**Supplementary Table 1.** United Kingdom dietary reference values and group compliance (%) in the Newcastle 85+ Study by gender

|  |  |  |  |
| --- | --- | --- | --- |
| Macronutrients | All | Men | Women |
| Group Compliance (%) | DRV | Group Compliance (%) | DRV | Group Compliance (%) |
| Energy | 19.8 | 9.6 MJ\* | 19.9 | 7.7 MJ\* | 19.8 |
| Alcohol‡ | 83.3 | 32 g† | 77.5 | 24 g† | 90.8 |
| Carbohydrate | 33.0 | 50 % en | 34.4 | 50 % en | 32.2 |
| NMES  | 56.5 | 11 % en | 52.6 | 11 % en | 58.9 |
| NSP | 9.0 | 18 g | 14.2 | 18 g | 5.7 |
| Total Fat | 41.1 | 35 % en | 44.0 | 35 % en | 39.3 |
| SFA | 27.9 | 11 % en | 32.5 | 11 % en | 25.1 |
| Protein | 71.5 | 0.75 g/Kg | 78.1 | 0.75 g/Kg | 67.4 |

DRV, Dietary Reference Value; NMES, non-milk extrinsic sugars; NSP, non-starch polysaccharides; SFA, saturated fatty acids; % en, percentage of energy.

DRVs were taken from the Committee on Medical Aspects of Food Policy report(11) unless stated otherwise. Group compliance is the percentage above or below the DRVs as appropriate

\* Scientific Advisory Committee on Nutrition(12)

† Sensible-Drinking limits(28)

‡ Only alcohol drinkers

**Supplementary Table 2.** Daily energy, EI:BMRest, macronutrient and NSP intakes of 539 non-misreporters and difference between 731 total reporters by gender in the Newcastle 85+ Study\*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Macronutrients | All |  | Men |  | Women |
| Median | IQR | Dif |  | Median | IQR | Dif |  | Median | IQR | Dif |
| Energy (MJ) | 7.00 | 6.13-8.34 | -0.36 |  | 8.47 | 7.39-9.40 | -0.75 |  | 6.39 | 5.66-7.25 | -0.24 |
| Energy (Kcal) | 1674 | 1466-1993 | -86 |  | 2024 | 1766-2248 | -178 |  | 1527 | 1353-1734 | -57 |
| EI:BMRest | 1.41 | 1.24-1.62 | -0.08 |  | 1.43 | 1.27-1.61 | -0.1 |  | 1.40 | 1.23-1.63 | -0.07 |
| Carbohydrate (g) (% en) | 207.6 (46.5) | 172.3-242.4 | -14.1 |  | 242.2 (46.6) | 213.9-280.8 | -14.2 |  | 185.9 (46.3) | 162.5-219.5 | -8.9 |
| NMES (g) (% en) | 47.7 (10.4) | 30.2-66.2 | -5.1 |  | 58.2 (10.8) | 39.3-83.4 | -8.1 |  | 41.9 (10.2) | 26.7-59.6 | -3.9 |
| NSP (g) | 10.8 | 8.3-14.4 | -0.6 |  | 12.5 | 9.8-16.1 | -1.2 |  | 10.2 | 7.6-13.2 | -0.7 |
| Total Fat (g) (% en) | 70.6 (37.1) | 57.2-87.2 | -5.1 |  | 81.1 (36.4) | 66.1-99.9 | -6.6 |  | 63.9 (37.4) | 53.5-77.3 | -3.6 |
| SFA (g) (% en) | 26.3 (13.7) | 19.9-34.2 | -2.2 |  | 29.5 (13.0) | 22.4-37.5 | -2.6 |  | 24.2 (14.0) | 18.6-31.4 | -1.5 |
| MUFA (g) (% en) | 16.8 (8.9) | 12.5-22.3 | -1.1 |  | 19.7 (8.7) | 14.8-25.0 | -1.5 |  | 15.6 (9.0) | 11.7-20.1 | -1.3 |
| PUFA (g) (% en) | 6.9 (3.6) | 4.5-10.5 | -0.4 |  | 8.2 (3.6) | 5.5-11.8 | -0.8 |  | 6.3 (3.5) | 3.9-9.5 | -0.4 |
| P:S ratio | 0.26 | 0.15-0.41 | 0.00 |  | 0.29 | 0.17-0.41 | 0.00 |  | 0.24 | 0.14-0.41 | 0.01 |
| Protein (g) (% en) | 65.3 (15.6) | 52.5-79.0 | -3.8 |  | 77.7 (15.8) | 65.6-93.3 | -4.4 |  | 57.9 (15.4) | 49.3-68.9 | -3.5 |

EI:BMRest, energy intake by estimated basal metabolic rate(22); NSP, non-starch polysaccharides; IQR, interquartile range; IQR, interquartile range; Dif, Difference between without and with cut-offs (accurate reporters); % en, percentage of energy; NMES, non-milk extrinsic sugars; SFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; P:S ratio, PUFA/SFA ratio.

Cut-offs were defined as an EI:BMRest at 1.05-2.0. Sixty-two participants did not have weight and/or height, therefore cut-offs could not be applied to the entire cohort and only to 731.

\* 26.3% were misreporters (21.6% underreporters and 4.7% overreporters).