

## Supplementary appendix

**eTable 1 Energy and macronutrient intake by age and sex**

	Age group					
	40-44	45-49	50-54	55-59	60-64	65-69
<b>N</b>						
Women	12728	16617	195772	22665	27490	15807
Men	9723	11736	13765	17322	23752	17264
<b>Energy Intake</b>						
Women	8293.5 (2367.6)	8220.8 (2298.2)	8138.6 (2223.8)	8069.1 (2157.4)	8153.0 (2156.3)	8216.0 (2212.4)
Men	9848.1 (2931.7)	9697.8 (2825.8)	9544.8 (2720.5)	9471.0 (2621.5)	9446.4 (2534.3)	9372.6 (2530.9)
<i>Mean difference</i>	-1554.6 (-1623.8, -1485.3)	-1477.0 (-1536.7, -1417.1)	-1406.2 (-1459.2, -1353.1)	-1401.9 (-1448.8, -1355.1)	-1293.4 (-1334.0, -1252.7)	-1156.6 (-1208.0, -1105.1)
<b>Total Fat</b>						
Women	75.0 (28.8)	73.9 (28.0)	72.4 (27.2)	71.4 (26.3)	71.9 (26.3)	72.5 (26.4)
Men	87.4 (34.6)	85.8 (33.6)	83.7 (32.4)	82.8 (31.3)	82.2 (30.4)	81.1 (29.9)
<i>Mean difference</i>	-12.4 (-13.2, -11.5)	-11.9 (-12.6, -11.1)	-11.3 (-12.0, -10.7)	-11.4 (-11.9, -10.7)	-10.3 (-10.7, -9.7)	-8.6 (-9.2, -8.0)
<b>Saturated Fat</b>						
Women	28.4 (11.9)	28.2 (11.8)	27.6 (11.5)	27.2 (11.3)	27.6 (11.3)	28.1 (11.6)
Men	33.6 (14.7)	33.0 (14.3)	32.1 (13.7)	31.9 (13.5)	31.8 (13.2)	31.7 (13.2)
<i>Mean difference</i>	-5.2 (-5.5, -4.8)	-4.8 (-5.1, -4.5)	-4.5 (-4.8, -4.2)	-4.7 (-4.9, -4.4)	-4.2 (-4.4, -4.0)	-3.6 (-3.8, -3.3)
<b>PUFA</b>						
Women	14.1 (7.2)	13.8 (7.0)	13.5 (6.8)	13.4 (6.5)	13.4 (6.6)	13.3 (6.6)
Men	16.0 (8.2)	15.7 (8.0)	15.4 (7.8)	15.1 (7.5)	15.0 (7.4)	14.7 (7.3)
<i>Mean difference</i>	-1.9 (-2.1, -1.7)	-1.9 (-2.1, -1.8)	-1.9 (-2.0, -1.7)	-1.7 (-1.9, -1.7)	-1.6 (-1.8, -1.5)	-1.4 (-1.6, -1.3)
<b>Total carbohydrate</b>						
Women	240.6 (78.7)	237.0 (77.0)	236.1 (75.6)	234.2 (73.6)	238.4 (74.1)	243.0 (77.8)
Men	282.1 (94.5)	275.8 (92.5)	269.7 (88.5)	267.6 (86.2)	268.7 (83.5)	269.4 (85.1)
<i>Mean difference</i>	-41.5 (-43.8, -39.2)	-38.8 (-40.8, -36.8)	-33.6 (-35.3, -31.8)	-33.4 (-35.0, -31.9)	-30.3 (-31.7, -29.0)	-26.4 (-28.2, -24.6)
<b>Total sugar</b>						
Women	111.3 (46.2)	111.8 (46.2)	114.0 (45.9)	114.5 (44.6)	118.2 (45.3)	121.8 (48.4)
Men	127.8 (55.8)	125.2 (54.1)	123.1 (51.4)	123.4 (50.2)	125.7 (49.2)	127.4 (50.5)
<i>Mean difference</i>	-16.5 (-17.9, -15.2)	-13.4 (-14.6, -12.2)	-9.1 (-10.2, -8.1)	-8.9 (-9.8, -7.9)	-7.5 (-8.3, -6.7)	-5.6 (-6.7, -4.5)
<b>Fibre</b>						
Women	15.4 (6.5)	15.4 (6.2)	15.9 (6.3)	16.1 (6.2)	16.6 (6.3)	16.9 (6.5)
Men	16.1 (7.0)	16.0 (6.8)	16.2 (6.9)	16.6 (6.7)	17.0 (6.7)	17.3 (6.8)
<i>Mean difference</i>	-0.7 (-0.8, -0.5)	-0.6 (-0.7, -0.4)	-0.3 (-0.5, -0.2)	-0.5 (-0.5, -0.3)	-0.4 (-0.5, -0.3)	-0.4 (-0.5, -0.2)
<b>Protein</b>						
Women	77.9 (24.6)	77.8 (23.7)	77.5 (22.9)	77.4 (22.1)	78.5 (22.0)	78.6 (22.1)
Men	89.9 (30.4)	88.5(29.2)	87.0 (27.6)	86.2 (26.1)	86.0 (25.0)	85.7 (24.9)
<i>Mean difference</i>	-12.0 (-12.7, -11.2)	-10.7 (-11.3, -10.1)	-9.5 (-10.1, -9.0)	-8.8 (-9.2, -8.3)	-7.5 (-7.9, -7.1)	-7.1 (-7.6, -6.6)

Data are mean kJ for energy and grams for macronutrients (standard deviation) for continuous variables in women and men. Mean difference is the women minus men difference (95% confidence interval).

**eTable 2 Energy and macronutrient intake by socioeconomic status and sex**

	Most Deprived	SES 2	SES 3	SES 4	Least Deprived
<b>N</b>					
Women	40367	28387	21267	15873	9046
Men	34142	22922	16527	12219	7627
<b>Energy Intake</b>					
Women	8177.3 (2134.6)	8168.1 (2167.3)	8200.7 (2248.6)	8164.2 (2349.7)	8055.7 (2456.5)
Men	9501.6 (2551.2)	9533.9 (2608.6)	9561.9 (2668.2)	9575.8 (2816.5)	9449.0 (3019.0)
<i>Mean difference</i>	-1324.3 (-1357.9, -1290.6)	-1365.8 (-1407.1, -1324.4)	-1361.2 (1410.8, -1311.5)	-1411.6 (-1472.1, -1351.2)	-1393.3 (-1476.4, -1310.1)
<b>Total Fat</b>					
Women	72.3 (26.2)	72.5 (26.4)	73.1 (27.1)	73.1 (28.4)	72.4 (29.4)
Men	83.0 (30.5)	83.3 (31.3)	83.9 (31.8)	83.8 (33.1)	82.7 (35.1)
<i>Mean difference</i>	-10.7 (-11.1, -10.2)	-10.8 (-11.3, -10.3)	-10.8 (-11.4, -10.2)	-10.7 (-11.5, -10.0)	-10.3 (-11.4, -9.4)
<b>Saturated Fat</b>					
Women	27.7 (11.2)	27.8 (11.3)	27.9 (11.5)	27.9 (12.0)	27.7 (12.5)
Men	32.1 (13.2)	32.2 (13.4)	32.4 (13.8)	32.2 (14.2)	31.9 (15.2)
<i>Mean difference</i>	-4.4 (-4.6, -4.2)	-4.4 (-4.7, -4.2)	-4.5 (-4.8, -4.3)	-4.3 (-4.6, -4.0)	-4.2 (-4.6, -3.8)
<b>Polyunsaturated Fat</b>					
Women	13.5 (6.6)	13.5 (6.6)	13.6 (6.8)	13.5 (6.9)	13.3 (7.2)
Men	15.2 (7.4)	15.2 (7.6)	15.2 (7.5)	15.4 (8.0)	15.0 (8.1)
<i>Mean difference</i>	-1.7 (-1.8, -1.6)	-1.7 (-1.8, -1.6)	-1.6 (-1.7, -1.5)	-1.9 (-2.1, -1.7)	-1.7 (-1.9, -1.4)
<b>Total carbohydrate</b>					
Women	238.2 (72.6)	238.1 (73.9)	238.3 (77.1)	237.5 (79.8)	235.5 (84.2)
Men	270.6 (83.8)	271.6 (85.3)	271.1 (88.2)	272.0 (92.2)	270.3 (99.9)
<i>Mean difference</i>	-32.4 (-33.6, -31.3)	-33.5 (34.9, -32.1)	-32.8 (-34.5, -31.1)	-34.5 (-36.6, -32.5)	-34.8 (-37.6, -32.0)
<b>Total sugar</b>					
Women	116.7 (44.5)	115.8 (44.8)	115.0 (46.4)	114.2 (47.9)	113.2 (51.7)
Men	125.2 (49.0)	125.5 (49.7)	124.8 (51.4)	125.6 (54.5)	126.5 (60.2)
<i>Mean difference</i>	-8.5 (-9.2, -7.9)	-9.7 (-10.5, -8.8)	-9.8 (-10.8, -8.8)	-11.4 (-12.6, -10.7)	-13.3 (-15.0, -11.6)
<b>Fibre</b>					
Women	16.3 (6.1)	16.2 (6.2)	16.2 (6.5)	15.9 (6.6)	15.5 (6.9)
Men	16.8 (6.5)	16.7 (6.7)	16.5 (6.8)	16.6 (7.2)	16.0 (7.7)
<i>Mean difference</i>	-0.5 (-0.6, -0.4)	-0.5 (-0.7, -0.5)	-0.3 (-0.4, -0.2)	-0.7 (-0.8, -0.5)	-0.5 (-0.7, -0.3)
<b>Protein</b>					
Women	78.7 (21.7)	78.1 (22.0)	77.9 (23.1)	77.1 (24.4)	75.8 (25.4)
Men	86.9 (25.2)	87.0 (25.9)	86.8 (27.1)	87.0 (29.0)	86.1 (31.2)
<i>Mean difference</i>	-8.2 (-8.5, -7.8)	-8.9 (-9.3, -8.4)	-8.9 (-9.4, -8.4)	-9.9 (-10.5, -9.2)	-10.3 (-11.2, -9.5)

Data are mean kJ for energy and grams for macronutrients (standard deviation) for continuous variables in women and men. Mean difference is the women minus men difference (95% confidence interval).

eTable 3: Energy and macronutrient intake by body mass index and sex

	BMI group			
	Underweight (<18.5kg/m <sup>2</sup> )	Normal Weight (18.5- 25kg/m <sup>2</sup> )	Overweight (25 – 30 kg/m <sup>2</sup> )	Obese (>30 kg/m <sup>2</sup> )
<b>N</b>				
Women	939	50300	40333	23218
Men	195	26248	46050	20768
<b>Energy Intake</b>				
Women	8231.7 (72.9)	8199.1 (9.6)	8112.3 (11.0)	8202.6 (15.7)
Men	9707.9 (196.4)	9643.8 (15.7)	9495.0 (12.3)	9452.1 (19.8)
Mean difference	-1476.2 (-1836.1, -1116.4)	-1444.7 (-1478.8, -1410.5)	-1382.7 (-1415.4, -1349.9)	-1249.5 (-1298.5, -1200.5)
<b>Total Fat</b>				
Women	74.5 (0.9)	72.7 (0.1)	71.8 (0.1)	74.0 (0.2)
Men	87.5 (2.5)	84.2 (0.2)	82.7 (0.1)	83.6 (0.2)
Mean difference	-13.0 (-17.5, -8.4)	-11.5 (-11.9, -11.1)	-10.9 (-11.3, -10.6)	-9.6 (-10.2, -9.0)
<b>Saturated Fat</b>				
Women	28.6 (0.4)	27.6 (0.1)	27.5 (0.1)	28.6 (0.1)
Men	34.1 (1.1)	32.3 (0.1)	31.9 (0.1)	32.6 (0.1)
Mean difference	-5.5 (-7.6, -3.5)	-4.7 (-4.9, -4.5)	-4.4 (-4.6, -4.3)	-4.0 (-4.2, -3.7)
<b>Polyunsaturated Fat</b>				
Women	13.8 (0.2)	13.5 (0.03)	13.4 (0.03)	13.7 (0.05)
Men	16.0 (0.6)	15.5 (0.05)	15.1 (0.04)	15.1 (0.05)
Mean difference	-2.2 (-3.2, -1.1)	-2.0 (-2.1 -1.8)	-1.7 (-1.8 -1.6)	-1.4 (-1.6, -1.3)
<b>Total carbohydrate</b>				
Women	246.0 (2.5)	239.9 (0.3)	235.4 (0.4)	237.5 (0.5)
Men	286.3 (6.6)	281.5 (0.5)	269.1 (0.4)	262.3 (0.6)
Mean difference	-40.3 (-52.5, -28.0)	-41.6 (-42.7, -40.4)	-33.7 (-34.8, -32.6)	-24.8 (-26.4, -23.2)
<b>Total sugar</b>				
Women	119.2 (1.6)	117.2 (0.2)	114.6 (0.2)	113.6 (0.3)
Men	133.5 (3.8)	130.3 (0.3)	125.2 (0.2)	119.5 (0.4)
Mean difference	-14.3 (-22.0, -6.7)	-13.2 (-13.9 -12.5)	-10.6 (-11.2, -9.9)	-5.9 (-6.9, -5.0)
<b>Fibre</b>				
Women	17.6 (0.2)	16.4 (0.03)	15.9 (0.03)	15.6 (0.04)
Men	17.3 (0.6)	17.4 (0.04)	16.5 (0.03)	16.0 (0.05)
Mean difference	0.3 (-0.9, 1.3)	-1.0 (-1.15, 0.05)	-0.6 (-0.6, -0.4)	-0.4 (-0.8, 0.0)
<b>Protein</b>				
Women	74.9 (0.7)	76.6 (0.1)	78.2 (0.1)	80.6 (0.2)
Men	83.2 (1.8)	86.0 (0.2)	86.6 (0.1)	88.7 (0.2)
Mean difference	-8.3 (-11.8, -4.7)	-9.4 (-9.7, -9.0)	-8.4 (-8.7, -8.04)	-8.0 (-8.6, -7.5)

Data are mean kJ for energy and grams for macronutrients (standard deviation) for continuous variables in women and men. Mean difference is the women minus men difference (95% confidence interval).

**eTable 4: Non-adherence (%) to dietary recommendations by age and sex**

	Age group					
	40-44	45-49	50-54	55-59	60-64	65-69
<b>N</b>						
Women	12728	16617	19772	22665	27490	15807
Men	9723	11736	13765	17322	23752	17264
<b>Energy Intake</b>						
Women	45.4 (49.8)	43.4 (49.6)	41.9 (49.3)	40.3 (49.0)	42.1 (49.4)	42.8 (49.5)
Men	37.3 (45.4)	34.8 (43.4)	32.7 (41.9)	31.1 (46.3)	30.3 (45.9)	29.2 (45.5)
Mean difference	8.1 (6.8, 9.4)	8.6 (7.4, 9.7)	9.2 (8.1, 10.2)	9.2 (8.2, 10.1)	11.8 (11.0, 12.7)	13.6 (12.6, 14.7)
<b>Total Fat</b>						
Women	38.5 (48.7)	37.7 (48.5)	35.2 (47.8)	33.9 (47.3)	33.4 (47.2)	33.6 (47.2)
Men	35.4 (47.8)	34.8 (47.6)	33.1 (47.0)	31.5 (46.5)	31.0 (46.3)	29.4 (45.5)
Mean difference	3.1 (1.9, 4.4)	2.9 (1.8, 4.0)	2.1 (1.1, 3.1)	2.4 (1.4, 3.3)	2.4 (1.6, 3.2)	4.2 (3.2, 5.2)
<b>Saturated Fat</b>						
Women	67.4 (46.9)	67.0 (47.0)	66.0 (47.4)	65.1 (47.7)	65.2 (47.6)	66.4 (47.2)
Men	66.3 (47.3)	65.7 (47.5)	64.2 (47.9)	64.4 (47.9)	64.2 (47.9)	64.9 (47.7)
Mean difference	1.1 (-0.1, 2.4)	1.3 (0.1, 2.4)	1.8 (0.7, 2.7)	0.7 (-0.2, 1.6)	1.0 (0.1, 1.8)	1.5 (0.5, 2.6)
<b>PUFA</b>						
Women	54.7 (49.8)	55.7 (49.7)	57.2 (49.5)	56.4 (49.6)	57.2 (49.5)	59.2 (49.1)
Men	57.3 (49.5)	58.2 (49.3)	59.0 (49.2)	59.6 (49.1)	59.8 (49.0)	61.7 (48.6)
Mean difference	-2.6 (-3.9, -1.2)	-2.5 (-2.6, -1.2)	-1.8 (-2.9, -0.7)	-3.2 (-4.1, -2.2)	-2.6 (-3.5, -1.8)	-2.5 (-3.5, -1.4)
<b>Total carbohydrate</b>						
Women	51.3 (50.0)	53.5 (49.9)	51.7 (50.0)	51.9 (50.0)	50.3 (50.0)	48.1 (50.0)
Men	54.4 (49.8)	55.9 (49.6)	57.7 (49.4)	57.9 (49.4)	56.5 (49.6)	53.9 (49.8)
Mean difference	-3.1 (-4.4, -1.7)	-2.4 (-3.6, -1.3)	-6.0 (-7.1, -4.9)	-6.0 (-7.0, -5.0)	-6.2 (-7.1, -5.4)	-5.8 (-6.9, -4.7)
<b>Total sugar</b>						
Women	65.8 (47.4)	66.1 (47.3)	68.5 (46.5)	69.7 (46.0)	72.6 (44.6)	74.3 (43.7)
Men	50.2 (50.0)	48.2 (50.0)	47.6 (49.9)	47.8 (50.0)	49.9 (50.0)	51.3 (50.0)
Mean difference	15.6 (14.3, 16.9)	17.9 (16.8, 19.1)	20.9 (19.9, 22.0)	21.9 (21.0, 22.9)	22.7 (21.8, 23.5)	23.0 (21.9, 24.0)
<b>Fibre</b>						
Women	97.5 (15.5)	97.6 (15.3)	97.4 (15.9)	97.3 (16.1)	96.8 (17.5)	96.3 (18.9)
Men	96.1 (19.5)	96.6 (18.1)	96.4 (18.6)	96.5 (18.3)	96.0 (19.5)	95.5 (20.6)
Mean difference	1.4 (1.0, 1.9)	1.0 (0.6, 1.4)	1.0 (0.6, 1.4)	0.8 (0.5, 1.2)	0.8 (0.5, 1.1)	0.8 (0.3, 1.2)
<b>Protein</b>						
Women	15.4 (36.1)	14.7 (35.4)	14.5 (35.2)	14.0 (34.7)	12.2 (32.7)	12.0 (32.5)
Men	19.2 (39.4)	19.8 (39.9)	20.7 (40.5)	20.2 (40.1)	18.2 (38.6)	17.0 (37.6)
Mean difference	-3.8 (-4.7, -2.8)	-5.1 (-6.0, -4.2)	-6.2 (-7.0, -5.4)	-6.2 (-6.9, -5.5)	-6.0 (-6.6, -5.4)	-5.0 (-5.8, -4.3)

Data are percentage non-adherence (standard deviation) and women minus men mean difference (95% confidence interval).

eTable 5: Odds ratio (women versus men) and 95% confidence intervals for non-adherence to macronutrient intake recommendations, by age

	Age group						P-value for interaction
	40-44	45-49	50-54	55-59	60-64	65-69	
<b>N</b>							
Women	12728	16617	19772	22665	27490	15807	
Men	9723	11736	13765	17322	23752	17264	
<b>Total Fat</b>	1.15 (1.06, 1.20)	1.14 (1.08, 1.19)	1.10 (1.05, 1.15)	1.11 (1.06, 1.16)	1.11 (1.08, 1.16)	1.22 (1.16, 1.28)	0.343
<b>Saturated Fat</b>	1.05 (0.99, 1.11)	1.05 (1.01, 1.11)	1.08 (1.03, 1.14)	1.03 (0.99, 1.08)	1.04 (1.01, 1.08)	1.08 (1.02, 1.12)	0.898
<b>Polyunsaturated Fat</b>	0.90 (0.85, 0.95)	0.91 (0.86, 0.95)	0.93 (0.89, 0.97)	0.88 (0.85, 0.92)	0.89 (0.86, 0.93)	0.90 (0.86, 0.94)	0.649
<b>Total carbohydrate</b>	0.88 (0.84, 0.93)	0.91 (0.86, 0.95)	0.79 (0.75, 0.82)	0.78 (0.75, 0.81)	0.78 (0.75, 0.81)	0.79 (0.76, 0.83)	<0.001
<b>Total sugar</b>	1.92 (1.82, 2.00)	2.08 (2.00, 2.22)	2.38 (2.27, 2.50)	2.50 (2.44, 2.63)	2.63 (2.56, 2.78)	2.70 (2.63, 2.86)	<0.001
<b>Fibre</b>	1.61 (1.39, 1.89)	1.43 (1.25, 1.64)	1.41 (1.23, 1.59)	1.32 (1.18, 1.47)	1.27 (1.15, 1.39)	1.20 (1.09, 1.35)	0.037
<b>Protein</b>	0.77 (0.71, 0.83)	0.70 (0.66, 0.74)	0.65 (0.61, 0.69)	0.64 (0.61, 0.68)	0.63 (0.60, 0.66)	0.66 (0.63, 0.71)	0.072

Odds ratios were adjusted for Townsend deprivation index and ethnicity

**eTable 6: Non-adherence (%) to dietary recommendations by socioeconomic status and sex**

	Most Deprived	SES 2	SES 3	SES 4	Least Deprived
<b>N</b>					
Women	40367	28387	21267	15873	9046
Men	34142	22922	16527	12219	7627
<b>Energy Intake</b>					
Women	42.5 (49.4)	42.5 (49.4)	42.9 (49.5)	42.1 (49.4)	40.3 (49.0)
Men	31.2 (46.3)	31.5 (46.4)	32.7 (46.9)	33.3 (47.1)	32.3 (46.8)
Mean difference	11.3 (10.6, 12.0)	11.0 (10.2, 11.8)	10.2 (9.3, 11.2)	8.8 (7.7, 10.0)	8.0 (6.5, 9.5)
<b>Total Fat</b>					
Women	33.8 (47.3)	34.4 (47.5)	36.0 (48.0)	36.1 (48.0)	38.0 (48.5)
Men	31.1 (46.3)	32.0 (46.7)	32.5 (46.8)	33.0 (47.0)	33.9 (47.3)
Mean difference	2.7 (2.1, 3.4)	2.4 (1.6, 3.2)	3.5 (2.5, 4.5)	3.1 (2.0, 4.3)	4.1 (2.6, 5.6)
<b>Saturated Fat</b>					
Women	65.8 (47.4)	66.0 (47.4)	66.2 (47.3)	66.1 (47.3)	66.1 (47.3)
Men	65.0 (47.7)	65.1 (47.7)	65.2 (47.6)	63.9 (48.0)	63.0 (48.3)
Mean difference	0.8 (0.1, 1.4)	0.9 (0.1, 1.7)	1.0 (0.3, 2.0)	2.2 (1.1, 3.3)	3.1 (1.7, 4.6)
<b>Polyunsaturated Fat</b>					
Women	56.5 (49.6)	56.3 (49.6)	56.7 (49.6)	57.6 (49.4)	59.1 (49.2)
Men	58.9 (49.2)	59.5 (49.1)	59.9 (49.0)	60.1 (49.0)	60.7 (48.8)
Mean difference	-2.4 (-3.1, -1.7)	-3.2 (-4.2, -2.4)	-3.2 (-4.2, -2.2)	-2.5 (-3.6, -1.3)	-1.6 (-3.1, -0.1)
<b>Total carbohydrate</b>					
Women	51.2 (50.0)	50.7 (50.0)	51.7 (50.0)	51.3 (50.0)	50.2 (50.0)
Men	56.2 (49.6)	56.2 (49.6)	56.7 (49.5)	56.4 (49.6)	54.6 (49.8)
Mean difference	-5.0 (-5.7, -4.3)	-5.5 (-6.4, -4.6)	-5.0 (-6.0, -4.0)	-5.1 (-6.3, -3.9)	-4.4 (-5.9, -2.9)
<b>Total sugar</b>					
Women	71.5 (45.2)	70.9 (45.4)	69.2 (46.2)	67.7 (46.8)	64.7 (47.8)
Men	49.8 (50.0)	49.6 (50.0)	48.5 (50.0)	48.8 (50.0)	48.2 (50.0)
Mean difference	21.7 (21.0, 22.3)	21.3 (20.5, 22.2)	20.7 (19.7, 21.6)	18.9 (17.8, 20.1)	16.5 (15.0, 17.9)
<b>Fibre</b>					
Women	97.3 (16.2)	97.4 (16.0)	97.0 (17.2)	96.9 (17.4)	96.6 (18.0)
Men	96.6 (18.2)	96.2 (19.2)	96.2 (19.0)	95.5 (20.7)	95.1 (21.5)
Mean difference	0.7 (0.5, 1.0)	1.2 (0.9, 1.5)	0.8 (0.4, 1.1)	1.4 (0.9, 1.8)	1.5 (0.9, 2.1)
<b>Protein</b>					
Women	11.4 (31.8)	12.7 (33.2)	14.0 (34.7)	16.9 (37.5)	20.1 (40.1)
Men	17.2 (37.8)	18.5 (38.8)	19.5 (39.6)	21.2 (40.9)	24.1 (42.8)
Mean difference	-5.8 (-6.3, -5.3)	-5.8 (-6.5, -5.2)	-5.5 (-6.3, -4.8)	-4.3 (-5.2, -3.3)	-4.0 (-5.2, -2.7)

Data are percentage non-adherence (standard deviation) and women minus men mean difference (95% confidence interval).

**eTable 7: Odds ratio (women versus men) and 95% confidence intervals for non-adherence to macronutrient intake recommendations, by socioeconomic status**

	Least Deprived	SES 2	SES SES 3	SES 4	Most deprived	P-value for interaction
<b>N</b>						
Women	40367	28387	21267	15873	9046	
Men	34142	22922	16527	12219	7627	
<b>Total Fat</b>	1.14 (1.10, 1.18)	1.11 (1.08, 1.16)	1.16 (1.12, 1.22)	1.15 (1.10, 1.20)	1.19 (1.12, 1.27)	0.033
<b>Saturated Fat</b>	1.03 (1.01, 1.06)	1.04 (1.01, 1.08)	1.04 (1.01, 1.09)	1.10 (1.05, 1.16)	1.15 (1.08, 1.22)	<0.001
<b>Polyunsaturated Fat</b>	0.91 (0.88, 0.93)	0.88 (0.84, 0.90)	0.88 (0.84, 0.92)	0.90 (0.86, 0.95)	0.93 (0.88, 0.99)	0.857
<b>Total carbohydrate</b>	0.82 (0.79, 0.84)	0.80 (0.78, 0.83)	0.82 (0.79, 0.85)	0.81 (0.78, 0.85)	0.84 (0.79, 0.89)	0.871
<b>Total sugar</b>	2.50 (2.44, 2.63)	2.50 (2.38, 2.56)	2.38 (2.27, 2.50)	2.22 (2.08, 2.33)	1.96 (1.85, 2.08)	<0.001
<b>Fibre</b>	1.28 (1.18, 1.39)	1.47 (1.33, 1.61)	1.25 (1.11, 1.39)	1.45 (1.28, 1.64)	1.47 (1.27, 1.72)	0.013
<b>Protein</b>	0.62 (0.60, 0.65)	0.64 (0.61, 0.67)	0.67 (0.63, 0.70)	0.76 (0.71, 0.80)	0.79 (0.74, 0.85)	<0.001

Odds ratios were adjusted for age and ethnicity



**eTable 8: Non-adherence (%) to dietary recommendations by BMI group and sex**

	BMI Group			
	Underweight (<18.5kg/m <sup>2</sup> )	Normal Weight (18.5- 25kg/m <sup>2</sup> )	Overweight (25 – 30 kg/m <sup>2</sup> )	Obese (>30 kg/m <sup>2</sup> )
<b>N</b>				
Women	939	50300	40333	23218
Men	195	26248	46050	20768
<b>Energy Intake</b>				
Women	44.5 (1.6)	43.0 (0.2)	41.2 (0.2)	42.9 (0.3)
Men	31.8 (3.3)	32.9 (0.3)	31.3 (0.2)	31.9 (0.3)
Mean difference	12.7 (5.1, 2.0)	10.1 (9.3, 10.8)	9.9 (9.3, 10.6)	11.0 (10.1, 11.9)
<b>Total Fat</b>				
Women	39.8 (1.6)	34.2 (0.2)	34.0 (0.2)	38.3 (0.3)
Men	42.1 (3.5)	31.3 (0.3)	31.3 (0.2)	34.6 (0.3)
Mean difference	-2.3 (-9.7, 5.4)	2.9 (2.2, 3.6)	2.7 (2.1, 3.4)	3.7 (2.7, 4.5)
<b>Saturated Fat</b>				
Women	66.8 (1.5)	65.0 (0.2)	65.6 (0.2)	68.8 (0.3)
Men	64.1 (1.4)	63.7 (0.3)	64.4 (0.2)	67.0 (0.3)
Mean difference	2.7 (4.6, 10.0)	1.3 (0.6, 2.0)	1.2 (0.5, 1.8)	1.8 (0.9, 2.6)
<b>Polyunsaturated Fat</b>				
Women	54.7 (1.6)	56.5 (0.02)	57.2 (0.02)	57.1 (0.03)
Men	57.9 (3.5)	59.0 (0.03)	59.6 (0.02)	60.0 (0.03)
Mean difference	-3.2 (-10.9, 4.5)	-2.5 (-3.3 -1.8)	-2.4 (-3.1 -1.8)	-2.9 (-3.8, -1.9)
<b>Total carbohydrate</b>				
Women	54.3 (0.2)	49.9 (0.2)	48.2 (0.2)	47.6 (0.3)
Men	53.3 (0.4)	49.7 (0.3)	42.8 (0.2)	38.5 (0.6)
Mean difference	1.0 (-6.7, 8.7)	0.2 (-0.5, 0.9)	5.4 (-6.1, 4.7)	9.1(8.2, 10.0)
<b>Total sugar</b>				
Women	72.0 (1.5)	72.1 (0.2)	69.1 (0.2)	66.5 (0.3)
Men	56.4 (3.6)	54.2 (0.3)	49.1 (0.2)	43.3 (0.3)
Mean difference	15.6 (8.5, 22.6)	17.9 (17.2, 18.6)	20.0 (19.3, 20.6)	23.2(22.2, 24.1)
<b>Fibre</b>				
Women	94.2 (0.8)	97.1 (0.1)	97.4 (0.01)	97.0 (0.01)
Men	92.3 (1.9)	95.4 (0.1)	96.5 (0.01)	96.5 (0.01)
Mean difference	1.9 (-1.8, 0.6)	1.7 (1.4, 2.0)	0.9 (0.7, 1.1)	0.5 (0.1, 0.8)
<b>Protein</b>				
Women	2.4 (0.5)	6.1 (0.1)	13.0 (0.2)	30.6 (0.3)
Men	3.6 (1.3)	8.0 (0.2)	17.4 (0.2)	35.7 (0.3)
Mean difference	-1.2 (-3.6, 1.3)	-1.9 (-2.4, -1.6)	-4.4 (-4.8, -3.9)	-5.1 (-6.0, -4.3)

Data are percentage non-adherence (standard deviation) and women minus men mean difference (95% confidence interval).

**eTable 9: Odds ratio (women versus men) and 95% confidence intervals for non-adherence to macronutrient intake recommendations, by BMI group**

	BMI Group				P-value for interaction
	Underweight (<18.5kg/m <sup>2</sup> )	Normal Weight (18.5-25kg/m <sup>2</sup> )	Overweight (25–30 kg/m <sup>2</sup> )	Obese (>30 kg/m <sup>2</sup> )	
<b>N</b>					
Women	939	50300	40333	23218	
Men	195	26248	46050	20768	
<b>Total Fat</b>	0.92 (0.67, 1.25)	1.14 (1.11, 1.18)	1.14 (1.10, 1.16)	1.18 (1.12, 1.22)	0.789
<b>Saturated Fat</b>	1.12 (0.81, 1.56)	1.06 (1.03, 1.10)	1.05 (1.02, 1.09)	1.09 (1.04, 1.12)	0.977
<b>Polyunsaturated Fat</b>	0.88 (0.79, 1.20)	0.90 (0.87, 0.93)	0.90 (0.88, 0.93)	0.88 (0.85, 0.93)	0.603
<b>Total carbohydrate</b>	0.96 (0.70, 1.31)	0.99 (0.96, 1.02)	0.81 (0.78, 0.83)	0.69 (0.66, 0.71)	0.000
<b>Total sugar</b>	2.00 (1.45, 2.70)	2.17 (2.13, 2.27)	2.33 (2.27, 2.38)	2.56 (2.50, 2.70)	0.000
<b>Fibre</b>	1.37 (0.76, 2.5)	1.61 (1.49, 1.75)	1.35 (1.25, 1.47)	1.16 (1.04, 1.28)	0.000
<b>Protein</b>	0.68 (0.28, 1.59)	0.74 (0.70, 0.78)	0.71 (0.68, 0.74)	0.79 (0.76, 0.83)	0.000

Odds ratios were adjusted for age, socioeconomic status and ethnicity

**eTable 10: Energy and macronutrient intake standardised by body weight, by age and sex**

	Age group					
	40-44	45-49	50-54	55-59	60-64	65-69
<b>N</b>						
Women	12696	16586	19720	22618	27431	15769
Men	9699	11719	13726	17271	23686	17223
<b>Energy Intake</b>						
Women	121.5 (40.7)	120.2 (39.3)	118.3 (38.0)	117.5 (37.2)	118.8 (36.8)	120.5 (38.1)
Men	117.4 (38.8)	115.2 (37.5)	113.3 (36.8)	112.8 (35.7)	113.3 (34.4)	114.1 (34.4)
<i>Mean difference</i>	4.1 (3.1, 5.2)	5.0 (4.1, 5.9)	4.9 (4.1, 5.7)	4.7 (3.9, 5.3)	5.5 (4.9, 6.1)	6.4 (5.7, 7.2)
<b>Total Fat</b>						
Women	1.10 (0.46)	1.08 (0.4)	1.05 (0.43)	1.04 (0.42)	1.05 (0.42)	1.06 (0.42)
Men	1.04 (0.44)	1.02 (0.4)	0.99 (0.41)	0.99 (0.40)	0.98 (0.39)	0.99 (0.38)
<i>Mean difference</i>	0.06 (0.05, 0.07)	0.06 (0.05, 0.07)	0.06 (0.05, 0.07)	0.05 (0.04, 0.06)	0.07 (0.05, 0.08)	0.07 (0.06, 0.09)
<b>Saturated Fat</b>						
Women	0.41 (0.19)	0.41 (0.19)	0.40 (0.18)	0.40 (0.18)	0.40 (0.17)	0.41 (0.18)
Men	0.40 (0.18)	0.39 (0.18)	0.38 (0.17)	0.38 (0.17)	0.38 (0.17)	0.38 (0.17)
<i>Mean difference</i>	0.01 (0.01, 0.02)	0.020 (0.016, 0.024)	0.020 (0.016, 0.024)	0.016 (0.013, 0.019)	0.020 (0.017, 0.023)	0.027 (0.023, 0.031)
<b>PUFA</b>						
Women	0.21 (0.1)	0.20 (0.11)	0.20 (0.11)	0.19 (0.10)	0.19 (0.10)	0.20 (0.10)
Men	0.19 (0.1)	0.19 (0.10)	0.18 (0.10)	0.18 (0.09)	0.18 (0.09)	0.18 (0.09)
<i>Mean difference</i>	0.2 (0.1, 0.3)	0.014 (0.012, 0.017)	0.016 (0.011, 0.018)	0.014 (0.012, 0.017)	0.014 (0.012, 0.017)	0.016 (0.014, 0.018)
<b>Total carbohydrate</b>						
Women	3.53 (1.33)	3.47 (1.29)	3.44 (1.27)	3.41 (1.24)	3.48 (1.24)	3.57 (1.30)
Men	3.37 (1.26)	3.29 (1.23)	3.21 (1.20)	3.20 (1.17)	3.23 (1.14)	3.29 (1.16)
<i>Mean difference</i>	0.16 (0.13, 0.19)	0.18 (0.16, 0.22)	0.23 (0.20, 0.35)	0.21 (0.19, 0.24)	0.25 (0.22, 0.27)	0.28 (0.25, 0.31)
<b>Total sugar</b>						
Women	1.63 (0.75)	1.64 (0.75)	1.66 (0.74)	1.67 (0.73)	1.73 (0.73)	1.79 (0.79)
Men	1.53 (0.71)	1.49 (0.70)	1.47 (0.67)	1.48 (0.66)	1.51 (0.65)	1.56 (0.67)
<i>Mean difference</i>	0.10 (0.09, 0.13)	0.15 (0.13, 0.17)	0.19 (0.18, 0.21)	0.19 (0.18, 0.21)	0.22 (0.20, 0.23)	0.23 (0.22, 0.25)
<b>Fibre</b>						
Women	0.23 (0.11)	0.23 (0.10)	0.23 (0.10)	0.24 (0.10)	0.24 (0.10)	0.25 (0.11)
Men	0.19 (0.09)	0.19 (0.09)	0.19 (0.09)	0.20 (0.08)	0.20 (0.09)	0.21 (0.09)
<i>Mean difference</i>	0.04 (0.02, 0.05)	0.036 (0.034, 0.038)	0.038 (0.036, 0.040)	0.04 (0.03, 0.05)	0.04 (0.03, 0.05)	0.04 (0.03, 0.05)
<b>Protein</b>						
Women	1.14 (0.40)	1.13 (0.39)	1.12 (0.37)	1.12 (0.36)	1.14 (0.36)	1.15 (0.37)
Men	1.07 (0.39)	1.05 (0.37)	1.03 (0.36)	1.02 (0.34)	1.03 (0.32)	1.04 (0.33)
<i>Mean difference</i>	0.07 (0.06, 0.08)	0.086 (0.077, 0.095)	0.09 (0.08, 0.10)	0.10 (0.09, 0.11)	0.11 (0.10, 0.12)	0.11 (0.10, 0.12)

Data are mean kJ/kg for energy and grams/kg for macronutrients (standard deviation) for continuous variables in women and men. Mean difference is the women minus men difference (95% confidence interval).

eTable 11: Energy and macronutrient intake standardised by body weight, by socioeconomic status and sex

	Most Deprived	SES 2	SES 3	SES 4	Least Deprived
<b>N</b>					
Women	40294	28331	21267	15824	9014
Men	34079	22870	16527	12181	7627
<b>Energy Intake</b>					
Women	120.5 (36.9)	119.4 (37.2)	119.5 (38.7)	117.7 (40.0)	114.7 (41.0)
Men	113.8 (34.1)	114.0 (35.2)	114.3 (35.9)	114.9 (38.4)	113.5 (41.3)
Mean difference	6.7 (6.2, 7.2)	5.3 (4.7, 5.9)	5.2 (4.5, 6.0)	2.8 (2.0, 3.8)	1.23 (-0.02, 2.49)
<b>Total Fat</b>					
Women	1.06 (0.42)	1.06 (0.42)	1.06 (0.43)	1.05 (0.45)	1.03 (0.46)
Men	0.99 (0.39)	1.00 (0.40)	1.00 (0.40)	1.00 (0.43)	0.99 (0.46)
Mean difference	0.07 (0.06, 0.08)	0.06 (0.05, 0.07)	0.06 (0.05, 0.07)	0.05 (0.04, 0.06)	0.04 (0.02, 0.05)
<b>Saturated Fat</b>					
Women	0.41 (0.18)	0.40 (0.18)	0.41 (0.18)	0.40 (0.19)	0.39 (0.19)
Men	0.38 (0.16)	0.38 (0.17)	0.39 (0.17)	0.38 (0.18)	0.38 (0.19)
Mean difference	0.03 (0.02, 0.03)	0.020 (0.017, 0.023)	0.019 (0.015, 0.023)	0.016 (0.012, 0.021)	0.011 (0.005, 0.017)
<b>Polyunsaturated Fat</b>					
Women	0.20 (0.10)	0.20 (0.10)	0.20 (0.11)	0.19 (0.11)	0.19 (0.11)
Men	0.18 (0.09)	0.18 (0.10)	0.18 (0.09)	0.18 (0.10)	0.18 (0.10)
Mean difference	0.017 (0.015, 0.018)	0.015 (0.014, 0.017)	0.016 (0.014, 0.019)	0.010 (0.007, 0.012)	0.010 (0.006, 0.013)
<b>Total carbohydrate</b>					
Women	3.51 (1.23)	3.48 (1.25)	3.48 (1.30)	3.43 (1.33)	3.35 (1.36)
Men	3.25 (1.13)	3.26 (1.16)	3.25 (1.19)	3.27 (1.26)	3.25 (1.35)
Mean difference	0.26 (0.25, 0.28)	0.22 (0.20, 0.25)	0.23 (0.20, 0.25)	0.16 (0.14, 0.19)	0.10 (0.06, 0.14)
<b>Total sugar</b>					
Women	1.72 (0.73)	1.70 (0.73)	1.68 (0.75)	1.65 (0.77)	1.61 (0.81)
Men	1.51 (0.64)	1.51 (0.65)	1.50 (0.67)	1.51 (0.72)	1.52 (0.78)
Mean difference	0.22 (0.21, 0.23)	0.19 (0.18, 0.20)	0.18 (0.17, 0.20)	0.14 (0.12, 0.15)	0.09 (0.07, 0.12)
<b>Fibre</b>					
Women	0.24 (0.10)	0.24 (0.10)	0.24 (0.11)	0.23 (0.11)	0.22 (0.11)
Men	0.20 (0.09)	0.20 (0.09)	0.20 (0.09)	0.20 (0.10)	0.19 (0.10)
Mean difference	0.039 (0.038, 0.041)	0.036 (0.034, 0.037)	0.039 (0.037, 0.041)	0.030 (0.028, 0.033)	0.029 (0.026, 0.032)
<b>Protein</b>					
Women	1.16 (0.36)	1.14 (0.36)	1.13 (0.38)	1.11 (0.39)	1.07 (0.40)
Men	1.04 (0.32)	1.04 (0.35)	1.03 (0.35)	1.04 (0.39)	1.03 (0.41)
Mean difference	0.118 (0.114, 0.123)	0.10 (0.09, 0.11)	0.10 (0.09, 0.11)	0.07 (0.06, 0.08)	0.04 (0.03, 0.06)

Data are mean kJ/kg for energy and grams/kg for macronutrients (standard deviation) for continuous variables in women and men. Mean difference is the women minus men difference (95% confidence interval).