**Supplementary tables – reporting those that with a EI:BMR of between 0.9 and 2.0**

**Table 5** **Daily Energy and Macronutrient Intake for Māori and non-Māori participants with a EI:BMR of between 0.9 and 2.0; Median and Interquartile range (IQR) by sex**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Māori** | | | **Non-Māori** | | |  |  |  |  |
|  | **Men,**  **n 45** | **Women**  **n 72** | **Total**  **n 117** | **Men**  **n 125** | **Women**  **n 135** | **Total**  **n 260** | **p-value**  **Sex1** | **p-value**  **Ethnic Group2** | **p-value**  **Sex3** | **p-value**  **Ethnic Group4** |
| Energy (MJ) | 6.9 (6.0, 8.2) | 8.6 (7.2, 9.6) | 6.2 (5.6, 7.3) | 7.2 (6.1, 8.5) | 8.0 (7, 9.5) | 6.4 (5.5, 7.3) | <.0001 | 0.7243 | <.0001 | 0.8801 |
| Energy (kcal) | 2046 (1721, 2301) | 1476 (1328, 1737) | 1639 (1428, 1956) | 1923 (1683, 2280) | 1533 (1324, 1755) | 1711 (1459, 2032) | <.0001 | 0.7243 | <.0001 | 0.8801 |
| EI:BMRest | 5.2 (4.8 - 5.8) | 4.9 (4.4 - 5.5) | 5.0 (4.5 - 5.7) | 5.2 (4.6 - 6.1) | 5.2 (4.6 - 6.3) | 5.2 (4.6 - 6.2) | 0.7382 | 0.0561 | 0.725 | 0.0552 |
| Carbohydrate (g) | 217 (171, 239) | 166 (144, 198) | 178 (152, 218) | 211 (182, 247) | 175 (152, 201) | 190 (165, 222) | <.0001 | 0.0716 | 0.0007 | 0.1709 |
| Carbohydrate (% Energy) | 41.4 (37.1, 47.1) | 44.5 (39.4, 49.8) | 43.3 (38.5, 48.8) | 43.3 (38.9, 48.8) | 46.4 (41.6, 51.9) | 44.6 (39.8, 50.3) | 0.0007 | 0.1707 | 0.0007 | 0.1709 |
| Sugars, total (g) | 89.8 (65.9, 128.8) | 76.5 (60.3, 98.5) | 81.7 (65.0, 109.8) | 99.2 (78.9, 122.0) | 87.2 (73.8, 109.5) | 92.9 (77.2, 114.3) | <.0001 | 0.0062 | <.0001 | 0.0170 |
| Sucrose (g) | 43.4 (32.8, 61.7) | 30.1 (21.3, 40.3) | 34.4 (24.4, 46.7) | 40.4 (31.4, 54.7) | 36.4 (26.2, 48.0) | 38.1 (27.9, 50.8) | <.0001 | 0.1046 | 0.2254 | 0.2189 |
| Sugar (%energy) | 20.7 (15.2, 24.2) | 20.9 17.5, 26.2) | 20.7 (16.4, 25.7) | 20.5 (16.3, 24.2) | 23.0 (19.8, 27.8) | 22.1 (18.1, 26.2) | <.0001 | <.0001 | <.0001 | 0.0170 |
| Protein (g) | 82.5 (71.5, 96.2) | 62.2 (49.2, 75.1) | 69.7 (53.4, 85.0) | 76.3 (64.6, 89.7) | 61.4 (50.9, 68.7) | 67.2 (55.6, 80.5) | <.0001 | 0.2155 | 0.9335 | 0.0828 |
| Protein (g/Kg) | 1.06 (0.88, 1.37) | 0.89 (0.74, 1.18) | 1.00 (0.79, 1.24) | 1.02 (0.88, 1.2) | 0.94 (0.78, 1.13) | 0.97 (0.83, 1.18) | 0.7817 | 0.4379 | <.0001 | 0.4358 |
| Protein (% Energy) | 16.4 (13.3, 19.2) | 15.6 (13.8, 19.6) | 16.3 (13.8, 19.4) | 15.2 (13.3, 17.7) | 15.5 (13.7, 17.7) | 15.4 (13.4, 17.7) | 0.7547 | 0.4936 | 0.9335 | 0.0828 |
| Fat (g) | 85.6 (67.7, 107.6) | 61.2 (51.3, 74.9) | 68.8 (55.1, 88.9) | 78.2 (61.1, 101.4) | 61.2 (49.4, 77.1) | 70.5 (54.1, 89.1) | <.0001 | 0.1456 | 0.6795 | 0.0319 |
| Fat (% Energy) | 40.4 (34.8, 42.6) | 37.1 (32.3, 41.9) | 37.6 (33.0, 42.5) | 37.1 (30.4, 41.9) | 36.7 (31.8, 42.4) | 37.1 (31.3, 42.2) | 0.6847 | 0.0318 | 0.6795 | 0.0319 |
| Saturated fat | 37.3 (25.6, 47.9) | 25.7 (19.9, 31.1) | 27.6 (21.1, 40.4) | 32.3 (24.9, 40.8) | 24.5 (19.1, 32.1) | 28.5 (21.5, 37.0) | <.0001 | 0.1146 | 0.3167 | 0.0775 |
| Sat Fat (% Energy) | 16.5 (13.0, 20.1) | 15.5 (12.5, 18.6) | 15.9 (12.6, 18.8) | 15.1 (12.6, 17.3) | 14.4 (11.6, 17.4) | 14.9 (12.2, 17.4) | 0.0212 | 0.0001 | 0.3167 | 0.0775 |
| Dietary fibre (g) | 20.4 (16.5, 25.3) | 19.7 (16.1, 25.3) | 20.3 (16.2, 25.3) | 22.8 (19.8, 29.1) | 20.9 (17.1, 25.2) | 21.8 (18.0, 27.1) | 0.0004 | 0.1615 | <.0001 | 0.5352 |
| Dietary fibre/MJ | 2.6 (2.2, 3.0) | 3.1 (2.6, 3.8) | 3.0 (2.4, 3.5) | 2.9 (2.4, 3.5) | 3.1 (2.6, 3.7) | 3.0 (2.5, 3.5) | <.0001 | <.0001 | <.0001 | 0.5352 |
| Water (L) | 2.22 (1.95, 2.5) | 1.99 (1.61, 2.33) | 2.12 (1.73, 2.45) | 2.23 (1.94, 2.51) | 2.06 (1.74, 2.42) | 2.17 (1.84, 2.48) | 0.3456 | 0.6423 | <.0001 | 0.3336 |
| Alcohol (g) | 0.48 (0.00, 13.13) | 0.00 (0.00, 0.00) | 0.00 (0.00, 6.06) | 5.15 (0.00, 20.6) | 0.00 (0.00, 3.17) | 0.00 (0.00, 12.88) | 0.0001 | 0.0696 | <.0001 | 0.0369 |

1 comparing all men and all women, Wilcoxon univariate non-parametric test

2 comparing all Māori with all non-Māori, Wilcoxon univariate non-parametric test

3 comparing all men and all women, multivariate generalised linear model controlling for age and ethnicity

4 comparing all Māori with all non-Māori, multivariate generalised linear model controlling for age and sex

Abbreviation IQR – interquartile range, MJ megajoules, kcal kilocalories, EI:BMR ratio of energy intake to estimated basal metabolic rate (BMR estimated using the Fredrix formula), g grams, % Energy percent of energy intake, g/Kg grams per kilogram body weight, L litres.m

Median IQR is presented unless specified as % Energy

**Supplementary table**

**Table 6 Proportion of Māori and non-Māori with a EI:BMR of between 0.9 and 2.0 participants who met the Nutrient Reference Values (NRV) for Australia and New Zealand for intake of macronutrients, dietary fibre and water, by sex.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Nutrient Reference Value for **Women** >70 year | LiLACS Women meeting standard, n (%) | | Nutrient Reference Value for **Men** >70 year | LiLACS Men meeting standard, n (%) | | p-value Sex | p-value Māori |
| Māori | Non Māori | Māori | Non Māori |
| Protein, EAR 46 g/day | 63 (88) | 114 (84) | Protein,EAR  65 g/day | 36 (80) | 93 (74) | **0.0238** | 0.467 |
| Protein, EAR 0.75g/Kg/day | 75 (66) | 132 (73) | Protein, EAR  0.86g/Kg/day | 56 (65) | 122 (72) | 0.8352 | 0.4303 |
| % Energy from Protein, 15-25 | 53 (74) | 107 (79) | % Energy from Protein, 15-25 | 35 (78) | 99 (79) | 0.7817 | 0.4379 |
| %Energy from Carbohydrate, 45-65 | 68 (55) | 89 (47) | %Energy from Carbohydrate, 45-65 | 53 (58) | 97 (56) | 0.086 | 0.6074 |
| % Energy from Fat, 20-35 | 29 (40) | 58 (43) | % Energy from Fat, 20-35 | 16 (36) | 59 (47) | 0.7547 | 0.4936 |
| Dietary Fibreβ AI 25 g/day | 37 (51) | 64 (47) | Dietary Fibreβ AI 30g/day | 29 (64) | 79 (63) | **0.0041** | 0.6566 |
| \*Water, AI 2.8 L/day | 70 (97) | 130 (96) | \*Water, AI  3.4 L/day | 44 (98) | 121 (97) | 0.7744 | 0.615 |

N (%) above the NRV presented for each group. NRV Nutrient Reference Value, EAR Estimated Average Requirement, AI Adequate Intake. p-value Sex – comparing all men with all women adjusting for age; p-value Māori comparing all Māori with all non-Māori adjusting for age.

\*Total water includes water from foods as well as fluids.

βThe NZFCD FOODfiles uses Prosky method of analysis for total dietary fibre (AOAC 991.43)([51](#_ENREF_51)) because the Joint Australia New Zealand Food Standards Code prescribes the Prosky method of analyses for the purpose of food labelling