Supplemental material

Macronutrient intake and inadequacies in community-dwelling older adults, a systematic review

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S1 Pubmed search string

(elderly[TIAB] OR geriatric[TIAB] OR older adults[TIAB] OR older people[TIAB] OR senior[TIAB] OR older person[TIAB] OR aging[TIAB]) AND (nutritional status[TIAB] OR (nutrient deficiencies[TIAB] OR nutrient deficiency[TIAB] OR nutrient deficient[TIAB]) OR nutrient intake[TIAB] OR nutritional intake[TIAB] OR food intake[TIAB] OR dietary intake[TIAB] OR dietary adequacy[TIAB] OR nutrition assessment[TIAB] OR "diet records"[MeSH Terms]) AND (population-based study[TIAB] OR longitudinal study[TIAB] OR epidemiologic study[TIAB] OR cohort study[TIAB] OR prospective study[TIAB] OR cross-sectional study[TIAB] OR population-based design[TIAB] OR longitudinal design[TIAB] OR epidemiologic design[TIAB] OR cohort design[TIAB] OR prospective design[TIAB] OR cross-sectional design[TIAB]) AND "humans"[MeSH Terms]

Table S2 Quality assessment based on the Newcastle-Ottawa quality assessment scale [1] and the Cochrane coding manual for cohort studies [2]

Reference	Selection bias		Outcome bias		Quality
	Predefined population*	In/Exclusion criteria†	Validated method‡	Selective reporting§	
Adamson *et al.* 2009 [3]	1	0	2	1	moderate
Alstad *et al.* 1999 [4]	1	0	1	0	low
Becker *et al.* 2002 [5]	1	0	1	0	low
Boilson *et al.* 2012 [6]	1	0	1	0	moderate
Castetbon *et al.* 2009 [7]	1	1	1	0	moderate
Correa Leite *et al.* 2003 [8]	1	0	1	0	low
Elmadfa *et al.* 2009 [9]	1	1	1	0	moderate
Elmadfa *et al.* 2009 [10]	n.a.	n.a.	n.a.	n.a.	n.a.
Feart *et al.* 2012 [11]	1	1	1	1	moderate
Fidanza *et al.* 1984 [12]	1	0	1	1	moderate
Finch *et al.* 1998 [13]	1	1	1	0	moderate
Gaudreau *et al.* 2007 [14]	1	1	2	1	high
Gibson 2001 [15]	1	0	1	1	moderate
Gray-Donald *et al.* 1994 [16]	0	0	1	1	low
Griep *et al.* 1996 [17]	0	1	2	1	moderate
Health Canada *et al.* [18]	1	1	2	1	high
Horwath *et al.* 1992 [19]	1	1	2	1	high
Hulshof *et al.* 1991 [20]	1	1	1	0	moderate
Johansson *et al.* 1999 [21]	1	0	2	0	moderate
Konstantinova *et al.* 2008 [22]	1	0	2	1	moderate
Leclercq *et al.* 2009 [23]	1	1	1	1	moderate
Lopes *et al.* 2006 [24]	1	1	2	0	moderate
Luhrmann *et al.* 2001 [25]	1	1	2	1	high
Martins *et al.* 2002 [26]	1	0	0	1	low
Max Rubner-Institut 2008 [27]	1	1	1	0	moderate
Milman *et al.* 2004 [28]	1	1	2	1	high
Moreiras *et al.* 1996 [29]	1	0	2	0	moderate
Mowe *et al.* 1994 [30]	0	1	1	1	moderate
NCSR *et al.* 2011 [31]	1	1	1	0	moderate
Nelson *et al.* 2009 [32]	1	1	2	1	high
Nicolas *et al.* 2001 [33]	0	1	1	1	moderate

Ocke *et al.* 2013 [34]	1	1	2	1	high
Ortega *et al.* 1997 [35]	1	1	2	1	high
Payette *et al.* 1995 [36]	0	1	2	0	moderate
Pedersen *et al.* 2010 [37]	1	1	1	0	moderate
Pietinen *et al.* 2010 [38]	1	0	1	0	low
Posner *et al.* 1994 [39]	1	1	0	0	low
Pradignac *et al.* 1995 [40]	1	1	2	0	moderate
Rothenberg *et al.* 1996 [41]	1	1	1	1	moderate
Serra Majem *et al.* 2006 [42]	1	0	1	0	low
Sette *et al.* 2011 [43]	1	1	1	0	moderate
Szponar *et al.* 2001 [44]	1	0	0	0	low
Toffanello *et al.* 2010 [45]	0	0	2	1	moderate
Trichopoulou *et al.* 1995 [46]	0	0	2	1	moderate
USDA *et al.* 2012 [47]	1	1	2	1	high
Velho *et al.* 1998 [48]	0	0	1	1	low
Zoltick *et al.* 2011 [49]	1	1	2	1	high

N.a., not applicable: the quality could not be assessed as study design details could not be retrieved; NCSR, National Centre for Social Research; USDA, U.S. Department of Agriculture.

[*] Recruitment place and year were clearly stated; [†] In- and exclusion criteria during sample selection were clearly stated; [‡] Method was one of the following: validated FFQ, dietary history, 24h recall, dietary records of at least 3d or when less than 3d adjusted for intra-individual variability; [§] All older persons included in the study were accounted for or reasons for exclusion from data analysis were disclosed. Items [*], [†], [‡] were scored on absence (0 points) or presence (1 point) of the quality item. Item [§] was scored on absence (0 points), presence of appropriate method (1 point) or presence of validated appropriate method (2 points).

Table S3 Individual study data, energy and macronutrient intake (mean±SD) of community-dwelling older men

		Energy				Protein							Carbohydrate				Fat				SFA				MUFA				PUFA			
Reference	**n**	**kcal**	**SD**	**MJ**	**SD**	**g**	**SD**	**En%**	**SD**	**g/ kg bw**	**SD**	**% <EAR**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**
Adamson *et al.* [3]	36	3059	576	12.8	2.4	101	18	13	2	1.3	0.2	0	-	-	-	-	117	31	35	9	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1981-1982	132	2603	645	10.9	2.7	-	-	-	-	-	-	-	309	81	48	5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1992-1993	59	2460	717	10.3	3.0	-	-	-	-	-	-	-	295	107	48	7	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1995	81	2580	597	10.8	2.5	-	-	-	-	-	-	-	317	94	50	8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Becker *et al.* [5, 10]	64	2292	669	9.6	2.8	89	11	16	2	1.1	0.1	0	272	35	47	6	86	15	34	6	38	8	15	3	31	6	12	2	11	2	4	1
Boilson *et al.* [6]	54	2396	908	10.0	3.8	101	40	17	n.a.	1.3	0.5	11	301	113	50	n.a.	96	50	36	n.a.	-	-	-	-	-	-	-	-	-	-	-	-
Castetbon *et al.* [7, 10]	130	2150	547	9.0	0.2	89	23	17	4	1.1	0.3	6	236	57	44	11	80	23	34	10	32	n.a.	14	n.a.	-	-	-	-	-	-	-	-
Correa Leite *et al.* [8]	847	2422	n.a.	10.1	n.a.	106	n.a.	17	n.a.	1.3	n.a.	n.a.	291	n.a.	46	n.a.	82	n.a.	30	n.a.	31	n.a.	12	n.a.	33	n.a.	12	n.a.	11	n.a.	4	n.a.
Elmadfa *et al.* [9, 10]	147	1839	576	7.7	2.4	69	14	15	3	0.9	0.2	12	192	35	42	8	77	12	38	6	32	6	16	3	26	7	13	3	15	4	7	2
Elmadfa *et al.* [10]	177	3104	979	13.0	4.1	133	27	17	4	1.7	0.3	0	320	60	41	8	141	31	41	9	87	15	25	4	54	16	16	5	-	-	-	-
Feart *et al.* [11]	607	2017	529	8.4	2.2	87	22	17	4	1.1	0.3	6	226	49	45	10	68	19	30	9	29	9	13	4	25	9	11	4	10	5	4	2
Fidanza *et al.* [12] 65-<70y	41	2670	602	11.2	2.5	78	22	12	3	1.0	0.3	13	303	108	45	16	77	20	26	7	22	6	7	2	-	-	-	-	8	5	3	2
Fidanza *et al.* [12] ≥70y	60	2510	724	10.5	3.0	73	26	12	4	0.9	0.3	22	288	100	46	16	77	27	28	10	21	10	8	4	-	-	-	-	7	4	3	1
Finch *et al.* [13]	96	1720	449	7.2	1.9	62	15	14	4	0.8	0.2	28	-	-	-	-	69	22	36	11	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 68-72y	56	2023	552	8.5	2.3	85	26	17	5	1.1	0.3	11	233	65	46	13	77	24	34	11	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 73-77y	58	1987	456	8.3	1.9	82	25	16	5	1.0	0.3	12	227	57	46	11	79	22	36	10	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 78-82y	48	1754	579	7.3	2.4	73	25	17	6	0.9	0.3	20	209	77	48	18	69	27	35	14	-	-	-	-	-	-	-	-	-	-	-	-
Gibson [15]	429	1856	456	7.8	1.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gray-Donald *et al.* [16]	42	1546	410	6.5	1.7	58	18	15	5	0.7	0.2	39	205	n.a.	53	n.a.	57	n.a.	33	n.a.	-	-	-	-	-	-	-	-	-	-	-	-
Griep *et al.* [17] 60-<75y	38	1959	358	8.2	1.5	83	11	17	2	1.0	0.1	0	209	34	43	7	77	12	36	6	33	7	15	3	29	5	14	3	13	7	6	3
Griep *et al.* [17] >75y	8	1625	430	6.8	1.8	69	9	17	2	0.9	0.1	4	159	26	39	7	71	9	39	5	29	5	16	3	27	8	15	4	14	6	8	3
Health Canada *et al.* [18]	1520	1871	324	7.8	1.4	77	36	16	8	1.0	0.5	26	234	36	50	8	64	32	31	16	21	16	10	8	25	16	12	8	12	8	6	4
Horwath *et al.* [50]	255	2073	471	8.7	2.0	68	17	13	3	0.9	0.2	19	279	70	54	14	77	20	33	9	34	11	15	5	-	-	-	-	10	4	4	2
Hulshof *et al.* [10, 20, 51]	185	2245	573	9.4	2.4	90	17	16	3	1.1	0.2	1	241	39	43	7	92	17	37	7	37	10	15	4	30	7	12	3	17	5	7	2
Johansson *et al.* [10, 21]	176	2149	740	9.0	3.1	93	20	17	4	1.2	0.3	2	267	48	51	6	74	14	31	6	29	7	12	3	26	5	11	2	12	5	5	2
Konstantinova *et al.* [22]	1275	2011	511	8.4	2.1	79	22	16	4	1.0	0.3	11	-	-	-	-	71	22	32	10	28	9	12	4	22	7	10	3	15	7	7	3
Lopes *et al.* [10, 24]	246	2221	525	9.3	2.2	97	13	18	2	1.2	0.2	0	-	-	-	-	66	11	27	5	19	5	8	2	29	6	12	2	11	2	5	1

Luhrmann *et al.* [25]	88	2318	616	9.7	2.6	96	27	17	5	1.2	0.3	5	285	71	48	6	91	28	34	6	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Martins *et al.* [26]	41	1433	454	6.0	1.9	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Max Rubner-Institut [10, 27]	1469	2197	597	9.2	2.5	80	14	16	3	1.0	0.2	3	245	40	45	7	88	16	36	7	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Milman *et al.* [28]	125	2188	341	9.2	1.8	72	17	13	3	0.9	0.2	12	222	60	41	11	96	27	39	11	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moreiras *et al.* [52] Belgium: Hamme	68	2556	717	10.7	3.0	79	21	12	3	1.0	0.3	10	261	76	41	12	113	45	40	16	44	12	15	4	39	10	14	4	29	22	10	8
Moreiras *et al.* [52] Denmark: Roskilde	57	2245	406	9.4	1.7	71	14	13	2	0.9	0.2	9	231	63	41	11	102	28	41	11	42	9	17	4	46	10	19	4	14	5	6	2
Moreiras *et al.* [52] France: Haguenau	56	2221	621	9.3	2.6	80	23	14	4	1.0	0.3	12	236	69	43	12	86	26	35	11	34	6	14	3	28	5	12	2	15	4	6	2
Moreiras *et al.* [52] France: Romans	70	1959	334	8.2	1.4	75	17	15	3	0.9	0.2	10	213	54	44	11	76	16	35	7	31	7	14	3	27	7	13	3	13	5	6	2
Moreiras *et al.* [52] Italy: Padua	69	2173	525	9.1	2.2	70	16	13	3	0.9	0.2	14	272	86	50	16	70	21	29	9	24	6	10	3	34	9	14	4	8	2	3	1
Moreiras *et al.* [52] Netherlands: Culemborg	52	2197	430	9.2	1.8	77	18	14	3	1.0	0.2	9	236	59	43	11	96	27	41	18	38	8	16	3	35	7	14	3	17	7	7	3
Moreiras *et al.* [52] Northern Ireland: Ballymoney-Limavady-Portstewart	32	2221	406	9.3	1.7	87	16	16	3	1.1	0.2	2	256	49	46	9	98	25	40	10	39	7	16	3	31	4	12	2	17	7	7	3
Moreiras *et al.* [52] Poland: Marki	47	2890	836	12.1	3.5	94	27	13	4	1.2	0.3	6	357	114	50	16	119	43	37	13	41	3	13	3	47	10	15	3	22	10	7	3
Moreiras *et al.* [52] Portugal: Coimbra	13	2366	980	9.9	4.1	87	27	15	6	1.1	0,3	11	279	115	47	19	76	33	29	13	23	7	9	3	37	13	14	5	12	5	5	2
Moreiras *et al.* [52] Portugal: Vila Franca de Xira	77	1911	597	8.0	2.5	76	24	16	5	1.0	0.3	17	247	97	52	20	54	19	28	11	18	6	8	3	22	6	11	3	8	3	4	1
Moreiras *et al.* [52] Spain: Betanzos	35	2412	884	10.1	3.7	93	35	15	6	1.2	0.4	12	272	107	45	18	101	50	38	19	31	9	12	4	45	16	17	6	15	10	6	4
Moreiras *et al.* [52] Switzerland: Yverdon	71	1887	406	7.9	1.7	66	13	14	3	0.8	0.2	16	186	54	39	11	87	23	42	11	35	7	17	3	33	7	16	3	15	5	7	2
Moreiras *et al.* [52] US: Conneticut	11	2245	526	9.4	2.2	87	19	16	3	1.1	0.2	3	240	83	43	15	103	25	41	10	32	6	13	2	39	5	16	2	20	7	8	3
Mowe *et al.* [30]	48	2484	908	10.4	3.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NCSR *et al.* [31]	96	1976	511	8.3	2.1	80	27	16	6	1.0	0.3	16	228	65	44	7	78	25	35	5	30	11	14	3	27	10	12	2	-	-	-	-
Nelson *et al.* [32]	1564	2049	786	8.6	3.3	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nicolas *et al.* [33]	67	2083	332	8.7	1.4	89	16	17	3	1.1	0.2	1	229	31	44	6	76	14	33	6	34	4	15	2	31	3	13	1	12	5	5	2
Ocké *et al.* [34]	373	2245	478	9.4	2.0	84	22	15	4	1.0	0.3	8	237	59	42	10	86	25	34	10	33	10	13	4	28	9	11	4	18	9	7	3
Ortega *et al.* [35]	108	1908	384	8.0	1.6	82	20	17	4	1.0	0.2	7	227	64	48	14	76	24	16	5	23	8	5	2	35	17	7	4	9	4	2	1
Payette *et al.* [36]	42	1550	n.a.	6.5	n.a.	58	18	15	5	0.7	0.2	38	201	62	52	16	58	20	34	11	22	8	13	5	22	8	13	5	8	4	5	2
Pedersen *et al.* [10, 37]	240	2267	597	9.5	2.5	76	22	13	4	1.0	0.3	15	238	75	42	6	86	30	33	6	37	14	14	3	30	11	12	2	12	5	5	1
Pietinen *et al.* [10, 38]	229	1839	546	7.7	2.3	80	17	17	4	1.0	0.2	5	228	41	50	9	64	16	31	8	25	9	12	5	23	7	11	4	12	4	6	2
Posner *et al.* [39] 70-79y	370	1963	825	8.2	3.5	85	32	17	7	1.1	0.4	15	212	57	43	12	82	23	38	11	27	12	13	5	-	-	-	-	-	-	-	-
Posner *et al.* [39] ≥80y	126	1708	616	7.1	2.8	72	28	17	7	0.9	0.4	25	195	57	46	13	70	19	37	10	24	9	13	5	-	-	-	-	-	-	-	-
Pradignac *et al.* [40]	226	2061	538	8.6	2.3	72	19	14	4	0.9	0.2	15	225	67	44	13	81	27	36	12	33	12	15	5	27	10	12	4	14	7	6	3
Rothenberg *et al.* [41]	179	2305	797	9.6	3.3	80	30	14	5	1.0	0.4	18	284	n.a.	49	n.a.	92	39	36	15	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Serra Majem *et al.* [10, 42]	163	1695	310	7.1	1.3	79	12	19	3	1.0	0.2	1	166	25	39	6	67	8	36	4	19	3	10	2	31	5	17	3	10	2	5	1
Sette *et al.* [10, 43]	202	2296	556	9.6	2.3	88	21	15	4	1.1	0.3	5	275	81	45	6	87	23	33	7	27	9	10	3	44	13	13	4	10	3	5	3

Szponar *et al.* [10, 44]	176	2460	860	10.3	3.6	84	20	14	3	1.1	0.3	6	308	58	50	10	98	25	36	9	35	11	13	4	42	13	15	5	14	7	5	3
Toffanello *et al.* [45]	34	1997	540	8.4	2.3	60	16	12	3	0.8	0.2	32	253	74	51	15	63	22	28	10	21	9	10	4	28	11	13	5	6	3	3	1
Trichopoulou *et al.* [46]	91	2345	625	9.8	2.6	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	35	14	13	11	34	14	13	5	15	7	6	3
USDA *et al.* [47]	484	1907	904	8.0	3.8	74	39	16	8	0.9	0.5	29	232	112	49	24	72	38	15	8	23	14	5	3	27	15	6	3	16	12	3	3
Velho *et al.* [48]	55	1335	384	5.6	1.6	79	2	24	1	1.0	0.0	0	172	4	52	1	44	2	29	1	14	1	10	0	14	1	9	1	5	0	4	0
Zoltick *et al.* [49]	298	1871	623	7.8	2.6	70	24	15	5	0.9	0.3	23	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean Intake	**14419**	**2137**		**8.9**		**81**		**15**		**1.0**		**12**	**247**		**46**		**82**		**34**		**31**		**13**		**32**		**13**		**13**		**5**	
SD		**350**		**1.5**		**13**		**2**		**0.2**		**10**	**42**		**4**		**17**		**5**		**11**		**4**		**8**		**2**		**5**		**2**	

Table S4 Individual study data, energy and macronutrient intake (mean±SD) of community-dwelling older women

		Energy				Protein							Carbohydrate				Fat				SFA				MUFA				PUFA			
Reference	**n**	**kcal**	**SD**	**MJ**	**SD**	**g**	**SD**	**En%**	**SD**	**g/ kg bw**	**SD**	**% <EAR**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**	**g**	**SD**	**En%**	**SD**
Adamson *et al.* [3]	46	2606	566	10.9	2.4	90	20	14	3	1.4	0.3	1	-	-	-	-	107	30	37	10	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1981-1982	129	2006	525	8.4	2.2	-	-	-	-	-	-	-	244	68	49	5	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1992-1993	131	1911	454	8.0	1.9	-	-	-	-	-	-	-	232	62	48	7	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Alstad *et al.* [4] 1995	92	2245	621	9.4	2.6	-	-	-	-	-	-	-	276	85	50	7	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Becker *et al.* [5, 10]	58	1887	478	7.9	2.0	77	12	16	3	1.2	0.2	0	228	25	48	5	70	9	33	4	30	5	14	2	25	3	12	2	10	3	5	1
Boilson *et al.* [6]	81	2211	743	9.3	3.1	92	25	17	n.a.	1.4	0.4	2	282	106	51	n.a.	87	38	35	n.a.	-	-	-	-	-	-	-	-	-	-	-	-
Castetbon *et al.* [7, 10]	219	1600	355	6.7	1.5	70	15	18	4	1.1	0.2	3	182	30	45	8	61	15	35	8	24	n.a.	13	n.a.	-	-	-	-	-	-	-	-
Correa Leite *et al.* [8]	1465	2059	n.a.	8.6	n.a.	89	n.a.	17	n.a.	1.4	n.a.	n.a.	265	n.a.	49	n.a.	73	n.a.	31	n.a.	28	n.a.	12	n.a.	29	n.a.	13	n.a.	10	n.a.	4	n.a.
Elmadfa *et al.* [9, 10]	202	1695	406	7.1	1.7	64	11	15	3	1.0	0.2	3	195	26	46	6	71	10	38	5	31	6	16	3	23	4	12	2	13	4	7	2
Elmadfa *et al.* [10]	341	2602	812	10.9	3.4	106	20	16	3	1.6	0.3	0	286	60	44	9	115	23	40	8	72	14	25	5	43	10	15	3	-	-	-	-
Feart *et al.* [11]	988	1530	457	6.4	1.9	71	19	18	5	1.1	0.3	7	180	38	47	10	53	15	31	9	23	8	13	5	19	7	11	4	8	5	5	3
Fidanza *et al.* [12] 65-<70y	54	1986	620	8.3	2.6	67	20	14	4	1.0	0.3	11	249	85	50	17	71	23	35	10	20	6	9	3	-	-	-	-	7	4	3	2
Fidanza *et al.* [12] ≥70y	52	1832	438	7.7	1.8	62	15	14	3	1.0	0.2	10	222	71	48	16	70	23	38	11	20	7	10	3	-	-	-	-	7	4	3	2
Finch *et al.* [13]	170	1378	358	5.8	1.5	51	15	15	4	0.8	0.2	30	-	-	-	-	58	19	38	12	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 68-72y	58	1715	432	7.2	1.8	78	22	18	5	1.2	0.3	6	204	60	47	14	68	20	35	10	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 73-77y	59	1623	520	6.8	2.2	67	23	16	6	1.0	0.4	16	195	66	48	16	65	25	36	14	-	-	-	-	-	-	-	-	-	-	-	-
Gaudreau *et al.* [14] 78-82y	51	1700	580	7.1	2.4	72	30	17	7	1.1	0.5	17	211	81	50	19	66	23	35	12	-	-	-	-	-	-	-	-	-	-	-	-
Gibson [15]	377	1435	330	6.0	1.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Gray-Donald *et al.* [16]	103	1152	332	4.8	1.4	45	13	16	5	0.7	0.2	44	153	n.a.	53	n.a.	42	n.a.	33	n.a.	-	-	-	-	-	-	-	-	-	-	-	-
Griep *et al.* [17] 60-<75y	53	1672	310	7.0	1.3	71	10	17	2	1.1	0.2	0	177	23	42	6	68	11	37	6	29	6	16	3	25	5	13	3	13	7	7	4
Griep *et al.* [17] >75y	20	1457	239	6.1	1.0	69	12	19	3	1.1	0.2	1	150	13	41	4	61	8	38	5	26	6	16	3	23	4	14	2	11	6	7	4
Health Canada *et al.* [18]	2610	1507	191	6.3	0.8	63	7	17	2	1.0	0.1	0	195	58	52	15	51	26	30	15	17	17	10	10	20	9	12	5	9	9	6	5
Horwath *et al.* [50]	457	1772	420	7.4	1.8	59	15	13	3	0.9	0.2	14	250	64	56	14	65	19	33	10	29	10	15	5					9	4	5	2
Hulshof *et al.* [10, 20, 51]	236	1791	454	7.5	1.9	76	18	17	4	1.2	0.3	3	197	14	44	7	74	14	37	7	30	8	15	4	24	6	12	3	14	6	7	3
Johansson *et al.* [10, 21]	166	1672	478	7.0	2.0	71	13	17	3	1.1	0.2	2	217	25	52	6	56	11	30	6	22	6	12	3	20	4	11	2	9	2	5	1
Konstantinova *et al.* [22]	1580	1532	449	6.4	1.9	62	18	16	4	0.9	0.3	15	-	-	-	-	52	20	31	12	21	10	12	6	16	6	10	4	11	6	6	4
Lopes *et al.* [10, 24]	339	1910	454	8.0	1.9	89	11	19	2	1.4	0.2	0	-	-	-	-	59	10	28	5	18	4	8	2	26	5	12	2	10	2	5	1
Luhrmann *et al.* [25]	220	1985	522	8.3	2.2	84	21	17	4	1.3	0.3	3	238	60	48	6	78	26	35	6	-	-	-	-	-	-	-	-	-	-	-	-

Martins *et al.* [26]	40	1218	334	5.1	1.4	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Max Rubner-Institut [10, 27]	1562	1743	478	7.3	2.0	63	12	15	3	1.0	0.2	5	211	31	49	7	69	13	36	7	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Milman *et al.* [28]	115	1792	341	7.5	1.4	63	15	14	3	1.0	0.2	9	187	48	42	11	79	21	40	11	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Moreiras *et al.* [52] Belgium: Hamme	61	1863	406	7.8	1.7	67	14	14	3	1.0	0.2	5	200	45	43	10	80	45	39	22	32	9	16	5	28	7	13	3	24	29	11	14			
Moreiras *et al.* [52] Denmark: Roskilde	58	1720	406	7.2	1.7	55	12	13	3	0.8	0.2	16	178	44	41	10	79	27	41	14	31	9	16	5	37	8	19	4	12	4	6	2			
Moreiras *et al.* [52] France: Haguenau	53	1767	358	7.4	1.5	69	14	16	3	1.1	0.2	3	188	44	43	10	74	18	38	9	31	5	16	2	24	4	12	2	12	4	6	2			
Moreiras *et al.* [52] France: Romans	72	1529	310	6.4	1.3	59	12	16	3	0.9	0.2	9	168	40	45	7	67	20	39	12	26	7	16	4	23	4	13	3	12	5	7	3			
Moreiras *et al.* [52] Italy: Padua	66	1744	478	7.3	2.0	64	20	15	5	1.0	0.3	15	220	74	51	17	65	20	34	10	24	6	13	3	29	7	15	4	4	2	3	1			
Moreiras *et al.* [52] Netherlands: Culemborg	69	1815	373	7.6	1.6	68	17	15	4	1.0	0.3	7	198	61	44	13	82	37	40	11	33	11	16	5	29	11	15	5	14	9	7	4			
Moreiras *et al.* [52] Northern Ireland: Ballymoney-Limavady-Portstewart	38	1959	358	8.2	1.5	75	15	15	3	1.2	0.2	2	223	43	46	19	89	23	41	11	36	9	17	4	27	5	13	2	14	6	7	3			
Moreiras *et al.* [52] Poland: Marki	73	2436	717	10.2	3.0	78	26	13	4	1.2	0.4	8	304	100	50	16	100	38	37	7	36	10	13	4	37	8	14	3	19	8	7	3			
Moreiras *et al.* [52] Portugal: Coimbra	14	1840	574	7.7	2.4	66	28	14	6	1.0	0,4	20	249	79	54	17	62	24	30	12	19	7	9	4	26	7	13	4	10	5	5	2			
Moreiras *et al.* [52] Portugal: Vila Franca de Xira	80	1314	382	5.5	1.6	55	19	17	6	0.8	0.3	26	182	52	55	16	41	17	25	9	13	4	9	3	16	5	11	3	6	2	4	5			
Moreiras *et al.* [52] Spain: Betanzos	47	2173	764	9.1	3.2	82	25	15	5	1.3	0.4	6	243	133	45	25	101	47	42	20	29	10	12	4	49	19	20	8	15	12	6	5			
Moreiras *et al.* [52] Switzerland: Yverdon	79	1505	406	6.3	1.7	52	14	14	4	0.8	0.2	25	152	50	40	13	73	24	44	14	28	6	17	4	28	5	17	3	13	5	8	3			
Moreiras *et al.* [52] US: Conneticut	21	1815	373	7.6	1.6	74	14	16	3	1.1	0.2	1	210	41	46	9	75	26	37	13	22	6	11	3	26	6	13	3	16	4	8	2			
Mowe *et al.* [30]	47	1744	430	7.3	1.8	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NCSR *et al.* [31]	128	1522	319	6.4	1.3	64	14	17	4	1.0	0.2	6	184	45	46	6	60	18	35	6	24	9	14	4	20	6	12	2	-	-	-	-			
Nelson *et al.* [32]	2070	1882	764	7.9	3.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Nicolas *et al.* [33]	195	1667	340	7.0	1.4	75	13	18	3	1.2	0.2	0	188	29	45	7	61	13	33	7	27	3	15	2	24	2	13	1	10	4	5	2			
Ocké *et al.* [34]	366	1744	406	7.3	1.7	73	19	17	4	1.1	0.3	6	187	49	43	11	69	21	35	11	28	11	14	6	22	8	11	4	12	5	6	3			
Ortega *et al.* [35]	152	1572	324	6.6	1.4	73	17	19	4	1.1	0.3	4	174	46	44	12	69	21	17	5	22	7	6	2	31	11	8	3	8	4	2	1			
Payette *et al.* [36]	103	1170	n.a.	4.9	n.a.	45	13	15	5	0.7	0.2	44	158	44	54	15	42	14	32	11	15	6	12	5	15	3	12	3	6	4	5	3			
Pedersen *et al.* [10, 37]	198	1767	454	7.4	1.9	62	17	14	4	1.0	0.3	13	198	58	46	6	65	21	32	6	27	9	14	3	23	8	11	2	10	3	5	1			
Pietinen *et al.* [10, 38]	234	1409	406	5.9	1.7	62	12	18	3	1.0	0.2	6	180	28	51	8	48	11	30	7	18	6	11	4	15	5	10	3	9	4	6	2			
Posner *et al.* [39] 70-79y	427	1485	624	6.2	2.6	67	25	18	7	1.0	0.4	17	199	54	47	13	59	19	36	12	19	10	11	6	-	-	-	-	-	-	-	-			
Posner *et al.* [39] ≥80y	231	1437	613	6.0	2.6	66	27	19	8	1.0	0.4	19	165	44	46	12	57	18	36	11	20	9	13	6	-	-	-	-	-	-	-	-			
Pradignac *et al.* [40]	215	1674	433	7.0	1.8	61	15	15	4	0.9	0.2	10	188	58	45	54	71	23	38	12	29	11	16	6	23	8	12	5	12	6	7	3			
Rothenberg *et al.* [41]	181	1885	817	7.9	3.4	67	32	14	7	1.0	0.5	23	233	n.a.	49	n.a.	75	43	36	21	-	-	-	-	-	-	-	-	-	-	-	-			
Serra Majem *et al.* [10, 42]	179	1385	167	5.8	0.7	69	7	20	2	1.1	0.1	0	135	17	39	5	58	5	37	3	17	2	11	1	27	3	18	2	8	2	5	1			
Sette *et al.* [10, 43]	316	1834	486	7.7	2.0	71	19	16	4	1.1	0.3	6	234	72	48	7	70	22	31	6	22	8	9	3	34	11	12	3	8	3	4	2			
Szponar *et al.* [10, 44]	277	1934	645	8.1	2.7	64	17	13	4	1.0	0.3	11	254	42	53	9	73	17	34	8	27	9	13	4	31	9	14	4	10	5	5	2			

Toffanello *et al.* [45]	44	1644	472	6.9	2.0	55	17	14	4	0.9	0.3	23	217	75	53	18	58	19	32	11	21	8	11	4	25	10	14	5	7	4	4	2
Trichopoulou *et al.* [46]	91	1912	516	8.0	2.2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	29	11	13	5	28	11	13	5	13	6	6	3
USDA *et al.* [47]	513	1535	779	6.4	3.3	60	34	16	9	0.9	0.5	31	196	93	51	24	58	32	15	8	19	11	5	3	20	12	5	3	16	12	4	3
Velho *et al.* [48]	132	1335	384	5.6	1.9	72	1	17	1	1.1	0.0	0	190	3	45	1	45	1	24	0	16	1	8	0	15	1	8	0	5	0	3	0
Zoltick *et al.* [49]	509	1680	550	7.0	2.3	69	24	16	6	1.1	0.4	14	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Mean Intake	**19413**	**1737**		**7.3**		**69**		**16**		**1.1**		**10**	**208**		**47**		**68**		**34**		**26**		**13**		**26**		**13**		**11**		**6**	
SD		**297**		**1.2**		**11**		**2**		**0.2**		**10**	**37**		**4**		**15**		**5**		**9**		**3**		**7**		**3**		**4**		**2**	

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