Supplementary Table 1. Estimated dietary intake of adults aged 65-95 years by gender and diabetic status, assessed by food frequency questionnaire.\*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Total  (*n*=548) | | |  |  | | Males  (*n*=240) | | |  |  | | Females  (*n*=308) | | |
|  | Diabetic†  (*n*=82) | | Non-Diabetic  (*n*=466) | | P-Value | Diabetic†  (*n*=44) | | | Non-Diabetic  (*n*=196) | | P-Value | Diabetic†  (*n*=38 ) | | | Non-Diabetic  (*n*=270 ) | | P-Value |
|  | Mean | SD | Mean | SD |  | Mean | | SD | Mean | SD |  | Mean | | SD | Mean | SD |  |
| Energy (kcal/day) | 1815 | 641 | 1958 | 758 | - | 1925 | | 761 | 2061 | 699 | - | 1690 | | 449 | 1874 | 790 | - |
| Protein (g/day) | 87.0 | 32.1 | 91.0 | 36.7 | - | 90.9 | | 36.9 | 93.3 | 32.3 | - | 82.6 | | 25.4 | 89.3 | 39.7 | - |
| Total Fat (g/day) | 65.0 | 29.6 | 68.8 | 33.1 | - | 67.2 | | 32.3 | 71.8 | 33.4 | - | 62.4 | | 26.3 | 66.6 | 32.9 | - |
| * Sat Fat (g/day) | 22.6 | 11.4 | 23.7 | 11.7 | - | 23.8 | | 13.1 | 24.4 | 11.3 | - | 21.2 | | 9.1 | 23.1 | 12.0 | - |
| * Poly Fat (g/day) | 9.8 | 6.2 | 11.6 | 8.2 | - | 10.1 | | 6.5 | 11.9 | 7.4 | - | 9.5 | | 6.0 | 11.4 | 8.8 | - |
| * Mono Fat (g/day) | 26.1 | 12.8 | 26.8 | 14.2 | - | 26.7 | | 12.7 | 28.6 | 15.4 | - | 25.3 | | 13.1 | 25.5 | 13.1 | - |
| Total CHO (g/day) | 196.9 | 83.2 | 216.5 | 90.9 | - | 211.8 | | 99.0 | 221.7 | 82.7 | - | 180.0 | | 57.3 | 212.7 | 96.4 | <0.05 |
| * Sugars (g/day) | 102.0 | 53.9 | 111.8 | 54.3 | - | 108.4 | | 62.4 | 107.5 | 48.7 | - | 94.8 | | 41.8 | 115.0 | 57.9 | <0.05 |
| Dietary Fibre (g/day) | 29.5 | 11.5 | 31.7 | 14.9 | - | 29.4 | | 14.0 | 31.8 | 13.0 | - | 27.5 | | 7.8 | 31.6 | 16.2 | - |
| Protein (%E) | 19.7 | 3.3 | 18.7 | 3.8 | <0.05 | 19.6 | | 3.3 | 18.5 | 3.1 | <0.05 | 19.9 | | 3.2 | 18.8 | 4.2 | - |
| Total Fat (%E) | 31.5 | 7.7 | 30.2 | 7.5 | - | 30.9 | | 6.9 | 30.3 | 7.3 | - | 32.2 | | 8.6 | 30.2 | 7.7 | - |
| * Sat Fat (%E) | 10.9 | 3.2 | 10.5 | 3.4 | - | 10.7 | | 2.9 | 10.5 | 3.5 | - | 11.0 | | 3.5 | 10.5 | 3.3 | - |
| Carbohydrate (%E) | 43.6 | 8.3 | 44.1 | 9.1 | - | 43.9 | | 8.1 | 43.4 | 8.3 | - | 43.2 | | 8.8 | 44.7 | 9.7 | - |

\* Group differences between diabetics and non-diabetics were assessed using independent samples t-tests (2-tailed). † Diabetic status is determined according to fasting BGL >7.0mmol or on diabetic medications ([20](#_ENREF_20)). – indicates not significant.