.1	0.2	0.5	0.0	0.1	0.0	0.4	0.7	0.0	0.0	0.0	0.3
05-05	Cheese (including fresh cheeses)	6.4	11.3	0.0	17.8	12.1	18.9	8.3	2.8	6.4	18.1	1.8	8.1	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.8	2.5	0.7	3.8	2.6	3.8	2.2	0.7	1.6	3.8	0.5	1.0	1.4	3.4	5.1	1.8	0.8	0.8	1.9
05-07	Dairy and non-dairy creams	0.2	0.1	0.0	0.1	0.6	0.8	0.5	0.1	0.3	1.6	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.5	0.8	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.6	0.9	0.0	1.4	0.8	1.3	0.5	0.3	0.4	1.5	0.3	0.2	0.0	0.5	1.0	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.3	20.0	55.0	0.3	5.7	3.5	5.1	11.1	7.1	3.6	12.1	8.6	1.8	34.3	7.1	55.9	38.2	0.0	2.6
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.5	0.0	0.8	0.3	0.0	0.0
06-02	Pasta, rice, other grain	1.7	1.4	3.5	0.1	0.2	0.1	0.1	0.6	0.3	0.0	0.6	0.2	0.0	3.1	0.1	5.6	1.8	0.0	0.7
06-03	Bread, crisp bread, rusks	17.3	17.6	49.3	0.1	4.6	2.6	4.0	9.7	5.9	2.2	10.6	8.0	1.3	29.2	6.4	47.1	34.6	0.0	1.9

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.9	16.4	45.8	0.1	4.2	2.2	3.6	9.1	5.5	1.5	9.9	7.7	1.3	27.1	5.9	43.1	32.3	0.0	1.9
06-03-02	Crispbread, rusks	1.3	1.2	3.5	0.0	0.4	0.3	0.3	0.6	0.4	0.7	0.7	0.3	0.0	2.2	0.5	3.9	2.3	0.0	0.0
06-04	Breakfast cereals	0.7	0.5	1.2	0.0	0.3	0.3	0.4	0.4	0.4	0.0	0.5	0.1	0.5	1.0	0.5	1.5	1.3	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	0.2	0.4	0.1	0.4	0.4	0.4	0.3	0.4	0.9	0.3	0.1	0.0	0.4	0.1	0.8	0.2	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.5	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
07	Meat and meat products	11.5	29.2	0.4	44.7	17.1	16.1	22.4	8.8	17.8	13.5	8.8	5.6	31.4	0.6	0.4	0.9	1.5	0.0	3.2
07-01	Fresh meat	6.5	17.6	0.0	26.6	8.8	8.4	11.9	3.1	9.2	9.1	3.2	2.2	13.4	0.1	0.2	0.1	0.6	0.0	1.8
07-01-00	Unclassified	0.7	1.8	0.0	3.0	1.4	1.3	1.9	0.6	1.4	1.1	0.6	0.4	0.2	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	4.3	11.2	0.0	16.5	5.6	5.3	7.6	1.4	5.8	7.5	1.3	1.5	11.3	0.1	0.1	0.0	0.5	0.0	1.1
07-01-02	Veal	0.1	0.2	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.3	4.3	0.0	6.6	1.7	1.6	2.3	1.1	1.8	0.3	1.2	0.3	1.8	0.0	0.0	0.0	0.0	0.0	0.4
07-01-04	Mutton/Lamb	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.0	3.2	0.0	5.0	1.3	1.0	1.4	1.4	1.3	0.9	1.3	0.5	9.5	0.0	0.0	0.0	0.0	0.0	0.4
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.8	2.9	0.0	4.6	0.9	0.7	0.9	1.1	0.9	0.9	1.0	0.5	9.2	0.0	0.0	0.0	0.0	0.0	0.3
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.2	0.2	0.0	0.3	0.3	0.3	0.4	0.2	0.4	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.0	8.3	0.4	13.0	7.0	6.7	9.2	4.4	7.3	3.6	4.3	2.9	8.5	0.5	0.3	0.8	0.8	0.0	1.0
07-05	Offals	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.4	4.8	0.1	7.2	1.5	0.9	1.9	1.6	1.8	0.4	0.4	0.8	25.1	0.2	0.0	0.3	0.1	0.0	0.6
08-01	Fish	1.2	4.1	0.0	6.2	1.2	0.8	1.7	1.4	1.6	0.1	0.2	0.6	22.8	0.1	0.0	0.1	0.0	0.0	0.5
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.6	0.1	0.9	0.2	0.1	0.2	0.2	0.2	0.3	0.1	0.2	2.0	0.1	0.0	0.2	0.0	0.0	0.1
09	Eggs and egg products	0.7	1.6	0.0	2.7	1.2	1.0	1.6	0.5	1.2	0.0	0.5	0.1	8.1	0.1	0.0	0.2	0.0	0.0	0.3
09-01	Egg	0.7	1.6	0.0	2.7	1.2	1.0	1.6	0.5	1.2	0.0	0.5	0.1	8.1	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.4	0.2	0.2	0.1	23.4	19.1	22.6	33.7	27.3	22.9	35.0	31.6	4.9	0.1	0.2	0.1	0.0	0.0	0.4
10-00	Unclassified	0.7	0.0	0.0	0.0	2.1	0.9	2.5	4.4	3.2	0.9	5.1	3.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	0.9	0.0	0.0	0.0	2.6	1.0	3.6	4.0	4.0	0.1	4.7	0.6	3.0	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	2.8	0.1	0.0	0.1	6.7	9.3	5.3	1.8	4.3	12.2	1.0	2.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0
10-03	Margarines	3.8	0.1	0.2	0.0	11.4	7.6	10.3	22.5	15.0	9.3	23.2	24.7	1.9	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.2	0.0	0.0	0.0	0.7	0.3	0.8	0.9	0.9	0.4	1.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.3	1.0	2.0	0.5	3.4	4.6	3.6	1.2	2.7	1.1	1.1	0.5	0.1	11.0	22.6	1.8	3.5	0.0	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.2	12.0	0.9	0.6	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.0	0.7	1.5	0.3	2.6	3.4	2.9	0.9	2.2	0.2	0.8	0.3	0.0	2.2	5.1	0.4	2.0	0.0	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.1	0.1	0.9	2.3	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.4	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.4	0.1	0.1	0.2	0.6	1.0	0.5	0.1	0.3	0.7	0.1	0.1	0.0	0.4	0.8	0.1	0.2	0.0	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.2	0.6	1.0	0.5	0.1	0.3	0.7	0.1	0.1	0.0	0.4	0.7	0.1	0.2	0.0	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	10.3	3.7	8.6	1.0	10.2	11.8	9.7	8.5	8.9	17.7	9.2	5.7	8.1	13.7	16.2	12.7	6.1	5.4	0.4
12-01	Cakes, pies, pastries, etc	4.5	1.7	3.5	0.6	4.4	4.9	4.3	2.9	3.7	10.1	2.8	2.7	1.7	6.0	6.8	5.3	2.8	5.4	0.3
12-02	Dry cakes, biscuits	5.7	2.0	5.1	0.4	5.8	6.8	5.4	5.6	5.2	7.6	6.4	3.1	6.4	7.7	9.3	7.4	3.3	0.0	0.1
13	Non-alcoholic beverages	2.3	1.3	3.5	0.1	0.2	0.2	0.1	0.1	0.1	0.2	0.1	0.3	0.0	4.5	8.5	0.7	1.1	1.2	60.4
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	1.2	0.1
13-01	Fruit and vegetable juices	1.3	0.4	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.8	5.2	0.4	0.8	0.0	2.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.3	0.0	0.0	0.0	1.7
13-03	Coffee, tea and herbal teas	0.4	1.0	2.5	0.1	0.1	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.4	0.8	0.1	0.2	0.0	35.6
13-03-01	Coffee	0.3	1.0	2.5	0.1	0.1	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.3	0.5	0.1	0.2	0.0	12.7
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.7
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	2.2
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.6
14	Alcoholic beverages	2.8	0.2	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	1.0	1.8	0.4	0.3	92.6	2.2
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.5	0.0
14-01	Wine	1.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.9	0.0	0.0	40.4	1.3
14-02	Fortified wines (sherry, port, vermouth)	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	7.6	0.1
14-03	Beer, cider	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.2	5.0	0.5
14-04	Spirits, brandy	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	31.4	0.3
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.2	0.4	0.0	0.0	7.6	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.7	0.6	0.7	0.6	7.9	4.5	9.5	15.3	11.3	3.0	16.4	12.9	6.3	1.4	3.2	0.8	0.7	0.0	0.9
15-01	Sauces	3.6	0.6	0.6	0.6	7.9	4.5	9.5	15.3	11.3	3.0	16.4	12.8	6.3	1.4	3.2	0.8	0.7	0.0	0.9

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	2.0	0.2	0.4	0.1	4.8	3.7	5.2	7.5	6.1	2.6	8.3	5.2	0.6	0.4	0.5	0.4	0.3	0.0	0.5
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.1	0.0	0.2	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.6	0.8	0.7	0.0	0.8	1.0	1.3	0.0	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.3	0.3	0.1	0.4	2.5	0.6	3.6	6.8	4.4	0.4	7.2	6.5	4.3	0.7	2.3	0.3	0.2	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16	Soups, bouillon	1.3	1.8	1.7	1.8	1.3	1.2	1.3	1.5	1.3	3.3	1.5	0.8	4.9	1.2	0.9	1.5	1.8	0.0	3.3
16-01	Soups	1.3	1.8	1.7	1.8	1.3	1.2	1.3	1.4	1.3	3.3	1.5	0.8	4.9	1.2	0.9	1.5	1.8	0.0	3.0
16-02	Bouillon	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
17	Miscellaneous	0.8	1.1	1.3	0.9	1.1	1.2	1.1	1.2	1.1	1.1	1.0	0.9	0.7	0.6	0.3	0.9	0.6	0.0	0.3
17-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
17-01	Soya products	0.1	0.3	0.6	0.0	0.1	0.1	0.1	0.4	0.2	0.0	0.5	0.4	0.6	0.1	0.1	0.0	0.2	0.0	0.2
17-02	Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.6	0.8	0.7	0.8	0.9	1.1	1.0	0.6	0.8	1.0	0.4	0.3	0.1	0.4	0.1	0.8	0.3	0.0	0.1



**Table 2.3.b** Average contribution of food subgroups to the intake of macronutrients of 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)

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.7	7.9	0.0	1.0	0.9	0.7	1.4	0.9	0.7	1.0	5.2	0.1	9.1	0.3	16.4	9.5	0.0	3.7
01-01	Potatoes	4.7	2.7	7.9	0.0	1.0	0.9	0.7	1.4	0.9	0.7	1.0	5.2	0.1	9.1	0.3	16.4	9.5	0.0	3.7
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.0	2.9	8.3	0.0	0.6	0.4	0.2	1.7	0.7	0.2	1.1	5.5	0.1	2.4	3.5	1.7	16.7	0.0	5.7
02-01	Leafy vegetables (except cabbages)	0.3	0.5	1.3	0.0	0.2	0.1	0.1	0.4	0.2	0.2	0.2	1.6	0.0	0.2	0.4	0.1	2.0	0.0	1.0
02-02	Fruiting vegetables	0.6	0.8	2.5	0.0	0.2	0.1	0.1	0.5	0.2	0.0	0.5	1.1	0.0	0.7	1.1	0.5	5.4	0.0	2.0
02-03	Root vegetables	0.2	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.0	2.2	0.0	0.6
02-04	Cabbages	0.4	0.6	1.8	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.1	2.1	0.0	0.3	0.4	0.3	3.5	0.0	0.9
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.3	0.9	0.0	0.2
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.4	0.2	1.1	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.4	0.2	1.6	0.0	0.5
03	Legumes	0.2	0.4	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.3	0.1	0.5	1.4	0.0	0.1
03-01	Legumes	0.2	0.4	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.3	0.1	0.5	1.4	0.0	0.1
04	Fruits, nuts and olives	5.7	2.4	6.1	0.0	3.7	1.8	4.3	6.3	5.0	0.0	6.7	5.2	1.6	8.7	16.5	2.3	12.3	0.0	5.1
04-01	Fruits	4.2	1.1	3.1	0.0	0.5	0.3	0.2	1.2	0.6	0.0	1.1	2.6	0.0	8.2	15.9	1.9	10.8	0.0	5.0
04-02	Nuts and seeds (+nut spread)	1.4	1.2	2.8	0.0	3.0	1.4	3.8	4.8	4.2	0.0	5.3	2.5	1.3	0.4	0.4	0.3	1.2	0.0	0.0
04-03	Mixed fruits	0.1	0.1	0.1	0.0	0.1	0.1	0.2	0.2	0.2	0.0	0.2	0.1	0.3	0.1	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	14.7	23.9	0.4	37.8	18.8	31.0	13.2	3.6	9.6	32.5	2.3	9.3	0.2	10.4	20.5	2.2	2.2	0.0	12.5
05-01	Milk	3.4	6.4	0.0	10.1	3.0	5.1	2.1	0.5	1.5	5.4	0.3	0.8	0.0	3.3	7.1	0.0	0.0	0.0	5.9
05-02	Milk beverages	0.5	0.6	0.1	1.0	0.2	0.4	0.2	0.0	0.1	0.3	0.0	0.1	0.1	0.6	1.3	0.1	0.4	0.0	0.6
05-03	Yoghurt	2.2	3.6	0.0	5.6	1.4	2.1	1.0	0.2	0.7	2.4	0.1	0.4	0.0	2.6	5.3	0.4	1.3	0.0	2.9
05-04	Fromage blanc, petits suisses	0.5	0.8	0.0	1.2	0.4	0.6	0.3	0.1	0.2	0.8	0.0	0.1	0.0	0.5	0.9	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.3	9.9	0.0	16.1	11.0	18.2	7.7	2.2	5.6	18.8	1.3	6.9	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.0	1.6	0.2	2.5	1.5	2.6	1.2	0.3	0.8	2.1	0.2	0.7	0.1	2.7	4.4	1.5	0.5	0.0	1.6
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.4	0.6	0.3	0.1	0.2	1.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.3	0.5	0.2	0.1	0.2	0.9	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.4	0.9	1.5	0.5	0.3	0.4	1.6	0.3	0.2	0.0	0.6	1.1	0.2	0.0	0.0	0.4
06	Cereals and cereal products	20.6	20.8	56.4	0.3	7.1	4.2	6.5	12.8	8.7	3.4	13.9	11.5	3.0	34.0	5.9	57.9	41.8	0.0	3.2

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.5	0.3	0.0	0.0
06-02	Pasta, rice, other grain	2.0	1.6	4.3	0.1	0.3	0.1	0.1	0.6	0.3	0.0	0.7	0.3	0.0	3.9	0.1	7.3	1.9	0.0	0.9
06-03	Bread, crisp bread, rusks	16.2	17.5	47.7	0.0	5.1	2.7	4.3	10.7	6.6	2.1	11.5	10.6	0.8	26.5	5.0	44.7	36.4	0.0	2.1
06-03-01	Bread	15.2	16.6	45.0	0.0	4.7	2.4	4.0	10.1	6.2	1.4	10.8	10.2	0.8	24.6	4.5	41.6	34.3	0.0	2.1
06-03-02	Crispbread, rusks	1.1	0.9	2.7	0.0	0.4	0.3	0.3	0.6	0.4	0.7	0.7	0.4	0.0	1.9	0.5	3.1	2.1	0.0	0.0
06-04	Breakfast cereals	0.8	0.6	1.6	0.0	0.3	0.3	0.3	0.5	0.4	0.0	0.5	0.2	1.8	1.4	0.6	2.2	1.9	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.9	0.6	1.4	0.1	0.9	0.9	1.1	0.8	0.9	1.2	0.9	0.3	0.3	1.2	0.1	2.1	0.8	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.5	0.4	1.0	0.0	0.4	0.2	0.8	0.2	0.5	0.1	0.2	0.1	0.0	0.8	0.1	1.2	0.5	0.0	0.1
07	Meat and meat products	11.2	28.5	0.2	44.2	19.1	19.3	24.3	10.8	19.2	13.0	10.7	5.8	28.0	0.7	0.5	0.8	1.2	0.0	3.5
07-01	Fresh meat	4.6	13.4	0.0	20.6	6.9	7.4	8.9	2.6	6.5	7.1	2.7	1.3	7.9	0.1	0.1	0.1	0.3	0.0	1.7
07-01-00	Unclassified	0.7	1.6	0.0	2.6	1.5	1.6	2.0	0.6	1.5	1.4	0.6	0.4	0.3	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	1.8	5.7	0.0	9.0	2.7	3.0	3.5	0.5	2.4	5.0	0.4	0.7	2.4	0.0	0.0	0.0	0.1	0.0	0.7
07-01-02	Veal	0.0	0.2	0.0	0.4	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	2.0	5.8	0.0	8.6	2.6	2.7	3.3	1.5	2.6	0.5	1.6	0.2	4.9	0.0	0.0	0.0	0.0	0.0	0.7
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.1	4.2	0.0	6.7	1.3	1.0	1.2	1.5	1.3	1.0	1.4	0.8	10.4	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	4.1	0.0	6.5	1.2	1.0	1.1	1.4	1.2	1.0	1.3	0.8	10.4	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	5.4	10.5	0.2	16.3	10.8	10.7	14.1	6.7	11.3	4.9	6.6	3.7	9.7	0.6	0.4	0.7	0.9	0.0	1.3
07-05	Offals	0.1	0.4	0.0	0.6	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1
08	Fish and shellfish	1.8	5.5	0.1	8.4	2.6	1.6	3.2	3.3	3.2	0.4	0.8	1.9	31.5	0.2	0.0	0.3	0.1	0.0	0.7
08-01	Fish	1.6	4.8	0.0	7.3	2.5	1.6	3.2	3.2	3.2	0.4	0.7	1.8	28.4	0.1	0.0	0.1	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.1	0.5	0.1	0.8	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	2.3	0.1	0.0	0.1	0.0	0.0	0.1
09	Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.5
09-01	Egg	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.5
10	Fat	7.9	0.1	0.2	0.1	23.2	16.2	22.8	39.4	29.4	20.4	42.1	38.9	7.4	0.1	0.1	0.2	0.0	0.0	0.5
10-00	Unclassified	0.4	0.0	0.0	0.0	1.1	0.6	1.2	2.2	1.5	0.6	2.5	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.5	0.0	0.0	0.0	4.4	1.7	6.1	6.6	6.6	0.1	7.8	0.8	3.7	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Lipoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly- saccharides	Fibre	Alcohol	Water
10-02	Butter	1.1	0.0	0.0	0.0	3.1	4.7	2.4	0.6	1.8	6.7	0.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.8	0.1	0.2	0.0	14.1	9.0	12.5	29.1	18.7	12.9	30.5	34.8	3.7	0.1	0.0	0.1	0.0	0.0	0.5
10-04	Deep frying fats	0.2	0.0	0.0	0.0	0.5	0.2	0.6	0.9	0.7	0.2	1.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	7.6	1.3	2.4	0.7	4.2	5.7	4.3	1.4	3.3	2.1	1.3	0.8	0.1	13.4	25.7	1.7	3.4	0.5	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.1	16.0	0.6	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.3	0.8	1.8	0.3	3.1	4.1	3.3	1.1	2.5	0.4	1.0	0.4	0.0	2.6	4.6	0.6	1.9	0.5	0.0
11-03	Confectionery non-chocolate	0.3	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.7	1.2	0.2	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.6	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.7	0.3	0.1	0.4	1.0	1.5	0.9	0.2	0.6	1.5	0.1	0.2	0.0	0.8	1.3	0.3	0.5	0.0	0.2
11-05-01	Ice cream	0.7	0.3	0.1	0.4	1.0	1.5	0.8	0.2	0.6	1.5	0.1	0.2	0.0	0.7	1.2	0.3	0.5	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	7.5	2.7	6.0	0.9	8.1	10.0	7.6	5.1	6.5	18.0	5.3	4.3	3.5	10.0	12.1	8.9	4.6	0.4	0.4
12-01	Cakes, pies, pastries, etc	4.3	1.6	3.4	0.7	4.6	5.6	4.2	2.7	3.6	13.8	2.6	2.8	1.8	5.8	7.4	4.7	2.7	0.4	0.4
12-02	Dry cakes, biscuits	3.1	1.1	2.7	0.2	3.5	4.4	3.4	2.5	3.0	4.2	2.7	1.5	1.7	4.2	4.7	4.1	1.9	0.0	0.0
13	Non-alcoholic beverages	2.2	1.8	4.9	0.2	0.3	0.4	0.2	0.1	0.2	0.3	0.1	0.3	0.0	4.2	8.2	0.6	1.2	0.6	51.2
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.6	0.1
13-01	Fruit and vegetable juices	1.0	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.2	4.3	0.4	0.7	0.0	1.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.9	0.0	0.0	0.0	3.2
13-03	Coffee, tea and herbal teas	0.5	1.4	3.9	0.2	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.4	0.9	0.1	0.5	0.0	32.9
13-03-01	Coffee	0.5	1.4	3.9	0.2	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.4	0.8	0.1	0.5	0.0	20.7
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.1
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.0
14	Alcoholic beverages	7.3	0.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	3.0	3.5	2.5	1.6	98.4	7.6
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	3.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.7	0.0	0.0	44.5	3.4
14-02	Fortified wines (sherry, port, vermouth)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.5	0.0	0.0	6.0	0.2
14-03	Beer, cider	2.0	0.5	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	2.5	1.6	22.8	3.5
14-04	Spirits, brandy	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	23.1	0.5
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	1.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.8	1.0	0.6	6.7	4.0	8.0	10.6	9.0	3.0	11.5	8.9	6.1	1.1	1.7	0.7	0.9	0.0	0.8
15-01	Sauces	2.9	0.7	0.8	0.6	6.6	3.9	7.9	10.5	8.9	3.0	11.4	8.7	5.9	1.0	1.6	0.6	0.8	0.0	0.7
15-01-00	Unclassified and other sauces	1.9	0.3	0.6	0.1	4.6	3.3	5.0	6.7	5.7	2.4	7.3	4.9	0.1	0.6	0.8	0.4	0.3	0.0	0.5
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.6	0.2	0.9	0.9	0.9	0.1	1.0	1.5	0.2	0.1	0.1	0.1	0.0	0.0	0.1
15-01-03	Mayonnaises and similars	0.6	0.3	0.1	0.5	1.4	0.4	1.9	2.9	2.2	0.5	3.1	2.4	5.6	0.2	0.3	0.1	0.3	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.1	0.2	0.0	0.0
16	Soups, bouillon	1.3	2.0	2.0	2.0	1.5	1.6	1.4	1.3	1.4	4.2	1.4	0.9	6.0	1.0	0.7	1.3	2.3	0.0	3.8
16-01	Soups	1.2	1.9	1.9	2.0	1.4	1.4	1.3	1.3	1.3	4.2	1.3	0.9	6.0	1.0	0.7	1.3	2.3	0.0	3.0
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8
17	Miscellaneous	1.2	1.5	1.6	1.2	1.4	1.4	1.5	1.2	1.3	1.9	1.1	0.8	0.3	1.3	0.6	1.8	0.6	0.0	0.4
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.1	0.3	0.6	0.0	0.2	0.1	0.1	0.4	0.2	0.0	0.4	0.3	0.3	0.1	0.1	0.0	0.1	0.0	0.1
17-02	Dietetic products	0.3	0.4	0.0	0.3	0.2	0.1	0.3	0.2	0.2	0.0	0.2	0.3	0.0	0.4	0.3	0.5	0.1	0.0	0.1
17-02-00	Unclassified	0.3	0.4	0.0	0.3	0.2	0.1	0.3	0.2	0.2	0.0	0.2	0.3	0.0	0.4	0.3	0.5	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.8	0.8	0.9	0.8	1.0	1.2	1.1	0.6	0.9	1.8	0.5	0.1	0.0	0.9	0.2	1.2	0.4	0.0	0.1

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.3	2.3	6.8	0.0	0.7	0.6	0.4	1.4	0.7	0.3	0.9	5.1	0.0	8.0	0.3	15.3	7.6	0.0	2.9
01-01	Potatoes	4.3	2.3	6.8	0.0	0.7	0.6	0.4	1.4	0.7	0.3	0.9	5.1	0.0	8.0	0.2	15.3	7.6	0.0	2.9
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.6	3.4	10.0	0.0	1.1	0.6	0.7	2.6	1.3	0.3	1.9	7.9	0.4	2.8	4.0	1.8	18.3	0.0	6.1
02-01	Leafy vegetables (except cabbages)	0.4	0.6	1.9	0.0	0.3	0.2	0.1	0.7	0.3	0.2	0.4	2.1	0.0	0.4	0.5	0.2	2.6	0.0	1.3
02-02	Fruiting vegetables	0.7	0.7	2.2	0.0	0.5	0.2	0.5	0.8	0.6	0.0	0.8	1.3	0.0	0.7	1.2	0.3	4.5	0.0	1.8
02-03	Root vegetables	0.3	0.2	0.6	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.2	0.0	0.5	0.9	0.1	2.4	0.0	0.7
02-04	Cabbages	0.5	0.9	2.8	0.0	0.2	0.1	0.1	0.6	0.2	0.1	0.2	3.2	0.0	0.5	0.5	0.4	4.7	0.0	1.2
02-05	Mushrooms	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.3	0.9	0.0	0.1
02-07	Onion, garlic	0.2	0.2	0.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.4	0.3	0.4	0.2	1.3	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.5	0.0	0.4
03	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.8	0.0	0.1
03-01	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.8	0.0	0.1
04	Fruits, nuts and olives	8.1	2.9	8.1	0.0	4.6	2.1	5.2	8.4	6.4	0.0	8.9	8.4	2.7	12.4	21.6	3.9	17.7	0.0	6.2
04-01	Fruits	6.2	1.5	4.4	0.0	0.7	0.4	0.2	1.7	0.8	0.0	1.7	3.6	0.0	11.7	21.0	3.2	15.8	0.0	6.1
04-02	Nuts and seeds (+nut spread)	1.7	1.3	3.6	0.0	3.6	1.6	4.6	6.4	5.3	0.0	6.9	4.6	2.5	0.5	0.3	0.7	1.5	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.3	0.2	0.0	0.3	0.1	0.2	0.1	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
05	Dairy products	16.9	26.7	0.6	41.0	20.3	32.4	14.9	4.5	11.0	33.1	3.2	9.8	1.1	11.7	22.2	2.1	2.6	0.1	12.5
05-01	Milk	4.4	8.0	0.0	12.1	3.0	4.7	2.2	0.5	1.5	4.6	0.3	0.9	0.0	4.3	8.9	0.0	0.0	0.0	6.9
05-02	Milk beverages	0.3	0.4	0.1	0.6	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.0	0.3	0.4	0.7	0.1	0.4	0.0	0.3
05-03	Yoghurt	2.7	4.2	0.0	6.5	1.5	2.5	1.2	0.2	0.8	2.9	0.2	0.4	0.0	3.1	6.0	0.5	1.6	0.0	2.8
05-04	Fromage blanc, petits suisses	0.6	1.4	0.0	2.3	0.4	0.7	0.4	0.1	0.3	0.9	0.0	0.1	0.0	0.5	1.1	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.9	10.2	0.0	15.8	12.0	19.4	8.5	2.5	6.2	19.0	1.6	7.2	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.0	1.5	0.4	2.1	1.9	2.7	1.6	0.6	1.3	2.4	0.5	0.8	0.8	2.6	4.0	1.3	0.5	0.1	1.1
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	1.0	0.0	1.6	0.9	1.4	0.6	0.5	0.6	1.7	0.5	0.3	0.0	0.6	1.3	0.1	0.0	0.0	0.4
06	Cereals and cereal products	20.7	19.1	54.8	0.3	8.0	5.0	7.6	14.6	9.9	4.0	16.4	11.7	4.0	32.3	6.0	56.7	37.4	0.0	2.2
06-01	Flour, flakes, starches, semolina	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.4	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.4	1.0	2.8	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	2.7	0.1	5.1	1.2	0.0	0.4
06-03	Bread, crisp bread, rusks	17.2	16.9	48.9	0.0	5.9	3.2	5.2	12.7	7.7	2.2	14.1	11.0	2.4	26.6	5.1	46.8	34.1	0.0	1.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.2	15.3	44.3	0.0	5.0	2.5	4.4	11.2	6.7	1.1	12.4	10.2	2.4	23.7	4.5	41.5	31.1	0.0	1.7
06-03-02	Crispbread, rusks	1.9	1.5	4.5	0.0	1.0	0.7	0.8	1.5	1.0	1.1	1.7	0.8	0.0	2.9	0.6	5.2	2.9	0.0	0.0
06-04	Breakfast cereals	0.8	0.5	1.4	0.0	0.5	0.4	0.6	0.7	0.6	0.0	0.8	0.1	1.7	1.4	0.7	2.0	1.3	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	0.4	0.8	0.2	1.0	1.1	1.2	0.6	1.0	1.5	0.7	0.2	0.0	0.9	0.1	1.6	0.3	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.2	0.7	0.0	0.3	0.2	0.5	0.2	0.4	0.3	0.2	0.1	0.0	0.5	0.0	0.9	0.3	0.0	0.0
07	Meat and meat products	10.5	26.7	0.2	40.1	15.9	15.9	20.5	8.9	16.1	12.9	8.9	5.2	23.6	0.5	0.3	0.7	0.9	0.0	2.9
07-01	Fresh meat	5.2	14.8	0.0	22.2	7.6	8.1	10.0	2.5	7.2	9.0	2.6	1.4	6.6	0.1	0.1	0.0	0.3	0.0	1.6
07-01-00	Unclassified	0.7	1.2	0.0	1.9	1.3	1.5	1.7	0.3	1.1	1.7	0.3	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1
07-01-01	Beef	2.6	7.5	0.0	11.4	3.6	3.9	4.9	0.7	3.4	6.3	0.6	0.8	3.4	0.0	0.0	0.0	0.2	0.0	0.9
07-01-02	Veal	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.8	5.6	0.0	8.2	2.4	2.4	3.1	1.5	2.5	0.3	1.6	0.2	3.0	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04	Mutton/Lamb	0.1	0.4	0.0	0.6	0.3	0.3	0.2	0.1	0.2	0.7	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.5	4.8	0.0	7.0	1.7	1.4	1.6	2.0	1.7	1.2	1.9	1.1	10.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.4	4.6	0.0	6.7	1.6	1.3	1.5	1.9	1.6	1.2	1.8	1.1	10.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.7	6.9	0.2	10.7	6.5	6.2	8.7	4.2	7.0	2.7	4.4	2.6	6.4	0.5	0.3	0.6	0.6	0.0	0.8
07-05	Offals	0.1	0.1	0.0	0.2	0.2	0.2	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	2.0	6.8	0.2	10.3	2.2	1.3	2.7	3.0	2.8	0.3	0.6	1.2	31.1	0.3	0.0	0.5	0.1	0.0	0.7
08-01	Fish	1.7	6.1	0.0	9.3	1.9	1.2	2.5	2.6	2.5	0.2	0.5	1.0	25.9	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.1	0.2	0.0	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.5	0.1	0.7	0.2	0.1	0.2	0.3	0.2	0.1	0.2	0.1	4.1	0.1	0.0	0.3	0.1	0.0	0.1
09	Eggs and egg products	0.9	2.1	0.0	3.4	1.7	1.5	2.1	0.7	1.5	0.0	0.7	0.1	13.5	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.9	2.1	0.0	3.4	1.7	1.5	2.1	0.7	1.5	0.0	0.7	0.1	13.5	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.2	0.1	0.3	0.1	24.9	18.5	25.4	37.6	30.7	20.9	39.6	36.7	5.5	0.1	0.1	0.1	0.0	0.0	0.4
10-00	Unclassified	0.5	0.0	0.0	0.0	1.4	0.8	1.7	2.3	1.9	0.7	2.8	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.3	0.0	0.0	0.0	3.9	1.5	5.9	5.1	5.9	0.0	5.8	1.2	3.8	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.4	0.0	0.0	0.1	4.1	6.1	3.3	0.9	2.5	8.3	0.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.9	0.1	0.3	0.0	15.3	10.0	14.3	29.1	20.1	11.8	30.4	32.2	1.7	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.3	0.9	1.7	0.5	3.2	4.6	3.3	1.1	2.5	1.1	1.1	0.4	0.6	9.0	16.6	1.6	3.1	2.0	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4	8.2	0.7	0.4	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti	1.6	0.5	1.0	0.2	2.4	3.3	2.7	0.9	2.0	0.3	0.8	0.3	0.0	1.6	3.0	0.3	1.2	2.0	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.3	0.0	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.0	0.6	0.9	1.6	0.3	0.2	0.0	0.0
11-04	Syrup	0.6	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.7	0.0	0.7	0.0	0.1
11-05	Ice cream, water ice	0.6	0.2	0.1	0.3	0.7	1.2	0.4	0.1	0.3	0.7	0.1	0.1	0.0	0.6	1.1	0.3	0.6	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.2	0.4	0.1	0.3	0.6	0.1	0.1	0.0	0.6	1.0	0.2	0.6	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.9	3.0	7.5	0.7	9.0	11.0	8.3	5.6	7.1	18.0	5.8	4.3	5.5	12.1	12.9	11.9	5.8	3.8	0.5
12-01	Cakes, pies, pastries, etc	5.5	1.9	4.6	0.5	5.3	6.3	4.8	3.2	4.2	13.8	3.3	3.0	1.4	7.6	8.4	7.1	4.1	3.8	0.4
12-02	Dry cakes, biscuits	3.4	1.2	2.9	0.2	3.6	4.7	3.5	2.3	3.0	4.2	2.5	1.3	4.1	4.6	4.5	4.8	1.7	0.0	0.0
13	Non-alcoholic beverages	3.1	1.9	5.0	0.4	0.5	0.8	0.2	0.2	0.2	0.3	0.2	0.3	0.0	5.7	10.3	1.0	1.9	0.8	58.1
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.8	0.1
13-01	Fruit and vegetable juices	1.9	0.4	1.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.0	4.0	7.3	0.5	1.4	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.3	0.0	0.0	0.0	0.9
13-03	Coffee, tea and herbal teas	0.8	1.5	3.7	0.4	0.4	0.8	0.2	0.0	0.1	0.3	0.0	0.1	0.0	1.0	1.6	0.4	0.5	0.0	32.1
13-03-01	Coffee	0.7	1.4	3.7	0.4	0.4	0.8	0.2	0.0	0.1	0.3	0.0	0.1	0.0	0.8	1.2	0.4	0.4	0.0	16.6
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.4
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	3.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.0
14	Alcoholic beverages	3.6	0.2	0.3	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.3	1.6	2.8	0.4	0.2	93.3	2.6
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.5	0.0	0.0	59.9	1.8
14-02	Fortified wines (sherry, port, vermouth)	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.0	0.0	0.0	16.5	0.3
14-03	Beer, cider	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.2	7.3	0.4
14-04	Spirits, brandy	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.2	0.4	0.0	0.0	5.6	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.2	0.4	0.6	0.3	5.1	3.0	5.9	8.6	6.9	2.0	9.4	7.3	3.0	0.8	1.1	0.5	0.5	0.0	0.5
15-01	Sauces	2.1	0.4	0.5	0.3	5.1	3.0	5.8	8.6	6.9	2.0	9.4	7.2	3.0	0.7	1.1	0.5	0.4	0.0	0.5

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00 Unclassified and other sauces	1.4	0.2	0.4	0.1	3.5	2.5	3.5	5.5	4.4	1.6	6.2	3.8	0.6	0.4	0.5	0.3	0.2	0.0	0.4
15-01-01 Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0
15-01-02 Dressing sauces	0.2	0.0	0.0	0.0	0.4	0.1	0.7	0.8	0.7	0.0	0.8	1.0	0.3	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03 Mayonnaises and similars	0.5	0.1	0.0	0.2	1.1	0.3	1.5	2.2	1.7	0.3	2.3	2.3	2.0	0.1	0.2	0.1	0.1	0.0	0.1
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	1.3	1.7	1.6	1.7	1.2	1.2	1.1	0.9	1.0	5.4	1.0	0.6	5.0	1.2	1.0	1.5	2.4	0.0	3.2
16-01 Soups	1.2	1.7	1.6	1.7	1.2	1.1	1.1	0.9	1.0	5.3	1.0	0.6	5.0	1.1	1.0	1.4	2.4	0.0	3.0
16-02 Bouillon	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2
17 Miscellaneous	1.2	1.4	1.7	1.0	1.6	1.4	1.7	1.8	1.8	1.3	1.4	0.9	0.8	1.1	0.8	1.4	0.7	0.0	0.4
17-00 Unclassified	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.2	0.4	0.8	0.1	0.2	0.1	0.2	0.6	0.3	0.0	0.7	0.5	0.6	0.2	0.3	0.1	0.3	0.0	0.2
17-02 Dietetic products	0.3	0.4	0.1	0.3	0.3	0.2	0.5	0.4	0.4	0.0	0.1	0.1	0.0	0.3	0.4	0.2	0.1	0.0	0.1
17-02-00 Unclassified	0.3	0.4	0.1	0.3	0.3	0.2	0.5	0.4	0.4	0.0	0.1	0.1	0.0	0.3	0.3	0.2	0.1	0.0	0.1
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.7	0.6	0.7	0.6	1.0	1.1	1.1	0.7	1.0	1.3	0.6	0.3	0.0	0.6	0.1	1.1	0.3	0.0	0.1



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.7	3.4	8.8	0.0	1.5	1.7	1.2	1.6	1.2	0.7	1.0	5.7	0.0	10.0	0.3	18.0	10.9	0.0	4.4
01-01	Potatoes	5.7	3.4	8.8	0.0	1.5	1.7	1.2	1.6	1.2	0.7	1.0	5.7	0.0	10.0	0.3	18.0	10.9	0.0	4.4
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	1.7	3.0	7.7	0.0	0.6	0.3	0.2	1.5	0.6	0.1	1.0	5.4	0.3	1.9	2.5	1.4	15.5	0.0	5.5
02-01	Leafy vegetables (except cabbages)	0.4	0.9	2.2	0.0	0.2	0.1	0.0	0.4	0.2	0.0	0.2	2.2	0.0	0.3	0.4	0.2	4.0	0.0	1.7
02-02	Fruiting vegetables	0.4	0.6	1.7	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.4	0.7	0.1	0.4	0.6	0.4	4.0	0.0	1.4
02-03	Root vegetables	0.3	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.9	0.1	2.2	0.0	0.7
02-04	Cabbages	0.3	0.6	1.7	0.0	0.1	0.1	0.0	0.3	0.1	0.0	0.1	1.6	0.0	0.2	0.2	0.2	2.8	0.0	0.8
02-05	Mushrooms	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.5	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.3	0.1	0.2	0.2	0.2	0.9	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.2	0.2	0.9	0.0	0.3
03	Legumes	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.2	0.1	0.3	0.6	0.0	0.1
03-01	Legumes	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.2	0.1	0.3	0.6	0.0	0.1
04	Fruits, nuts and olives	6.7	3.6	8.8	0.0	5.3	2.4	6.0	9.4	7.4	0.0	10.1	8.0	2.1	8.5	15.2	3.1	14.0	0.0	5.7
04-01	Fruits	4.3	1.4	3.4	0.0	0.5	0.3	0.2	1.1	0.5	0.0	1.0	3.0	0.0	7.7	14.7	2.1	11.5	0.0	5.6
04-02	Nuts and seeds (+nut spread)	2.3	2.2	5.3	0.0	4.7	2.1	5.7	8.2	6.8	0.0	9.0	5.0	2.1	0.8	0.5	1.0	2.3	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	15.9	25.5	1.1	42.2	19.7	31.9	14.9	3.7	10.4	36.1	2.4	9.3	0.5	12.1	22.3	3.3	2.5	0.0	13.8
05-01	Milk	3.9	7.4	0.0	12.0	4.0	6.3	3.2	0.6	2.2	6.7	0.4	1.5	0.0	3.3	7.0	0.0	0.0	0.0	7.0
05-02	Milk beverages	0.4	0.5	0.1	0.6	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.6	1.1	0.1	0.6	0.0	0.5
05-03	Yoghurt	1.7	2.6	0.0	4.4	1.0	1.7	0.8	0.2	0.5	2.4	0.1	0.3	0.0	2.2	4.7	0.3	0.9	0.0	1.9
05-04	Fromage blanc, petits suisses	0.2	0.5	0.0	0.8	0.1	0.2	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	0.2
05-05	Cheese (including fresh cheeses)	4.6	9.5	0.0	16.1	9.1	15.4	6.4	1.6	4.4	17.3	1.0	5.6	0.0	0.0	0.0	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	4.2	4.1	0.9	6.6	3.8	5.7	3.3	1.0	2.4	5.7	0.7	1.5	0.5	5.2	7.9	2.7	1.0	0.0	3.2
05-07	Dairy and non-dairy creams	0.2	0.1	0.0	0.1	0.6	0.9	0.5	0.1	0.4	1.8	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.6	0.9	0.5	0.1	0.4	1.8	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.4	0.9	1.5	0.5	0.2	0.4	1.7	0.2	0.2	0.0	0.6	1.1	0.2	0.0	0.0	0.3
06	Cereals and cereal products	19.8	21.6	53.8	0.3	6.0	3.5	5.2	11.7	7.6	2.9	12.8	8.6	4.4	31.4	6.0	53.2	39.9	0.0	3.4
06-01	Flour, flakes, starches, semolina	0.4	0.4	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.9	0.0	1.4	0.5	0.0	0.0
06-02	Pasta, rice, other grain	2.2	1.8	4.1	0.1	0.3	0.1	0.2	0.6	0.3	0.0	0.7	0.2	0.0	4.0	0.1	7.3	2.1	0.0	1.1
06-03	Bread, crisp bread, rusks	16.2	18.6	46.7	0.2	5.1	2.8	4.4	10.4	6.6	2.3	11.4	8.1	3.7	24.9	5.5	41.7	35.0	0.0	2.2

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly- saccharides	Fibre	Alcohol	Water
06-03-01 Bread	15.3	17.8	44.4	0.2	4.9	2.6	4.2	10.1	6.4	1.7	11.0	7.9	3.7	23.5	5.1	39.4	33.7	0.0	2.2
06-03-02 Crispbread, rusks	0.9	0.9	2.2	0.0	0.2	0.2	0.2	0.3	0.2	0.7	0.3	0.2	0.0	1.4	0.4	2.3	1.3	0.0	0.0
06-04 Breakfast cereals	0.7	0.6	1.7	0.0	0.2	0.1	0.2	0.4	0.3	0.0	0.4	0.1	0.7	1.2	0.4	2.0	2.1	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.1	0.3	0.0	0.2	0.3	0.2	0.1	0.2	0.4	0.2	0.1	0.0	0.2	0.0	0.5	0.2	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.1	0.2	0.0	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.3	0.1	0.0	0.0
07 Meat and meat products	9.5	26.2	0.2	43.0	15.4	15.0	20.2	8.7	15.7	11.8	8.6	6.3	29.4	0.5	0.3	0.7	0.9	0.0	3.3
07-01 Fresh meat	3.8	13.1	0.0	21.4	5.3	5.3	7.2	2.0	5.2	5.9	2.0	1.4	6.5	0.0	0.0	0.0	0.2	0.0	1.6
07-01-00 Unclassified	0.9	2.2	0.0	3.8	1.6	1.5	2.2	0.7	1.7	1.4	0.7	0.5	0.4	0.0	0.0	0.0	0.1	0.0	0.3
07-01-01 Beef	1.9	7.2	0.0	11.7	2.2	2.4	3.1	0.5	2.1	4.1	0.4	0.7	4.4	0.0	0.0	0.0	0.1	0.0	0.9
07-01-02 Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	1.0	3.5	0.0	5.7	1.3	1.3	1.8	0.8	1.4	0.2	0.9	0.2	1.6	0.0	0.0	0.0	0.0	0.0	0.4
07-01-04 Mutton/Lamb	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	1.2	4.3	0.1	6.9	1.6	1.2	1.6	1.5	1.6	1.5	1.4	0.7	10.6	0.0	0.0	0.1	0.0	0.0	0.6
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	1.0	3.9	0.0	6.1	1.3	1.1	1.3	1.3	1.3	1.4	1.2	0.7	9.6	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02 Turkey, young turkey	0.1	0.4	0.1	0.6	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.0
07-02-03 Duck	0.1	0.1	0.0	0.2	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	4.5	8.8	0.1	14.8	8.6	8.4	11.4	5.2	8.9	4.4	5.3	4.2	12.3	0.5	0.3	0.6	0.7	0.0	1.1
07-05 Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	1.2	4.0	0.1	6.2	1.5	1.0	2.0	1.6	1.8	0.4	0.3	0.9	22.5	0.2	0.0	0.3	0.1	0.0	0.6
08-01 Fish	1.0	3.5	0.0	5.4	1.3	0.9	1.9	1.4	1.7	0.2	0.2	0.7	20.0	0.1	0.0	0.1	0.0	0.0	0.5
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
08-03 Fish products, fish in crumbs	0.2	0.4	0.1	0.7	0.1	0.1	0.1	0.2	0.1	0.2	0.1	0.1	2.4	0.1	0.0	0.2	0.1	0.0	0.1
09 Eggs and egg products	0.5	1.4	0.0	2.3	0.9	0.8	1.2	0.4	0.9	0.0	0.4	0.0	7.4	0.1	0.0	0.1	0.0	0.0	0.3
09-01 Egg	0.5	1.4	0.0	2.3	0.9	0.8	1.2	0.4	0.9	0.0	0.4	0.0	7.4	0.1	0.0	0.1	0.0	0.0	0.3
10 Fat	8.3	0.2	0.4	0.1	24.2	16.9	23.9	39.9	30.5	21.6	41.2	38.3	10.0	0.1	0.1	0.1	0.0	0.0	0.6
10-00 Unclassified	0.5	0.0	0.0	0.0	1.5	0.7	1.7	3.3	2.3	0.6	3.8	3.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	1.2	0.0	0.0	0.0	3.4	1.3	4.5	5.3	5.1	0.1	6.2	0.6	4.8	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	1.2	0.0	0.0	0.1	3.2	5.0	2.6	0.6	1.9	7.0	0.3	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03 Margarines	4.9	0.1	0.4	0.0	14.4	9.0	12.9	28.4	19.1	12.6	28.5	32.6	5.2	0.1	0.0	0.1	0.0	0.0	0.5
10-04 Deep frying fats	0.5	0.0	0.0	0.0	1.7	0.8	2.1	2.2	2.1	1.2	2.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Linoic acid	Alpha Linoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	7.6	1.3	2.3	0.6	3.9	5.3	4.4	1.4	3.2	0.8	1.3	0.5	0.1	13.0	25.7	1.8	3.9	0.0	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.7	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.9	15.9	0.9	0.7	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	2.3	0.9	1.5	0.4	3.4	4.4	4.0	1.2	2.9	0.3	1.1	0.4	0.0	2.3	4.4	0.4	2.0	0.0	0.0
11-03	Confectionery non-chocolate	0.6	0.1	0.3	0.0	0.2	0.2	0.2	0.1	0.2	0.2	0.1	0.1	0.1	1.1	2.3	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.5	0.0	0.8	0.0	0.1
11-05	Ice cream, water ice	0.3	0.1	0.1	0.2	0.4	0.7	0.3	0.1	0.2	0.3	0.1	0.0	0.0	0.3	0.5	0.1	0.3	0.0	0.1
11-05-01	Ice cream	0.3	0.1	0.1	0.2	0.4	0.7	0.3	0.1	0.2	0.3	0.1	0.0	0.0	0.3	0.5	0.1	0.3	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.3	3.5	7.5	0.8	9.5	11.7	9.0	5.9	7.7	15.2	5.9	4.8	6.7	12.1	13.5	11.5	6.0	8.2	0.4
12-01	Cakes, pies, pastries, etc	3.9	1.5	2.9	0.6	3.6	4.3	3.3	2.2	2.8	7.7	2.1	1.9	1.5	5.3	6.0	4.8	2.7	8.2	0.3
12-02	Dry cakes, biscuits	5.4	2.0	4.5	0.3	5.9	7.4	5.7	3.7	4.9	7.5	3.8	2.9	5.2	6.8	7.5	6.6	3.2	0.0	0.1
13	Non-alcoholic beverages	2.9	1.6	4.1	0.1	0.2	0.3	0.1	0.1	0.1	0.1	0.1	0.3	0.0	5.3	9.5	1.0	1.6	3.3	53.1
13-00	Unclassified	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.3	0.0	3.3	0.3
13-01	Fruit and vegetable juices	1.7	0.5	1.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.0	3.4	6.1	0.5	1.3	0.0	3.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.4	0.1	0.0	0.0	2.4
13-03	Coffee, tea and herbal teas	0.4	1.1	2.6	0.1	0.2	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.7	0.2	0.3	0.0	31.7
13-03-01	Coffee	0.4	1.1	2.6	0.1	0.2	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.6	0.2	0.3	0.0	15.0
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.9
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.8
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.2
14	Alcoholic beverages	4.9	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.7	2.4	1.1	0.8	88.4	4.4
14-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.1	1.6	0.0
14-01	Wine	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.5	0.0	0.0	36.8	1.8
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.7	0.0
14-03	Beer, cider	0.9	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.1	0.7	13.9	1.7
14-04	Spirits, brandy	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	32.7	0.8
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.0	2.7	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.9	0.6	0.7	0.5	7.3	4.7	8.0	10.9	9.2	3.9	11.9	9.4	8.9	0.8	1.0	0.6	0.6	0.0	0.9
15-01	Sauces	2.9	0.5	0.5	0.5	7.3	4.7	8.0	10.9	9.2	3.9	11.9	9.4	8.9	0.7	1.0	0.6	0.5	0.0	0.9

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.9	0.2	0.3	0.1	5.1	3.9	5.2	7.5	6.2	3.5	8.4	5.6	0.6	0.3	0.3	0.4	0.1	0.0	0.7
15-01-01	Tomato sauces	0.1	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.3	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.4	0.0	0.0	0.0	1.1	0.5	1.3	1.7	1.5	0.1	1.7	2.2	4.1	0.1	0.1	0.0	0.0	0.0	0.1
15-01-03	Mayonnaises and similars	0.4	0.2	0.1	0.4	1.0	0.3	1.3	1.6	1.4	0.3	1.8	1.6	4.2	0.1	0.2	0.1	0.1	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.0
16	Soups, bouillon	1.1	1.6	1.6	1.5	1.3	1.3	1.1	1.6	1.2	3.2	1.6	1.0	3.6	0.9	0.6	1.2	1.9	0.0	2.9
16-01	Soups	1.1	1.5	1.5	1.5	1.3	1.2	1.1	1.6	1.2	3.2	1.6	1.0	3.6	0.9	0.6	1.2	1.9	0.0	2.9
16-02	Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
17	Miscellaneous	1.8	2.1	1.8	2.3	2.7	3.2	2.8	1.6	2.3	3.1	1.3	1.2	0.4	1.3	0.3	2.2	0.8	0.0	0.3
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02	Dietetic products	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0
17-02-00	Unclassified	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.7	2.0	1.7	2.2	2.6	3.2	2.7	1.5	2.2	3.1	1.2	1.1	0.3	1.2	0.2	2.1	0.8	0.0	0.3

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.4	2.5	7.1	0.0	0.6	0.4	0.3	1.5	0.6	0.1	0.9	5.3	0.0	8.5	0.3	15.1	9.0	0.0	2.8
01-01	Potatoes	4.4	2.5	7.1	0.0	0.6	0.4	0.3	1.5	0.6	0.1	0.9	5.3	0.0	8.5	0.3	15.1	9.0	0.0	2.8
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.1	3.1	9.3	0.0	0.8	0.4	2.3	1.0	0.1	1.2	8.7	0.2	2.2	2.8	1.9	19.0	0.0	4.7	
02-01	Leafy vegetables (except cabbages)	0.2	0.5	1.6	0.0	0.2	0.1	0.0	0.5	0.2	0.0	0.2	2.3	0.0	0.1	0.3	0.1	1.7	0.0	0.8
02-02	Fruiting vegetables	0.5	0.6	1.7	0.0	0.3	0.1	0.3	0.5	0.4	0.0	0.5	0.7	0.0	0.5	0.6	0.4	4.3	0.0	1.3
02-03	Root vegetables	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.5	0.0	1.4	0.0	0.4
02-04	Cabbages	0.8	1.3	4.1	0.0	0.3	0.1	1.0	0.4	0.0	0.3	4.9	0.0	0.9	1.0	0.8	9.3	0.0	1.5	
02-05	Mushrooms	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.0	0.0
02-07	Onion, garlic	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.1	0.2	0.1	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.2
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.2	0.2	1.1	0.0	0.2
03	Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.0	0.4	0.2	0.5	1.9	0.0	0.1
03-01	Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.0	0.4	0.2	0.5	1.9	0.0	0.1
04	Fruits, nuts and olives	6.8	2.8	7.1	0.0	3.8	1.7	4.1	7.3	5.3	0.0	7.5	7.8	0.7	10.1	17.7	3.2	14.4	0.0	5.1
04-01	Fruits	5.3	1.5	4.3	0.0	0.7	0.4	0.3	1.6	0.8	0.0	1.4	3.5	0.0	9.6	17.2	2.8	12.8	0.0	5.1
04-02	Nuts and seeds (+nut spread)	1.4	1.2	2.8	0.0	3.1	1.3	3.7	5.7	4.5	0.0	6.1	4.3	0.7	0.3	0.2	0.4	1.5	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	16.6	25.1	0.9	39.0	21.7	32.9	15.7	5.3	12.1	31.3	3.6	11.7	2.0	9.5	17.2	2.0	3.1	1.2	10.1
05-01	Milk	2.8	5.4	0.0	8.8	2.3	3.6	1.7	0.4	1.2	3.3	0.2	0.5	0.0	2.6	5.2	0.0	0.0	0.0	4.7
05-02	Milk beverages	0.6	0.7	0.2	1.0	0.3	0.5	0.2	0.1	0.2	0.3	0.0	0.1	0.1	0.8	1.4	0.1	0.8	0.0	0.6
05-03	Yoghurt	2.4	3.2	0.0	5.0	2.0	2.8	1.7	0.4	1.2	2.7	0.3	0.6	0.0	2.5	4.8	0.3	1.6	0.0	2.3
05-04	Fromage blanc, petits suisses	0.5	0.9	0.0	1.5	0.4	0.5	0.4	0.1	0.2	0.6	0.0	0.1	0.0	0.4	0.9	0.1	0.1	0.0	0.3
05-05	Cheese (including fresh cheeses)	7.3	12.1	0.0	18.6	13.4	20.5	9.2	3.3	7.3	18.5	2.2	9.2	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.2	1.7	0.6	2.5	2.1	3.0	1.6	0.6	1.2	3.0	0.4	0.8	1.8	2.6	3.8	1.4	0.6	1.2	1.2
05-07	Dairy and non-dairy creams	0.2	0.1	0.0	0.1	0.6	0.8	0.4	0.1	0.3	1.5	0.1	0.2	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.3	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.6	0.9	0.0	1.4	0.8	1.2	0.5	0.4	0.5	1.4	0.4	0.3	0.0	0.5	1.0	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.5	19.3	55.5	0.2	5.6	3.6	5.0	10.8	6.9	3.9	11.8	8.6	0.6	35.6	7.5	57.2	37.5	0.0	2.3
06-01	Flour, flakes, starches, semolina	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.5	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.5	1.3	3.2	0.1	0.2	0.1	0.1	0.5	0.2	0.0	0.6	0.3	0.0	2.6	0.1	4.9	1.6	0.0	0.5
06-03	Bread, crisp bread, rusks	17.8	17.2	50.5	0.0	4.4	2.4	3.8	9.4	5.6	2.2	10.3	8.0	0.2	31.2	6.8	49.5	34.5	0.0	1.8

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. leic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
06-03-01 Bread	16.2	15.8	46.4	0.0	3.9	2.0	3.4	8.6	5.1	1.4	9.4	7.6	0.2	28.7	6.3	44.8	31.7	0.0	1.8
06-03-02 Crispbread, rusks	1.5	1.4	4.1	0.0	0.5	0.4	0.4	0.8	0.5	0.7	0.8	0.4	0.0	2.5	0.6	4.7	2.7	0.0	0.0
06-04 Breakfast cereals	0.6	0.4	1.0	0.0	0.4	0.3	0.5	0.5	0.5	0.0	0.5	0.1	0.5	0.9	0.5	1.3	0.9	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.4	0.2	0.5	0.1	0.5	0.5	0.5	0.3	0.4	1.1	0.4	0.2	0.0	0.5	0.1	0.9	0.3	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.0	0.0	0.0	0.2	0.2	0.1	0.1	0.1	0.7	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
07 Meat and meat products	12.4	30.6	0.5	45.5	17.8	16.6	23.5	8.9	18.8	14.4	8.9	5.3	32.4	0.7	0.5	1.0	1.7	0.0	3.1
07-01 Fresh meat	7.6	19.7	0.0	29.0	10.4	9.7	14.0	3.7	10.9	10.6	3.7	2.6	16.5	0.1	0.2	0.1	0.8	0.0	1.9
07-01-00 Unclassified	0.7	1.6	0.0	2.6	1.3	1.2	1.7	0.5	1.3	0.9	0.5	0.4	0.2	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01 Beef	5.4	13.0	0.0	18.7	7.1	6.6	9.6	1.9	7.5	9.1	1.8	1.9	14.4	0.1	0.2	0.0	0.7	0.0	1.2
07-01-02 Veal	0.1	0.3	0.0	0.5	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	1.5	4.7	0.0	7.0	1.9	1.8	2.5	1.2	2.0	0.3	1.4	0.3	1.8	0.0	0.0	0.0	0.0	0.0	0.5
07-01-04 Mutton/Lamb	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.9	2.7	0.0	4.2	1.2	0.9	1.2	1.3	1.2	0.6	1.3	0.4	9.1	0.0	0.0	0.0	0.0	0.0	0.3
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.7	2.4	0.0	3.9	0.8	0.6	0.7	1.0	0.8	0.6	1.0	0.4	9.1	0.0	0.0	0.0	0.0	0.0	0.3
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.2	0.3	0.0	0.4	0.4	0.3	0.5	0.3	0.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	3.8	8.1	0.5	12.2	6.2	5.9	8.2	3.9	6.6	3.2	3.9	2.2	6.8	0.6	0.3	0.9	0.9	0.0	0.9
07-05 Offals	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	1.5	5.2	0.1	7.7	1.4	0.9	1.9	1.6	1.8	0.4	0.4	0.7	26.3	0.2	0.0	0.3	0.1	0.0	0.6
08-01 Fish	1.2	4.4	0.0	6.6	1.2	0.8	1.6	1.4	1.5	0.1	0.2	0.5	24.1	0.1	0.0	0.2	0.0	0.0	0.5
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
08-03 Fish products, fish in crumbs	0.2	0.7	0.1	1.0	0.2	0.2	0.3	0.2	0.3	0.3	0.2	0.2	1.9	0.1	0.0	0.1	0.0	0.0	0.1
09 Eggs and egg products	0.7	1.7	0.0	2.9	1.3	1.0	1.7	0.6	1.3	0.0	0.6	0.1	8.4	0.1	0.0	0.2	0.0	0.0	0.3
09-01 Egg	0.7	1.7	0.0	2.9	1.3	1.0	1.7	0.6	1.3	0.0	0.6	0.1	8.4	0.1	0.0	0.2	0.0	0.0	0.3
10 Fat	8.5	0.1	0.2	0.1	23.0	20.1	22.0	31.0	25.9	23.4	32.2	28.6	2.5	0.1	0.2	0.1	0.0	0.0	0.3
10-00 Unclassified	0.8	0.0	0.0	0.0	2.4	1.0	2.8	5.0	3.6	1.0	5.8	3.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	0.7	0.0	0.0	0.0	2.2	0.8	3.3	3.5	3.4	0.1	4.0	0.7	2.1	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	3.6	0.1	0.0	0.1	8.2	11.2	6.5	2.3	5.4	14.5	1.2	2.9	0.0	0.1	0.2	0.0	0.0	0.0	0.1
10-03 Margarines	3.3	0.1	0.1	0.0	10.0	6.9	9.1	19.9	13.2	7.8	20.8	21.1	0.4	0.1	0.0	0.1	0.0	0.0	0.3
10-04 Deep frying fats	0.1	0.0	0.0	0.0	0.2	0.1	0.2	0.4	0.3	0.1	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.8	0.9	1.9	0.4	3.1	4.3	3.3	1.1	2.5	1.2	1.0	0.6	0.2	10.1	21.2	1.7	3.3	0.0	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	10.2	0.9	0.6	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.8	0.6	1.4	0.2	2.2	3.0	2.5	0.8	1.9	0.2	0.7	0.3	0.1	2.2	5.4	0.4	2.0	0.0	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.2	0.1	0.8	2.3	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.4	0.0	0.4	0.0	0.1
11-05	Ice cream, water ice	0.4	0.2	0.1	0.2	0.7	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.4	0.8	0.1	0.1	0.0	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.2	0.7	1.1	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.4	0.8	0.1	0.1	0.0	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	10.7	3.8	9.1	1.1	10.5	11.8	10.0	9.7	9.4	18.8	10.7	6.2	8.7	14.5	17.4	13.3	6.2	4.0	0.4
12-01	Cakes, pies, pastries, etc	4.8	1.8	3.8	0.7	4.8	5.2	4.8	3.2	4.1	11.2	3.2	3.0	1.7	6.3	7.2	5.5	2.9	4.0	0.4
12-02	Dry cakes, biscuits	5.8	2.0	5.3	0.4	5.8	6.6	5.2	6.5	5.4	7.6	7.5	3.1	7.0	8.2	10.2	7.8	3.3	0.0	0.1
13	Non-alcoholic beverages	2.1	1.2	3.2	0.1	0.2	0.2	0.1	0.1	0.1	0.2	0.1	0.2	0.0	4.1	8.0	0.5	0.8	0.2	63.7
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0
13-01	Fruit and vegetable juices	1.1	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.5	4.8	0.4	0.6	0.0	1.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.3	0.0	0.0	0.0	1.4
13-03	Coffee, tea and herbal teas	0.4	0.9	2.4	0.1	0.1	0.2	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.4	0.8	0.1	0.2	0.0	37.5
13-03-01	Coffee	0.3	0.9	2.4	0.1	0.1	0.2	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.3	0.4	0.1	0.2	0.0	11.7
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	23.3
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	2.4
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	23.0
14	Alcoholic beverages	1.9	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.6	0.8	1.5	0.0	0.0	94.7	1.3
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.6	0.0	0.0	42.3	1.0
14-02	Fortified wines (sherry, port, vermouth)	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	11.0	0.1
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0
14-04	Spirits, brandy	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	30.7	0.1
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.3	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.6	0.3	0.5	0.0	0.0	10.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	4.0	0.6	0.7	0.6	8.2	4.4	10.2	17.3	12.2	2.6	18.5	14.4	5.0	1.7	4.2	0.9	0.8	0.0	0.9
15-01	Sauces	4.0	0.6	0.6	0.6	8.2	4.4	10.2	17.3	12.2	2.6	18.5	14.3	5.0	1.7	4.2	0.9	0.8	0.0	0.9

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	2.1	0.2	0.4	0.1	4.7	3.5	5.2	7.5	6.0	2.2	8.2	5.0	0.6	0.5	0.6	0.4	0.5	0.0	0.5
15-01-01	Tomato sauces	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.2	0.1	0.2	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.1	0.0	0.0	0.0	0.2	0.1	0.3	0.4	0.4	0.0	0.4	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.7	0.3	0.1	0.4	3.2	0.8	4.6	9.2	5.7	0.4	9.6	8.7	4.4	1.0	3.3	0.3	0.2	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16	Soups, bouillon	1.4	1.9	1.8	1.9	1.4	1.2	1.4	1.4	1.4	3.3	1.5	0.8	5.5	1.3	1.0	1.7	1.8	0.0	3.4
16-01	Soups	1.3	1.9	1.8	1.9	1.3	1.2	1.3	1.4	1.3	3.3	1.5	0.8	5.5	1.3	1.0	1.6	1.8	0.0	3.1
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4
17	Miscellaneous	0.4	0.7	1.1	0.3	0.4	0.3	0.4	0.9	0.6	0.1	0.9	0.7	0.8	0.3	0.2	0.3	0.5	0.0	0.3
17-00	Unclassified	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
17-01	Soya products	0.2	0.4	0.8	0.0	0.2	0.1	0.1	0.6	0.3	0.0	0.7	0.6	0.8	0.1	0.2	0.0	0.3	0.0	0.2
17-02	Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.0	0.0



**Table 2.4.a** Average contribution of food subgroups to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.8	8.0	0.0	1.0	0.9	0.6	1.5	0.9	0.2	1.0	5.6	0.0	9.2	0.3	16.7	9.6	0.0	3.5
01-01	Potatoes	5.0	2.8	8.0	0.0	1.0	0.9	0.6	1.5	0.9	0.2	1.0	5.6	0.0	9.2	0.3	16.7	9.6	0.0	3.5
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.0	2.8	8.4	0.0	0.8	0.4	0.6	1.8	1.0	0.1	1.2	6.4	0.2	2.1	2.9	1.5	16.1	0.0	5.3
02-01	Leafy vegetables (except cabbages)	0.3	0.5	1.5	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.2	1.8	0.0	0.2	0.4	0.1	2.1	0.0	1.1
02-02	Fruiting vegetables	0.6	0.7	2.1	0.0	0.4	0.2	0.5	0.5	0.0	0.5	0.9	0.0	0.6	0.8	0.5	4.9	0.0	1.6	
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.7	0.0	1.9	0.0	0.5
02-04	Cabbages	0.4	0.8	2.4	0.0	0.2	0.1	0.0	0.5	0.2	0.0	0.1	2.8	0.0	0.4	0.4	0.4	3.9	0.0	1.1
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.4	0.0	0.1
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.2	0.2	0.2	0.2	1.0	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.2
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.3	0.1	1.4	0.0	0.3
03	Legumes	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.3	0.8	0.0	0.1
03-01	Legumes	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.3	0.8	0.0	0.1
04	Fruits, nuts and olives	7.2	2.6	7.1	0.0	4.2	1.9	4.5	8.1	5.9	0.0	8.6	7.8	2.1	10.7	19.4	3.1	15.5	0.0	5.7
04-01	Fruits	5.5	1.4	3.9	0.0	0.6	0.4	0.3	1.4	0.7	0.0	1.3	3.2	0.0	10.1	18.8	2.6	14.0	0.0	5.7
04-02	Nuts and seeds (+nut spread)	1.6	1.2	3.2	0.0	3.6	1.6	4.2	6.6	5.2	0.0	7.2	4.6	2.1	0.4	0.3	0.5	1.2	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	16.4	24.9	0.6	38.6	19.3	31.2	14.4	3.8	10.3	32.4	2.5	9.0	1.7	12.2	23.1	2.6	2.6	0.2	12.5
05-01	Milk	4.1	7.6	0.0	11.6	3.0	4.8	2.2	0.5	1.6	4.8	0.3	0.8	0.0	3.9	8.1	0.0	0.0	0.0	6.6
05-02	Milk beverages	0.3	0.4	0.1	0.5	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.0	0.3	0.5	0.9	0.1	0.5	0.0	0.3
05-03	Yoghurt	2.3	3.3	0.0	5.1	1.3	2.0	1.0	0.2	0.7	2.5	0.1	0.3	0.0	2.7	5.4	0.4	1.4	0.0	2.3
05-04	Fromage blanc, petits suisses	0.5	1.1	0.0	1.9	0.3	0.5	0.3	0.1	0.2	0.6	0.0	0.1	0.0	0.5	0.9	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.0	9.1	0.0	14.3	10.2	17.0	7.3	1.9	5.2	17.0	1.1	6.2	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	3.0	2.2	0.5	3.2	2.8	4.2	2.4	0.7	1.8	3.7	0.5	1.1	1.4	3.9	6.0	1.9	0.6	0.2	1.9
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.4	0.6	0.3	0.1	0.2	1.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.3	0.5	0.3	0.1	0.2	1.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.9	1.2	0.0	1.9	1.2	1.8	0.8	0.4	0.6	2.3	0.4	0.3	0.0	0.7	1.5	0.1	0.0	0.0	0.5
06	Cereals and cereal products	21.0	20.3	56.5	0.2	6.7	3.9	6.5	11.7	8.4	2.8	12.8	10.0	1.9	32.6	5.9	56.0	39.8	0.0	2.5

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.7	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.3	1.0	2.7	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.4	0.2	0.0	2.4	0.1	4.4	1.3	0.0	0.4
06-03	Bread, crisp bread, rusks	17.9	18.1	50.7	0.1	5.5	3.1	4.8	10.4	6.9	2.4	11.3	9.4	1.1	27.6	5.3	47.2	36.1	0.0	2.0
06-03-01	Bread	16.2	16.7	46.4	0.1	4.8	2.6	4.2	9.3	6.1	1.6	10.1	8.8	1.1	24.9	4.7	42.5	33.5	0.0	1.9
06-03-02	Crispbread, rusks	1.7	1.4	4.3	0.0	0.8	0.6	0.6	1.1	0.8	0.8	1.2	0.7	0.0	2.7	0.6	4.8	2.7	0.0	0.0
06-04	Breakfast cereals	0.7	0.5	1.3	0.0	0.3	0.2	0.3	0.4	0.4	0.0	0.5	0.1	0.5	1.2	0.4	1.8	1.3	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	0.2	0.5	0.1	0.4	0.3	0.6	0.3	0.5	0.4	0.4	0.1	0.2	0.5	0.1	0.8	0.3	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.3	0.9	0.0	0.3	0.1	0.6	0.2	0.4	0.0	0.2	0.1	0.0	0.7	0.1	1.0	0.5	0.0	0.1
07	Meat and meat products	11.0	28.4	0.2	43.7	17.3	17.3	22.6	9.5	17.5	12.2	9.5	5.4	29.4	0.6	0.4	0.7	1.1	0.0	3.3
07-01	Fresh meat	5.5	15.9	0.0	24.4	8.0	8.4	10.7	3.0	7.7	8.2	3.0	1.7	8.3	0.1	0.1	0.1	0.3	0.0	1.8
07-01-00	Unclassified	0.9	1.9	0.0	3.0	1.8	2.0	2.4	0.6	1.7	1.8	0.7	0.5	0.3	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	2.2	6.7	0.0	10.7	3.1	3.3	4.3	0.6	2.9	5.5	0.5	0.8	3.7	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02	Veal	0.0	0.2	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	2.2	6.8	0.0	10.1	2.9	2.9	3.8	1.7	3.0	0.4	1.8	0.3	4.2	0.0	0.0	0.0	0.0	0.0	0.8
07-01-04	Mutton/Lamb	0.1	0.2	0.0	0.3	0.1	0.2	0.1	0.0	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.3	4.5	0.0	6.9	1.6	1.3	1.5	1.7	1.6	1.3	1.5	0.9	13.1	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.3	4.4	0.0	6.8	1.6	1.3	1.5	1.7	1.5	1.3	1.5	0.9	13.1	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.2	8.0	0.2	12.4	7.8	7.6	10.4	4.9	8.2	2.7	4.9	2.8	8.0	0.5	0.3	0.7	0.8	0.0	0.9
07-05	Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.5	5.2	0.1	7.7	1.6	1.0	2.1	2.0	2.1	0.2	0.5	0.8	23.5	0.2	0.0	0.3	0.1	0.0	0.6
08-01	Fish	1.3	4.5	0.0	6.6	1.5	1.0	2.1	1.9	2.0	0.1	0.4	0.8	20.4	0.1	0.0	0.2	0.0	0.0	0.5
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.6	0.1	0.9	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	2.6	0.1	0.0	0.1	0.0	0.0	0.1
09	Eggs and egg products	1.0	2.3	0.0	3.6	1.7	1.5	2.2	0.7	1.6	0.0	0.7	0.1	14.2	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	1.0	2.3	0.0	3.6	1.7	1.5	2.2	0.7	1.6	0.0	0.7	0.1	14.2	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.6	0.1	0.3	0.1	25.6	19.0	24.5	41.7	31.5	22.7	43.9	39.7	6.7	0.1	0.1	0.1	0.0	0.0	0.5
10-00	Unclassified	0.6	0.0	0.0	0.0	1.6	0.9	1.8	3.1	2.3	0.8	3.6	2.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	0.9	0.0	0.0	0.0	2.7	1.0	3.2	5.2	4.1	0.1	6.0	0.5	4.6	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	1.3	0.0	0.0	0.1	3.5	5.1	2.8	0.8	2.2	6.6	0.4	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	5.6	0.1	0.3	0.0	17.0	11.6	15.6	31.6	21.9	14.8	32.7	35.0	2.0	0.1	0.0	0.1	0.0	0.0	0.5
10-04	Deep frying fats	0.3	0.0	0.0	0.0	0.8	0.4	1.0	1.2	1.0	0.5	1.3	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.0	0.8	1.3	0.5	2.7	3.8	2.8	0.9	2.1	1.0	0.8	0.4	0.1	10.6	20.7	1.4	2.8	0.5	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.0	13.6	0.9	0.6	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.3	0.4	0.8	0.2	1.8	2.4	2.1	0.6	1.5	0.1	0.6	0.2	0.0	1.3	2.4	0.2	1.0	0.5	0.0
11-03	Confectionery non-chocolate	0.3	0.0	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.6	1.1	0.1	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.4	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.8	1.3	0.6	0.1	0.4	0.8	0.1	0.1	0.0	0.6	1.0	0.2	0.6	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.2	0.5	0.1	0.4	0.7	0.1	0.1	0.0	0.5	1.0	0.2	0.6	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.1	3.2	7.6	0.8	9.5	11.6	8.9	5.9	7.6	19.2	6.0	4.8	3.6	11.9	13.4	11.2	5.7	5.3	0.5
12-01	Cakes, pies, pastries, etc	5.7	2.0	4.6	0.6	5.7	6.7	5.2	3.4	4.5	14.1	3.4	3.3	1.4	7.5	8.7	6.8	3.7	5.3	0.5
12-02	Dry cakes, biscuits	3.5	1.2	3.0	0.2	3.8	4.9	3.6	2.5	3.1	5.1	2.6	1.5	2.2	4.4	4.7	4.4	1.9	0.0	0.0
13	Non-alcoholic beverages	2.4	1.6	4.4	0.2	0.3	0.4	0.1	0.1	0.1	0.3	0.1	0.2	0.0	4.5	8.5	0.5	1.2	0.3	55.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0
13-01	Fruit and vegetable juices	1.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.5	4.8	0.3	0.8	0.0	2.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.4	0.0	0.0	0.0	1.6
13-03	Coffee, tea and herbal teas	0.6	1.3	3.6	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.7	1.3	0.2	0.4	0.0	32.2
13-03-01	Coffee	0.5	1.3	3.5	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.9	0.2	0.4	0.0	17.1
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.6
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	2.4
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.0
14	Alcoholic beverages	3.0	0.3	0.6	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.5	1.5	2.1	0.9	0.6	93.7	3.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.1	0.0	0.0	44.7	1.4
14-02	Fortified wines (sherry, port, vermouth)	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	11.8	0.1
14-03	Beer, cider	0.7	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.9	0.6	19.2	1.4
14-04	Spirits, brandy	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.1	0.1
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.5	0.2	0.4	0.0	0.0	9.8	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.7	0.5	0.7	0.4	5.9	3.9	6.7	9.3	7.7	2.7	10.0	8.1	4.0	1.0	1.5	0.7	0.6	0.0	0.8
15-01	Sauces	2.6	0.5	0.6	0.4	5.9	3.8	6.7	9.3	7.7	2.7	10.0	8.0	4.0	1.0	1.5	0.7	0.6	0.0	0.8
15-01-00	Unclassified and other sauces	1.9	0.2	0.5	0.1	4.4	3.3	4.6	6.8	5.4	2.3	7.4	5.0	0.4	0.6	0.7	0.4	0.2	0.0	0.6
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.7	0.8	0.7	0.0	0.8	1.0	1.1	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.4	0.2	0.0	0.2	0.9	0.3	1.3	1.6	1.4	0.3	1.6	1.9	2.4	0.1	0.2	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16	Soups, bouillon	1.8	2.8	2.4	3.0	1.8	1.7	1.8	1.7	1.7	4.5	1.7	1.1	9.3	1.6	1.1	2.1	3.0	0.0	4.5
16-01	Soups	1.8	2.8	2.4	3.0	1.7	1.6	1.7	1.7	1.7	4.5	1.7	1.1	9.3	1.6	1.1	2.1	3.0	0.0	4.2
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4
17	Miscellaneous	1.1	1.2	1.2	1.1	1.4	1.4	1.7	1.1	1.5	1.6	0.7	0.3	0.2	1.0	0.5	1.5	0.5	0.0	0.3
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-02	Dietetic products	0.3	0.3	0.0	0.2	0.2	0.1	0.4	0.3	0.3	0.0	0.1	0.1	0.0	0.3	0.3	0.3	0.0	0.0	0.1
17-02-00	Unclassified	0.3	0.3	0.0	0.2	0.2	0.1	0.4	0.3	0.3	0.0	0.1	0.1	0.0	0.3	0.3	0.3	0.0	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.8	0.9	1.0	0.9	1.1	1.3	1.3	0.7	1.1	1.6	0.5	0.1	0.0	0.7	0.2	1.2	0.4	0.0	0.1

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.7	7.8	0.0	0.9	0.9	0.6	1.6	0.9	0.4	1.0	5.4	0.0	9.4	0.3	16.8	9.3	0.0	3.3
01-01	Potatoes	4.8	2.7	7.8	0.0	0.9	0.9	0.6	1.6	0.9	0.4	1.0	5.4	0.0	9.4	0.3	16.8	9.3	0.0	3.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.3	3.3	9.6	0.0	0.9	0.5	0.3	2.4	1.0	0.1	1.5	7.9	0.4	2.7	3.8	1.9	19.1	0.0	5.4
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.8	0.0	0.2	0.1	0.1	0.5	0.2	0.1	0.3	2.1	0.0	0.3	0.4	0.1	2.3	0.0	1.1
02-02	Fruiting vegetables	0.5	0.7	1.9	0.0	0.3	0.1	0.2	0.7	0.3	0.0	0.6	1.1	0.0	0.6	1.0	0.3	4.0	0.0	1.5
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.1	2.0	0.0	0.6
02-04	Cabbages	0.7	1.0	3.2	0.0	0.2	0.1	0.1	0.9	0.3	0.0	0.3	3.9	0.0	0.7	0.9	0.7	7.4	0.0	1.3
02-05	Mushrooms	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.4	0.9	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.3	0.3	0.3	0.2	1.0	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.2	0.3	0.2	1.2	0.0	0.3
03	Legumes	0.4	0.6	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.4	0.2	0.6	1.9	0.0	0.2
03-01	Legumes	0.4	0.6	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.4	0.2	0.6	1.9	0.0	0.2
04	Fruits, nuts and olives	6.4	2.5	6.5	0.0	3.2	1.5	3.6	5.8	4.4	0.0	6.0	6.4	1.3	9.9	18.0	3.0	13.9	0.0	5.3
04-01	Fruits	5.1	1.4	4.0	0.0	0.7	0.4	0.3	1.7	0.8	0.0	1.6	3.5	0.0	9.6	17.7	2.7	12.6	0.0	5.3
04-02	Nuts and seeds (+nut spread)	1.2	1.0	2.5	0.0	2.5	1.1	3.2	4.1	3.6	0.0	4.4	2.9	1.3	0.3	0.2	0.3	1.2	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.5	24.6	0.6	38.7	20.4	31.9	14.5	4.7	11.0	31.8	3.2	10.4	0.6	9.4	17.8	1.9	2.1	0.0	10.8
05-01	Milk	3.2	6.0	0.0	9.5	2.8	4.6	2.0	0.4	1.4	4.5	0.3	0.7	0.0	3.1	6.4	0.0	0.0	0.0	5.3
05-02	Milk beverages	0.3	0.4	0.1	0.6	0.2	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.4	0.7	0.1	0.4	0.0	0.3
05-03	Yoghurt	2.2	3.2	0.0	5.2	1.6	2.3	1.3	0.3	0.9	2.3	0.2	0.4	0.0	2.6	5.0	0.4	1.1	0.0	2.5
05-04	Fromage blanc, petits suisses	0.5	1.0	0.0	1.5	0.4	0.7	0.4	0.1	0.3	0.9	0.0	0.1	0.0	0.5	0.9	0.1	0.0	0.0	0.4
05-05	Cheese (including fresh cheeses)	6.6	11.5	0.0	18.0	12.6	19.8	8.7	3.0	6.7	18.9	1.9	8.1	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	1.8	1.7	0.4	2.6	1.5	2.3	1.2	0.4	0.9	2.1	0.3	0.6	0.5	2.3	3.7	1.2	0.5	0.0	1.3
05-07	Dairy and non-dairy creams	0.3	0.1	0.0	0.1	0.7	0.9	0.5	0.1	0.4	1.8	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.6	0.8	0.5	0.1	0.3	1.7	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.5	0.7	0.0	1.2	0.7	1.1	0.4	0.4	0.4	1.1	0.4	0.2	0.0	0.5	0.9	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.1	19.2	54.7	0.3	6.7	4.3	5.9	13.0	8.2	4.3	14.3	10.5	3.5	34.3	7.2	56.1	37.5	0.0	2.4
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.3	0.1	0.0	0.0
06-02	Pasta, rice, other grain	1.4	1.1	3.0	0.1	0.2	0.1	0.1	0.5	0.2	0.0	0.6	0.2	0.0	2.7	0.1	5.0	1.3	0.0	0.6
06-03	Bread, crisp bread, rusks	17.0	17.0	49.1	0.1	5.1	2.7	4.3	11.4	6.7	2.4	12.4	9.9	2.1	29.2	6.4	47.1	34.2	0.0	1.8

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.5	15.6	45.4	0.0	4.5	2.3	3.9	10.5	6.1	1.4	11.5	9.5	2.1	26.8	5.9	42.9	31.5	0.0	1.8
06-03-02	Crispbread, rusks	1.5	1.3	3.7	0.0	0.5	0.4	0.5	0.8	0.6	1.0	0.9	0.5	0.0	2.4	0.6	4.3	2.8	0.0	0.0
06-04	Breakfast cereals	0.7	0.4	1.2	0.0	0.4	0.3	0.5	0.5	0.5	0.0	0.6	0.1	1.4	1.0	0.5	1.5	1.3	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	0.4	1.0	0.1	0.8	0.9	0.7	0.5	0.6	1.2	0.6	0.2	0.0	1.0	0.1	1.8	0.5	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	0.1	0.2	0.0	0.2	0.2	0.2	0.1	0.2	0.8	0.1	0.1	0.0	0.1	0.0	0.3	0.1	0.0	0.0
07	Meat and meat products	12.2	30.5	0.3	45.7	18.4	17.9	23.5	9.8	18.8	15.2	9.7	5.6	28.5	0.7	0.6	1.0	1.6	0.0	3.3
07-01	Fresh meat	6.4	17.2	0.0	25.4	8.9	8.9	11.7	3.1	8.9	9.9	3.1	1.9	13.2	0.1	0.2	0.0	0.6	0.0	1.8
07-01-00	Unclassified	0.3	0.7	0.0	1.2	0.7	0.7	0.9	0.3	0.7	0.6	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1
07-01-01	Beef	4.5	11.8	0.0	17.0	6.0	5.8	7.9	1.4	6.0	8.8	1.4	1.5	10.2	0.0	0.1	0.0	0.5	0.0	1.2
07-01-02	Veal	0.0	0.2	0.0	0.4	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.5	4.4	0.0	6.7	2.2	2.3	2.8	1.3	2.2	0.4	1.4	0.2	2.7	0.0	0.0	0.0	0.0	0.0	0.5
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.3	4.1	0.0	6.0	1.6	1.3	1.5	1.8	1.6	0.9	1.8	0.9	9.4	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	3.7	0.0	5.5	1.3	1.0	1.1	1.6	1.3	0.8	1.5	0.9	9.1	0.0	0.0	0.0	0.0	0.0	0.4
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.2	0.2	0.0	0.3	0.3	0.2	0.4	0.2	0.3	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.5	9.2	0.3	14.3	7.9	7.8	10.3	4.9	8.3	4.4	4.9	2.8	5.9	0.6	0.4	0.9	1.0	0.0	1.1
07-05	Offals	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.8	5.5	0.2	8.3	2.1	1.3	2.6	2.8	2.6	0.6	0.6	1.3	31.1	0.2	0.0	0.4	0.1	0.0	0.7
08-01	Fish	1.5	4.8	0.0	7.3	1.8	1.1	2.3	2.4	2.3	0.3	0.4	1.1	27.3	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.3	0.6	0.1	0.9	0.3	0.2	0.3	0.3	0.3	0.3	0.2	0.2	3.4	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.8	1.9	0.0	3.1	1.4	1.2	1.8	0.6	1.4	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.8	1.9	0.0	3.1	1.4	1.2	1.8	0.6	1.4	0.0	0.7	0.1	8.9	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.3	0.2	0.2	0.1	23.7	18.2	24.3	34.0	28.6	20.4	36.1	32.9	4.5	0.1	0.2	0.1	0.0	0.0	0.4
10-00	Unclassified	0.5	0.0	0.0	0.0	1.7	0.8	2.2	3.2	2.6	0.8	3.8	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.5	0.0	0.0	0.0	4.5	1.8	7.1	5.1	6.7	0.0	6.0	1.0	2.4	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	2.5	0.1	0.0	0.1	6.1	8.6	4.8	1.6	3.9	11.1	0.9	2.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1
10-03	Margarines	3.7	0.1	0.2	0.0	11.1	6.9	9.8	23.5	15.0	8.2	24.9	27.1	2.1	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.3	0.1	0.3	0.5	0.4	0.2	0.5	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.2	1.1	2.2	0.5	3.4	4.8	3.6	1.3	2.7	1.2	1.2	0.5	0.7	11.0	21.9	1.8	3.5	1.2	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4	10.4	0.6	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.0	0.7	1.5	0.2	2.6	3.6	2.9	0.9	2.2	0.3	0.9	0.3	0.0	2.3	5.2	0.5	2.0	1.2	0.0
11-03	Confectionery non-chocolate	0.6	0.1	0.3	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.0	0.7	1.2	2.5	0.5	0.2	0.0	0.0
11-04	Syrup	0.7	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.7	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.7	1.1	0.5	0.1	0.4	0.7	0.1	0.1	0.0	0.6	1.0	0.2	0.4	0.0	0.1
11-05-01	Ice cream	0.4	0.2	0.1	0.3	0.6	1.0	0.5	0.1	0.3	0.7	0.1	0.1	0.0	0.5	0.8	0.2	0.4	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.3	3.3	8.1	0.8	9.3	10.7	8.8	7.6	8.0	17.8	8.3	5.0	7.3	13.0	15.6	11.9	6.0	1.1	0.4
12-01	Cakes, pies, pastries, etc	4.3	1.6	3.6	0.5	4.3	4.8	4.2	2.7	3.6	12.0	2.8	2.5	1.5	5.9	7.0	5.1	3.1	1.1	0.3
12-02	Dry cakes, biscuits	5.0	1.8	4.5	0.3	5.0	5.9	4.6	4.9	4.4	5.8	5.6	2.5	5.8	7.2	8.6	6.8	2.9	0.0	0.1
13	Non-alcoholic beverages	2.2	1.5	4.1	0.2	0.3	0.3	0.2	0.1	0.1	0.3	0.1	0.2	0.0	4.1	7.8	0.6	1.3	1.0	59.8
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.1	0.0	1.0	0.2
13-01	Fruit and vegetable juices	1.3	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.7	5.1	0.3	1.1	0.0	2.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.7	0.0	0.0	0.0	1.8
13-03	Coffee, tea and herbal teas	0.4	1.2	3.1	0.2	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.4	0.7	0.1	0.2	0.0	36.2
13-03-01	Coffee	0.4	1.2	3.1	0.2	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.3	0.6	0.1	0.2	0.0	15.4
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.2
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.6
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.5
14	Alcoholic beverages	4.7	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.6	2.3	0.9	0.5	96.7	3.7
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.5	0.0	0.0	48.3	2.0
14-02	Fortified wines (sherry, port, vermouth)	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.0	0.0	6.8	0.3
14-03	Beer, cider	0.7	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.9	0.5	7.8	1.1
14-04	Spirits, brandy	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	31.7	0.3
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.0	0.0	0.0	2.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.2	0.4	0.6	0.4	7.1	4.2	8.4	14.0	10.1	2.6	15.0	12.0	4.0	1.2	3.0	0.6	0.7	0.0	0.7
15-01	Sauces	3.2	0.4	0.5	0.3	7.0	4.1	8.4	14.0	10.1	2.6	15.0	11.9	3.9	1.1	3.0	0.5	0.6	0.0	0.6

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00 Unclassified and other sauces	1.8	0.2	0.3	0.1	4.5	3.5	4.8	6.8	5.6	2.4	7.5	4.5	0.3	0.3	0.5	0.3	0.3	0.0	0.4
15-01-01 Tomato sauces	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1
15-01-02 Dressing sauces	0.2	0.0	0.0	0.0	0.4	0.1	0.6	0.8	0.6	0.0	0.8	1.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03 Mayonnaises and similars	1.1	0.2	0.0	0.2	2.1	0.5	3.0	6.3	3.8	0.2	6.6	6.3	3.3	0.6	2.2	0.2	0.1	0.0	0.1
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0
16 Soups, bouillon	1.0	1.2	1.4	1.1	1.0	1.0	0.9	0.8	0.9	4.6	0.8	0.5	3.6	0.9	0.8	1.1	1.6	0.0	2.6
16-01 Soups	0.9	1.2	1.4	1.1	0.9	0.9	0.8	0.7	0.8	4.4	0.7	0.5	3.6	0.8	0.8	1.0	1.6	0.0	2.3
16-02 Bouillon	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.3
17 Miscellaneous	0.8	1.2	1.7	0.8	1.0	1.0	0.9	1.3	1.0	0.7	1.2	0.9	0.5	0.8	0.5	0.9	0.8	0.0	0.4
17-00 Unclassified	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.3	0.5	1.0	0.0	0.3	0.1	0.2	0.8	0.4	0.0	0.8	0.6	0.5	0.2	0.3	0.1	0.4	0.0	0.2
17-02 Dietetic products	0.1	0.2	0.1	0.3	0.2	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1
17-02-00 Unclassified	0.1	0.2	0.1	0.3	0.2	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.4	0.5	0.4	0.5	0.7	0.5	0.3	0.4	0.7	0.2	0.1	0.0	0.4	0.1	0.7	0.2	0.0	0.1



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	3.7	2.2	6.2	0.0	0.6	0.4	0.2	1.2	0.6	0.6	0.8	4.7	0.0	7.2	0.2	13.7	7.0	0.0	2.8
01-01	Potatoes	3.7	2.2	6.2	0.0	0.6	0.4	0.2	1.2	0.6	0.6	0.8	4.7	0.0	7.2	0.2	13.7	7.0	0.0	2.8
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.4	3.6	10.4	0.0	1.0	0.6	0.4	2.6	1.1	0.5	1.8	7.9	0.2	2.8	3.5	2.2	18.7	0.0	6.4
02-01	Leafy vegetables (except cabbages)	0.5	0.7	1.9	0.0	0.4	0.3	0.2	1.0	0.4	0.5	0.6	2.6	0.0	0.4	0.4	0.3	2.7	0.0	1.2
02-02	Fruiting vegetables	0.7	0.9	2.6	0.0	0.3	0.1	0.1	0.7	0.3	0.0	0.7	1.3	0.0	0.8	1.3	0.4	5.5	0.0	2.2
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.7	0.1	1.9	0.0	0.6
02-04	Cabbages	0.5	1.0	3.0	0.0	0.1	0.1	0.0	0.5	0.2	0.0	0.1	2.7	0.0	0.4	0.4	0.4	4.8	0.0	1.2
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.4	0.9	0.0	0.2
02-07	Onion, garlic	0.2	0.2	0.6	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.3	0.2	0.4	0.4	0.3	1.6	0.0	0.5
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.8	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.6	0.0	0.2	0.2	0.3	1.2	0.0	0.4
03	Legumes	0.2	0.4	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.3	0.0	0.1
03-01	Legumes	0.2	0.4	1.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.1	0.6	0.0	0.3	0.1	0.5	1.3	0.0	0.1
04	Fruits, nuts and olives	7.9	3.7	9.2	0.0	5.4	2.6	6.5	8.7	7.3	0.0	9.3	7.6	2.3	11.4	19.3	3.9	16.8	0.0	6.0
04-01	Fruits	5.3	1.5	4.2	0.0	0.5	0.3	0.2	1.3	0.5	0.0	1.2	3.0	0.0	10.3	18.3	2.8	13.6	0.0	5.9
04-02	Nuts and seeds (+nut spread)	2.3	2.0	4.7	0.0	4.4	2.1	5.6	6.9	6.1	0.0	7.5	4.4	1.8	0.8	0.5	1.1	2.5	0.0	0.0
04-03	Mixed fruits	0.2	0.1	0.2	0.0	0.2	0.1	0.3	0.4	0.3	0.0	0.4	0.2	0.5	0.3	0.4	0.1	0.4	0.0	0.0
04-04	Olives	0.1	0.0	0.0	0.0	0.2	0.1	0.5	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.3	0.0	0.0
05	Dairy products	17.0	27.9	0.8	43.7	21.4	33.8	15.3	5.1	11.7	33.5	3.6	11.8	0.1	10.9	20.3	2.2	3.7	0.1	12.9
05-01	Milk	3.5	6.6	0.0	10.3	2.7	4.2	2.0	0.5	1.4	4.3	0.3	0.9	0.0	3.3	6.9	0.0	0.0	0.0	5.8
05-02	Milk beverages	0.8	1.0	0.2	1.6	0.3	0.5	0.2	0.1	0.2	0.4	0.0	0.1	0.0	1.1	2.1	0.1	0.8	0.0	1.0
05-03	Yoghurt	3.0	4.9	0.0	7.4	2.0	3.2	1.5	0.3	1.1	3.5	0.2	0.6	0.0	3.1	5.9	0.5	2.1	0.0	3.5
05-04	Fromage blanc, petits suisses	0.5	1.0	0.0	1.6	0.4	0.6	0.3	0.1	0.2	0.7	0.0	0.1	0.0	0.5	0.9	0.0	0.0	0.0	0.3
05-05	Cheese (including fresh cheeses)	6.7	11.8	0.0	18.8	13.4	21.4	9.3	3.0	7.1	20.2	2.0	8.8	0.0	0.1	0.1	0.0	0.0	0.0	0.7
05-06	Cream desserts, puddings (milk based)	1.8	1.7	0.6	2.6	1.5	2.2	1.2	0.6	1.0	2.1	0.5	0.8	0.1	2.3	3.2	1.4	0.8	0.1	1.3
05-07	Dairy and non-dairy creams	0.2	0.1	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.2	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.2	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.6	0.8	0.0	1.3	0.7	1.0	0.4	0.4	0.4	1.0	0.5	0.2	0.0	0.5	0.9	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.1	19.4	52.5	0.3	7.8	5.0	7.1	15.2	9.7	4.9	17.3	11.4	4.7	32.5	6.2	56.7	38.2	0.0	2.8
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.4	0.0	0.0
06-02	Pasta, rice, other grain	2.2	1.7	4.4	0.1	0.3	0.1	0.1	0.6	0.3	0.0	0.7	0.3	0.0	4.3	0.1	8.1	1.9	0.0	0.9
06-03	Bread, crisp bread, rusks	15.3	16.2	44.0	0.0	5.2	2.7	4.3	12.5	7.0	1.6	14.1	10.4	1.7	24.4	4.8	42.6	32.9	0.0	1.8

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-03-01	Bread	14.2	15.3	41.6	0.0	4.7	2.3	3.9	11.6	6.4	0.9	13.0	10.0	1.7	22.7	4.4	39.5	31.1	0.0	1.8
06-03-02	Crispbread, rusks	1.1	0.9	2.5	0.0	0.5	0.4	0.4	0.9	0.5	0.8	1.0	0.4	0.0	1.8	0.4	3.2	1.8	0.0	0.0
06-04	Breakfast cereals	1.2	0.7	2.1	0.0	0.6	0.5	0.7	0.9	0.8	0.0	1.2	0.2	3.1	2.0	1.1	2.8	2.2	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	1.1	0.6	1.3	0.2	1.5	1.5	1.0	1.3	3.0	1.2	0.4	0.4	0.0	1.2	0.2	2.2	0.6	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.3	0.2	0.5	0.0	0.2	0.1	0.4	0.1	0.3	0.3	0.1	0.1	0.0	0.4	0.0	0.7	0.3	0.0	0.0
07	Meat and meat products	9.5	23.8	0.1	37.1	15.5	15.1	20.4	8.4	16.1	12.2	8.4	5.4	23.1	0.5	0.3	0.7	0.8	0.0	2.8
07-01	Fresh meat	4.3	12.3	0.0	19.0	6.5	6.6	8.6	2.3	6.4	7.1	2.4	1.4	5.7	0.1	0.1	0.1	0.3	0.0	1.4
07-01-00	Unclassified	1.1	2.5	0.0	4.1	2.1	2.1	2.7	0.8	2.0	2.1	0.8	0.5	0.3	0.0	0.0	0.0	0.1	0.0	0.3
07-01-01	Beef	1.7	4.9	0.0	7.7	2.6	2.9	3.6	0.5	2.5	4.0	0.5	0.7	2.7	0.0	0.0	0.0	0.1	0.0	0.6
07-01-02	Veal	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.3	4.3	0.0	6.3	1.4	1.2	1.9	1.0	1.6	0.1	1.1	0.1	2.6	0.0	0.0	0.1	0.1	0.0	0.5
07-01-04	Mutton/Lamb	0.2	0.5	0.0	0.8	0.3	0.4	0.3	0.1	0.3	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.6	2.3	0.0	3.6	0.6	0.5	0.5	0.8	0.6	0.4	0.6	0.2	5.2	0.0	0.0	0.0	0.0	0.0	0.2
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.5	2.0	0.0	3.0	0.4	0.3	0.4	0.5	0.4	0.3	0.4	0.2	5.2	0.0	0.0	0.0	0.0	0.0	0.2
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.1	0.3	0.0	0.4	0.1	0.1	0.1	0.3	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.2	8.2	0.1	13.0	7.9	7.5	10.8	5.0	8.6	4.7	5.1	3.6	12.0	0.4	0.2	0.6	0.4	0.0	1.0
07-05	Offals	0.3	1.0	0.0	1.4	0.5	0.5	0.5	0.3	0.4	0.0	0.3	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.1
08	Fish and shellfish	2.2	6.8	0.1	10.6	2.8	1.9	3.4	3.6	3.4	0.5	0.7	2.0	33.4	0.2	0.0	0.4	0.1	0.0	0.8
08-01	Fish	1.9	6.1	0.0	9.6	2.6	1.7	3.2	3.3	3.2	0.4	0.6	1.9	28.9	0.1	0.0	0.1	0.0	0.0	0.7
08-02	Crustaceans, molluscs	0.1	0.4	0.0	0.5	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.0	0.0	0.0	0.1	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.2	0.4	0.1	0.5	0.2	0.1	0.1	0.3	0.2	0.1	0.1	0.1	3.4	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.7	1.7	0.0	2.8	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	5.8	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.7	1.7	0.0	2.8	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	5.8	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	7.4	0.1	0.2	0.1	21.4	16.6	21.9	32.0	26.1	20.9	33.5	30.9	7.2	0.1	0.1	0.1	0.0	0.0	0.4
10-00	Unclassified	0.4	0.0	0.0	0.0	1.2	0.5	1.4	2.6	1.8	0.6	3.1	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.3	0.0	0.0	0.0	3.8	1.4	5.8	5.3	5.9	0.2	6.0	1.5	3.3	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.7	0.0	0.0	0.1	4.9	7.5	3.7	1.1	2.9	11.0	0.6	1.7	0.0	0.0	0.1	0.0	0.0	0.0	0.0
10-03	Margarines	3.9	0.1	0.2	0.0	11.5	7.1	10.9	23.0	15.4	9.2	23.7	25.7	3.9	0.1	0.0	0.1	0.0	0.0	0.3
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.3	0.9	1.7	0.4	3.0	4.0	3.3	1.2	2.5	1.3	1.1	0.7	0.1	9.3	17.9	1.5	2.8	0.9	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6	9.0	0.6	0.4	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti	1.7	0.5	1.1	0.2	2.3	3.1	2.6	1.0	2.0	0.2	0.9	0.3	0.1	1.9	3.6	0.4	1.5	0.9	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.3	0.0	0.2	0.2	0.3	0.2	0.2	0.3	0.2	0.3	0.0	0.9	1.6	0.3	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.9	0.1	0.7	0.0	0.1
11-05	Ice cream, water ice	0.4	0.1	0.0	0.2	0.5	0.8	0.4	0.1	0.3	0.9	0.1	0.1	0.0	0.4	0.7	0.1	0.1	0.0	0.1
11-05-01	Ice cream	0.4	0.1	0.0	0.2	0.5	0.8	0.4	0.1	0.3	0.9	0.1	0.1	0.0	0.4	0.7	0.1	0.1	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.3	3.3	7.1	1.2	9.6	11.9	8.9	6.2	7.8	18.0	6.5	4.9	8.5	12.3	13.2	12.0	5.1	5.8	0.4
12-01	Cakes, pies, pastries, etc	4.8	1.7	3.4	0.9	4.7	5.8	4.0	2.7	3.5	11.8	2.7	2.8	2.4	6.5	7.4	5.8	2.9	5.8	0.4
12-02	Dry cakes, biscuits	4.4	1.5	3.7	0.2	4.8	6.1	4.9	3.5	4.3	6.3	3.8	2.1	6.1	5.8	5.8	6.2	2.1	0.0	0.0
13	Non-alcoholic beverages	3.7	2.1	5.4	0.4	0.5	0.9	0.2	0.2	0.2	0.3	0.2	0.5	0.0	7.1	12.7	1.3	2.0	0.0	55.7
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	2.4	0.6	1.9	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.0	5.0	8.9	0.9	1.3	0.0	3.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.4	0.0	0.0	0.0	2.6
13-03	Coffee, tea and herbal teas	0.8	1.5	3.5	0.4	0.5	0.9	0.2	0.1	0.1	0.3	0.0	0.1	0.0	0.8	1.3	0.4	0.8	0.0	31.5
13-03-01	Coffee	0.7	1.4	3.5	0.4	0.5	0.9	0.2	0.1	0.1	0.3	0.0	0.1	0.0	0.7	1.1	0.4	0.7	0.0	16.9
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.0
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	3.7
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	17.5
14	Alcoholic beverages	5.5	0.3	0.6	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	2.4	3.8	1.0	0.6	93.2	4.7
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.2	0.0	0.0	48.8	2.7
14-02	Fortified wines (sherry, port, vermouth)	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.1	0.0	0.0	12.8	0.4
14-03	Beer, cider	0.8	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.0	0.6	11.4	1.3
14-04	Spirits, brandy	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	13.5	0.3
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	0.0
14-06	Liqueurs	0.2	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.3	0.0	0.0	5.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.7	0.8	0.9	0.8	6.4	3.1	7.9	11.2	9.2	2.4	12.6	8.7	8.5	0.9	1.3	0.7	0.8	0.0	0.6
15-01	Sauces	2.6	0.7	0.7	0.7	6.4	3.0	7.8	11.1	9.1	2.4	12.5	8.4	8.5	0.8	1.2	0.6	0.6	0.0	0.6

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.4	0.2	0.5	0.1	3.6	2.2	3.8	6.0	4.8	1.7	6.9	4.3	1.1	0.4	0.5	0.3	0.2	0.0	0.3
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.8	0.7	0.8	0.0	0.8	0.8	0.1	0.0	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.9	0.5	0.2	0.7	2.2	0.6	3.0	4.3	3.4	0.7	4.7	3.3	7.3	0.3	0.4	0.2	0.3	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.1	0.1	0.2	0.0	0.0
16	Soups, bouillon	0.7	0.9	1.0	0.8	0.9	0.9	0.7	1.0	0.8	2.1	1.1	0.6	0.7	0.6	0.4	0.7	1.1	0.0	2.5
16-01	Soups	0.7	0.9	1.0	0.8	0.8	0.8	0.7	1.0	0.7	2.1	1.1	0.6	0.7	0.6	0.4	0.7	1.1	0.0	1.8
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
17	Miscellaneous	1.8	2.1	2.5	1.8	2.4	2.1	2.3	2.5	2.4	2.6	2.5	2.1	1.7	1.5	0.8	2.2	0.9	0.0	0.6
17-00	Unclassified	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
17-01	Soya products	0.3	0.6	1.5	0.1	0.3	0.1	0.2	0.9	0.5	0.0	1.0	0.7	1.5	0.2	0.3	0.1	0.4	0.0	0.3
17-02	Dietetic products	0.3	0.3	0.0	0.2	0.3	0.1	0.3	0.3	0.3	0.0	0.3	0.4	0.0	0.4	0.3	0.5	0.1	0.0	0.2
17-02-00	Unclassified	0.3	0.3	0.0	0.2	0.3	0.1	0.3	0.3	0.3	0.0	0.3	0.4	0.0	0.4	0.3	0.5	0.1	0.0	0.2
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.1	1.1	1.0	1.3	1.7	1.9	1.8	1.3	1.6	2.6	1.1	1.1	0.2	0.8	0.1	1.6	0.4	0.0	0.1

**Table 2.4.b** Average contribution of food subgroups to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.8	3.3	9.3	0.0	1.3	1.5	1.1	1.6	1.2	0.0	1.0	6.1	0.0	10.5	0.3	18.4	11.9	0.0	4.5
01-01	Potatoes	5.8	3.3	9.3	0.0	1.3	1.5	1.1	1.6	1.2	0.0	1.0	6.1	0.0	10.5	0.3	18.4	11.9	0.0	4.5
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	1.6	2.5	7.1	0.0	0.5	0.3	0.1	1.2	0.5	0.0	0.8	4.7	0.2	1.8	2.2	1.5	14.2	0.0	4.9
02-01	Leafy vegetables (except cabbages)	0.2	0.5	1.3	0.0	0.1	0.1	0.0	0.3	0.1	0.0	0.1	2.1	0.0	0.2	0.2	0.1	2.0	0.0	1.0
02-02	Fruiting vegetables	0.5	0.7	2.3	0.0	0.2	0.1	0.0	0.4	0.2	0.0	0.4	0.7	0.1	0.6	0.8	0.6	5.2	0.0	1.7
02-03	Root vegetables	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.5	0.0	1.5	0.0	0.4
02-04	Cabbages	0.3	0.5	1.6	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	1.4	0.0	0.2	0.2	0.2	2.6	0.0	0.8
02-05	Mushrooms	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.7	0.0	0.1
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.2	0.3	0.2	0.9	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.9	0.0	0.3
03	Legumes	0.3	0.5	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.4	0.1	0.6	1.9	0.0	0.2
03-01	Legumes	0.3	0.5	1.5	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.7	0.0	0.4	0.1	0.6	1.9	0.0	0.2
04	Fruits, nuts and olives	5.0	2.0	5.2	0.0	3.0	1.5	3.2	5.2	4.0	0.0	5.5	4.5	1.5	7.4	15.3	1.9	10.9	0.0	4.6
04-01	Fruits	3.7	1.0	2.7	0.0	0.3	0.2	0.1	0.8	0.4	0.0	0.7	1.9	0.0	7.1	14.8	1.6	9.8	0.0	4.6
04-02	Nuts and seeds (+nut spread)	1.2	1.0	2.4	0.0	2.6	1.3	3.0	4.3	3.5	0.0	4.7	2.5	1.5	0.2	0.3	0.2	0.9	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	14.2	21.8	0.6	34.9	17.1	29.3	12.3	2.9	8.5	31.5	1.8	7.7	0.3	11.0	21.0	3.3	2.3	0.1	11.8
05-01	Milk	3.1	5.9	0.0	9.2	3.1	4.9	2.4	0.5	1.6	5.2	0.3	1.0	0.0	2.7	5.8	0.0	0.0	0.0	5.3
05-02	Milk beverages	0.4	0.5	0.1	0.7	0.2	0.3	0.1	0.0	0.1	0.3	0.0	0.0	0.1	0.6	1.2	0.1	0.5	0.0	0.5
05-03	Yoghurt	1.6	2.7	0.0	4.3	0.7	1.2	0.5	0.1	0.4	1.7	0.1	0.2	0.0	2.0	4.5	0.3	0.9	0.0	2.2
05-04	Fromage blanc, petits suisses	0.2	0.3	0.0	0.6	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1
05-05	Cheese (including fresh cheeses)	4.4	8.5	0.0	14.2	8.8	15.5	6.2	1.4	4.2	17.1	0.8	4.8	0.0	0.0	0.1	0.0	0.0	0.0	0.5
05-06	Cream desserts, puddings (milk based)	3.5	2.7	0.5	4.1	2.8	4.7	2.3	0.6	1.6	4.0	0.3	1.3	0.2	4.7	7.5	2.6	0.8	0.1	2.7
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.9	1.2	0.0	1.9	1.2	2.2	0.6	0.2	0.4	2.3	0.2	0.3	0.0	0.8	1.5	0.3	0.0	0.0	0.5
06	Cereals and cereal products	20.5	21.0	56.0	0.3	6.4	3.7	6.0	11.0	7.8	2.8	11.8	9.7	2.7	32.7	5.9	53.6	40.9	0.0	3.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.3	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.9	0.3	0.0	0.0
06-02	Pasta, rice, other grain	1.2	0.9	2.4	0.1	0.2	0.1	0.1	0.3	0.2	0.0	0.4	0.2	0.0	2.2	0.1	3.7	1.2	0.0	0.5
06-03	Bread, crisp bread, rusks	17.3	18.6	49.5	0.2	5.2	3.0	4.4	9.8	6.4	2.5	10.5	9.1	1.3	27.4	5.3	44.7	36.2	0.0	2.3
06-03-01	Bread	16.5	17.9	47.4	0.2	5.0	2.8	4.2	9.4	6.2	1.9	10.0	8.8	1.3	26.0	4.9	42.6	35.0	0.0	2.3
06-03-02	Crispbread, rusks	0.8	0.7	2.1	0.0	0.3	0.2	0.2	0.4	0.3	0.5	0.5	0.2	0.0	1.3	0.4	2.1	1.2	0.0	0.0
06-04	Breakfast cereals	0.7	0.5	1.6	0.0	0.2	0.2	0.2	0.4	0.3	0.0	0.4	0.1	0.6	1.2	0.4	2.1	1.9	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.3	0.2	0.6	0.0	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.2	0.7	0.4	0.0	0.7	0.5	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.8	0.6	1.4	0.0	0.5	0.2	1.1	0.2	0.7	0.0	0.2	0.1	0.0	1.1	0.1	1.6	0.8	0.0	0.1
07	Meat and meat products	11.5	30.2	0.2	47.3	18.5	18.7	23.6	10.6	18.5	12.2	10.4	6.1	33.1	0.6	0.5	0.7	1.3	0.0	3.9
07-01	Fresh meat	4.9	14.7	0.0	22.6	6.7	7.2	8.8	2.8	6.5	6.5	2.9	1.5	10.0	0.1	0.1	0.0	0.3	0.0	1.9
07-01-00	Unclassified	0.8	1.9	0.0	2.8	1.6	1.7	2.0	0.7	1.5	1.4	0.7	0.5	0.5	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	1.7	5.8	0.0	9.2	2.3	2.6	3.0	0.4	2.0	4.6	0.4	0.6	3.2	0.0	0.0	0.0	0.1	0.0	0.8
07-01-02	Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	2.3	7.0	0.0	10.7	2.9	2.9	3.8	1.7	2.9	0.5	1.8	0.4	6.2	0.0	0.0	0.0	0.0	0.0	0.9
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.6	5.7	0.0	9.1	2.2	1.8	2.0	2.2	2.1	1.8	2.1	1.5	16.4	0.0	0.0	0.0	0.0	0.0	0.7
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.6	5.5	0.0	8.9	2.1	1.8	2.0	2.2	2.0	1.8	2.0	1.5	16.4	0.0	0.0	0.0	0.0	0.0	0.7
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	5.0	9.9	0.1	15.5	9.7	9.6	12.8	5.5	10.0	3.8	5.4	3.1	6.6	0.5	0.4	0.6	1.0	0.0	1.2
07-05	Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.5	4.8	0.1	7.2	2.0	1.3	2.4	2.4	2.4	0.3	0.9	1.3	24.4	0.2	0.0	0.3	0.1	0.0	0.6
08-01	Fish	1.2	3.6	0.0	5.5	1.8	1.2	2.2	2.2	2.2	0.2	0.9	1.2	18.9	0.0	0.0	0.1	0.0	0.0	0.4
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.3	1.0	0.1	1.4	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	4.4	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.7	1.9	0.0	3.0	1.3	1.1	1.5	0.5	1.2	0.0	0.5	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.7	1.9	0.0	3.0	1.3	1.1	1.5	0.5	1.2	0.0	0.5	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.8	0.1	0.4	0.0	25.8	17.4	24.7	44.4	32.7	23.4	47.0	43.1	8.9	0.1	0.1	0.2	0.0	0.0	0.6
10-00	Unclassified	0.5	0.0	0.0	0.0	1.4	0.8	1.6	2.8	2.0	0.8	3.2	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.0	0.0	0.0	0.0	3.0	1.2	3.5	5.1	4.4	0.1	5.9	0.6	4.4	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	0.6	0.0	0.0	0.0	1.6	2.5	1.3	0.3	1.0	3.4	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	6.0	0.1	0.4	0.0	17.6	11.9	15.6	33.1	22.5	17.7	34.3	38.5	4.5	0.1	0.0	0.1	0.0	0.0	0.6
10-04	Deep frying fats	0.7	0.0	0.0	0.0	2.2	1.1	2.7	3.1	2.9	1.4	3.4	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	7.8	0.8	1.6	0.5	2.7	3.7	3.0	0.9	2.2	1.2	0.8	0.4	0.0	14.2	28.8	1.5	2.6	0.0	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	4.9	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.2	20.9	0.9	0.7	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	1.5	0.5	1.0	0.2	1.9	2.5	2.3	0.8	1.7	0.2	0.7	0.2	0.0	1.6	2.9	0.3	1.2	0.0	0.0
11-03	Confectionery non-chocolate	0.4	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.8	1.9	0.1	0.0	0.0	0.0
11-04	Syrup	0.5	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.2	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.7	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.6	0.9	0.2	0.2	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.1	0.6	0.1	0.4	0.8	0.1	0.1	0.0	0.5	0.9	0.2	0.2	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.0	2.9	6.6	0.6	8.4	10.8	8.0	4.5	6.6	15.6	4.5	3.3	3.1	10.5	13.1	9.4	5.6	0.0	0.4
12-01	Cakes, pies, pastries, etc	4.1	1.5	3.3	0.4	4.1	5.2	3.8	2.2	3.2	8.7	2.2	1.9	1.4	5.5	6.9	4.8	2.8	0.0	0.3
12-02	Dry cakes, biscuits	3.9	1.4	3.3	0.2	4.3	5.6	4.2	2.3	3.4	6.9	2.4	1.4	1.6	5.0	6.2	4.6	2.8	0.0	0.0
13	Non-alcoholic beverages	2.1	1.6	4.2	0.2	0.3	0.5	0.1	0.1	0.1	0.4	0.1	0.1	0.0	3.7	6.9	0.5	1.2	0.5	52.2
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.5	0.0
13-01	Fruit and vegetable juices	0.7	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.4	2.8	0.2	0.7	0.0	1.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7	3.0	0.1	0.0	0.0	2.9
13-03	Coffee, tea and herbal teas	0.6	1.4	3.6	0.2	0.3	0.5	0.1	0.0	0.1	0.4	0.0	0.1	0.0	0.6	1.1	0.2	0.5	0.0	34.4
13-03-01	Coffee	0.6	1.4	3.6	0.2	0.3	0.5	0.1	0.0	0.1	0.4	0.0	0.1	0.0	0.6	1.0	0.2	0.5	0.0	20.1
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.2
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.6
14	Alcoholic beverages	4.9	0.6	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	2.2	2.7	2.0	99.3	6.4
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.5	0.0	0.0	37.0	1.6
14-02	Fortified wines (sherry, port, vermouth)	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	2.5	0.1
14-03	Beer, cider	2.3	0.6	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.1	2.7	2.0	40.7	4.3
14-04	Spirits, brandy	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	18.4	0.4
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.7	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.5	0.6	0.8	0.5	8.0	5.2	9.2	11.3	10.1	4.2	11.9	10.5	8.8	1.2	2.0	0.7	1.0	0.0	1.0
15-01	Sauces	3.5	0.6	0.7	0.5	8.0	5.2	9.1	11.2	10.0	4.2	11.8	10.4	8.8	1.1	1.9	0.6	0.8	0.0	1.0
15-01-00	Unclassified and other sauces	2.3	0.2	0.4	0.1	5.5	4.3	5.9	7.4	6.5	3.5	7.9	5.8	0.4	0.6	0.9	0.4	0.3	0.0	0.7
15-01-01	Tomato sauces	0.1	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.3	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.4	0.0	0.0	0.0	1.0	0.4	1.2	1.5	1.3	0.1	1.5	1.9	3.7	0.1	0.1	0.0	0.0	0.0	0.1
15-01-03	Mayonnaises and similars	0.6	0.3	0.1	0.4	1.4	0.4	1.9	2.3	2.0	0.6	2.3	2.6	4.6	0.2	0.3	0.1	0.3	0.0	0.1
15-01-04	Dessert sauces	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0
16	Soups, bouillon	1.7	3.0	2.9	3.1	2.0	2.1	1.9	1.7	1.8	4.6	1.7	1.2	9.5	1.3	0.9	1.9	3.4	0.0	4.7
16-01	Soups	1.7	2.9	2.7	3.1	1.9	1.9	1.8	1.7	1.7	4.6	1.6	1.2	9.5	1.3	0.9	1.8	3.4	0.0	3.7
16-02	Bouillon	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
17	Miscellaneous	1.9	2.3	1.9	2.3	2.4	2.8	2.8	1.5	2.3	3.6	1.2	0.6	0.0	1.9	0.7	2.6	0.9	0.0	0.4
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02	Dietetetic products	0.3	0.5	0.1	0.5	0.2	0.1	0.3	0.2	0.3	0.0	0.2	0.4	0.0	0.4	0.3	0.5	0.1	0.0	0.1
17-02-00	Unclassified	0.3	0.5	0.1	0.5	0.2	0.1	0.3	0.2	0.3	0.0	0.2	0.4	0.0	0.4	0.3	0.5	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.6	1.8	1.8	1.8	2.2	2.7	2.5	1.3	2.0	3.6	1.0	0.3	0.0	1.5	0.4	2.1	0.8	0.0	0.3



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.5	3.1	8.9	0.0	1.3	1.5	1.0	1.7	1.2	1.0	1.2	5.5	0.0	10.4	0.4	18.7	10.3	0.0	4.1
01-01	Potatoes	5.5	3.1	8.9	0.0	1.3	1.5	1.0	1.7	1.2	1.0	1.2	5.5	0.0	10.4	0.4	18.7	10.3	0.0	4.1
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.0	3.1	8.5	0.0	0.8	0.5	0.2	2.1	0.8	0.2	1.3	7.0	0.1	2.4	3.6	1.6	16.2	0.0	5.6
02-01	Leafy vegetables (except cabbages)	0.4	0.6	1.7	0.0	0.2	0.2	0.1	0.5	0.2	0.2	0.3	2.2	0.0	0.3	0.5	0.2	2.7	0.0	1.2
02-02	Fruiting vegetables	0.6	0.8	2.2	0.0	0.2	0.1	0.1	0.6	0.3	0.0	0.6	1.3	0.0	0.6	1.1	0.3	4.3	0.0	1.8
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.0	1.9	0.0	0.6
02-04	Cabbages	0.4	0.7	2.0	0.0	0.2	0.1	0.0	0.6	0.2	0.0	0.2	2.7	0.0	0.4	0.5	0.4	4.0	0.0	1.0
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.3	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.7	0.0	0.1
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.3	0.2	0.9	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.4	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.3	0.4	0.3	1.6	0.0	0.5
03	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
03-01	Legumes	0.2	0.4	1.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.6	0.0	0.3	0.1	0.5	1.2	0.0	0.1
04	Fruits, nuts and olives	6.2	2.4	6.5	0.0	3.2	1.4	3.5	6.3	4.5	0.0	6.6	6.5	1.5	9.9	18.4	2.7	14.2	0.0	6.0
04-01	Fruits	5.1	1.4	3.9	0.0	0.7	0.4	0.4	1.8	0.9	0.0	1.7	3.8	0.0	9.6	18.1	2.4	13.0	0.0	5.9
04-02	Nuts and seeds (+nut spread)	1.1	1.0	2.6	0.0	2.5	1.0	3.1	4.4	3.6	0.0	4.9	2.6	1.5	0.3	0.3	0.3	1.1	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	16.0	26.3	0.6	41.7	20.2	32.0	14.6	4.1	10.7	34.7	2.7	10.2	0.3	11.8	22.3	2.6	2.6	0.0	13.7
05-01	Milk	4.0	7.5	0.0	11.9	3.6	6.0	2.5	0.5	1.8	6.3	0.3	1.0	0.0	3.8	8.1	0.0	0.0	0.0	6.9
05-02	Milk beverages	0.2	0.2	0.1	0.4	0.1	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.5	0.0	0.3	0.0	0.2
05-03	Yoghurt	2.2	3.4	0.0	5.3	1.2	1.8	0.9	0.2	0.7	2.1	0.1	0.3	0.0	3.0	5.7	0.5	1.5	0.0	2.9
05-04	Fromage blanc, petits suisses	0.7	1.0	0.0	1.6	0.6	0.9	0.5	0.1	0.3	1.1	0.1	0.1	0.0	0.8	1.4	0.2	0.1	0.0	0.5
05-05	Cheese (including fresh cheeses)	5.4	10.6	0.0	16.9	11.0	17.5	7.7	2.4	5.7	18.0	1.4	7.4	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.6	2.6	0.5	4.2	2.2	3.3	1.8	0.5	1.3	3.3	0.4	0.9	0.3	3.3	5.2	1.7	0.7	0.0	2.1
05-07	Dairy and non-dairy creams	0.3	0.1	0.0	0.1	0.7	1.0	0.6	0.1	0.4	2.1	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.6	0.8	0.5	0.1	0.3	1.7	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.6	0.8	0.0	1.4	0.8	1.3	0.5	0.3	0.4	1.6	0.3	0.2	0.0	0.5	1.1	0.1	0.0	0.0	0.4
06	Cereals and cereal products	19.9	20.4	55.5	0.1	6.7	3.9	6.1	13.1	8.6	3.6	14.4	10.9	4.6	32.3	6.4	55.4	40.7	0.0	2.9
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.1	0.0	0.0
06-02	Pasta, rice, other grain	1.8	1.4	3.7	0.1	0.3	0.1	0.2	0.6	0.3	0.0	0.7	0.2	0.0	3.4	0.1	6.3	1.6	0.0	0.8
06-03	Bread, crisp bread, rusks	16.5	17.8	48.7	0.0	5.4	2.9	4.7	11.4	7.1	2.6	12.3	10.3	2.0	26.4	5.8	44.7	36.4	0.0	2.1

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
06-03-01 Bread	15.0	16.6	45.0	0.0	5.0	2.5	4.3	10.7	6.6	1.6	11.6	9.8	2.0	23.9	5.1	40.5	33.5	0.0	2.1
06-03-02 Crispbread, rusks	1.5	1.3	3.7	0.0	0.5	0.4	0.3	0.7	0.5	0.9	0.8	0.4	0.0	2.5	0.6	4.2	2.9	0.0	0.0
06-04 Breakfast cereals	0.7	0.5	1.4	0.0	0.3	0.3	0.3	0.5	0.3	0.0	0.6	0.2	2.6	1.0	0.4	1.7	1.8	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.7	0.5	1.3	0.0	0.6	0.5	0.7	0.5	0.6	0.7	0.7	0.2	0.0	1.0	0.1	2.0	0.6	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.2	0.1	0.3	0.0	0.2	0.1	0.3	0.1	0.2	0.3	0.1	0.1	0.0	0.2	0.0	0.4	0.1	0.0	0.0
07 Meat and meat products	11.4	28.7	0.3	44.6	19.6	19.9	25.4	10.7	19.8	14.5	10.6	5.4	27.0	0.8	0.6	1.0	1.4	0.0	3.4
07-01 Fresh meat	4.9	14.3	0.0	22.2	7.7	8.3	10.1	3.0	7.4	8.1	3.1	1.4	8.9	0.0	0.1	0.0	0.3	0.0	1.7
07-01-00 Unclassified	0.7	1.5	0.0	2.4	1.4	1.4	1.9	0.5	1.4	1.3	0.5	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01 Beef	2.1	6.9	0.0	10.8	3.1	3.4	4.0	0.6	2.8	6.0	0.5	0.8	3.4	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02 Veal	0.1	0.3	0.0	0.6	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	2.1	5.6	0.0	8.3	3.2	3.4	4.1	1.8	3.2	0.6	2.0	0.2	4.8	0.0	0.0	0.0	0.0	0.0	0.7
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.7	3.1	0.0	4.8	0.6	0.5	0.6	0.7	0.6	0.6	0.7	0.3	8.1	0.0	0.0	0.0	0.0	0.0	0.3
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.6	2.8	0.0	4.2	0.6	0.4	0.5	0.6	0.6	0.5	0.6	0.3	7.4	0.0	0.0	0.0	0.0	0.0	0.3
07-02-02 Turkey, young turkey	0.1	0.4	0.0	0.6	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	5.8	11.2	0.2	17.5	11.2	11.1	14.7	7.0	11.7	5.9	6.8	3.6	10.0	0.7	0.5	0.9	1.1	0.0	1.3
07-05 Offals	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	1.6	4.2	0.1	6.1	2.4	1.5	3.0	3.1	3.0	0.7	0.5	1.8	24.6	0.2	0.0	0.3	0.1	0.0	0.5
08-01 Fish	1.4	3.5	0.0	5.1	2.3	1.4	2.9	2.9	2.9	0.5	0.4	1.7	22.0	0.1	0.0	0.2	0.0	0.0	0.4
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
08-03 Fish products, fish in crumbs	0.2	0.5	0.1	0.8	0.1	0.1	0.1	0.1	0.1	0.2	0.0	0.1	2.0	0.1	0.0	0.1	0.0	0.0	0.1
09 Eggs and egg products	0.9	2.1	0.0	3.1	1.6	1.4	1.9	0.7	1.4	0.0	0.7	0.1	11.2	0.1	0.0	0.2	0.0	0.0	0.5
09-01 Egg	0.9	2.1	0.0	3.1	1.6	1.4	1.9	0.7	1.4	0.0	0.7	0.1	11.2	0.1	0.0	0.2	0.0	0.0	0.5
10 Fat	8.4	0.2	0.3	0.1	24.6	17.1	24.8	40.4	31.3	19.2	43.4	38.7	9.8	0.1	0.1	0.1	0.1	0.0	0.5
10-00 Unclassified	0.3	0.0	0.0	0.0	1.0	0.5	1.2	2.1	1.5	0.5	2.4	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	2.0	0.0	0.0	0.0	5.8	2.2	8.0	8.3	8.7	0.0	9.9	1.0	5.0	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	1.3	0.0	0.0	0.1	3.8	5.8	3.1	0.8	2.3	7.9	0.4	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1
10-03 Margarines	4.5	0.1	0.3	0.0	13.4	8.3	11.8	28.3	18.1	10.6	29.8	34.4	4.8	0.1	0.0	0.1	0.0	0.0	0.5
10-04 Deep frying fats	0.2	0.0	0.0	0.0	0.5	0.2	0.6	0.8	0.7	0.2	0.8	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.8	1.2	1.9	0.7	3.4	4.6	3.7	1.2	2.8	1.2	1.1	0.5	0.2	12.2	23.1	1.6	3.4	0.0	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.1	13.7	0.6	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.7	0.6	1.3	0.2	2.4	3.1	2.8	0.9	2.1	0.2	0.9	0.3	0.0	1.9	3.5	0.4	1.5	0.0	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.0	0.2	0.8	1.3	0.3	0.1	0.0	0.0
11-04	Syrup	0.7	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	3.2	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.7	0.3	0.1	0.5	0.9	1.4	0.7	0.2	0.5	0.8	0.1	0.2	0.0	0.8	1.4	0.3	0.8	0.0	0.2
11-05-01	Ice cream	0.7	0.3	0.1	0.5	0.9	1.4	0.7	0.1	0.5	0.8	0.1	0.2	0.0	0.7	1.2	0.3	0.8	0.0	0.2
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.1	3.1	6.9	0.9	8.5	10.2	8.1	5.8	7.1	17.3	6.1	4.9	4.4	11.1	12.9	10.2	4.8	0.7	0.4
12-01	Cakes, pies, pastries, etc	4.2	1.7	3.6	0.6	4.1	4.6	4.0	2.6	3.4	13.2	2.6	2.6	2.2	6.0	7.5	5.0	2.7	0.7	0.3
12-02	Dry cakes, biscuits	3.9	1.4	3.3	0.3	4.4	5.6	4.2	3.2	3.7	4.1	3.4	2.2	2.2	5.1	5.4	5.1	2.1	0.0	0.1
13	Non-alcoholic beverages	2.0	1.7	4.8	0.1	0.2	0.3	0.2	0.1	0.1	0.2	0.1	0.2	0.0	3.6	7.1	0.4	1.0	0.9	51.8
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.2	0.0	0.9	0.2
13-01	Fruit and vegetable juices	0.8	0.2	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	1.7	3.4	0.2	0.7	0.0	1.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.8	0.0	0.0	0.0	2.7
13-03	Coffee, tea and herbal teas	0.4	1.4	4.0	0.1	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.0	0.3	0.7	0.0	0.3	0.0	32.6
13-03-01	Coffee	0.4	1.4	4.0	0.1	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.0	0.3	0.6	0.0	0.3	0.0	20.1
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.9
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.7
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.6
14	Alcoholic beverages	7.0	0.4	1.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.4	2.5	2.9	1.8	1.1	98.3	6.0
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.2	0.0	0.0	40.1	2.6
14-02	Fortified wines (sherry, port, vermouth)	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.5	0.0	0.0	6.9	0.3
14-03	Beer, cider	1.5	0.4	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	1.8	1.1	16.2	2.4
14-04	Spirits, brandy	1.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	32.6	0.7
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.2	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.4	0.1	0.2	0.0	0.0	2.5	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.3	0.4	0.6	0.3	5.3	3.7	5.5	8.8	6.8	2.7	9.6	7.1	4.1	0.7	1.1	0.5	0.6	0.0	0.6
15-01	Sauces	2.2	0.3	0.4	0.2	5.2	3.5	5.5	8.8	6.7	2.7	9.6	7.1	4.1	0.6	1.0	0.4	0.4	0.0	0.6

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.6	0.2	0.3	0.1	4.1	3.2	3.9	6.6	5.0	2.6	7.4	4.6	0.1	0.3	0.3	0.3	0.1	0.0	0.4
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.8	0.9	0.8	0.0	0.8	1.3	0.2	0.1	0.1	0.1	0.1	0.0	0.1
15-01-03	Mayonnaises and similars	0.2	0.1	0.0	0.1	0.6	0.2	0.7	1.2	0.9	0.1	1.3	1.2	3.8	0.1	0.2	0.0	0.1	0.0	0.0
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.0	0.0
16	Soups, bouillon	1.0	1.5	1.6	1.5	1.1	1.1	1.1	0.9	1.0	3.6	0.9	0.6	5.7	0.8	0.7	1.1	1.7	0.0	3.0
16-01	Soups	1.0	1.5	1.6	1.5	1.0	1.1	1.0	0.8	0.9	3.6	0.8	0.6	5.7	0.8	0.7	1.0	1.7	0.0	2.8
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
17	Miscellaneous	0.8	1.0	1.3	0.7	0.9	1.1	0.9	0.8	0.9	1.2	0.6	0.2	0.3	0.9	0.3	1.3	0.7	0.0	0.2
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.1	0.2	0.4	0.1	0.1	0.0	0.1	0.3	0.2	0.0	0.3	0.1	0.3	0.1	0.0	0.1	0.2	0.0	0.0
17-02	Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.7	0.8	0.7	0.8	1.0	0.8	0.5	0.7	1.2	0.2	0.1	0.0	0.8	0.2	1.3	0.5	0.0	0.2

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsatt. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.1	2.5	7.1	0.0	0.7	0.6	0.3	1.3	0.6	0.6	0.8	5.1	0.0	8.2	0.3	14.9	8.5	0.0	3.3
01-01	Potatoes	4.1	2.5	7.1	0.0	0.7	0.6	0.3	1.3	0.6	0.6	0.8	5.1	0.0	8.2	0.3	14.9	8.5	0.0	3.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.3	3.5	9.5	0.0	0.7	0.5	0.2	1.7	0.7	0.2	1.3	5.0	0.1	2.9	3.8	2.2	19.4	0.0	6.5
02-01	Leafy vegetables (except cabbages)	0.3	0.7	1.8	0.0	0.2	0.2	0.1	0.4	0.2	0.2	0.3	1.0	0.0	0.3	0.4	0.2	2.7	0.0	1.2
02-02	Fruiting vegetables	0.6	0.9	2.6	0.0	0.2	0.1	0.1	0.6	0.2	0.0	0.5	1.2	0.0	0.8	1.2	0.5	6.2	0.0	2.1
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.0	2.0	0.0	0.6
02-04	Cabbages	0.4	0.8	2.2	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.1	2.0	0.0	0.3	0.4	0.3	3.9	0.0	1.0
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.5	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.1	0.7	1.4	0.0	0.3
02-07	Onion, garlic	0.3	0.2	0.6	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.3	0.1	0.5	0.6	0.4	1.9	0.0	0.7
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.3	0.1	1.2	0.0	0.4
03	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
03-01	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
04	Fruits, nuts and olives	7.1	3.9	9.0	0.0	6.2	3.1	7.6	9.2	8.2	0.0	10.0	6.6	3.0	9.3	15.8	3.4	13.4	0.0	5.1
04-01	Fruits	4.1	1.3	3.3	0.0	0.4	0.2	0.2	0.9	0.4	0.0	0.9	2.5	0.0	8.0	14.4	2.2	10.5	0.0	5.0
04-02	Nuts and seeds (+nut spread)	2.7	2.4	5.2	0.0	5.2	2.6	6.6	7.5	7.0	0.0	8.3	3.6	1.9	1.0	0.9	1.2	2.6	0.0	0.0
04-03	Mixed fruits	0.3	0.2	0.4	0.0	0.5	0.2	0.6	0.7	0.7	0.0	0.8	0.4	1.1	0.3	0.5	0.0	0.3	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.0	23.9	0.5	38.7	19.6	32.2	13.7	3.9	10.2	31.4	2.5	10.2	0.2	10.2	20.2	1.8	2.1	0.0	12.0
05-01	Milk	3.0	5.6	0.0	8.7	2.7	4.4	1.9	0.4	1.4	4.6	0.3	0.9	0.0	2.9	6.4	0.0	0.0	0.0	5.2
05-02	Milk beverages	0.7	0.8	0.1	1.3	0.3	0.4	0.2	0.0	0.1	0.3	0.0	0.1	0.0	1.0	2.2	0.1	0.5	0.0	0.9
05-03	Yoghurt	2.4	3.9	0.1	6.3	2.1	3.3	1.5	0.4	1.1	3.6	0.2	0.8	0.0	2.6	5.6	0.3	1.1	0.0	2.9
05-04	Fromage blanc, petits suisses	0.3	0.7	0.0	1.0	0.3	0.4	0.2	0.1	0.2	0.4	0.0	0.1	0.0	0.2	0.5	0.0	0.0	0.0	0.2
05-05	Cheese (including fresh cheeses)	5.5	10.1	0.0	16.8	11.3	19.1	7.7	2.2	5.7	18.3	1.3	7.2	0.0	0.1	0.2	0.0	0.0	0.0	0.7
05-06	Cream desserts, puddings (milk based)	2.2	2.1	0.4	3.3	1.8	2.7	1.4	0.5	1.1	2.1	0.3	0.8	0.1	2.9	4.3	1.4	0.4	0.0	1.7
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.2	0.0	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.2	0.0	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.5	0.8	0.0	1.2	0.7	1.0	0.4	0.3	0.4	1.0	0.3	0.2	0.0	0.4	0.9	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.1	20.2	53.1	0.3	7.1	4.5	6.1	13.4	8.6	3.9	14.8	11.1	3.4	33.5	6.2	56.8	40.7	0.0	3.2
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.3	0.7	0.0	0.0
06-02	Pasta, rice, other grain	2.5	2.0	5.2	0.1	0.3	0.1	0.1	0.6	0.3	0.0	0.7	0.2	0.0	5.2	0.1	9.6	2.3	0.0	1.2
06-03	Bread, crisp bread, rusks	15.0	16.5	43.3	0.0	4.9	2.5	4.1	11.3	6.6	1.5	12.4	10.1	2.2	24.3	4.9	40.7	34.1	0.0	2.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly- and disaccharides	Fibre	Alcohol	Water
06-03-01	Bread	14.2	15.8	41.4	0.0	4.6	2.3	3.9	10.9	6.3	1.0	12.0	9.8	2.2	22.9	4.6	38.4	32.6	0.0	2.0
06-03-02	Crispbread, rusks	0.8	0.7	1.9	0.0	0.3	0.3	0.2	0.4	0.3	0.6	0.5	0.3	0.0	1.4	0.3	2.3	1.5	0.0	0.0
06-04	Breakfast cereals	1.3	0.8	2.3	0.0	0.4	0.3	0.4	0.6	0.5	0.0	0.7	0.2	1.2	2.2	0.9	3.3	2.6	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	1.1	0.7	1.6	0.2	1.3	1.5	1.1	0.7	1.0	2.3	0.8	0.5	0.0	1.3	0.2	2.3	0.8	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	0.2	0.4	0.0	0.1	0.0	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.3	0.0	0.5	0.2	0.0	0.0
07	Meat and meat products	10.3	26.6	0.1	42.5	17.1	16.9	22.0	9.2	17.3	12.1	9.3	6.7	28.0	0.5	0.4	0.7	0.8	0.0	3.4
07-01	Fresh meat	4.0	12.5	0.1	20.0	5.7	6.0	7.4	2.0	5.5	5.8	2.1	1.4	4.3	0.1	0.1	0.1	0.3	0.0	1.5
07-01-00	Unclassified	1.0	2.6	0.0	4.5	1.9	1.9	2.6	0.9	2.0	1.6	0.9	0.6	0.7	0.0	0.0	0.0	0.1	0.0	0.3
07-01-01	Beef	1.6	5.2	0.0	8.4	2.3	2.6	3.0	0.4	2.1	3.5	0.4	0.6	1.7	0.0	0.0	0.0	0.1	0.0	0.6
07-01-02	Veal	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.2	4.2	0.1	6.3	1.2	1.2	1.6	0.7	1.2	0.2	0.9	0.1	1.9	0.1	0.1	0.1	0.1	0.0	0.5
07-01-04	Mutton/Lamb	0.1	0.3	0.0	0.5	0.2	0.2	0.2	0.1	0.1	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.7	2.5	0.0	3.7	0.8	0.6	0.8	0.8	0.8	0.4	0.8	0.3	7.4	0.0	0.0	0.0	0.0	0.0	0.3
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.6	2.3	0.0	3.5	0.6	0.5	0.5	0.7	0.6	0.4	0.6	0.3	7.4	0.0	0.0	0.0	0.0	0.0	0.3
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.1	0.1	0.0	0.2	0.2	0.1	0.2	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	5.2	10.2	0.0	16.8	10.3	10.0	13.6	6.2	10.8	5.8	6.2	5.0	16.0	0.4	0.3	0.6	0.5	0.0	1.4
07-05	Offals	0.3	1.4	0.0	2.0	0.3	0.3	0.2	0.2	0.2	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.2
08	Fish and shellfish	1.7	5.0	0.0	7.8	2.5	1.7	3.2	3.0	3.1	0.3	0.5	2.0	32.4	0.1	0.0	0.2	0.0	0.0	0.7
08-01	Fish	1.6	4.7	0.0	7.3	2.4	1.7	3.2	2.8	3.0	0.2	0.4	2.0	30.7	0.1	0.0	0.1	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.1	0.2	0.0	0.2	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.4	0.0	0.0	0.1	0.0	0.0	0.0
09	Eggs and egg products	1.0	2.5	0.0	4.2	1.7	1.4	2.1	0.7	1.6	0.0	0.7	0.1	8.4	0.1	0.0	0.3	0.0	0.0	0.5
09-01	Egg	1.0	2.5	0.0	4.2	1.7	1.4	2.1	0.7	1.6	0.0	0.7	0.1	8.4	0.1	0.0	0.3	0.0	0.0	0.5
10	Fat	7.2	0.1	0.1	0.1	20.2	14.8	20.2	34.2	25.6	18.4	35.4	32.4	6.3	0.1	0.1	0.1	0.0	0.0	0.4
10-00	Unclassified	0.4	0.0	0.0	0.0	1.2	0.6	1.3	2.6	1.8	0.6	3.1	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.4	0.0	0.0	0.0	3.9	1.4	5.8	6.1	6.1	0.2	7.1	0.9	2.5	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.2	0.0	0.0	0.1	3.5	5.7	2.5	0.7	1.9	7.8	0.3	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.2	0.0	0.1	0.0	11.7	7.0	10.5	24.7	15.7	9.9	24.8	27.8	3.7	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.4	0.8	1.6	0.3	2.5	3.3	2.8	1.1	2.2	1.0	1.0	0.8	0.0	10.1	20.4	1.3	2.6	1.7	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.2	12.5	0.6	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.4	0.5	0.9	0.2	1.9	2.6	2.1	0.7	1.6	0.1	0.7	0.3	0.0	1.6	3.4	0.2	1.4	1.7	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.4	0.0	0.3	0.3	0.4	0.3	0.4	0.4	0.3	0.5	0.0	0.9	1.5	0.4	0.2	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.6	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.2	0.1	0.0	0.1	0.3	0.4	0.2	0.0	0.2	0.5	0.0	0.1	0.0	0.2	0.4	0.1	0.1	0.0	0.0
11-05-01	Ice cream	0.2	0.1	0.0	0.1	0.3	0.4	0.2	0.0	0.2	0.5	0.0	0.1	0.0	0.2	0.3	0.1	0.0	0.0	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.3	3.5	6.6	1.7	10.5	12.9	9.6	6.4	8.3	24.3	6.4	5.9	6.0	11.9	13.7	10.5	5.0	9.2	0.5
12-01	Cakes, pies, pastries, etc	5.4	2.1	3.4	1.5	6.3	7.9	5.3	3.7	4.6	18.2	3.5	4.0	1.7	6.5	7.9	5.2	2.8	9.2	0.5
12-02	Dry cakes, biscuits	3.9	1.4	3.3	0.2	4.1	5.0	4.3	2.8	3.7	6.0	2.9	1.9	4.3	5.4	5.8	5.3	2.2	0.0	0.0
13	Non-alcoholic beverages	3.4	2.1	5.5	0.2	0.3	0.4	0.2	0.2	0.2	0.1	0.2	0.5	0.0	6.7	12.9	1.1	2.2	0.0	52.6
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1
13-01	Fruit and vegetable juices	2.3	0.7	1.8	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.5	0.0	4.7	8.8	0.9	1.3	0.0	4.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	3.1	0.0	0.0	0.0	4.1
13-03	Coffee, tea and herbal teas	0.5	1.4	3.7	0.2	0.3	0.4	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.5	0.9	0.2	0.9	0.0	29.8
13-03-01	Coffee	0.5	1.4	3.7	0.2	0.3	0.4	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.5	0.8	0.2	0.9	0.0	18.1
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.7
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.9
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.2
14	Alcoholic beverages	6.9	0.4	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.6	3.4	1.8	1.0	89.1	6.8
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	3.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.9	0.0	0.0	40.9	3.6
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.3	0.0
14-03	Beer, cider	1.4	0.3	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	0.1	1.8	1.0	16.3	2.4
14-04	Spirits, brandy	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	25.6	0.7
14-05	Aniseed drinks (pastis,....)	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.8	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.9	1.2	0.7	6.9	3.9	8.3	11.4	9.5	3.0	12.9	9.4	7.0	1.1	1.5	0.8	1.0	0.0	0.7
15-01	Sauces	2.8	0.7	0.9	0.6	6.8	3.8	8.3	11.3	9.4	3.0	12.7	9.1	7.0	0.9	1.4	0.7	0.7	0.0	0.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.9	0.3	0.7	0.1	4.9	3.2	5.5	7.4	6.3	2.6	8.5	5.7	0.1	0.6	0.9	0.5	0.3	0.0	0.5
15-01-01	Tomato sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.7	0.7	0.8	0.0	0.8	0.9	0.2	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.7	0.4	0.1	0.5	1.4	0.4	2.0	3.1	2.3	0.4	3.4	2.6	6.6	0.2	0.3	0.2	0.4	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.3	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.3	0.0	0.2	0.1	0.2	0.2	0.0	0.0
16	Soups, bouillon	0.8	1.1	1.3	1.1	1.1	1.1	1.0	1.7	1.2	1.7	1.8	1.2	1.3	0.6	0.4	0.9	1.5	0.0	3.3
16-01	Soups	0.8	1.1	1.2	1.1	1.0	1.0	0.9	1.7	1.1	1.7	1.8	1.2	1.3	0.6	0.4	0.9	1.5	0.0	2.4
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9
17	Miscellaneous	2.1	2.7	2.5	2.5	2.9	2.8	2.8	2.4	2.6	3.0	2.4	2.5	0.6	1.8	0.9	2.7	0.8	0.0	0.6
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.2	0.5	1.1	0.0	0.2	0.1	0.1	0.5	0.3	0.0	0.5	0.5	0.2	0.0	0.0	0.0	0.1	0.0	0.1
17-02	Dietetic products	0.6	0.6	0.0	0.5	0.5	0.2	0.5	0.6	0.5	0.0	0.6	0.8	0.0	0.9	0.7	1.0	0.1	0.0	0.3
17-02-00	Unclassified	0.6	0.6	0.0	0.5	0.5	0.2	0.5	0.6	0.5	0.0	0.6	0.8	0.0	0.9	0.7	1.0	0.1	0.0	0.3
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.3	1.6	1.4	2.0	2.1	2.5	2.1	1.3	1.8	2.9	1.2	1.3	0.4	0.8	0.1	1.7	0.6	0.0	0.1



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Lenoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.6	7.4	0.0	0.8	0.7	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.6	0.3	16.1	8.6	0.0	3.1
01-01	Potatoes	4.7	2.6	7.4	0.0	0.8	0.7	0.5	1.5	0.8	0.3	0.9	5.4	0.0	8.6	0.3	16.1	8.6	0.0	3.1
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.2	3.0	8.9	0.0	1.0	0.5	0.8	2.0	1.2	0.1	1.4	7.1	0.2	2.3	3.2	1.5	16.9	0.0	5.5
02-01	Leafy vegetables (except cabbages)	0.3	0.5	1.6	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.2	1.7	0.0	0.2	0.4	0.1	2.2	0.0	1.1
02-02	Fruiting vegetables	0.7	0.7	2.0	0.0	0.5	0.2	0.7	0.6	0.7	0.0	0.6	1.0	0.0	0.6	0.8	0.4	4.8	0.0	1.6
02-03	Root vegetables	0.3	0.2	0.5	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.1	0.0	0.4	0.7	0.0	2.1	0.0	0.6
02-04	Cabbages	0.5	0.9	2.7	0.0	0.2	0.1	0.1	0.6	0.2	0.1	0.2	3.4	0.0	0.5	0.5	0.4	4.5	0.0	1.2
02-05	Mushrooms	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.0	0.1
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.2	0.2	0.2	0.1	1.0	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.4	0.0	0.3
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.3	0.2	1.6	0.0	0.4
03	Legumes	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
03-01	Legumes	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
04	Fruits, nuts and olives	8.1	2.9	8.0	0.0	4.7	2.1	5.1	9.3	6.7	0.0	9.9	9.2	2.4	12.0	21.1	3.7	17.4	0.0	6.2
04-01	Fruits	6.2	1.5	4.4	0.0	0.8	0.4	0.3	1.7	0.8	0.0	1.6	3.8	0.0	11.4	20.5	3.0	15.8	0.0	6.1
04-02	Nuts and seeds (+nut spread)	1.8	1.3	3.6	0.0	4.0	1.7	4.8	7.6	5.8	0.0	8.2	5.4	2.3	0.5	0.3	0.6	1.4	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	17.3	26.1	0.6	40.2	20.2	32.0	15.2	4.2	11.0	32.7	2.8	9.5	2.3	12.7	24.0	2.3	2.8	0.2	12.8
05-01	Milk	4.5	8.3	0.0	12.6	3.0	4.8	2.2	0.4	1.5	4.7	0.3	0.8	0.0	4.4	9.1	0.0	0.0	0.0	7.1
05-02	Milk beverages	0.3	0.3	0.1	0.5	0.2	0.3	0.2	0.0	0.1	0.2	0.0	0.0	0.4	0.5	0.8	0.1	0.5	0.0	0.3
05-03	Yoghurt	2.6	3.6	0.1	5.5	1.5	2.4	1.2	0.2	0.8	2.8	0.1	0.4	0.0	3.0	5.8	0.5	1.7	0.0	2.4
05-04	Fromage blanc, petits suisses	0.7	1.5	0.0	2.4	0.4	0.6	0.4	0.1	0.3	0.8	0.0	0.1	0.0	0.6	1.2	0.1	0.0	0.0	0.5
05-05	Cheese (including fresh cheeses)	5.3	9.3	0.0	14.4	10.8	17.6	7.7	2.1	5.6	17.0	1.3	6.7	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.8	2.0	0.5	2.8	2.8	4.0	2.4	0.8	1.8	3.6	0.5	1.0	1.9	3.5	5.3	1.6	0.5	0.2	1.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.3	0.1	0.2	1.4	0.0	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.4	0.6	0.3	0.1	0.2	1.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.9	1.2	0.0	1.9	1.1	1.7	0.8	0.5	0.7	2.3	0.5	0.4	0.0	0.7	1.5	0.0	0.0	0.0	0.4
06	Cereals and cereal products	21.1	19.9	56.8	0.2	6.9	4.0	6.6	12.0	8.6	2.8	13.2	10.1	1.5	32.6	5.9	56.9	39.3	0.0	2.3
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.6	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.3	1.0	2.9	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.4	0.2	0.0	2.4	0.1	4.7	1.3	0.0	0.4
06-03	Bread, crisp bread, rusks	18.2	17.8	51.2	0.0	5.6	3.2	5.0	10.7	7.1	2.3	11.7	9.6	1.0	27.7	5.3	48.3	36.1	0.0	1.8

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-03-01 Bread	16.0	16.2	46.0	0.0	4.7	2.5	4.3	9.3	6.1	1.5	10.1	8.8	1.0	24.4	4.6	42.4	32.8	0.0	1.8
06-03-02 Crispbread, rusks	2.1	1.7	5.2	0.0	1.0	0.7	0.8	1.4	1.0	0.9	1.6	0.8	0.0	3.3	0.7	5.9	3.3	0.0	0.0
06-04 Breakfast cereals	0.7	0.5	1.2	0.0	0.3	0.3	0.4	0.4	0.4	0.0	0.5	0.1	0.5	1.2	0.4	1.7	1.1	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.4	0.2	0.4	0.1	0.5	0.4	0.7	0.4	0.6	0.5	0.4	0.1	0.0	0.5	0.1	0.8	0.3	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.3	0.2	0.7	0.0	0.2	0.1	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.5	0.0	0.8	0.3	0.0	0.0
07 Meat and meat products	10.9	27.7	0.3	42.3	16.8	16.7	22.2	9.1	17.1	12.2	9.1	5.1	27.9	0.6	0.3	0.8	1.0	0.0	3.0
07-01 Fresh meat	5.8	16.4	0.0	25.1	8.5	8.9	11.4	3.0	8.3	8.9	3.1	1.7	7.5	0.1	0.1	0.1	0.4	0.0	1.8
07-01-00 Unclassified	0.9	2.0	0.0	3.1	1.9	2.1	2.5	0.6	1.8	2.0	0.6	0.5	0.1	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01 Beef	2.4	7.2	0.0	11.3	3.5	3.6	4.8	0.7	3.3	5.9	0.6	0.8	3.9	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02 Veal	0.1	0.3	0.0	0.4	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	2.2	6.8	0.0	9.9	2.9	2.9	3.8	1.7	3.0	0.4	1.9	0.3	3.3	0.0	0.0	0.0	0.0	0.0	0.7
07-01-04 Mutton/Lamb	0.1	0.3	0.0	0.4	0.2	0.2	0.2	0.0	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	1.2	4.0	0.0	6.0	1.3	1.0	1.3	1.4	1.3	1.1	1.3	0.7	11.7	0.0	0.0	0.0	0.0	0.0	0.4
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	1.2	3.9	0.0	5.9	1.3	1.0	1.3	1.4	1.3	1.1	1.3	0.7	11.7	0.0	0.0	0.0	0.0	0.0	0.4
07-02-02 Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	3.9	7.2	0.3	11.1	7.0	6.8	9.4	4.6	7.5	2.2	4.6	2.7	8.6	0.5	0.2	0.7	0.6	0.0	0.8
07-05 Offals	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	1.5	5.4	0.1	7.9	1.5	0.9	2.0	1.9	2.0	0.1	0.3	0.7	23.1	0.2	0.0	0.3	0.0	0.0	0.6
08-01 Fish	1.3	4.8	0.0	7.0	1.4	0.9	2.0	1.7	1.9	0.1	0.3	0.6	21.0	0.1	0.0	0.2	0.0	0.0	0.5
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
08-03 Fish products, fish in crumbs	0.1	0.5	0.1	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.8	0.1	0.0	0.1	0.0	0.0	0.0
09 Eggs and egg products	1.1	2.4	0.0	3.9	1.9	1.6	2.4	0.8	1.8	0.0	0.8	0.1	17.0	0.1	0.0	0.3	0.0	0.0	0.4
09-01 Egg	1.1	2.4	0.0	3.9	1.9	1.6	2.4	0.8	1.8	0.0	0.8	0.1	17.0	0.1	0.0	0.3	0.0	0.0	0.4
10 Fat	8.5	0.1	0.3	0.1	25.5	19.6	24.4	40.6	31.1	22.4	42.6	38.3	5.7	0.1	0.1	0.1	0.0	0.0	0.4
10-00 Unclassified	0.6	0.0	0.0	0.0	1.7	0.9	1.9	3.2	2.4	0.7	3.7	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	0.9	0.0	0.0	0.0	2.6	0.9	3.1	5.2	4.0	0.1	6.0	0.4	4.7	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	1.6	0.0	0.0	0.1	4.3	6.2	3.4	1.0	2.6	8.0	0.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03 Margarines	5.4	0.1	0.3	0.0	16.8	11.5	15.7	30.9	21.7	13.6	32.0	33.6	1.0	0.1	0.0	0.1	0.0	0.0	0.4
10-04 Deep frying fats	0.1	0.0	0.0	0.0	0.2	0.1	0.3	0.4	0.3	0.1	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Lipoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.2	0.7	1.2	0.5	2.6	3.8	2.8	0.9	2.0	0.9	0.8	0.4	0.1	9.1	17.3	1.4	2.9	0.8	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.6	10.6	0.9	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.2	0.4	0.7	0.2	1.7	2.4	2.0	0.6	1.4	0.1	0.5	0.2	0.0	1.2	2.2	0.2	0.9	0.8	0.0
11-03	Confectionery non-chocolate	0.3	0.0	0.1	0.0	0.1	0.1	0.2	0.1	0.2	0.1	0.2	0.1	0.1	0.5	0.8	0.1	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.5	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.8	1.3	0.5	0.1	0.4	0.7	0.1	0.1	0.0	0.6	1.1	0.2	0.8	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.8	1.3	0.5	0.1	0.4	0.7	0.1	0.1	0.0	0.6	1.1	0.2	0.8	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.6	3.3	7.9	0.9	9.9	11.9	9.2	6.4	8.0	20.7	6.7	5.4	3.8	12.5	13.5	12.0	5.7	8.4	0.5
12-01	Cakes, pies, pastries, etc	6.3	2.3	5.1	0.7	6.3	7.3	5.8	3.9	5.0	16.4	3.9	3.8	1.4	8.3	9.4	7.7	4.1	8.4	0.5
12-02	Dry cakes, biscuits	3.3	1.1	2.8	0.2	3.6	4.6	3.4	2.5	3.0	4.3	2.8	1.5	2.4	4.2	4.1	4.3	1.6	0.0	0.0
13	Non-alcoholic beverages	2.6	1.6	4.4	0.2	0.3	0.4	0.1	0.1	0.1	0.3	0.1	0.2	0.0	4.8	9.2	0.6	1.3	0.2	57.4
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0
13-01	Fruit and vegetable juices	1.4	0.3	0.9	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.9	5.6	0.3	0.8	0.0	2.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.2	0.0	0.0	0.0	1.0
13-03	Coffee, tea and herbal teas	0.7	1.3	3.5	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.8	1.5	0.2	0.4	0.0	31.2
13-03-01	Coffee	0.5	1.3	3.5	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.9	0.2	0.4	0.0	15.9
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.7
13-03-03	Herbal tea	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.0	0.0	0.0	2.5
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.6
14	Alcoholic beverages	2.2	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.8	1.1	2.0	0.2	0.1	90.4	1.7
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.0	0.0	0.0	49.3	1.3
14-02	Fortified wines (sherry, port, vermouth)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.5	0.0	0.0	17.2	0.2
14-03	Beer, cider	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	6.7	0.2
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.3	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.8	0.3	0.5	0.0	0.0	15.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.3	0.4	0.7	0.3	5.1	3.3	5.6	8.5	6.7	2.1	9.3	7.1	1.9	1.0	1.3	0.7	0.5	0.0	0.7
15-01	Sauces	2.3	0.4	0.6	0.3	5.0	3.3	5.6	8.5	6.7	2.1	9.2	7.1	1.9	1.0	1.3	0.7	0.4	0.0	0.7

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00 Unclassified and other sauces	1.7	0.2	0.5	0.1	3.9	2.9	4.0	6.5	5.0	1.9	7.2	4.6	0.4	0.5	0.6	0.5	0.2	0.0	0.5
15-01-01 Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.2	0.1	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02 Dressing sauces	0.1	0.0	0.0	0.0	0.3	0.1	0.5	0.5	0.5	0.0	0.5	0.6	0.0	0.0	0.1	0.0	0.0	0.0	0.0
15-01-03 Mayonnaises and similars	0.3	0.1	0.0	0.1	0.7	0.2	1.0	1.3	1.1	0.2	1.4	1.6	1.4	0.1	0.1	0.1	0.1	0.0	0.1
15-01-04 Dessert sauces	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	1.8	2.7	2.3	2.9	1.7	1.6	1.7	1.7	1.7	4.4	1.8	1.0	9.2	1.7	1.2	2.2	2.9	0.0	4.5
16-01 Soups	1.8	2.7	2.2	2.9	1.7	1.5	1.7	1.7	1.6	4.4	1.8	1.0	9.2	1.7	1.2	2.2	2.9	0.0	4.4
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
17 Miscellaneous	0.7	0.8	0.8	0.6	1.0	0.9	1.3	1.0	1.1	0.7	0.5	0.1	0.2	0.7	0.4	1.1	0.3	0.0	0.2
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1
17-02 Dietetic products	0.2	0.2	0.0	0.0	0.2	0.0	0.4	0.4	0.4	0.0	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.1
17-02-00 Unclassified	0.2	0.2	0.0	0.0	0.2	0.0	0.4	0.4	0.4	0.0	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.1
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.6	0.6	0.6	0.7	0.8	0.9	0.5	0.7	0.7	0.4	0.0	0.0	0.4	0.1	0.8	0.2	0.0	0.1

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.4	2.4	7.1	0.0	0.6	0.5	0.3	1.5	0.7	0.1	0.9	5.3	0.0	8.8	0.3	15.6	8.7	0.0	2.7
01-01	Potatoes	4.4	2.4	7.1	0.0	0.6	0.5	0.3	1.5	0.7	0.1	0.9	5.3	0.0	8.8	0.3	15.6	8.7	0.0	2.7
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.4	3.5	10.2	0.0	0.9	0.5	0.4	2.6	1.1	0.1	1.7	8.5	0.5	2.8	3.9	2.1	20.9	0.0	5.3
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.8	0.0	0.2	0.1	0.0	0.5	0.2	0.0	0.3	2.0	0.0	0.2	0.4	0.1	2.1	0.0	1.0
02-02	Fruiting vegetables	0.5	0.6	1.7	0.0	0.3	0.1	0.2	0.7	0.4	0.0	0.7	1.0	0.0	0.6	0.9	0.3	3.8	0.0	1.3
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.2	0.0	0.4	0.8	0.1	2.1	0.0	0.6
02-04	Cabbages	0.8	1.3	3.9	0.0	0.3	0.2	0.1	1.1	0.4	0.1	0.4	4.7	0.0	0.9	1.2	0.8	9.5	0.0	1.5
02-05	Mushrooms	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-06	Grain and pod vegetables	0.2	0.4	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.5	1.1	0.0	0.2
02-07	Onion, garlic	0.2	0.2	0.4	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.3	0.5	0.3	0.4	0.2	1.1	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.2	0.1	0.9	0.0	0.2
03	Legumes	0.5	0.7	1.8	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.6	0.0	0.6	0.3	0.8	2.4	0.0	0.2
03-01	Legumes	0.5	0.7	1.8	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.6	0.0	0.6	0.3	0.8	2.4	0.0	0.2
04	Fruits, nuts and olives	6.4	2.5	6.5	0.0	3.3	1.6	3.7	5.5	4.4	0.0	5.6	6.4	1.2	10.0	17.8	3.2	13.7	0.0	4.9
04-01	Fruits	5.2	1.5	4.1	0.0	0.7	0.4	0.3	1.6	0.7	0.0	1.5	3.3	0.0	9.6	17.5	2.8	12.4	0.0	4.9
04-02	Nuts and seeds (+nut spread)	1.2	1.0	2.4	0.0	2.5	1.2	3.3	3.9	3.6	0.0	4.1	3.1	1.2	0.3	0.2	0.4	1.2	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.2	23.6	0.5	36.8	20.6	31.9	14.4	5.0	11.2	30.0	3.6	10.5	0.7	8.0	14.9	1.5	1.8	0.0	8.9
05-01	Milk	2.7	5.1	0.0	8.1	2.3	3.7	1.6	0.4	1.2	3.3	0.2	0.5	0.0	2.6	5.2	0.0	0.0	0.0	4.3
05-02	Milk beverages	0.4	0.5	0.1	0.7	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.5	0.8	0.1	0.5	0.0	0.3
05-03	Yoghurt	2.2	3.2	0.0	5.1	1.8	2.7	1.5	0.4	1.1	2.4	0.3	0.5	0.0	2.4	4.5	0.3	0.9	0.0	2.2
05-04	Fromage blanc, petits suisses	0.4	0.9	0.0	1.4	0.4	0.6	0.3	0.1	0.2	0.8	0.0	0.1	0.0	0.3	0.6	0.0	0.0	0.0	0.3
05-05	Cheese (including fresh cheeses)	7.4	12.1	0.0	18.7	13.7	21.2	9.3	3.3	7.3	19.4	2.3	8.5	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	1.3	1.1	0.3	1.6	1.1	1.6	0.8	0.3	0.6	1.4	0.2	0.5	0.6	1.7	2.7	0.9	0.4	0.0	0.8
05-07	Dairy and non-dairy creams	0.3	0.1	0.0	0.1	0.6	0.9	0.5	0.1	0.3	1.7	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.3	0.1	0.0	0.1	0.6	0.9	0.5	0.1	0.3	1.7	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.5	0.7	0.0	1.1	0.6	1.0	0.3	0.4	0.3	0.8	0.4	0.2	0.0	0.4	0.8	0.1	0.0	0.0	0.2
06	Cereals and cereal products	20.2	18.4	54.1	0.4	6.7	4.6	5.8	12.9	8.0	4.7	14.2	10.3	2.8	35.6	7.7	56.5	35.6	0.0	2.1
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.2	1.0	2.5	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	2.3	0.1	4.2	1.2	0.0	0.4
06-03	Bread, crisp bread, rusks	17.3	16.4	49.4	0.1	4.9	2.6	4.1	11.3	6.4	2.2	12.5	9.7	2.2	31.0	6.9	48.6	32.8	0.0	1.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.8	15.0	45.7	0.1	4.3	2.2	3.6	10.4	5.8	1.2	11.5	9.2	2.2	28.6	6.3	44.3	30.2	0.0	1.6
06-03-02	Crispbread, rusks	1.5	1.4	3.7	0.0	0.6	0.4	0.5	0.9	0.7	1.0	1.0	0.5	0.0	2.4	0.5	4.3	2.7	0.0	0.0
06-04	Breakfast cereals	0.7	0.4	1.1	0.0	0.5	0.4	0.6	0.6	0.6	0.0	0.6	0.1	0.6	1.0	0.6	1.5	1.0	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	0.4	0.9	0.2	0.9	1.1	0.8	0.4	0.6	1.4	0.4	0.2	0.0	1.0	0.1	1.7	0.3	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.0	0.1	0.0	0.3	0.3	0.2	0.1	0.2	1.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.0
07	Meat and meat products	12.7	31.6	0.4	46.4	17.6	16.7	22.3	9.2	18.2	15.6	9.2	5.7	29.5	0.6	0.5	0.9	1.7	0.0	3.2
07-01	Fresh meat	7.3	19.0	0.0	27.4	9.6	9.2	12.6	3.1	9.9	11.1	3.1	2.2	16.0	0.1	0.2	0.0	0.7	0.0	1.8
07-01-00	Unclassified	0.1	0.3	0.0	0.5	0.2	0.2	0.3	0.1	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-01	Beef	6.0	14.8	0.0	21.0	7.8	7.4	10.3	2.0	8.0	10.5	1.9	1.9	14.6	0.1	0.2	0.0	0.7	0.0	1.4
07-01-02	Veal	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.1	3.7	0.0	5.7	1.6	1.6	2.0	1.0	1.6	0.3	1.1	0.2	1.4	0.0	0.0	0.0	0.0	0.0	0.4
07-01-04	Mutton/Lamb	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.7	4.6	0.0	6.8	2.1	1.8	2.1	2.5	2.2	1.0	2.5	1.3	10.2	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.4	4.3	0.0	6.4	1.7	1.4	1.5	2.2	1.7	1.0	2.1	1.3	10.2	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.3	0.3	0.0	0.4	0.4	0.4	0.6	0.3	0.5	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.7	8.0	0.4	12.2	5.8	5.7	7.6	3.6	6.1	3.5	3.6	2.2	3.3	0.6	0.3	0.9	0.9	0.0	0.9
07-05	Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.9	6.4	0.2	9.7	1.9	1.2	2.4	2.6	2.4	0.5	0.7	1.0	35.2	0.3	0.0	0.5	0.1	0.0	0.8
08-01	Fish	1.5	5.7	0.0	8.6	1.5	0.9	2.0	2.1	2.0	0.1	0.4	0.8	30.6	0.1	0.0	0.2	0.0	0.0	0.7
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.3	0.7	0.2	1.0	0.4	0.3	0.4	0.5	0.4	0.4	0.3	0.3	4.4	0.2	0.0	0.3	0.1	0.0	0.1
09	Eggs and egg products	0.8	1.8	0.0	3.0	1.3	1.2	1.8	0.6	1.3	0.0	0.6	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.3
09-01	Egg	0.8	1.8	0.0	3.0	1.3	1.2	1.8	0.6	1.3	0.0	0.6	0.1	7.4	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.3	0.2	0.2	0.1	23.2	19.0	24.0	30.0	26.9	21.1	31.5	29.1	1.0	0.1	0.2	0.1	0.0	0.0	0.3
10-00	Unclassified	0.7	0.0	0.0	0.0	2.2	1.0	2.8	4.0	3.3	0.9	4.7	2.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.2	0.0	0.0	0.0	3.7	1.5	6.6	3.1	5.5	0.0	3.6	1.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	3.3	0.1	0.0	0.1	7.6	10.4	5.9	2.2	4.9	13.1	1.2	2.6	0.0	0.1	0.2	0.0	0.0	0.0	0.1
10-03	Margarines	3.1	0.1	0.2	0.0	9.6	6.1	8.5	20.5	13.0	6.8	21.8	22.4	0.3	0.1	0.0	0.1	0.0	0.0	0.3
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.2	0.1	0.2	0.3	0.2	0.2	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.9	1.1	2.4	0.4	3.5	5.0	3.5	1.3	2.7	1.2	1.2	0.4	1.0	10.2	21.1	1.9	3.6	2.0	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4	8.3	0.6	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.2	0.7	1.7	0.3	2.8	4.0	3.0	1.0	2.3	0.4	0.9	0.3	0.0	2.6	6.3	0.5	2.3	2.0	0.0
11-03	Confectionery non-chocolate	0.6	0.2	0.4	0.0	0.1	0.1	0.2	0.3	0.2	0.1	0.3	0.0	1.0	1.4	3.3	0.6	0.3	0.0	0.0
11-04	Syrup	0.7	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.4	0.0	0.4	0.0	0.1
11-05	Ice cream, water ice	0.4	0.1	0.0	0.2	0.5	0.9	0.4	0.1	0.3	0.7	0.1	0.1	0.0	0.4	0.7	0.2	0.1	0.0	0.1
11-05-01	Ice cream	0.3	0.1	0.0	0.2	0.5	0.8	0.3	0.1	0.2	0.6	0.1	0.1	0.0	0.3	0.5	0.2	0.1	0.0	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	10.1	3.5	8.8	0.8	9.7	11.1	9.2	8.8	8.6	18.2	9.7	5.1	9.3	14.2	17.3	13.0	6.8	1.4	0.4
12-01	Cakes, pies, pastries, etc	4.3	1.5	3.6	0.4	4.4	4.9	4.3	2.8	3.7	11.3	2.9	2.4	1.1	5.8	6.6	5.2	3.3	1.4	0.3
12-02	Dry cakes, biscuits	5.7	2.0	5.3	0.4	5.4	6.2	4.8	6.0	4.9	6.9	6.9	2.6	8.2	8.4	10.7	7.8	3.5	0.0	0.1
13	Non-alcoholic beverages	2.3	1.5	3.7	0.2	0.3	0.4	0.2	0.1	0.1	0.3	0.1	0.2	0.0	4.5	8.3	0.7	1.5	1.0	64.8
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.1	0.0	1.0	0.2
13-01	Fruit and vegetable juices	1.6	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.3	6.2	0.4	1.4	0.0	2.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.1	0.0	0.0	0.0	1.2
13-03	Coffee, tea and herbal teas	0.5	1.1	2.6	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.5	0.8	0.2	0.2	0.0	38.5
13-03-01	Coffee	0.4	1.1	2.6	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.4	0.6	0.2	0.2	0.0	12.5
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.4
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.6
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.6
14	Alcoholic beverages	3.3	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.9	0.4	0.2	95.6	2.2
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.1	0.0	0.0	53.6	1.5
14-02	Fortified wines (sherry, port, vermouth)	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.6	0.0	0.0	6.7	0.2
14-03	Beer, cider	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.2	2.4	0.3
14-04	Spirits, brandy	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	31.2	0.1
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	1.8	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.8	0.5	0.5	0.4	8.2	4.5	10.3	17.3	12.2	2.6	18.4	15.0	3.9	1.5	4.2	0.7	0.8	0.0	0.7
15-01	Sauces	3.8	0.4	0.5	0.4	8.2	4.5	10.3	17.2	12.2	2.6	18.4	14.9	3.9	1.5	4.2	0.6	0.7	0.0	0.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	2.0	0.2	0.4	0.1	4.8	3.6	5.3	6.9	5.9	2.3	7.6	4.5	0.4	0.4	0.5	0.3	0.4	0.0	0.4
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
15-01-02	Dressing sauces	0.1	0.0	0.0	0.0	0.4	0.1	0.4	0.8	0.5	0.0	0.9	0.9	0.5	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.7	0.2	0.0	0.3	3.1	0.7	4.5	9.5	5.7	0.3	10.0	9.5	2.9	1.0	3.5	0.3	0.2	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16	Soups, bouillon	1.0	1.0	1.3	0.8	1.0	1.0	0.9	0.7	0.8	5.2	0.7	0.4	2.2	1.0	0.8	1.1	1.5	0.0	2.4
16-01	Soups	0.9	1.0	1.2	0.8	0.9	0.9	0.8	0.6	0.7	4.9	0.7	0.4	2.2	0.9	0.8	0.9	1.5	0.0	2.0
16-02	Bouillon	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.4
17	Miscellaneous	0.9	1.4	1.9	0.8	1.0	0.9	0.9	1.6	1.2	0.4	1.6	1.4	0.7	0.7	0.7	0.6	0.8	0.0	0.5
17-00	Unclassified	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
17-01	Soya products	0.4	0.7	1.3	0.0	0.4	0.2	0.3	1.0	0.5	0.1	1.1	1.0	0.7	0.3	0.4	0.1	0.5	0.0	0.4
17-02	Dietetetic products	0.2	0.4	0.2	0.5	0.2	0.2	0.3	0.3	0.3	0.0	0.2	0.1	0.0	0.2	0.2	0.1	0.2	0.0	0.1
17-02-00	Unclassified	0.2	0.4	0.2	0.5	0.2	0.2	0.3	0.3	0.3	0.0	0.2	0.1	0.0	0.2	0.2	0.1	0.2	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.3	0.2	0.3	0.2	0.4	0.5	0.3	0.2	0.3	0.4	0.1	0.1	0.0	0.2	0.1	0.3	0.1	0.0	0.0



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. fatty acids	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	3.3	1.8	5.4	0.0	0.5	0.3	0.2	1.2	0.5	0.5	0.7	4.4	0.0	6.3	0.2	12.6	5.7	0.0	2.3
01-01	Potatoes	3.3	1.8	5.4	0.0	0.5	0.3	0.2	1.2	0.5	0.5	0.7	4.4	0.0	6.2	0.2	12.5	5.7	0.0	2.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.6	3.8	11.1	0.0	1.2	0.8	0.6	3.3	1.4	0.8	2.3	10.5	0.4	2.7	3.3	2.1	18.1	0.0	6.3
02-01	Leafy vegetables (except cabbages)	0.6	0.7	2.1	0.0	0.6	0.4	0.3	1.5	0.6	0.8	0.9	4.1	0.0	0.5	0.4	0.4	2.6	0.0	1.2
02-02	Fruiting vegetables	0.7	0.9	2.5	0.0	0.3	0.2	0.2	0.8	0.4	0.0	0.8	1.5	0.0	0.8	1.4	0.3	4.9	0.0	2.2
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.4	0.6	0.1	1.8	0.0	0.5
02-04	Cabbages	0.6	1.2	3.8	0.0	0.2	0.1	0.0	0.6	0.2	0.0	0.1	3.3	0.0	0.4	0.3	0.5	5.6	0.0	1.4
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.5	0.0	0.1
02-07	Onion, garlic	0.2	0.2	0.5	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.4	0.3	0.3	0.3	1.3	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.4	1.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	1.0	0.0	0.3	0.2	0.4	1.2	0.0	0.3
03	Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.8	0.0	0.3	0.1	0.6	1.6	0.0	0.1
03-01	Legumes	0.3	0.5	1.3	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.8	0.0	0.3	0.1	0.6	1.6	0.0	0.1
04	Fruits, nuts and olives	8.6	3.5	9.5	0.0	4.7	2.2	5.6	8.2	6.5	0.0	8.7	8.5	1.7	13.3	22.5	4.4	19.9	0.0	6.8
04-01	Fruits	6.5	1.7	5.0	0.0	0.6	0.4	0.2	1.7	0.7	0.0	1.6	3.3	0.0	12.5	21.8	3.3	16.5	0.0	6.7
04-02	Nuts and seeds (+nut spread)	1.9	1.7	4.3	0.0	3.7	1.7	4.6	6.3	5.3	0.0	6.9	5.1	1.7	0.6	0.3	1.0	2.5	0.0	0.0
04-03	Mixed fruits	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.4	0.1	0.5	0.0	0.0
04-04	Olives	0.1	0.0	0.1	0.0	0.4	0.1	0.8	0.1	0.5	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.1
05	Dairy products	18.8	31.5	1.1	48.3	23.1	35.3	16.8	6.1	13.0	35.5	4.5	13.2	0.1	11.5	20.3	2.5	5.3	0.2	13.7
05-01	Milk	3.9	7.6	0.0	11.8	2.7	4.1	2.0	0.5	1.5	4.0	0.4	1.0	0.0	3.8	7.4	0.0	0.0	0.0	6.4
05-02	Milk beverages	0.8	1.2	0.3	1.9	0.4	0.6	0.3	0.1	0.2	0.5	0.1	0.1	0.0	1.1	2.0	0.2	1.0	0.0	1.1
05-03	Yoghurt	3.5	5.8	0.0	8.4	1.9	3.1	1.5	0.3	1.0	3.5	0.2	0.5	0.0	3.6	6.3	0.7	3.1	0.0	4.0
05-04	Fromage blanc, petits suisses	0.7	1.3	0.0	2.2	0.5	0.8	0.4	0.1	0.3	1.0	0.1	0.2	0.0	0.7	1.3	0.1	0.1	0.0	0.4
05-05	Cheese (including fresh cheeses)	7.7	13.4	0.0	20.6	15.3	23.5	10.8	3.8	8.4	22.1	2.5	10.3	0.0	0.0	0.1	0.0	0.0	0.0	0.7
05-06	Cream desserts, puddings (milk based)	1.4	1.4	0.8	2.0	1.2	1.6	1.0	0.6	0.9	2.0	0.6	0.9	0.0	1.7	2.2	1.5	1.1	0.2	0.9
05-07	Dairy and non-dairy creams	0.2	0.1	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.3	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.1	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.3	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.6	0.8	0.0	1.3	0.7	0.9	0.4	0.5	0.5	1.1	0.6	0.2	0.0	0.5	0.9	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.1	18.6	52.0	0.3	8.5	5.4	8.1	16.9	10.7	5.9	19.7	11.8	6.0	31.6	6.1	56.6	36.0	0.0	2.3
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.8	1.4	3.6	0.1	0.2	0.1	0.1	0.6	0.3	0.0	0.8	0.3	0.0	3.6	0.1	6.6	1.5	0.0	0.6
06-03	Bread, crisp bread, rusks	15.6	15.9	44.7	0.0	5.5	2.8	4.4	13.6	7.3	1.7	15.6	10.7	1.2	24.6	4.6	44.4	31.7	0.0	1.6

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. leic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
06-03-01	Bread	14.2	14.8	41.7	0.0	4.8	2.3	3.9	12.3	6.5	0.8	14.0	10.1	1.2	22.5	4.2	40.4	29.7	0.0	1.6
06-03-02	Crispbread, rusks	1.4	1.0	3.0	0.0	0.7	0.5	0.6	1.3	0.8	0.9	1.6	0.6	0.0	2.1	0.4	4.0	2.0	0.0	0.0
06-04	Breakfast cereals	1.2	0.6	1.8	0.0	0.8	0.7	1.1	1.1	1.0	0.0	1.6	0.3	4.8	1.8	1.2	2.4	1.8	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	1.1	0.4	1.0	0.1	1.6	1.5	1.9	1.3	1.6	3.7	1.5	0.4	0.0	1.0	0.1	2.0	0.4	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.3	0.7	0.0	0.3	0.2	0.6	0.2	0.4	0.5	0.2	0.1	0.0	0.5	0.0	1.0	0.3	0.0	0.0
07	Meat and meat products	8.8	21.3	0.1	32.1	14.0	13.5	18.8	7.6	14.9	12.3	7.6	4.2	18.5	0.5	0.3	0.6	0.7	0.0	2.3
07-01	Fresh meat	4.6	12.1	0.0	18.1	7.1	7.2	9.6	2.6	7.1	8.3	2.7	1.5	7.0	0.1	0.1	0.1	0.3	0.0	1.3
07-01-00	Unclassified	1.1	2.4	0.0	3.8	2.2	2.3	2.8	0.6	2.0	2.6	0.7	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.3
07-01-01	Beef	1.8	4.6	0.0	6.9	2.9	3.1	4.1	0.6	2.9	4.5	0.5	0.8	3.5	0.0	0.0	0.0	0.2	0.0	0.5
07-01-02	Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.5	4.4	0.0	6.2	1.5	1.3	2.1	1.3	1.9	0.1	1.4	0.0	3.3	0.0	0.0	0.0	0.0	0.0	0.5
07-01-04	Mutton/Lamb	0.3	0.7	0.0	1.1	0.5	0.6	0.5	0.1	0.4	1.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.5	2.2	0.0	3.4	0.4	0.3	0.3	0.8	0.4	0.3	0.5	0.1	3.2	0.0	0.0	0.0	0.0	0.0	0.2
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.4	1.7	0.0	2.6	0.2	0.2	0.2	0.2	0.2	0.3	0.2	0.1	3.2	0.0	0.0	0.0	0.0	0.0	0.2
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.2	0.5	0.0	0.8	0.2	0.1	0.1	0.6	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.3	6.3	0.1	9.6	5.8	5.2	8.2	3.8	6.6	3.7	4.1	2.3	8.4	0.4	0.2	0.6	0.4	0.0	0.7
07-05	Offals	0.3	0.6	0.0	0.8	0.6	0.7	0.7	0.3	0.6	0.0	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1
08	Fish and shellfish	2.6	8.5	0.2	13.2	3.2	2.0	3.5	4.3	3.7	0.6	0.9	2.0	34.2	0.3	0.0	0.6	0.1	0.0	0.9
08-01	Fish	2.2	7.4	0.1	11.6	2.8	1.8	3.2	3.7	3.3	0.5	0.7	1.8	27.3	0.1	0.0	0.1	0.1	0.0	0.8
08-02	Crustaceans, molluscs	0.1	0.6	0.0	0.8	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	1.6	0.1	0.0	0.1	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.3	0.5	0.2	0.7	0.3	0.1	0.2	0.4	0.3	0.2	0.2	0.2	5.3	0.2	0.0	0.3	0.1	0.0	0.1
09	Eggs and egg products	0.4	0.9	0.0	1.4	0.6	0.6	0.8	0.3	0.6	0.0	0.3	0.0	3.4	0.1	0.0	0.1	0.0	0.0	0.2
09-01	Egg	0.4	0.9	0.0	1.4	0.6	0.6	0.8	0.3	0.6	0.0	0.3	0.0	3.4	0.1	0.0	0.1	0.0	0.0	0.2
10	Fat	7.6	0.1	0.2	0.1	22.5	18.3	23.4	30.0	26.5	23.2	31.7	29.5	8.1	0.1	0.1	0.1	0.0	0.0	0.3
10-00	Unclassified	0.4	0.0	0.0	0.0	1.2	0.5	1.5	2.6	1.9	0.6	3.0	1.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.3	0.0	0.0	0.0	3.7	1.4	5.8	4.5	5.7	0.1	5.1	2.0	3.9	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	2.2	0.1	0.0	0.1	6.2	9.2	4.8	1.5	3.7	14.0	0.8	2.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0
10-03	Margarines	3.6	0.1	0.2	0.0	11.4	7.1	11.3	21.5	15.2	8.5	22.8	23.7	4.1	0.1	0.0	0.1	0.0	0.0	0.3
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.2	1.0	1.8	0.5	3.5	4.8	3.7	1.4	2.9	1.6	1.2	0.5	0.2	8.6	15.6	1.6	3.0	0.0	0.3
11-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.1	0.0	0.0
11-01	Sugar, honey ,jam	1.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	5.7	0.6	0.4	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti	2.0	0.6	1.3	0.2	2.7	3.5	3.0	1.2	2.4	0.3	1.1	0.3	0.2	2.1	3.7	0.5	1.6	0.0	0.0
11-03	Confectionery non-chocolate	0.4	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.9	1.8	0.2	0.0	0.0	0.0
11-04	Syrup	0.7	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	3.1	0.1	0.7	0.0	0.0
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.7	1.1	0.6	0.1	0.4	1.2	0.1	0.1	0.0	0.6	1.1	0.2	0.1	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.1	0.6	0.1	0.4	1.2	0.1	0.1	0.0	0.6	1.0	0.2	0.1	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.2	3.1	7.5	0.7	8.7	10.9	8.3	6.0	7.3	12.3	6.6	4.0	10.7	12.7	12.6	13.3	5.1	2.2	0.3
12-01	Cakes, pies, pastries, etc	4.3	1.4	3.4	0.4	3.2	3.9	2.8	1.9	2.5	5.8	2.0	1.7	3.0	6.4	6.9	6.3	3.0	2.2	0.3
12-02	Dry cakes, biscuits	4.9	1.7	4.1	0.3	5.5	7.1	5.5	4.1	4.8	6.5	4.6	2.2	7.7	6.2	5.7	7.0	2.1	0.0	0.1
13	Non-alcoholic beverages	3.9	2.0	5.4	0.5	0.7	1.3	0.3	0.3	0.2	0.4	0.2	0.5	0.0	7.4	12.5	1.6	1.9	0.0	58.5
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	2.5	0.6	1.9	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.4	0.0	5.3	9.0	0.9	1.3	0.0	3.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.8	0.0	0.0	0.0	1.2
13-03	Coffee, tea and herbal teas	1.0	1.5	3.4	0.5	0.7	1.3	0.2	0.1	0.2	0.4	0.1	0.1	0.0	1.1	1.7	0.6	0.6	0.0	33.2
13-03-01	Coffee	0.9	1.5	3.3	0.5	0.7	1.3	0.2	0.1	0.2	0.4	0.0	0.1	0.0	1.0	1.5	0.6	0.6	0.0	15.8
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.2
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	6.2
13-03-04	Chicory, substitutes	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20.6
14	Alcoholic beverages	4.2	0.2	0.2	0.3	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.2	2.3	4.1	0.3	0.2	97.6	2.8
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.5	0.0	0.0	57.4	1.8
14-02	Fortified wines (sherry, port, vermouth)	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.0	0.0	0.0	25.1	0.7
14-03	Beer, cider	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.3	0.2	6.2	0.3
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.3	0.2	0.0	0.3	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.2	0.3	0.6	0.0	0.0	8.5	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.5	0.8	0.7	0.9	6.0	2.4	7.5	11.1	8.9	1.9	12.4	8.0	9.9	0.7	1.0	0.6	0.6	0.0	0.5
15-01	Sauces	2.4	0.7	0.5	0.8	6.0	2.3	7.4	11.0	8.9	1.9	12.3	7.8	9.9	0.7	1.0	0.5	0.5	0.0	0.5

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00 Unclassified and other sauces	0.9	0.1	0.2	0.1	2.5	1.3	2.4	4.8	3.4	0.9	5.4	3.0	2.0	0.2	0.2	0.2	0.1	0.0	0.2
15-01-01 Tomato sauces	0.1	0.1	0.1	0.0	0.2	0.1	0.3	0.2	0.3	0.0	0.2	0.1	0.0	0.1	0.2	0.0	0.2	0.0	0.1
15-01-02 Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.1	0.8	0.7	0.8	0.0	0.8	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-01-03 Mayonnaises and similars	1.2	0.5	0.2	0.8	2.9	0.8	3.9	5.4	4.4	1.0	5.9	3.9	7.9	0.3	0.5	0.2	0.3	0.0	0.2
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0
16 Soups, bouillon	0.6	0.7	0.8	0.6	0.6	0.7	0.5	0.4	0.5	2.6	0.5	0.2	0.3	0.5	0.5	0.6	0.8	0.0	1.8
16-01 Soups	0.5	0.7	0.8	0.6	0.5	0.6	0.4	0.4	0.4	2.6	0.4	0.2	0.3	0.5	0.4	0.6	0.8	0.0	1.3
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
17 Miscellaneous	1.5	1.6	2.5	1.1	1.9	1.6	1.9	2.7	2.2	2.3	2.5	1.8	2.8	1.2	0.7	1.7	1.0	0.0	0.5
17-00 Unclassified	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
17-01 Soya products	0.4	0.8	1.7	0.3	0.4	0.2	0.3	1.3	0.7	0.0	1.4	0.8	2.8	0.3	0.6	0.1	0.6	0.0	0.4
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	1.0	0.7	0.7	0.7	1.4	1.3	1.5	1.3	1.4	2.3	0.9	0.9	0.0	0.9	0.1	1.5	0.3	0.0	0.1

**Table 2.5.a** Average contribution of food subgroups to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.2	2.4	6.8	0.0	0.9	1.0	0.7	1.3	0.8	0.5	0.8	4.5	0.0	8.1	0.3	14.4	8.9	0.0	3.0
01-01	Potatoes	4.2	2.4	6.8	0.0	0.9	1.0	0.7	1.3	0.8	0.5	0.8	4.5	0.0	8.1	0.3	14.4	8.9	0.0	3.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.1	3.3	9.2	0.0	0.8	0.4	0.5	2.1	1.0	0.1	1.3	7.6	0.3	2.4	3.0	2.0	19.4	0.0	5.4
02-01	Leafy vegetables (except cabbages)	0.3	0.5	1.6	0.0	0.2	0.1	0.1	0.5	0.2	0.1	0.2	2.5	0.0	0.2	0.3	0.2	2.2	0.0	1.0
02-02	Fruiting vegetables	0.5	0.7	2.0	0.0	0.3	0.1	0.4	0.5	0.5	0.0	0.5	0.8	0.0	0.6	0.7	0.4	4.8	0.0	1.6
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.7	0.1	1.9	0.0	0.6
02-04	Cabbages	0.6	1.0	3.2	0.0	0.2	0.1	0.0	0.7	0.2	0.0	0.2	3.6	0.0	0.6	0.7	0.6	7.2	0.0	1.2
02-05	Mushrooms	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.4	1.0	0.0	0.2
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.3	0.2	0.3	0.2	0.9	0.0	0.3
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.2	0.0	0.4
03	Legumes	0.1	0.3	0.7	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.5	0.0	0.2	0.0	0.3	0.9	0.0	0.1
03-01	Legumes	0.1	0.3	0.7	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.5	0.0	0.2	0.0	0.3	0.9	0.0	0.1
04	Fruits, nuts and olives	6.6	3.0	7.8	0.0	5.2	2.4	6.3	9.1	7.3	0.0	9.7	7.2	2.4	9.1	15.5	3.3	13.6	0.0	4.8
04-01	Fruits	4.3	1.1	3.0	0.0	0.5	0.3	0.2	1.2	0.5	0.0	1.1	2.5	0.0	8.2	14.8	2.3	11.2	0.0	4.7
04-02	Nuts and seeds (+nut spread)	2.2	1.8	4.5	0.0	4.5	2.0	5.7	7.4	6.4	0.0	8.0	4.5	1.9	0.7	0.4	0.9	2.1	0.0	0.0
04-03	Mixed fruits	0.2	0.1	0.2	0.0	0.2	0.1	0.3	0.5	0.4	0.0	0.6	0.3	0.5	0.2	0.3	0.0	0.3	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	16.8	26.8	0.7	42.0	21.9	33.8	15.8	5.1	12.0	33.8	3.5	12.4	0.6	9.8	18.1	2.1	2.1	0.1	12.5
05-01	Milk	4.2	7.7	0.0	12.0	3.2	5.1	2.4	0.6	1.7	5.0	0.3	1.1	0.0	4.0	8.2	0.0	0.0	0.0	7.1
05-02	Milk beverages	0.4	0.5	0.1	0.8	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.0	0.3	0.5	0.9	0.1	0.4	0.0	0.5
05-03	Yoghurt	1.9	2.9	0.0	4.7	1.5	2.3	1.2	0.3	0.9	2.5	0.2	0.4	0.0	2.0	3.9	0.2	0.9	0.0	2.2
05-04	Fromage blanc, petits suisses	0.4	0.8	0.0	1.4	0.3	0.4	0.3	0.1	0.2	0.7	0.0	0.1	0.0	0.3	0.6	0.0	0.0	0.0	0.2
05-05	Cheese (including fresh cheeses)	7.3	12.5	0.0	19.7	13.9	21.5	9.7	3.3	7.5	20.6	2.2	9.5	0.0	0.1	0.1	0.0	0.0	0.0	0.7
05-06	Cream desserts, puddings (milk based)	2.0	1.6	0.6	2.2	1.9	2.9	1.6	0.6	1.2	2.9	0.5	1.0	0.2	2.5	3.5	1.7	0.7	0.1	1.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.5	0.7	0.0	1.1	0.6	1.0	0.4	0.2	0.3	1.2	0.2	0.2	0.0	0.4	0.8	0.1	0.0	0.0	0.3
06	Cereals and cereal products	20.1	19.5	55.6	0.2	6.1	3.6	5.4	12.5	7.7	2.9	14.1	9.7	3.3	34.6	5.8	59.1	39.0	0.0	2.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly- saccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.5	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.7	1.4	3.5	0.1	0.2	0.1	0.1	0.6	0.3	0.0	0.7	0.2	0.0	3.2	0.1	6.2	1.7	0.0	0.7
06-03	Bread, crisp bread, rusks	16.5	16.7	48.7	0.0	4.6	2.3	3.8	10.8	6.1	1.5	12.0	8.9	1.2	28.5	5.0	47.8	34.6	0.0	1.9
06-03-01	Bread	15.2	15.7	45.6	0.0	3.9	1.9	3.3	9.7	5.4	1.0	10.8	8.3	1.2	26.6	4.6	44.4	32.4	0.0	1.9
06-03-02	Crispbread, rusks	1.3	1.0	3.1	0.0	0.7	0.4	0.5	1.1	0.7	0.5	1.2	0.6	0.0	1.9	0.4	3.4	2.2	0.0	0.0
06-04	Breakfast cereals	0.9	0.7	1.8	0.0	0.3	0.2	0.4	0.6	0.4	0.0	0.7	0.1	2.1	1.6	0.5	2.6	1.8	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.6	0.3	0.8	0.1	0.5	0.6	0.6	0.4	0.5	0.5	0.4	0.2	0.0	0.7	0.1	1.4	0.5	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.3	0.1	0.4	0.0	0.3	0.3	0.5	0.2	0.4	0.9	0.2	0.1	0.0	0.4	0.0	0.6	0.2	0.0	0.0
07	Meat and meat products	10.8	29.0	0.4	43.6	14.9	13.7	19.7	8.2	15.9	11.5	8.0	4.4	27.8	0.7	0.5	1.0	1.6	0.0	3.3
07-01	Fresh meat	6.4	17.5	0.0	25.7	8.2	7.9	10.9	2.9	8.5	8.8	2.9	2.0	14.7	0.1	0.2	0.0	0.6	0.0	1.9
07-01-00	Unclassified	0.5	1.3	0.0	2.1	1.0	1.1	1.4	0.4	1.0	1.2	0.4	0.3	0.2	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	4.4	11.6	0.0	17.0	5.6	5.2	7.4	1.5	5.8	7.0	1.4	1.5	11.4	0.0	0.1	0.0	0.5	0.0	1.2
07-01-02	Veal	0.0	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.3	4.3	0.0	6.2	1.5	1.4	1.9	1.0	1.6	0.2	1.1	0.2	3.1	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04	Mutton/Lamb	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.0	3.6	0.0	5.8	1.2	0.9	1.2	1.5	1.3	0.9	1.3	0.6	8.0	0.0	0.0	0.0	0.0	0.0	0.4
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.9	3.4	0.0	5.5	1.1	0.8	1.1	1.2	1.1	0.9	1.2	0.6	8.0	0.0	0.0	0.0	0.0	0.0	0.4
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.2	0.0	0.2	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.4	7.6	0.4	11.5	5.4	4.9	7.5	3.8	6.1	1.8	3.8	1.8	5.1	0.6	0.4	0.9	1.0	0.0	0.9
07-05	Offals	0.1	0.4	0.0	0.5	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.4	4.5	0.0	7.1	1.9	1.2	2.5	2.5	2.5	0.2	0.4	1.3	26.1	0.1	0.0	0.2	0.0	0.0	0.5
08-01	Fish	1.3	4.0	0.0	6.4	1.8	1.1	2.4	2.4	2.4	0.2	0.4	1.3	23.4	0.1	0.0	0.1	0.0	0.0	0.5
08-02	Crustaceans, molluscs	0.1	0.2	0.0	0.4	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.1	0.2	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.7	0.0	0.0	0.1	0.0	0.0	0.0
09	Eggs and egg products	0.6	1.4	0.0	2.3	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	9.2	0.1	0.0	0.2	0.0	0.0	0.3
09-01	Egg	0.6	1.4	0.0	2.3	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	9.2	0.1	0.0	0.2	0.0	0.0	0.3
10	Fat	8.8	0.1	0.1	0.1	24.6	20.3	24.2	33.7	28.5	25.1	35.4	32.9	6.7	0.1	0.2	0.1	0.0	0.0	0.4
10-00	Unclassified	0.4	0.0	0.0	0.0	1.3	0.6	1.6	2.4	1.9	0.5	2.8	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.2	0.0	0.0	0.0	3.5	1.4	5.1	4.8	5.3	0.1	5.4	1.3	4.3	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	3.0	0.1	0.0	0.1	7.1	10.3	5.6	1.9	4.5	13.5	1.0	2.5	0.0	0.1	0.2	0.0	0.0	0.0	0.1
10-03	Margarines	4.0	0.0	0.1	0.0	12.0	7.7	11.1	23.8	16.0	10.5	25.2	27.0	2.4	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.2	0.0	0.0	0.0	0.7	0.3	0.8	0.9	0.9	0.5	1.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	8.3	1.4	3.0	0.6	4.6	6.3	4.7	1.8	3.6	1.7	1.6	0.8	0.5	14.4	28.1	2.2	4.4	1.4	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	3.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.7	14.6	0.8	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	2.8	1.0	2.2	0.4	3.6	4.8	3.9	1.3	3.0	0.5	1.2	0.5	0.0	3.2	6.5	0.8	2.7	1.4	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.5	1.1	2.4	0.4	0.2	0.0	0.0
11-04	Syrup	0.8	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	3.3	0.0	0.8	0.0	0.1
11-05	Ice cream, water ice	0.6	0.2	0.1	0.3	0.9	1.3	0.6	0.2	0.5	1.0	0.2	0.2	0.0	0.7	1.1	0.2	0.2	0.0	0.1
11-05-01	Ice cream	0.6	0.2	0.1	0.3	0.9	1.3	0.6	0.2	0.5	1.0	0.2	0.2	0.0	0.6	1.0	0.2	0.2	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.0	2.8	7.0	0.7	8.4	9.8	7.7	7.3	7.2	17.4	8.0	4.6	8.6	11.0	13.2	10.3	5.1	0.9	0.3
12-01	Cakes, pies, pastries, etc	3.6	1.3	2.8	0.5	3.9	4.6	3.6	2.2	3.0	11.5	2.2	2.1	1.5	4.7	5.5	4.2	2.2	0.9	0.3
12-02	Dry cakes, biscuits	4.5	1.5	4.2	0.2	4.5	5.2	4.1	5.1	4.2	5.9	5.8	2.5	7.1	6.3	7.8	6.1	2.8	0.0	0.0
13	Non-alcoholic beverages	2.4	1.6	4.1	0.3	0.3	0.5	0.2	0.2	0.2	0.2	0.1	0.3	0.0	4.6	8.1	0.9	2.1	1.1	58.1
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	1.1	0.1
13-01	Fruit and vegetable juices	1.3	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.9	5.3	0.5	1.3	0.0	2.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.7	0.0	0.0	0.0	1.8
13-03	Coffee, tea and herbal teas	0.6	1.2	2.9	0.3	0.3	0.4	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.7	1.0	0.3	0.7	0.0	36.0
13-03-01	Coffee	0.5	1.2	2.9	0.3	0.3	0.4	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.5	0.8	0.3	0.7	0.0	14.0
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.5
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	2.5
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.0
14	Alcoholic beverages	4.2	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.4	2.4	0.4	0.3	96.5	3.6
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	2.6	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.7	0.0	0.0	52.1	2.6
14-02	Fortified wines (sherry, port, vermouth)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	8.2	0.2
14-03	Beer, cider	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.3	5.6	0.6
14-04	Spirits, brandy	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	28.8	0.2
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.0	0.0	1.7	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.5	0.6	0.5	6.3	3.5	8.2	12.3	9.3	2.2	13.4	11.5	5.0	1.3	3.3	0.7	0.5	0.0	0.7
15-01	Sauces	3.0	0.5	0.5	0.5	6.3	3.5	8.1	12.3	9.2	2.2	13.3	11.4	4.9	1.3	3.3	0.6	0.4	0.0	0.7
15-01-00	Unclassified and other sauces	1.3	0.2	0.3	0.1	3.3	2.7	3.7	4.2	3.9	1.8	4.7	3.3	0.3	0.3	0.3	0.3	0.1	0.0	0.4
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.3	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.3	0.0	0.0	0.0	0.7	0.2	0.9	1.1	1.0	0.1	1.2	1.5	1.6	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.3	0.3	0.1	0.4	2.3	0.5	3.4	6.9	4.3	0.3	7.3	6.5	2.9	0.7	2.6	0.3	0.2	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.1	0.1	0.0	0.0
16	Soups, bouillon	0.9	1.4	1.4	1.4	1.0	1.0	1.0	1.0	1.0	2.8	1.0	0.6	3.6	0.7	0.5	1.0	1.4	0.0	3.0
16-01	Soups	0.8	1.4	1.3	1.4	0.9	0.9	0.8	0.9	0.9	2.8	1.0	0.6	3.6	0.7	0.5	0.9	1.4	0.0	2.3
16-02	Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
17	Miscellaneous	1.5	1.9	2.2	1.2	1.8	1.5	1.9	2.3	2.0	1.5	1.9	1.7	0.7	1.4	1.0	1.7	0.8	0.0	0.6
17-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
17-01	Soya products	0.3	0.7	1.5	0.1	0.3	0.1	0.2	1.0	0.5	0.0	1.1	0.9	0.7	0.2	0.3	0.1	0.5	0.0	0.3
17-02	Dietetic products	0.5	0.5	0.0	0.3	0.4	0.1	0.6	0.6	0.6	0.0	0.2	0.3	0.0	0.6	0.5	0.7	0.0	0.0	0.2
17-02-00	Unclassified	0.5	0.5	0.0	0.3	0.4	0.1	0.6	0.6	0.6	0.0	0.2	0.3	0.0	0.6	0.5	0.7	0.0	0.0	0.2
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.6	0.6	0.7	0.9	1.2	1.0	0.6	0.8	1.4	0.4	0.4	0.0	0.6	0.1	0.9	0.3	0.0	0.1



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.7	2.6	7.6	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.6	0.0	8.8	0.3	16.4	8.7	0.0	3.3
01-01	Potatoes	4.7	2.6	7.6	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.6	0.0	8.8	0.3	16.4	8.7	0.0	3.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.3	3.2	9.2	0.0	0.9	0.5	0.4	2.2	1.0	0.2	1.5	7.1	0.3	2.6	3.7	1.7	17.2	0.0	5.8
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.7	0.0	0.2	0.1	0.1	0.6	0.2	0.1	0.3	1.8	0.0	0.3	0.4	0.2	2.5	0.0	1.2
02-02	Fruiting vegetables	0.6	0.7	2.2	0.0	0.3	0.2	0.2	0.7	0.4	0.0	0.6	1.2	0.0	0.7	1.1	0.4	4.5	0.0	1.7
02-03	Root vegetables	0.3	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.4	0.9	0.0	2.2	0.0	0.6
02-04	Cabbages	0.5	0.9	2.6	0.0	0.2	0.1	0.1	0.5	0.2	0.0	0.2	3.0	0.0	0.5	0.5	0.4	4.5	0.0	1.2
02-05	Mushrooms	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.5	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.3	0.2	0.3	0.3	0.2	1.1	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.4	0.0	0.4
03	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
03-01	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.4	0.9	0.0	0.1
04	Fruits, nuts and olives	7.2	2.8	7.4	0.0	4.0	1.8	4.4	7.4	5.5	0.0	7.7	7.6	1.7	10.9	19.8	3.2	15.7	0.0	5.9
04-01	Fruits	5.6	1.5	4.3	0.0	0.7	0.4	0.3	1.6	0.7	0.0	1.5	3.5	0.0	10.5	19.4	2.7	14.2	0.0	5.9
04-02	Nuts and seeds (+nut spread)	1.5	1.3	3.1	0.0	3.2	1.4	3.9	5.7	4.6	0.0	6.2	4.0	1.7	0.4	0.3	0.4	1.4	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.8	24.8	0.5	38.9	19.4	31.4	14.1	4.0	10.3	32.2	2.7	9.0	1.1	11.4	21.7	2.2	2.8	0.1	11.9
05-01	Milk	3.5	6.6	0.0	10.2	2.8	4.6	2.0	0.4	1.4	4.6	0.3	0.7	0.0	3.3	7.1	0.0	0.0	0.0	5.7
05-02	Milk beverages	0.4	0.4	0.1	0.7	0.2	0.3	0.1	0.0	0.1	0.2	0.0	0.0	0.1	0.5	1.0	0.1	0.5	0.0	0.4
05-03	Yoghurt	2.7	4.1	0.0	6.4	1.6	2.6	1.3	0.3	0.9	2.9	0.2	0.4	0.0	3.1	6.2	0.5	1.8	0.0	2.9
05-04	Fromage blanc, petits suisses	0.6	1.2	0.0	1.8	0.4	0.7	0.4	0.1	0.3	0.8	0.0	0.1	0.0	0.6	1.1	0.1	0.1	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.3	9.6	0.0	15.2	10.9	17.9	7.7	2.1	5.6	17.8	1.3	6.5	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.3	1.8	0.3	2.7	1.9	2.9	1.6	0.5	1.2	2.5	0.3	0.7	1.0	3.0	4.7	1.4	0.5	0.1	1.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.8	0.4	0.1	0.3	1.5	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.5	0.7	0.4	0.1	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.8	1.1	0.0	1.7	1.0	1.6	0.6	0.4	0.6	1.9	0.5	0.3	0.0	0.7	1.3	0.1	0.0	0.0	0.4
06	Cereals and cereal products	20.6	20.0	55.1	0.3	7.3	4.5	6.9	12.9	9.0	4.0	14.2	10.9	2.7	32.8	6.2	55.9	39.1	0.0	2.6
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.0	0.7	0.3	0.0	0.0
06-02	Pasta, rice, other grain	1.6	1.2	3.3	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	3.1	0.1	5.6	1.4	0.0	0.6
06-03	Bread, crisp bread, rusks	17.0	17.4	48.6	0.1	5.5	3.0	4.7	11.2	7.0	2.4	12.2	10.2	1.5	26.9	5.4	45.6	35.2	0.0	1.9

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.4	16.1	44.7	0.1	4.9	2.6	4.3	10.3	6.4	1.4	11.2	9.7	1.5	24.3	4.8	41.1	32.6	0.0	1.9
06-03-02	Crispbread, rusks	1.6	1.3	3.9	0.0	0.6	0.5	0.5	0.9	0.6	1.0	1.0	0.5	0.0	2.6	0.6	4.5	2.6	0.0	0.0
06-04	Breakfast cereals	0.7	0.4	1.2	0.0	0.4	0.3	0.5	0.5	0.5	0.0	0.6	0.1	1.0	1.1	0.5	1.6	1.3	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	0.4	0.9	0.1	1.0	1.0	1.1	0.7	0.9	1.6	0.8	0.3	0.1	0.9	0.1	1.6	0.5	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.4	0.3	0.7	0.0	0.3	0.1	0.5	0.1	0.3	0.1	0.1	0.1	0.0	0.5	0.0	0.9	0.4	0.0	0.1
07	Meat and meat products	11.0	27.5	0.2	42.3	18.1	18.2	23.3	9.9	18.2	13.5	10.0	6.0	26.7	0.5	0.4	0.7	1.0	0.0	3.1
07-01	Fresh meat	5.1	14.5	0.0	22.4	7.7	8.2	10.2	2.8	7.4	8.3	2.8	1.5	7.2	0.1	0.1	0.1	0.3	0.0	1.6
07-01-00	Unclassified	0.8	1.7	0.0	2.7	1.5	1.6	2.1	0.6	1.5	1.5	0.6	0.4	0.2	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	2.3	6.9	0.0	10.6	3.4	3.7	4.5	0.6	3.1	6.0	0.5	0.8	3.5	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02	Veal	0.0	0.2	0.0	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.9	5.6	0.0	8.5	2.6	2.7	3.4	1.5	2.7	0.4	1.7	0.3	3.3	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04	Mutton/Lamb	0.1	0.2	0.0	0.3	0.1	0.1	0.0	0.0	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.3	4.4	0.0	6.5	1.6	1.3	1.5	1.7	1.6	1.1	1.7	0.9	10.4	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.2	4.1	0.0	6.2	1.4	1.1	1.3	1.6	1.4	1.1	1.5	0.9	10.2	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.1	0.1	0.0	0.2	0.2	0.1	0.2	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	4.5	8.4	0.2	13.2	8.7	8.7	11.4	5.4	9.1	4.1	5.4	3.5	9.1	0.5	0.3	0.6	0.6	0.0	1.0
07-05	Offals	0.0	0.1	0.0	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.9	6.6	0.2	9.7	2.2	1.4	2.7	2.8	2.7	0.4	0.7	1.2	31.6	0.2	0.0	0.4	0.1	0.0	0.7
08-01	Fish	1.6	5.7	0.0	8.5	1.9	1.2	2.4	2.5	2.4	0.2	0.5	1.0	27.3	0.1	0.0	0.2	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.3	0.7	0.1	1.1	0.2	0.2	0.2	0.3	0.3	0.2	0.2	0.2	3.7	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	1.0	2.3	0.0	3.6	1.7	1.5	2.1	0.7	1.6	0.0	0.7	0.1	11.0	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	1.0	2.3	0.0	3.6	1.7	1.5	2.1	0.7	1.6	0.0	0.7	0.1	11.0	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	7.8	0.1	0.3	0.1	23.3	16.9	23.2	37.9	29.2	19.7	39.9	36.4	5.5	0.1	0.1	0.1	0.0	0.0	0.5
10-00	Unclassified	0.5	0.0	0.0	0.0	1.6	0.8	1.8	3.0	2.2	0.7	3.5	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.2	0.0	0.0	0.0	3.5	1.3	5.1	5.2	5.4	0.1	6.0	0.7	3.3	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.2	0.0	0.0	0.1	3.5	5.2	2.8	0.8	2.1	7.1	0.4	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.8	0.1	0.3	0.0	14.4	9.4	13.1	28.4	19.0	11.6	29.4	31.9	2.2	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.1	0.0	0.0	0.0	0.3	0.2	0.4	0.6	0.5	0.2	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.5	0.9	1.5	0.5	3.1	4.4	3.3	1.0	2.4	1.3	0.9	0.5	0.2	9.5	18.4	1.4	2.8	0.5	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.3	10.4	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.6	0.5	1.0	0.2	2.2	3.0	2.5	0.8	1.8	0.2	0.7	0.2	0.0	1.7	3.2	0.3	1.2	0.5	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.1	0.2	0.7	1.4	0.2	0.1	0.0	0.0
11-04	Syrup	0.5	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1	2.3	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.6	0.2	0.1	0.3	0.8	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.6	1.0	0.2	0.5	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.7	1.2	0.6	0.1	0.4	0.9	0.1	0.1	0.0	0.5	0.9	0.2	0.5	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	9.4	3.3	7.7	0.9	9.6	11.6	9.0	6.1	7.8	18.5	6.4	4.9	4.6	12.5	14.1	11.8	5.8	3.2	0.5
12-01	Cakes, pies, pastries, etc	5.6	2.0	4.5	0.7	5.5	6.4	5.0	3.4	4.4	13.7	3.4	3.2	1.7	7.6	8.9	6.8	3.8	3.2	0.4
12-02	Dry cakes, biscuits	3.8	1.3	3.2	0.2	4.1	5.2	4.0	2.8	3.4	4.8	3.0	1.7	2.9	5.0	5.2	5.0	2.0	0.0	0.0
13	Non-alcoholic beverages	2.7	1.8	4.8	0.2	0.3	0.5	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.0	9.6	0.7	1.2	0.8	56.2
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.8	0.1
13-01	Fruit and vegetable juices	1.6	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.2	6.1	0.4	0.9	0.0	2.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.1	0.0	0.0	0.0	1.8
13-03	Coffee, tea and herbal teas	0.6	1.4	3.7	0.2	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.6	1.2	0.2	0.3	0.0	33.0
13-03-01	Coffee	0.5	1.4	3.6	0.2	0.3	0.5	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.9	0.2	0.3	0.0	18.1
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.6
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	2.3
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	18.5
14	Alcoholic beverages	4.7	0.3	0.8	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.5	2.1	2.9	1.3	0.8	95.4	4.2
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0
14-01	Wine	2.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.7	0.0	0.0	46.6	1.9
14-02	Fortified wines (sherry, port, vermouth)	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.7	0.0	0.0	10.1	0.2
14-03	Beer, cider	1.0	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	1.3	0.8	15.4	1.7
14-04	Spirits, brandy	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.0	0.3
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0
14-06	Liqueurs	0.2	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	6.4	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.9	0.6	0.8	0.5	6.7	4.0	7.5	11.1	8.9	2.9	12.0	8.8	4.6	1.0	1.4	0.7	0.8	0.0	0.7
15-01	Sauces	2.8	0.5	0.7	0.4	6.6	3.9	7.5	11.0	8.9	2.9	12.0	8.7	4.6	0.9	1.3	0.6	0.7	0.0	0.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	2.0	0.3	0.5	0.1	4.8	3.4	5.0	7.8	6.1	2.4	8.5	5.3	0.6	0.5	0.7	0.4	0.3	0.0	0.5
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.7	0.7	0.7	0.0	0.8	1.0	0.2	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.5	0.2	0.1	0.3	1.3	0.4	1.7	2.4	1.9	0.4	2.6	2.4	3.8	0.2	0.2	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0
16	Soups, bouillon	1.4	1.9	2.0	1.9	1.4	1.4	1.3	1.3	1.3	5.2	1.3	0.8	5.7	1.3	1.0	1.7	2.6	0.0	3.5
16-01	Soups	1.4	1.9	1.9	1.9	1.4	1.4	1.3	1.3	1.2	5.1	1.3	0.8	5.7	1.3	1.0	1.6	2.6	0.0	3.3
16-02	Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2
17	Miscellaneous	0.9	1.1	1.2	1.0	1.2	1.3	1.3	1.0	1.2	1.4	0.9	0.5	0.5	0.8	0.4	1.2	0.6	0.0	0.2
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.1	0.1	0.3	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.3	0.2	0.4	0.1	0.2	0.0	0.1	0.0	0.1
17-02	Dietetic products	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
17-02-00	Unclassified	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.8	0.8	0.8	1.0	1.1	1.1	0.6	0.9	1.4	0.6	0.2	0.1	0.6	0.1	1.1	0.4	0.0	0.1

**Table 2.5.b** Average contribution of food subgroups to the intake of macronutrients of 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)**

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
01	Potatoes and other tubers	5.0	2.8	8.0	0.0	1.5	1.8	1.3	1.4	1.3	1.2	1.0	4.4	0.0	9.1	0.3	16.5	10.4	0.0	3.9
01-01	Potatoes	5.0	2.8	8.0	0.0	1.5	1.8	1.3	1.4	1.3	1.2	1.0	4.4	0.0	9.1	0.3	16.5	10.4	0.0	3.9
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	1.9	3.0	8.0	0.0	0.6	0.4	0.2	1.5	0.6	0.2	1.0	5.5	0.0	2.3	2.9	1.9	17.5	0.0	5.7
02-01	Leafy vegetables (except cabbages)	0.3	0.5	1.3	0.0	0.2	0.2	0.1	0.4	0.2	0.2	0.2	1.9	0.0	0.2	0.3	0.2	2.2	0.0	1.0
02-02	Fruiting vegetables	0.5	0.8	2.5	0.0	0.1	0.1	0.0	0.3	0.1	0.0	0.3	0.7	0.0	0.7	0.8	0.6	6.1	0.0	1.9
02-03	Root vegetables	0.3	0.3	0.8	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.2	0.2	0.0	0.5	1.0	0.1	2.9	0.0	0.9
02-04	Cabbages	0.3	0.6	1.6	0.0	0.1	0.1	0.0	0.4	0.1	0.0	0.1	2.1	0.0	0.2	0.2	0.3	2.8	0.0	0.7
02-05	Mushrooms	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.5	1.2	0.0	0.2
02-07	Onion, garlic	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.3	0.2	0.9	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.2	0.1	1.2	0.0	0.5
03	Legumes	0.3	0.5	1.4	0.0	0.1	0.0	0.0	0.3	0.1	0.0	0.2	1.0	0.0	0.3	0.0	0.7	1.8	0.0	0.2
03-01	Legumes	0.3	0.5	1.4	0.0	0.1	0.0	0.0	0.3	0.1	0.0	0.2	1.0	0.0	0.3	0.0	0.7	1.8	0.0	0.2
04	Fruits, nuts and olives	5.4	2.7	6.5	0.0	4.7	2.0	5.7	7.9	6.6	0.0	8.5	5.6	2.9	7.3	13.2	2.0	11.2	0.0	4.4
04-01	Fruits	3.3	0.8	2.1	0.0	0.3	0.2	0.1	0.9	0.4	0.0	0.8	1.8	0.0	6.6	12.4	1.4	9.2	0.0	4.4
04-02	Nuts and seeds (+nut spread)	1.8	1.8	4.1	0.0	4.0	1.7	5.1	6.5	5.8	0.0	7.2	3.5	2.1	0.4	0.3	0.6	1.8	0.0	0.0
04-03	Mixed fruits	0.2	0.2	0.3	0.0	0.3	0.2	0.4	0.5	0.5	0.0	0.6	0.3	0.8	0.3	0.5	0.0	0.3	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	14.9	25.3	0.5	40.9	20.3	32.9	14.4	4.0	10.5	36.1	2.5	11.1	0.1	9.6	17.6	2.5	2.2	0.0	12.8
05-01	Milk	3.7	6.9	0.0	10.8	3.9	6.2	2.9	0.6	2.0	6.7	0.4	1.3	0.0	3.2	6.7	0.0	0.0	0.0	6.6
05-02	Milk beverages	0.6	1.0	0.1	1.5	0.4	0.6	0.3	0.1	0.2	0.5	0.0	0.1	0.0	0.9	1.6	0.1	0.6	0.0	1.0
05-03	Yoghurt	1.6	2.6	0.0	4.3	1.1	1.7	0.8	0.2	0.5	2.2	0.1	0.3	0.0	1.9	3.9	0.3	0.9	0.0	2.1
05-04	Fromage blanc, petits suisses	0.1	0.4	0.0	0.7	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.1
05-05	Cheese (including fresh cheeses)	5.8	11.8	0.0	19.5	11.9	19.5	8.3	2.5	6.1	21.4	1.5	8.3	0.0	0.0	0.1	0.0	0.0	0.0	0.7
05-06	Cream desserts, puddings (milk based)	2.2	1.7	0.3	2.5	1.9	3.1	1.5	0.4	1.1	2.6	0.3	0.9	0.1	2.8	4.0	1.9	0.7	0.0	1.8
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.1	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.1	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	1.0	0.0	1.6	0.9	1.5	0.5	0.2	0.4	1.8	0.2	0.2	0.0	0.6	1.1	0.2	0.0	0.0	0.4
06	Cereals and cereal products	19.1	20.7	54.5	0.3	5.4	2.9	4.6	11.3	6.9	2.1	12.3	9.3	3.8	31.4	4.6	57.5	40.4	0.0	3.4

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino leic acid	Alpha Lino Acid	EPA and DHA	Carbohydrates	Mono- and polydisaccharides	Polydisaccharides	Fibre	Alcohol	Water
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.7	0.2	0.0	0.0
06-02	Pasta, rice, other grain	2.7	2.4	5.9	0.2	0.3	0.1	0.1	0.8	0.4	0.0	1.0	0.4	0.0	5.1	0.2	9.9	2.6	0.0	1.3
06-03	Bread, crisp bread, rusks	14.6	16.7	44.5	0.0	4.3	2.2	3.6	9.3	5.6	1.7	10.1	8.4	0.8	23.2	3.7	41.7	34.0	0.0	2.1
06-03-01	Bread	13.9	16.1	42.9	0.0	4.1	2.0	3.4	9.0	5.4	1.1	9.8	8.2	0.8	22.1	3.5	39.8	33.1	0.0	2.1
06-03-02	Crispbread, rusks	0.6	0.6	1.5	0.0	0.2	0.2	0.2	0.3	0.2	0.6	0.3	0.2	0.0	1.1	0.3	1.9	1.0	0.0	0.0
06-04	Breakfast cereals	1.1	0.9	2.4	0.0	0.3	0.3	0.3	0.6	0.4	0.0	0.7	0.2	3.0	1.8	0.6	3.3	2.8	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	0.4	1.1	0.1	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.2	0.0	0.8	0.1	1.5	0.6	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.3	0.1	0.0	0.0
07	Meat and meat products	8.7	25.9	0.0	40.7	13.6	12.6	18.0	8.3	14.3	8.9	7.9	3.9	24.9	0.4	0.3	0.4	0.9	0.0	3.3
07-01	Fresh meat	3.8	13.1	0.0	20.3	5.0	5.0	6.8	1.8	4.9	5.3	1.7	1.2	8.3	0.0	0.0	0.0	0.2	0.0	1.7
07-01-00	Unclassified	0.8	1.8	0.0	3.1	1.5	1.6	2.1	0.5	1.5	1.7	0.5	0.4	0.1	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	1.7	6.3	0.0	10.4	2.2	2.2	2.9	0.5	2.1	3.5	0.4	0.7	3.7	0.0	0.0	0.0	0.1	0.0	0.8
07-01-02	Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.4	4.9	0.0	6.8	1.3	1.2	1.7	0.8	1.3	0.2	0.8	0.1	4.5	0.0	0.0	0.0	0.0	0.0	0.7
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.1	4.4	0.0	7.1	1.5	1.1	1.5	1.6	1.5	1.3	1.6	0.8	9.0	0.0	0.0	0.0	0.0	0.0	0.6
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	4.3	0.0	7.0	1.4	1.0	1.3	1.5	1.4	1.3	1.5	0.8	9.0	0.0	0.0	0.0	0.0	0.0	0.6
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.1	0.1	0.0	0.2	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	3.5	7.6	0.0	12.2	6.9	6.4	9.6	4.7	7.8	2.3	4.5	1.9	7.5	0.4	0.3	0.4	0.7	0.0	0.9
07-05	Offals	0.2	0.9	0.0	1.2	0.2	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
08	Fish and shellfish	1.6	5.4	0.1	8.7	2.0	1.2	2.7	2.7	2.7	0.2	0.5	1.6	30.4	0.1	0.0	0.1	0.0	0.0	0.7
08-01	Fish	1.4	4.9	0.0	7.9	2.0	1.2	2.7	2.6	2.6	0.1	0.5	1.6	27.5	0.0	0.0	0.1	0.0	0.0	0.6
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.1	0.4	0.1	0.5	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	2.7	0.0	0.0	0.1	0.0	0.0	0.1
09	Eggs and egg products	0.7	1.7	0.0	2.8	1.1	1.0	1.3	0.5	1.0	0.0	0.5	0.1	7.0	0.1	0.0	0.2	0.0	0.0	0.4
09-01	Egg	0.7	1.7	0.0	2.8	1.1	1.0	1.3	0.5	1.0	0.0	0.5	0.1	7.0	0.1	0.0	0.2	0.0	0.0	0.4
10	Fat	8.5	0.1	0.2	0.1	24.3	17.1	24.3	40.3	30.7	23.1	43.0	39.4	9.9	0.1	0.1	0.1	0.0	0.0	0.5
10-00	Unclassified	0.3	0.0	0.0	0.0	0.8	0.4	0.9	1.6	1.1	0.4	1.8	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.4	0.0	0.0	0.0	4.0	1.5	5.3	6.4	6.1	0.1	7.7	0.8	7.4	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-02	Butter	1.2	0.0	0.0	0.1	3.5	5.6	2.7	0.7	2.1	8.8	0.4	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1
10-03	Margarines	5.0	0.1	0.2	0.0	14.3	8.8	13.3	29.2	19.2	12.6	30.6	35.2	2.6	0.1	0.0	0.1	0.0	0.0	0.4
10-04	Deep frying fats	0.6	0.0	0.0	0.0	1.7	0.8	2.2	2.3	2.2	1.2	2.5	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	11.7	2.2	4.2	1.1	7.4	9.6	7.5	2.5	5.8	3.3	2.3	1.4	0.2	19.7	36.4	2.6	5.0	0.0	0.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	5.4	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.0	23.4	0.9	0.6	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	4.4	1.7	3.4	0.6	5.9	7.7	6.2	2.0	4.7	1.0	1.9	0.7	0.0	4.8	7.8	1.3	3.4	0.0	0.0
11-03	Confectionery non-chocolate	0.3	0.1	0.2	0.0	0.2	0.1	0.2	0.2	0.2	0.2	0.2	0.3	0.2	0.7	1.2	0.2	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.4	0.0	0.6	0.0	0.1
11-05	Ice cream, water ice	0.9	0.3	0.1	0.4	1.3	1.8	1.1	0.3	0.8	2.1	0.2	0.3	0.0	1.0	1.5	0.3	0.3	0.0	0.2
11-05-01	Ice cream	0.8	0.3	0.1	0.4	1.3	1.8	1.1	0.2	0.8	2.1	0.2	0.3	0.0	0.9	1.4	0.3	0.3	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	7.7	2.9	6.3	1.0	8.7	10.7	7.9	5.7	7.0	18.1	5.7	4.4	4.7	9.9	11.2	9.5	5.0	0.0	0.4
12-01	Cakes, pies, pastries, etc	4.0	1.6	3.0	0.8	4.4	5.5	3.9	2.3	3.3	12.8	2.1	2.3	2.3	5.2	6.1	4.6	2.7	0.0	0.3
12-02	Dry cakes, biscuits	3.7	1.3	3.3	0.2	4.3	5.3	3.9	3.5	3.7	5.3	3.6	2.1	2.4	4.8	5.1	4.9	2.3	0.0	0.0
13	Non-alcoholic beverages	2.2	1.7	5.0	0.2	0.2	0.3	0.1	0.1	0.1	0.1	0.1	0.3	0.0	4.1	7.1	0.9	1.8	2.8	52.5
13-00	Unclassified	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.3	0.0	2.8	0.3
13-01	Fruit and vegetable juices	1.1	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.3	4.1	0.5	0.9	0.0	2.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	2.0	0.0	0.0	0.0	3.3
13-03	Coffee, tea and herbal teas	0.4	1.3	3.8	0.2	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.7	0.1	0.8	0.0	32.0
13-03-01	Coffee	0.4	1.3	3.8	0.2	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.7	0.1	0.8	0.0	18.3
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.5
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.8
14	Alcoholic beverages	6.7	0.2	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	2.4	3.6	1.1	0.7	97.2	6.3
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	4.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	2.8	0.0	0.0	57.2	4.1
14-02	Fortified wines (sherry, port, vermouth)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	6.1	0.3
14-03	Beer, cider	0.8	0.2	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	1.1	0.7	10.7	1.4
14-04	Spirits, brandy	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	22.5	0.5
14-05	Aniseed drinks (pastis,.....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.6	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.7	0.9	0.5	6.8	4.2	8.7	10.2	9.3	2.9	11.2	9.6	8.5	1.0	1.5	0.8	0.7	0.0	0.8
15-01	Sauces	2.9	0.6	0.8	0.5	6.8	4.1	8.7	10.1	9.2	2.9	11.2	9.5	8.1	1.0	1.4	0.7	0.6	0.0	0.8
15-01-00	Unclassified and other sauces	1.8	0.3	0.5	0.1	4.2	3.3	5.0	5.4	5.1	2.2	6.0	4.7	0.4	0.5	0.5	0.5	0.2	0.0	0.5
15-01-01	Tomato sauces	0.1	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.6	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.5	0.0	0.0	0.0	1.4	0.5	1.9	2.3	2.1	0.3	2.5	3.3	4.2	0.1	0.2	0.1	0.0	0.0	0.1
15-01-03	Mayonnaises and similars	0.5	0.3	0.1	0.4	1.0	0.2	1.6	2.3	1.8	0.4	2.6	1.5	3.5	0.1	0.2	0.1	0.1	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.1	0.4	0.1	0.1	0.1	0.1	0.0	0.0
16	Soups, bouillon	1.1	1.9	1.7	2.0	1.5	1.5	1.4	1.5	1.4	2.5	1.6	1.0	4.9	0.6	0.4	1.1	1.5	0.0	3.6
16-01	Soups	1.0	1.8	1.5	2.0	1.3	1.3	1.1	1.4	1.2	2.5	1.5	1.0	4.9	0.6	0.3	1.1	1.4	0.0	2.1
16-02	Bouillon	0.1	0.1	0.2	0.0	0.2	0.3	0.3	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.5
17	Miscellaneous	1.7	2.3	2.0	1.8	1.8	1.6	1.9	1.8	1.8	1.2	1.5	1.5	0.5	1.6	0.9	2.1	0.8	0.0	0.7
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.2	0.7	1.3	0.1	0.3	0.1	0.2	0.8	0.4	0.0	0.8	0.6	0.5	0.1	0.1	0.1	0.3	0.0	0.1
17-02	Dietetetic products	0.7	0.9	0.0	0.9	0.6	0.2	0.7	0.6	0.7	0.0	0.6	0.9	0.0	1.0	0.7	1.2	0.1	0.0	0.4
17-02-00	Unclassified	0.7	0.9	0.0	0.9	0.6	0.2	0.7	0.6	0.7	0.0	0.6	0.9	0.0	1.0	0.7	1.2	0.1	0.0	0.4
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.7	0.7	0.9	0.9	1.3	1.0	0.4	0.7	1.2	0.0	0.0	0.0	0.6	0.1	0.8	0.4	0.0	0.2



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. fatty acids	Poly. fatty acids	Unsaturated fatty acids-cis	Trans fatty acids	Linoleic acid	Alpha Linolenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly- saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.8	2.8	8.1	0.0	0.8	0.6	0.3	1.4	0.7	0.4	0.9	5.9	0.1	9.3	0.3	16.8	9.5	0.0	3.7
01-01	Potatoes	4.8	2.8	8.1	0.0	0.8	0.6	0.3	1.4	0.7	0.4	0.9	5.9	0.1	9.3	0.3	16.8	9.5	0.0	3.7
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	1.9	2.9	8.3	0.0	0.6	0.4	0.2	1.7	0.7	0.1	1.1	5.6	0.2	2.3	3.4	1.6	16.1	0.0	5.6
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.7	0.0	0.2	0.1	0.0	0.4	0.2	0.1	0.2	1.7	0.0	0.3	0.4	0.2	2.7	0.0	1.3
02-02	Fruiting vegetables	0.6	0.8	2.2	0.0	0.2	0.1	0.1	0.6	0.2	0.0	0.5	1.2	0.1	0.7	1.0	0.4	4.6	0.0	1.8
02-03	Root vegetables	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.8	0.0	1.9	0.0	0.6
02-04	Cabbages	0.4	0.7	1.9	0.0	0.1	0.1	0.0	0.4	0.2	0.0	0.1	1.9	0.0	0.4	0.4	0.3	3.6	0.0	1.0
02-05	Mushrooms	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.5	0.0	0.1
02-07	Onion, garlic	0.2	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.1	0.3	0.3	0.2	1.1	0.0	0.4
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.3	0.2	1.4	0.0	0.4
03	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.0	0.0	0.1
03-01	Legumes	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.3	0.1	0.4	1.0	0.0	0.1
04	Fruits, nuts and olives	6.3	2.8	7.1	0.0	4.0	1.9	4.5	7.0	5.4	0.0	7.4	6.3	1.3	9.3	17.3	2.7	13.5	0.0	5.5
04-01	Fruits	4.6	1.3	3.6	0.0	0.6	0.3	0.3	1.3	0.6	0.0	1.2	3.1	0.0	8.7	16.7	2.2	11.8	0.0	5.5
04-02	Nuts and seeds (+nut spread)	1.6	1.4	3.4	0.0	3.4	1.6	4.1	5.6	4.7	0.0	6.2	3.1	1.3	0.5	0.5	0.5	1.5	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	15.0	23.8	0.4	37.7	18.5	30.5	13.2	3.5	9.5	31.8	2.2	8.6	0.2	11.2	22.0	2.3	2.2	0.0	12.7
05-01	Milk	3.5	6.6	0.0	10.3	3.0	5.0	2.1	0.4	1.5	5.3	0.3	0.8	0.0	3.3	7.4	0.0	0.0	0.0	6.0
05-02	Milk beverages	0.3	0.4	0.1	0.7	0.1	0.2	0.1	0.0	0.1	0.2	0.0	0.0	0.1	0.5	1.0	0.1	0.4	0.0	0.4
05-03	Yoghurt	2.3	3.7	0.0	5.8	1.4	2.3	1.1	0.2	0.8	2.6	0.1	0.4	0.0	2.8	5.8	0.4	1.3	0.0	3.0
05-04	Fromage blanc, petits suisses	0.6	0.8	0.0	1.3	0.5	0.7	0.4	0.1	0.3	0.9	0.0	0.1	0.0	0.6	1.1	0.1	0.1	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.0	9.2	0.0	15.0	10.2	17.1	7.1	1.9	5.1	17.4	1.1	6.0	0.0	0.1	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.5	2.1	0.3	3.3	1.9	3.0	1.5	0.4	1.1	2.6	0.3	0.8	0.1	3.3	5.3	1.5	0.5	0.0	1.9
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.1	0.5	0.6	0.3	0.1	0.3	1.2	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.4	0.5	0.3	0.1	0.2	1.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.7	0.9	0.0	1.4	0.9	1.5	0.5	0.3	0.4	1.6	0.3	0.2	0.0	0.6	1.1	0.2	0.0	0.0	0.4
06	Cereals and cereal products	20.9	20.9	56.1	0.3	7.3	4.5	6.8	12.8	8.9	3.8	13.9	11.4	2.7	34.0	6.4	56.4	41.8	0.0	3.0
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.5	0.0	0.8	0.4	0.0	0.0
06-02	Pasta, rice, other grain	1.7	1.3	3.4	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	3.3	0.1	5.8	1.4	0.0	0.7
06-03	Bread, crisp bread, rusks	16.9	18.1	48.6	0.1	5.4	3.0	4.5	11.0	6.9	2.3	11.9	10.6	1.3	27.3	5.5	45.1	37.0	0.0	2.2

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
06-03-01	Bread	15.8	17.1	45.8	0.1	5.0	2.7	4.2	10.4	6.5	1.6	11.2	10.2	1.3	25.4	5.1	42.0	34.8	0.0	2.2
06-03-02	Crispbread, rusks	1.1	0.9	2.8	0.0	0.4	0.3	0.3	0.6	0.4	0.7	0.7	0.4	0.0	1.9	0.4	3.1	2.2	0.0	0.0
06-04	Breakfast cereals	0.7	0.4	1.3	0.0	0.3	0.3	0.3	0.4	0.3	0.0	0.4	0.1	1.0	1.2	0.5	1.7	1.7	0.0	0.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	0.5	1.2	0.1	1.0	0.9	1.1	0.7	0.9	1.3	0.8	0.3	0.4	1.0	0.1	1.8	0.7	0.0	0.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.6	0.4	1.1	0.0	0.4	0.2	0.8	0.2	0.6	0.2	0.2	0.1	0.0	0.8	0.1	1.3	0.6	0.0	0.1
07	Meat and meat products	11.8	29.1	0.3	45.7	20.4	20.7	25.8	11.4	20.3	13.8	11.5	7.1	30.9	0.7	0.5	0.9	1.2	0.0	3.6
07-01	Fresh meat	4.7	13.5	0.0	21.0	7.1	7.7	9.2	2.8	6.8	6.9	2.9	1.4	7.3	0.1	0.1	0.1	0.3	0.0	1.6
07-01-00	Unclassified	0.8	1.8	0.0	2.9	1.6	1.6	2.1	0.7	1.6	1.4	0.7	0.5	0.4	0.0	0.0	0.0	0.1	0.0	0.2
07-01-01	Beef	1.9	5.9	0.0	9.1	2.7	3.1	3.4	0.5	2.4	4.8	0.4	0.6	2.7	0.0	0.0	0.0	0.1	0.0	0.7
07-01-02	Veal	0.1	0.2	0.0	0.4	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	1.9	5.4	0.0	8.4	2.8	2.9	3.5	1.6	2.7	0.5	1.7	0.2	3.9	0.0	0.0	0.0	0.1	0.0	0.6
07-01-04	Mutton/Lamb	0.0	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	1.2	4.4	0.0	6.8	1.4	1.1	1.3	1.5	1.3	1.1	1.4	0.8	11.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	1.1	4.1	0.0	6.4	1.3	1.0	1.2	1.3	1.2	1.1	1.3	0.8	11.2	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02	Turkey, young turkey	0.1	0.2	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	6.0	11.2	0.2	17.7	11.9	11.9	15.3	7.1	12.2	5.8	7.2	4.8	12.0	0.6	0.4	0.8	0.9	0.0	1.4
07-05	Offals	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.6	4.9	0.1	7.3	2.2	1.5	2.8	2.9	2.8	0.4	0.7	1.5	27.6	0.2	0.0	0.3	0.1	0.0	0.6
08-01	Fish	1.4	4.1	0.0	6.2	2.1	1.3	2.7	2.7	2.7	0.3	0.6	1.4	24.4	0.1	0.0	0.2	0.0	0.0	0.5
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0
08-03	Fish products, fish in crumbs	0.2	0.6	0.1	0.9	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	2.3	0.1	0.0	0.2	0.1	0.0	0.1
09	Eggs and egg products	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	9.3	0.1	0.0	0.2	0.0	0.0	0.5
09-01	Egg	0.9	2.2	0.0	3.5	1.6	1.4	1.9	0.7	1.5	0.0	0.7	0.1	9.3	0.1	0.0	0.2	0.0	0.0	0.5
10	Fat	7.8	0.1	0.3	0.1	22.9	16.2	22.5	38.7	29.0	20.1	40.7	37.6	6.9	0.1	0.1	0.2	0.0	0.0	0.5
10-00	Unclassified	0.5	0.0	0.0	0.0	1.3	0.7	1.5	2.7	1.9	0.7	3.2	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01	Vegetable oils	1.3	0.0	0.0	0.0	3.9	1.5	5.7	5.7	5.9	0.1	6.5	0.8	2.7	0.0	0.0	0.0	0.0	0.0	0.0
10-02	Butter	1.0	0.0	0.0	0.0	3.0	4.6	2.3	0.6	1.7	6.0	0.3	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03	Margarines	4.8	0.1	0.2	0.0	14.2	9.2	12.4	28.9	18.7	13.1	29.8	33.2	4.2	0.1	0.0	0.2	0.0	0.0	0.5
10-04	Deep frying fats	0.2	0.0	0.0	0.0	0.5	0.2	0.6	0.8	0.7	0.2	0.9	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.8	0.8	1.5	0.5	2.7	3.7	2.9	0.9	2.1	1.1	0.8	0.4	0.0	10.6	21.3	1.4	2.6	0.6	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4	13.1	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.4	0.5	0.9	0.2	1.9	2.6	2.2	0.7	1.6	0.1	0.6	0.3	0.0	1.6	3.1	0.3	1.3	0.6	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.8	1.6	0.2	0.1	0.0	0.0
11-04	Syrup	0.6	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	2.6	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.5	0.2	0.1	0.3	0.7	1.0	0.6	0.1	0.4	0.8	0.1	0.1	0.0	0.5	0.9	0.2	0.3	0.0	0.1
11-05-01	Ice cream	0.5	0.2	0.1	0.3	0.6	1.0	0.5	0.1	0.3	0.8	0.1	0.1	0.0	0.5	0.8	0.2	0.2	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.1	2.9	6.4	0.8	8.4	10.3	7.9	5.2	6.8	17.3	5.3	4.4	4.1	10.9	13.2	9.5	4.9	3.3	0.4
12-01	Cakes, pies, pastries, etc	4.4	1.6	3.4	0.6	4.5	5.3	4.0	2.7	3.5	12.4	2.7	2.7	1.3	6.0	7.5	4.9	2.8	3.3	0.4
12-02	Dry cakes, biscuits	3.6	1.2	3.0	0.2	3.9	5.0	3.9	2.4	3.3	4.9	2.6	1.7	2.7	4.9	5.6	4.7	2.1	0.0	0.0
13	Non-alcoholic beverages	2.6	1.8	4.7	0.2	0.3	0.4	0.2	0.1	0.1	0.3	0.1	0.3	0.0	4.9	9.6	0.7	1.2	0.7	51.6
13-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	0.7	0.1
13-01	Fruit and vegetable juices	1.3	0.4	1.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	2.7	5.3	0.4	0.9	0.0	2.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	3.2	0.0	0.0	0.0	3.0
13-03	Coffee, tea and herbal teas	0.5	1.4	3.6	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.5	0.9	0.1	0.3	0.0	33.1
13-03-01	Coffee	0.5	1.4	3.6	0.2	0.2	0.4	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.4	0.8	0.1	0.3	0.0	19.7
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.6
13-03-03	Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	1.8
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.8
14	Alcoholic beverages	6.8	0.6	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.8	3.1	2.5	1.7	95.4	7.0
14-00	Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.5	0.0
14-01	Wine	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	2.3	0.0	0.0	36.2	2.5
14-02	Fortified wines (sherry, port, vermouth)	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	4.2	0.1
14-03	Beer, cider	2.1	0.5	1.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5	0.0	2.5	1.7	24.5	3.6
14-04	Spirits, brandy	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	27.2	0.7
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	1.6	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.8	1.0	0.6	7.1	4.4	7.9	11.2	9.2	3.5	12.1	9.0	6.4	1.0	1.6	0.7	0.9	0.0	0.8
15-01	Sauces	2.9	0.6	0.7	0.6	7.0	4.3	7.9	11.1	9.2	3.5	12.0	8.9	6.4	0.9	1.4	0.5	0.7	0.0	0.8

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Linoleic acid	Alpha Lipoic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	2.0	0.3	0.6	0.1	5.1	3.7	5.2	7.7	6.2	3.1	8.4	5.3	0.2	0.5	0.8	0.3	0.3	0.0	0.6
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.4	0.2	0.7	0.7	0.7	0.0	0.6	1.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.6	0.3	0.1	0.5	1.4	0.4	1.9	2.7	2.2	0.4	2.9	2.6	6.2	0.2	0.3	0.1	0.3	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.2	0.2	0.0	0.0
16	Soups, bouillon	1.3	1.9	2.1	1.9	1.5	1.5	1.4	1.4	1.3	4.7	1.4	1.0	5.8	1.1	0.9	1.4	2.6	0.0	3.7
16-01	Soups	1.3	1.9	2.1	1.9	1.5	1.5	1.3	1.4	1.3	4.7	1.4	1.0	5.8	1.1	0.9	1.4	2.6	0.0	3.5
16-02	Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
17	Miscellaneous	1.2	1.4	1.5	1.4	1.7	2.0	1.8	1.1	1.6	2.6	1.1	0.6	0.2	1.1	0.3	1.8	0.7	0.0	0.2
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02	Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	1.2	1.3	1.3	1.4	1.7	1.9	1.8	1.0	1.5	2.6	1.0	0.6	0.1	1.1	0.3	1.8	0.6	0.0	0.2

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	3.7	2.1	6.1	0.0	0.5	0.5	0.3	1.2	0.5	0.1	0.7	4.5	0.0	7.5	0.3	13.2	7.9	0.0	2.5
01-01	Potatoes	3.7	2.1	6.1	0.0	0.5	0.5	0.3	1.2	0.5	0.1	0.7	4.5	0.0	7.4	0.3	13.2	7.9	0.0	2.5
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.3	3.4	10.0	0.0	1.0	0.4	0.7	2.5	1.3	0.1	1.5	8.9	0.4	2.4	3.1	2.1	20.6	0.0	5.2
02-01	Leafy vegetables (except cabbages)	0.3	0.6	1.8	0.0	0.2	0.1	0.0	0.6	0.2	0.0	0.3	2.8	0.0	0.2	0.3	0.1	2.1	0.0	1.0
02-02	Fruiting vegetables	0.6	0.6	1.7	0.0	0.4	0.2	0.6	0.6	0.7	0.0	0.7	0.8	0.0	0.5	0.7	0.3	3.9	0.0	1.4
02-03	Root vegetables	0.2	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.5	0.1	1.3	0.0	0.4
02-04	Cabbages	0.7	1.3	4.1	0.0	0.2	0.1	0.1	1.0	0.3	0.0	0.3	4.5	0.0	0.8	0.9	0.8	9.8	0.0	1.5
02-05	Mushrooms	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.4	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.3	0.9	0.0	0.2
02-07	Onion, garlic	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.1	0.4	0.4	0.2	0.2	0.2	0.9	0.0	0.3
02-08	Stalk vegetables, sprouts	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.3	0.2	1.3	0.0	0.3
03	Legumes	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
03-01	Legumes	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.1	0.3	0.0	0.0
04	Fruits, nuts and olives	7.4	3.2	8.5	0.0	5.6	2.7	6.6	9.8	7.8	0.0	10.4	8.2	2.1	10.2	17.0	4.0	15.0	0.0	5.0
04-01	Fruits	4.9	1.3	3.6	0.0	0.6	0.3	0.2	1.4	0.6	0.0	1.3	2.9	0.0	9.2	16.2	2.9	12.4	0.0	5.0
04-02	Nuts and seeds (+nut spread)	2.4	1.8	4.7	0.0	4.8	2.3	6.1	7.9	6.8	0.0	8.5	5.0	1.7	0.8	0.5	1.1	2.3	0.0	0.0
04-03	Mixed fruits	0.1	0.1	0.2	0.0	0.2	0.1	0.3	0.5	0.3	0.0	0.6	0.3	0.4	0.2	0.2	0.0	0.2	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	18.0	27.7	0.9	42.6	22.9	34.3	16.6	5.8	12.9	32.4	4.1	13.3	0.8	9.9	18.3	1.9	2.0	0.1	12.4
05-01	Milk	4.5	8.3	0.0	12.8	2.8	4.4	2.1	0.5	1.5	4.0	0.3	1.0	0.0	4.5	9.1	0.0	0.0	0.0	7.4
05-02	Milk beverages	0.2	0.3	0.1	0.4	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.5	0.3	0.5	0.0	0.3	0.0	0.2
05-03	Yoghurt	2.1	3.1	0.0	4.9	1.8	2.6	1.4	0.4	1.1	2.6	0.3	0.5	0.0	2.1	3.8	0.2	0.9	0.0	2.2
05-04	Fromage blanc, petits suisses	0.5	1.1	0.0	1.9	0.4	0.7	0.4	0.1	0.3	1.1	0.0	0.1	0.0	0.4	0.9	0.0	0.0	0.0	0.3
05-05	Cheese (including fresh cheeses)	8.3	13.0	0.0	19.8	15.2	22.7	10.6	3.8	8.3	20.2	2.6	10.3	0.0	0.1	0.1	0.0	0.1	0.0	0.8
05-06	Cream desserts, puddings (milk based)	2.0	1.6	0.8	2.1	1.9	2.8	1.6	0.7	1.3	3.0	0.6	1.1	0.4	2.3	3.2	1.6	0.7	0.1	1.3
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.2	0.3	0.2	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.3	0.5	0.0	0.7	0.5	0.7	0.3	0.3	0.3	0.8	0.3	0.1	0.0	0.3	0.6	0.1	0.0	0.0	0.2
06	Cereals and cereal products	20.7	18.7	56.3	0.2	6.4	4.0	5.8	13.3	8.1	3.4	15.2	9.9	3.1	36.6	6.6	60.1	38.1	0.0	2.3
06-01	Flour, flakes, starches, semolina	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.1	0.8	2.1	0.0	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.1	0.0	2.0	0.1	4.0	1.1	0.0	0.4
06-03	Bread, crisp bread, rusks	17.7	16.8	51.3	0.1	4.8	2.4	4.0	11.7	6.4	1.4	13.2	9.3	1.5	31.8	5.9	51.6	35.0	0.0	1.8

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsatt. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
06-03-01 Bread	16.0	15.5	47.3	0.0	3.8	1.9	3.2	10.1	5.3	0.9	11.4	8.4	1.5	29.3	5.4	47.2	32.0	0.0	1.8
06-03-02 Crispbread, rusks	1.7	1.3	4.0	0.0	0.9	0.6	0.7	1.6	1.1	0.5	1.8	0.9	0.0	2.4	0.5	4.4	2.9	0.0	0.0
06-04 Breakfast cereals	0.8	0.6	1.4	0.0	0.4	0.2	0.4	0.5	0.5	0.0	0.7	0.1	1.6	1.5	0.5	2.2	1.2	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.6	0.3	0.7	0.1	0.6	0.7	0.7	0.4	0.6	0.6	0.4	0.2	0.0	0.7	0.1	1.3	0.4	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.4	0.2	0.6	0.0	0.5	0.5	0.6	0.3	0.5	1.4	0.3	0.2	0.0	0.5	0.1	0.7	0.3	0.0	0.0
07 Meat and meat products	12.2	31.0	0.6	45.4	15.7	14.4	20.7	8.1	16.9	13.1	8.1	4.8	29.7	0.9	0.6	1.3	2.0	0.0	3.4
07-01 Fresh meat	8.0	20.1	0.0	29.1	10.2	9.6	13.5	3.5	10.7	10.9	3.6	2.5	18.7	0.1	0.2	0.0	0.8	0.0	2.1
07-01-00 Unclassified	0.4	0.9	0.0	1.4	0.7	0.8	1.0	0.3	0.7	0.9	0.3	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.1
07-01-01 Beef	6.1	14.9	0.0	21.2	7.7	7.1	10.2	2.1	8.1	9.2	2.1	2.0	16.2	0.1	0.2	0.0	0.7	0.0	1.5
07-01-02 Veal	0.1	0.2	0.0	0.4	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	1.3	3.9	0.0	5.8	1.6	1.5	2.0	1.1	1.7	0.2	1.2	0.2	2.3	0.0	0.0	0.0	0.0	0.0	0.5
07-01-04 Mutton/Lamb	0.1	0.2	0.0	0.4	0.2	0.2	0.2	0.0	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.8	3.1	0.0	5.0	1.0	0.8	1.0	1.3	1.1	0.7	1.2	0.5	7.3	0.0	0.0	0.0	0.0	0.0	0.3
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.7	2.8	0.0	4.5	0.9	0.7	1.0	1.1	1.0	0.7	1.0	0.5	7.3	0.0	0.0	0.0	0.0	0.0	0.3
07-02-02 Turkey, young turkey	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.1	0.2	0.0	0.4	0.1	0.1	0.1	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	3.3	7.6	0.6	11.1	4.5	4.0	6.2	3.2	5.1	1.5	3.4	1.8	3.7	0.8	0.4	1.3	1.2	0.0	1.0
07-05 Offals	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	1.3	3.9	0.0	6.1	1.8	1.1	2.4	2.4	2.3	0.2	0.4	1.1	23.5	0.1	0.0	0.3	0.0	0.0	0.4
08-01 Fish	1.2	3.4	0.0	5.4	1.7	1.1	2.3	2.2	2.3	0.2	0.3	1.1	20.8	0.1	0.0	0.2	0.0	0.0	0.4
08-02 Crustaceans, molluscs	0.1	0.3	0.0	0.5	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.5	0.0	0.0	0.1	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.1	0.0	0.0	0.1	0.0	0.0	0.0
09 Eggs and egg products	0.6	1.2	0.0	2.0	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	10.6	0.1	0.0	0.2	0.0	0.0	0.3
09-01 Egg	0.6	1.2	0.0	2.0	1.1	1.0	1.4	0.5	1.0	0.0	0.5	0.1	10.6	0.1	0.0	0.2	0.0	0.0	0.3
10 Fat	9.1	0.1	0.1	0.1	24.8	22.3	24.2	29.7	27.1	26.3	30.7	28.9	4.6	0.1	0.3	0.1	0.0	0.0	0.4
10-00 Unclassified	0.5	0.0	0.0	0.0	1.6	0.7	2.0	2.9	2.4	0.6	3.4	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	1.1	0.0	0.0	0.0	3.2	1.3	5.0	3.7	4.8	0.1	4.1	1.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	4.0	0.1	0.0	0.1	9.4	13.2	7.3	2.6	6.0	16.4	1.4	3.2	0.0	0.1	0.3	0.0	0.0	0.0	0.1
10-03 Margarines	3.5	0.0	0.1	0.0	10.6	7.0	9.8	20.5	14.0	9.2	21.8	22.0	2.2	0.1	0.0	0.1	0.0	0.0	0.3
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	6.2	1.0	2.2	0.3	3.0	4.2	3.0	1.3	2.3	0.7	1.2	0.4	0.7	11.2	23.0	2.0	4.0	2.4	0.4
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0	9.2	0.7	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.8	0.6	1.5	0.2	2.2	3.1	2.5	0.9	1.9	0.2	0.8	0.3	0.0	2.3	5.7	0.5	2.2	2.4	0.0
11-03	Confectionery non-chocolate	0.5	0.1	0.2	0.0	0.1	0.1	0.1	0.3	0.2	0.2	0.3	0.0	0.7	1.3	3.2	0.5	0.3	0.0	0.0
11-04	Syrup	1.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.1	3.9	0.0	0.9	0.0	0.1
11-05	Ice cream, water ice	0.4	0.1	0.1	0.1	0.6	1.0	0.3	0.1	0.3	0.4	0.1	0.1	0.0	0.5	0.8	0.2	0.2	0.0	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.1	0.6	1.0	0.3	0.1	0.3	0.4	0.1	0.1	0.0	0.5	0.8	0.2	0.2	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	8.2	2.8	7.4	0.6	8.1	9.2	7.6	8.2	7.3	17.0	9.3	4.6	11.0	11.7	14.5	10.8	5.1	1.5	0.3
12-01	Cakes, pies, pastries, etc	3.3	1.2	2.6	0.3	3.5	4.1	3.3	2.1	2.8	10.7	2.2	1.9	0.9	4.4	5.0	3.9	2.0	1.5	0.3
12-02	Dry cakes, biscuits	4.9	1.6	4.8	0.2	4.6	5.1	4.2	6.1	4.5	6.2	7.1	2.7	10.0	7.3	9.4	6.9	3.2	0.0	0.1
13	Non-alcoholic beverages	2.5	1.4	3.5	0.3	0.4	0.6	0.2	0.2	0.2	0.3	0.2	0.3	0.0	4.9	8.7	0.9	2.2	0.0	61.6
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.5	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.2	6.0	0.5	1.6	0.0	2.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.5	0.0	0.0	0.0	0.8
13-03	Coffee, tea and herbal teas	0.7	1.1	2.4	0.3	0.4	0.6	0.2	0.1	0.1	0.3	0.1	0.1	0.0	0.8	1.2	0.4	0.6	0.0	38.4
13-03-01	Coffee	0.6	1.0	2.4	0.3	0.4	0.6	0.2	0.1	0.1	0.3	0.0	0.1	0.0	0.6	0.9	0.4	0.6	0.0	11.2
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	24.4
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.3	0.0	0.0	0.0	2.8
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	19.9
14	Alcoholic beverages	2.6	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.8	1.7	0.0	0.0	96.0	1.9
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.1	0.0	0.0	48.8	1.6
14-02	Fortified wines (sherry, port, vermouth)	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	9.6	0.2
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.0
14-04	Spirits, brandy	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	32.9	0.1
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.0	0.0	2.5	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	3.0	0.4	0.3	0.5	6.0	3.2	7.9	13.6	9.3	1.8	14.7	12.6	2.9	1.5	4.5	0.6	0.4	0.0	0.6
15-01	Sauces	3.0	0.4	0.3	0.5	6.0	3.1	7.8	13.6	9.2	1.8	14.6	12.6	2.8	1.5	4.5	0.6	0.3	0.0	0.6

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono unsat. fatty acids	Poly unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.0	0.1	0.1	0.1	2.7	2.3	2.9	3.4	3.1	1.5	3.9	2.5	0.3	0.2	0.2	0.2	0.0	0.0	0.3
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.1	0.0	0.0	0.0	0.2	0.1	0.2	0.4	0.3	0.0	0.4	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	1.8	0.3	0.0	0.4	3.1	0.7	4.6	9.7	5.8	0.2	10.2	9.6	2.5	1.1	4.0	0.4	0.2	0.0	0.2
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
16	Soups, bouillon	0.8	1.1	1.2	1.0	0.7	0.7	0.7	0.6	0.7	2.9	0.7	0.4	2.8	0.7	0.5	0.9	1.4	0.0	2.7
16-01	Soups	0.8	1.1	1.2	1.0	0.7	0.7	0.7	0.6	0.6	2.9	0.7	0.4	2.8	0.7	0.5	0.9	1.4	0.0	2.5
16-02	Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
17	Miscellaneous	1.5	1.7	2.3	0.8	1.8	1.4	1.8	2.6	2.1	1.6	2.1	1.8	0.8	1.2	1.0	1.4	0.9	0.0	0.6
17-00	Unclassified	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.2	0.1	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0
17-01	Soya products	0.4	0.8	1.7	0.0	0.4	0.1	0.3	1.2	0.6	0.1	1.3	1.1	0.8	0.3	0.4	0.1	0.6	0.0	0.4
17-02	Dietetic products	0.3	0.3	0.0	0.0	0.3	0.1	0.5	0.6	0.5	0.0	0.0	0.0	0.0	0.4	0.5	0.3	0.0	0.0	0.1
17-02-00	Unclassified	0.3	0.3	0.0	0.0	0.3	0.1	0.5	0.6	0.5	0.0	0.0	0.0	0.0	0.4	0.5	0.3	0.0	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.7	0.6	0.5	0.7	1.0	1.2	1.0	0.7	0.8	1.5	0.6	0.6	0.0	0.5	0.1	0.9	0.2	0.0	0.1



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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly saccharides	Fibre	Alcohol	Water
01	Potatoes and other tubers	4.6	2.5	7.3	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.3	0.0	8.5	0.3	16.1	8.2	0.0	3.0
01-01	Potatoes	4.6	2.5	7.3	0.0	0.8	0.6	0.4	1.5	0.8	0.3	0.9	5.3	0.0	8.5	0.3	16.1	8.2	0.0	3.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	2.5	3.3	9.9	0.0	1.1	0.6	0.6	2.6	1.2	0.2	1.8	8.1	0.3	2.7	3.9	1.8	17.9	0.0	5.9
02-01	Leafy vegetables (except cabbages)	0.4	0.6	1.8	0.0	0.2	0.2	0.1	0.6	0.3	0.2	0.4	1.9	0.0	0.3	0.5	0.2	2.3	0.0	1.2
02-02	Fruiting vegetables	0.7	0.7	2.2	0.0	0.4	0.2	0.4	0.7	0.5	0.0	0.7	1.3	0.0	0.7	1.1	0.3	4.5	0.0	1.7
02-03	Root vegetables	0.3	0.2	0.6	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.2	0.2	0.0	0.5	0.9	0.0	2.4	0.0	0.7
02-04	Cabbages	0.6	1.0	3.0	0.0	0.3	0.2	0.1	0.7	0.3	0.1	0.2	3.7	0.0	0.6	0.6	0.5	5.2	0.0	1.3
02-05	Mushrooms	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.2	0.0	0.1
02-06	Grain and pod vegetables	0.1	0.2	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.5	0.0	0.1
02-07	Onion, garlic	0.2	0.2	0.4	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.4	0.3	0.3	0.3	0.2	1.2	0.0	0.4
02-08	Stalk vegetables, sprouts	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.2
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.3	0.2	1.4	0.0	0.3
03	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.9	0.0	0.1
03-01	Legumes	0.2	0.3	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.2	0.1	0.3	0.9	0.0	0.1
04	Fruits, nuts and olives	7.8	2.8	7.6	0.0	3.9	1.7	4.3	7.6	5.5	0.0	7.9	8.5	2.1	12.1	21.6	3.4	17.3	0.0	6.2
04-01	Fruits	6.4	1.6	4.7	0.0	0.7	0.4	0.3	1.8	0.8	0.0	1.6	3.8	0.0	11.8	21.2	3.0	15.8	0.0	6.2
04-02	Nuts and seeds (+nut spread)	1.4	1.1	2.9	0.0	3.1	1.2	3.7	5.8	4.5	0.0	6.2	4.7	2.0	0.3	0.2	0.4	1.3	0.0	0.0
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
05	Dairy products	16.5	25.6	0.6	39.7	20.1	32.0	14.7	4.4	10.9	32.6	3.0	9.2	1.8	11.4	21.5	2.1	3.2	0.1	11.3
05-01	Milk	3.5	6.6	0.0	10.2	2.7	4.3	1.9	0.4	1.4	4.2	0.3	0.6	0.0	3.3	6.9	0.0	0.0	0.0	5.5
05-02	Milk beverages	0.4	0.5	0.1	0.7	0.2	0.3	0.2	0.0	0.1	0.2	0.0	0.0	0.1	0.5	0.9	0.1	0.5	0.0	0.3
05-03	Yoghurt	3.0	4.4	0.1	6.8	1.7	2.8	1.4	0.3	1.0	3.1	0.2	0.4	0.0	3.4	6.5	0.6	2.0	0.0	2.9
05-04	Fromage blanc, petits suisses	0.6	1.4	0.0	2.2	0.4	0.7	0.4	0.1	0.3	0.8	0.0	0.1	0.0	0.6	1.1	0.1	0.1	0.0	0.4
05-05	Cheese (including fresh cheeses)	5.6	9.9	0.0	15.4	11.4	18.6	8.0	2.3	5.9	18.1	1.5	6.8	0.0	0.0	0.1	0.0	0.0	0.0	0.6
05-06	Cream desserts, puddings (milk based)	2.2	1.6	0.4	2.4	2.0	2.8	1.7	0.6	1.3	2.4	0.4	0.7	1.7	2.8	4.3	1.2	0.5	0.1	1.1
05-07	Dairy and non-dairy creams	0.3	0.1	0.0	0.1	0.6	0.9	0.5	0.1	0.3	1.8	0.1	0.2	0.0	0.1	0.2	0.0	0.0	0.0	0.0
05-07-01	Dairy creams	0.2	0.0	0.0	0.1	0.6	0.8	0.4	0.1	0.3	1.6	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	0.9	1.2	0.0	1.9	1.1	1.7	0.7	0.6	0.7	2.0	0.6	0.3	0.0	0.7	1.5	0.1	0.0	0.0	0.4
06	Cereals and cereal products	20.5	19.3	54.4	0.3	7.4	4.6	7.0	13.0	9.1	4.2	14.4	10.6	2.7	31.9	6.1	55.5	37.2	0.0	2.2
06-01	Flour, flakes, starches, semolina	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.6	0.2	0.0	0.0
06-02	Pasta, rice, other grain	1.5	1.2	3.2	0.1	0.2	0.1	0.1	0.4	0.2	0.0	0.5	0.2	0.0	2.9	0.1	5.4	1.4	0.0	0.5
06-03	Bread, crisp bread, rusks	17.1	17.0	48.5	0.0	5.6	3.1	4.9	11.3	7.1	2.4	12.4	10.0	1.6	26.6	5.3	46.0	33.9	0.0	1.7

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

Food groups based on EPIC-Soft Classification	Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsaturated fatty acids - cis	Trans fatty acids	Lino. leic acid	Alpha Lino. Acid	EPA and DHA	Carbohydrates	Mono- and disaccharides	Poly. saccharides	Fibre	Alcohol	Water
06-03-01 Bread	15.2	15.4	43.9	0.0	4.8	2.5	4.3	10.2	6.4	1.2	11.2	9.4	1.6	23.5	4.6	40.6	31.0	0.0	1.6
06-03-02 Crispbread, rusks	1.9	1.6	4.7	0.0	0.7	0.6	0.6	1.1	0.8	1.2	1.2	0.6	0.0	3.0	0.7	5.5	3.0	0.0	0.0
06-04 Breakfast cereals	0.7	0.4	1.1	0.0	0.5	0.4	0.6	0.6	0.6	0.0	0.7	0.1	1.1	1.0	0.5	1.5	1.1	0.0	0.0
06-05 Salty biscuits, aperitif biscuits, crackers	0.7	0.4	0.7	0.1	1.0	1.0	1.1	0.6	0.9	1.8	0.7	0.2	0.0	0.8	0.1	1.4	0.3	0.0	0.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.2	0.2	0.4	0.0	0.1	0.1	0.3	0.1	0.2	0.0	0.1	0.0	0.0	0.3	0.0	0.5	0.2	0.0	0.0
07 Meat and meat products	10.5	26.4	0.1	40.0	16.6	16.5	21.5	8.9	16.7	13.2	8.9	5.3	23.6	0.4	0.3	0.6	0.8	0.0	2.8
07-01 Fresh meat	5.4	15.3	0.0	23.3	8.1	8.5	10.9	2.7	7.8	9.3	2.8	1.6	7.1	0.1	0.1	0.1	0.3	0.0	1.6
07-01-00 Unclassified	0.8	1.6	0.0	2.5	1.5	1.7	2.1	0.5	1.5	1.6	0.5	0.4	0.0	0.0	0.0	0.0	0.1	0.0	0.1
07-01-01 Beef	2.6	7.5	0.0	11.6	3.8	4.1	5.3	0.7	3.6	6.9	0.6	0.9	4.1	0.0	0.0	0.0	0.2	0.0	0.8
07-01-02 Veal	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	1.9	5.8	0.0	8.6	2.5	2.5	3.3	1.5	2.6	0.3	1.6	0.3	2.8	0.0	0.0	0.0	0.0	0.0	0.6
07-01-04 Mutton/Lamb	0.1	0.3	0.0	0.4	0.2	0.2	0.1	0.0	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	1.5	4.4	0.0	6.3	1.7	1.4	1.7	2.0	1.8	1.1	1.9	1.0	9.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	1.3	4.2	0.0	6.1	1.5	1.2	1.4	1.8	1.5	1.1	1.7	1.0	9.5	0.0	0.0	0.0	0.0	0.0	0.5
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.2	0.2	0.0	0.2	0.3	0.2	0.3	0.2	0.3	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	3.6	6.5	0.1	10.1	6.6	6.4	8.7	4.1	7.0	2.8	4.1	2.6	7.0	0.3	0.2	0.5	0.4	0.0	0.7
07-05 Offals	0.1	0.2	0.0	0.2	0.2	0.2	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	2.2	7.7	0.2	11.4	2.1	1.3	2.6	2.7	2.6	0.4	0.7	1.0	34.4	0.3	0.0	0.5	0.1	0.0	0.8
08-01 Fish	1.8	6.8	0.0	10.1	1.8	1.1	2.3	2.3	2.2	0.2	0.4	0.8	29.3	0.1	0.0	0.2	0.0	0.0	0.7
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0
08-03 Fish products, fish in crumbs	0.3	0.8	0.2	1.2	0.3	0.2	0.3	0.4	0.4	0.3	0.2	0.2	4.6	0.2	0.0	0.3	0.1	0.0	0.1
09 Eggs and egg products	1.0	2.3	0.0	3.7	1.7	1.5	2.3	0.7	1.6	0.0	0.7	0.1	12.2	0.1	0.0	0.3	0.0	0.0	0.4
09-01 Egg	1.0	2.3	0.0	3.7	1.7	1.5	2.3	0.7	1.6	0.0	0.7	0.1	12.2	0.1	0.0	0.3	0.0	0.0	0.4
10 Fat	7.9	0.2	0.3	0.1	23.6	17.5	23.7	37.3	29.3	19.4	39.3	35.5	4.5	0.1	0.1	0.1	0.0	0.0	0.4
10-00 Unclassified	0.6	0.0	0.0	0.0	1.7	0.9	2.1	3.1	2.5	0.8	3.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-01 Vegetable oils	1.1	0.0	0.0	0.0	3.2	1.2	4.7	4.9	5.0	0.1	5.7	0.7	3.7	0.0	0.0	0.0	0.0	0.0	0.0
10-02 Butter	1.4	0.0	0.0	0.1	3.9	5.6	3.1	0.9	2.4	7.9	0.5	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-03 Margarines	4.8	0.1	0.3	0.0	14.6	9.6	13.6	28.0	19.2	10.6	29.0	31.0	0.8	0.1	0.0	0.1	0.0	0.0	0.4
10-04 Deep frying fats	0.1	0.0	0.0	0.0	0.2	0.1	0.3	0.4	0.3	0.2	0.4	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids-cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	5.2	0.9	1.6	0.6	3.4	4.8	3.5	1.1	2.6	1.4	1.0	0.5	0.3	8.6	16.3	1.5	2.9	0.5	0.3
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	2.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6	8.6	0.7	0.5	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.7	0.5	1.0	0.2	2.4	3.3	2.7	0.8	2.0	0.3	0.8	0.2	0.0	1.7	3.3	0.3	1.2	0.5	0.0
11-03	Confectionery non-chocolate	0.4	0.1	0.2	0.0	0.1	0.1	0.2	0.2	0.2	0.1	0.2	0.1	0.3	0.7	1.2	0.2	0.1	0.0	0.0
11-04	Syrup	0.5	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	2.1	0.0	0.4	0.0	0.0
11-05	Ice cream, water ice	0.6	0.2	0.1	0.4	0.8	1.4	0.6	0.1	0.4	1.0	0.1	0.2	0.0	0.6	1.1	0.2	0.6	0.0	0.1
11-05-01	Ice cream	0.6	0.2	0.1	0.3	0.8	1.3	0.6	0.1	0.4	1.0	0.1	0.1	0.0	0.6	1.0	0.2	0.6	0.0	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	10.3	3.6	8.6	0.9	10.4	12.4	9.8	6.8	8.5	19.4	7.1	5.3	4.9	13.7	14.7	13.3	6.5	3.1	0.5
12-01	Cakes, pies, pastries, etc	6.5	2.3	5.2	0.7	6.2	7.1	5.7	3.8	5.0	14.6	3.8	3.6	2.0	8.7	9.8	8.1	4.6	3.1	0.5
12-02	Dry cakes, biscuits	3.9	1.3	3.4	0.2	4.2	5.3	4.0	3.0	3.5	4.8	3.3	1.6	2.9	5.0	4.9	5.2	1.9	0.0	0.0
13	Non-alcoholic beverages	2.8	1.8	4.8	0.2	0.4	0.6	0.1	0.1	0.1	0.3	0.1	0.3	0.0	5.1	9.6	0.8	1.1	0.9	59.5
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.9	0.1
13-01	Fruit and vegetable juices	1.8	0.4	1.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.2	0.0	3.6	6.7	0.4	0.9	0.0	2.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	1.4	0.0	0.0	0.0	1.0
13-03	Coffee, tea and herbal teas	0.7	1.4	3.7	0.2	0.3	0.6	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.8	1.4	0.2	0.3	0.0	33.0
13-03-01	Coffee	0.6	1.4	3.7	0.2	0.3	0.6	0.1	0.0	0.1	0.3	0.0	0.0	0.0	0.6	1.0	0.2	0.3	0.0	17.0
13-03-02	Tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.3
13-03-03	Herbal tea	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.4	0.0	0.0	0.0	2.6
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
13-04	Waters	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	22.5
14	Alcoholic beverages	3.3	0.2	0.3	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.6	1.6	2.7	0.4	0.2	95.4	2.3
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	1.2	0.0	0.0	57.3	1.5
14-02	Fortified wines (sherry, port, vermouth)	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	1.0	0.0	0.0	16.1	0.3
14-03	Beer, cider	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.4	0.2	6.0	0.4
14-04	Spirits, brandy	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.3	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.6	0.3	0.6	0.0	0.0	11.3	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	2.8	0.5	0.7	0.4	6.3	3.7	7.3	11.0	8.7	2.4	11.9	8.7	3.3	0.9	1.3	0.7	0.7	0.0	0.7
15-01	Sauces	2.7	0.4	0.6	0.4	6.3	3.7	7.3	10.9	8.7	2.4	11.9	8.6	3.3	0.9	1.3	0.7	0.7	0.0	0.7

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

Food groups based on EPIC-Soft Classification		Energy	Protein	Vegetable protein	Animal protein	Fat	Sat. fatty acids	Mono. unsat. fatty acids	Poly. unsat. fatty acids	Unsat. fatty acids- cis	Trans fatty acids	Lino leic acid	Alpha Lino lenic Acid	EPA and DHA	Carbohydrates	Mono- and disacharides	Poly sacha rides	Fibre	Alcohol	Water
15-01-00	Unclassified and other sauces	1.9	0.2	0.5	0.1	4.6	3.2	4.9	7.8	6.0	2.0	8.6	5.2	0.8	0.5	0.6	0.4	0.4	0.0	0.5
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.1
15-01-02	Dressing sauces	0.2	0.0	0.0	0.0	0.5	0.2	0.8	0.8	0.8	0.0	0.8	1.0	0.3	0.1	0.1	0.0	0.0	0.0	0.0
15-01-03	Mayonnaises and similars	0.5	0.1	0.1	0.2	1.1	0.3	1.5	2.2	1.8	0.4	2.3	2.3	2.1	0.1	0.2	0.1	0.2	0.0	0.1
15-01-04	Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0
15-02	Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04	Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16	Soups, bouillon	1.5	1.9	1.9	1.8	1.4	1.3	1.3	1.2	1.2	5.5	1.3	0.7	5.6	1.5	1.2	1.8	2.5	0.0	3.3
16-01	Soups	1.4	1.9	1.8	1.8	1.3	1.3	1.2	1.2	1.2	5.3	1.3	0.7	5.6	1.4	1.2	1.7	2.5	0.0	3.2
16-02	Bouillon	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2
17	Miscellaneous	0.6	0.9	1.1	0.7	0.8	0.8	0.9	0.9	0.9	0.5	0.8	0.4	0.8	0.6	0.4	0.8	0.5	0.0	0.2
17-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17-01	Soya products	0.1	0.2	0.4	0.1	0.1	0.1	0.1	0.4	0.2	0.0	0.4	0.3	0.7	0.1	0.2	0.0	0.2	0.0	0.1
17-02	Dietetic products	0.1	0.2	0.1	0.3	0.1	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1
17-02-00	Unclassified	0.1	0.2	0.1	0.3	0.1	0.1	0.2	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1
17-02-01	Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.4	0.4	0.5	0.3	0.5	0.6	0.6	0.4	0.5	0.5	0.3	0.0	0.0	0.3	0.1	0.7	0.2	0.0	0.1