

Supplemental data

Supplemental Table 2: Amount and variation in dietary intake (g/d) from three 24-hour recalls in 225 older German adults

S. No.	Food groups	Median (interquartile range), g/day
1	Potatoes	141 (87)
2	Leafy vegetables	0 (35.4)
3	Fruiting vegetables	99 (104)
4	Root vegetables	0 (53)
5	Cabbage	0 (83)
6	Other vegetables	33 (55)
7	Legumes	0 (0.1)
8	Fruits	242 (195)
9	Nuts and seeds	0 (0.1)
10	Other fruits	0 (12)
11	Milk and dairy products	148 (179)
12	Cheese	40 (31)
13	Pasta and rice	0 (94)
14	Bread	109 (55)
15	Cereals	0 (12)
16	Red meat	66 (111)
17	Poultry	0 (78)
18	Processed meat	62 (65)
19	Offals	0 (0.1)
20	Fish	0 (97)
21	Eggs	22 (60)
22	Vegetable oils	6 (14)
23	Margarine	17 (26)
24	Butter	16 (23)
25	Other fats	0 (6)
26	Sugar and confectionery	41 (47)
27	Cakes and cookies	64 (81)
28	Fruit and vegetable juice	100 (217)
29	Soft drinks	0 (0.1)
30	Coffee	453 (272)
31	Tea	0 (167)
32	Other non-alcoholic drinks	931 (740)
33	Wine	0 (192)
34	Beer	0 (469)
35	Spirits	0 (0.1)
36	Other alcoholic drinks	0 (0.1)
37	Sauces	35 (60)
38	Soups	48 (193)
39	Miscellaneous	3 (7)

S. No.= Serial number