

## Supplementary Materials

**Supplementary Table S1.** Mean intake of various food groups (g/day) (by age and sex) and their comparison between year 1997 and 2009, in the study population (n=3581), aged  $\geq 20$  years, Lebanon

	Males (n=1572)			Females (n=2009)			Both sexes (n=3581)		
	1997 (n=436)	2009 (n=1136)	p- value	1997 (n=627)	2009 (n=1382)	p- value	1997 (n=1063)	2009 (n=2518)	p- value
<b>20-39.9 years</b>									
Bread	184.53±15.85	147.83±8.53	<b>0.043</b>	89.33±5.79	74.9±3.77	<b>0.038</b>	128.85±7	104.4±4.23	<b>0.003</b>
Cereals and cereal based products	109.93±17.04	168.27±9.18	<b>0.003</b>	103.08±8.96	99.22±5.83	0.720	106.68±8.55	128.92±5.17	<b>0.027</b>
Legumes	39.28±11.9	58.51±6.41	0.158	17.94±11.22	34.67±7.3	0.214	28.12±8.28	44.06±5	0.101
Starchy Vegetables	47.68±8.49	49.34±4.57	0.865	33.72±3.77	35.49±2.45	0.696	39.69±3.96	41.13±2.39	0.758
Vegetables	200.75±18.21	189.59±9.81	0.592	190.35±11.78	169.67±7.66	0.144	195.9±10.03	177.65±6.06	0.122
Chips & Salty Crackers	0.99±1.25	4.86±0.67	<b>0.007</b>	1.67±0.74	4.37±0.48	<b>0.002</b>	1.62±0.66	4.52±0.39	<b>&lt;0.001</b>
Nuts & Seeds	21.73±3.91	10.28±2.11	<b>0.011</b>	7.83±2.05	10.45±1.34	0.290	13±1.95	10.25±1.18	0.232
Dairy Products									
Milk	28.8±5.03	15.49±2.71	<b>0.021</b>	40.94±3.77	11.57±2.45	<b>&lt;0.001</b>	36.76±3.01	13.27±1.82	<b>&lt;0.001</b>
Milk Derivatives	80.63±11	82.57±5.92	0.877	60.06±5.78	63.22±3.76	0.650	69.46±5.48	70.85±3.32	0.829
Milk Sweetened	0.1±2.52	4.66±1.35	0.099	2.06±1.41	3.19±0.91	0.503	1.36±1.29	3.81±0.78	0.107
Meat, Processed Meat, Poultry, Fish, Eggs									
Red Meat	78.34±9.03	58.25±4.86	0.052	41.6±3.87	27.64±2.52	<b>0.003</b>	56.54±4.18	40.22±2.53	<b>0.001</b>
Processed Meat	9.95±2.31	8.01±1.24	0.463	5.52±1.3	4.23±0.84	0.410	7.24±1.19	5.82±0.72	0.309
Poultry	42.36±9.91	51.52±5.34	0.419	22.15±3.73	25.99±2.42	0.392	30.13±4.4	36.79±2.66	0.199
Fish	9.01±6.08	22.28±3.27	0.057	6.97±2.33	9.14±1.51	0.439	8.32±2.71	14.64±1.64	<b>0.048</b>
Eggs	15.32±2.96	9.83±1.59	0.106	9.29±1.23	5.59±0.8	<b>0.013</b>	11.88±1.35	7.26±0.82	0.004
Fruits, Total									
Fruits	210.46±18.24	85.17±9.82	<b>&lt;0.001</b>	185.31±11.71	92.38±7.62	<b>&lt;0.001</b>	194.33±10	89.13±6.04	<b>&lt;0.001</b>
Fresh Juices (100% fruit juices)	21.59±6.16	9.3±3.32	0.081	30.13±5.4	8.15±3.51	<b>0.001</b>	26.72±4.07	8.82±2.46	<b>&lt;0.001</b>
Sweets & Added Sugars									
Sweets	49.49±6.19	41.14±3.33	0.239	47.52±4.44	41.11±2.89	0.229	49.04±3.61	40.81±2.18	0.053
Added Sugars, Jams, Honey, Molasses	8.26±1.26	8.23±0.67	0.982	7±0.86	6.73±0.56	0.800	7.67±0.71	7.3±0.43	0.658
Sugar Sweetened Beverages	311.22±29.23	255.06±15.74	0.093	154.09±12.9	127.46±8.39	0.086	218.17±13.61	179.73±8.23	<b>0.016</b>
Hot Beverages (Coffee, Tea)	182.84±20.46	172.23±11.02	0.650	135.4±160.82	315.9±104.67	0.350	147.89±99.72	254.66±60.31	0.362
Alcoholic Beverages	57.55±12.76	18.03±6.87	<b>0.007</b>	10.34±2.39	4.22±1.55	<b>0.033</b>	27.58±5.05	9.96±3.06	<b>0.003</b>
Added Fats & Oils	11.18±3.08	18.9±1.66	<b>0.029</b>	8.16±1.2	10.02±0.78	0.200	9.8±1.38	13.68±0.83	<b>0.017</b>

Fast Food	32.84±8.91	39.33±4.8	0.524	12.74±3.24	12.54±2.1	0.959	20.86±3.92	23.82±2.37	0.521
Miscellaneous	6.78±15.33	29.31±8.26	0.199	9.38±3.06	13.86±1.99	0.223	9.77±6.09	20.13±3.68	0.148
<b>40-59.9 years</b>									
Bread	168.08±12.15	161.71±8.34	0.667	88.05±10.48	84.5±7.32	0.785	123.41±7.84	118.38±5.47	0.600
Cereals and cereal based products	76.69±15.82	145.83±10.87	<b>&lt;0.001</b>	93.73±11.46	94.84±8.01	0.938	86.94±9.42	117.23±6.57	<b>0.009</b>
Legumes	28.31±10.51	53.27±7.22	0.051	24.26±6.21	26.75±4.34	0.747	25.83±5.71	38.62±3.98	0.068
Starchy Vegetables	32.44±6.69	43.69±4.6	0.168	28.11±3.8	22.57±2.66	0.241	30.09±3.59	31.9±2.5	0.682
Vegetables	233.18±23.23	237.44±15.96	0.880	209.68±15.81	185.1±11.05	0.211	218.73±13.36	208.89±9.32	0.547
Chips & Salty Crackers	0.21±0.6	1.45±0.41	0.095	0.45±0.59	1.12±0.41	0.366	0.37±0.42	1.25±0.29	0.089
Nuts & Seeds	10.35±4.48	15.01±3.08	0.393	6.32±2.24	8.36±1.57	0.465	7.97±2.31	11.36±1.61	0.232
Dairy Products									
Milk	26.34±4.15	4.7±2.85	<b>&lt;0.001</b>	34.62±4.82	16.48±3.37	<b>0.003</b>	30.9±3.22	11.32±2.24	<b>&lt;0.001</b>
Milk Derivatives	81.43±9.56	78.95±6.57	0.831	84.08±8.38	65.64±5.86	0.077	81.68±6.23	72.18±4.34	0.213
Milk Sweetened	1±1.29	1.89±0.88	0.572	2.66±1.85	3.63±1.29	0.674	1.79±1.16	2.94±0.81	0.423
Meat, Processed Meat, Poultry, Fish, Eggs									
Red Meat	91.42±16.67	58.06±11.45	0.101	40.46±4.92	33.7±3.43	0.268	62.26±7.74	44.6±5.4	0.063
Processed Meat	6.95±1.98	5.77±1.36	0.626	2.17±0.85	2.09±0.59	0.936	4.41±0.98	3.64±0.68	0.519
Poultry	17.47±6.62	32.31±4.54	0.066	15.77±3.35	14.73±2.34	0.803	16.41±3.43	22.59±2.39	0.141
Fish	22.28±6.12	18.71±4.2	0.632	6.95±3.24	9.79±2.27	0.482	13.45±3.21	13.8±2.24	0.929
Eggs	19.21±3.31	13.5±2.27	0.158	10.96±1.6	3.75±1.11	<b>&lt;0.001</b>	14.66±1.69	8.02±1.17	<b>0.001</b>
Fruits, Total									
Fruits	240.53±16.41	130.39±11.27	<b>&lt;0.001</b>	201.02±12.06	113.34±8.43	<b>&lt;0.001</b>	217.22±9.77	121.32±6.82	<b>&lt;0.001</b>
Fresh Juices (100% fruit juices)	26.92±7.06	10.65±4.85	0.059	10.34±3.06	6.73±2.14	0.342	17.83±3.51	8.3±2.44	<b>0.027</b>
Sweets & Added Sugars									
Sweets	23.05±5.09	27.85±3.5	0.439	30.6±4.78	26.61±3.34	0.502	26.68±3.45	27.49±2.41	0.847
Added Sugars, Jams, Honey, Molasses	5.8±1.33	9.61±0.91	<b>0.019</b>	4.19±0.73	5.85±0.51	0.067	4.88±0.71	7.52±0.49	<b>0.002</b>
Sugar Sweetened Beverages	119.03±19.09	123.93±13.12	0.833	101.54±258.7	282.45±180.86	0.573	96.18±143.24	218.31±99.93	0.486
Hot Beverages (Coffee, Tea)	166.17±25.73	261.19±17.68	<b>0.003</b>	143.58±16.37	168.18±11.44	0.226	156.39±14.5	208.01±10.12	<b>0.004</b>
Alcoholic Beverages	29.46±9.05	31.24±6.22	0.872	6.07±2.21	3.18±1.54	0.293	16.54±4.12	15.46±2.87	0.831
Added Fats & Oils	12.88±2.67	24.03±1.83	<b>0.001</b>	10.93±1.69	12.09±1.18	0.580	11.71±1.49	17.43±1.04	<b>0.002</b>
Fast Food	13.09±5.4	15.6±3.71	0.703	4.9±2.4	5.49±1.68	0.841	8.52±2.7	9.94±1.88	0.667
Miscellaneous	15.57±8.1	29.58±5.57	0.156	6.69±5.16	18.28±3.61	0.071	11.92±4.54	22.62±3.17	0.055
<b>≥60 years</b>									
Bread	168.35±13.28	128.81±9.05	<b>0.015</b>	101.24±15.83	84.16±10.39	0.371	138.05±10.3	106.12±6.9	<b>0.011</b>
Cereals and cereal based products	88.82±15.05	94.77±10.25	0.746	87.32±13.89	91.49±9.11	0.803	87.64±10.21	93.36±6.84	0.644
Legumes	42.14±11.53	44.3±7.86	0.878	20.86±9.12	23.98±5.98	0.776	31.42±7.38	34.57±4.94	0.724
Starchy Vegetables	21.33±6.49	26.49±4.42	0.515	17.71±6.76	22.77±4.43	0.534	19.38±4.66	24.76±3.12	0.341



Red Meat	82.1±7.38	58.01±4.54	<b>0.006</b>	40.48±2.79	29.96±1.86	<b>0.002</b>	58.38±3.51	42.26±2.27	<b>&lt;0.001</b>
Processed Meat	7.1±1.25	5.99±0.77	0.453	3.73±0.77	3.27±0.51	0.617	5.13±0.69	4.49±0.44	0.440
Poultry	29.36±4.95	38.68±3.05	0.111	19.35±2.36	21.02±1.58	0.559	23.25±2.5	29.07±1.62	0.051
Fish	13.52±3.46	18.09±2.13	0.263	7.55±1.68	8.44±1.12	0.660	10.02±1.75	12.78±1.13	0.188
Eggs	16.15±1.85	10.75±1.14	<b>0.013</b>	9.65±0.89	4.76±0.59	<b>&lt;0.001</b>	12.69±0.93	7.3±0.6	<b>&lt;0.001</b>
Fruits, Total									
Fruits	226±11.31	115.96±6.96	<b>&lt;0.001</b>	198.59±7.95	108.29±5.31	<b>&lt;0.001</b>	210.22±6.6	111.59±4.27	<b>&lt;0.001</b>
Fresh Juices (100% fruit juices)	19.73±3.74	9.48±2.3	<b>0.020</b>	21.29±3.09	7.7±2.07	<b>&lt;0.001</b>	20.6±2.37	8.53±1.53	<b>&lt;0.001</b>
Sweets & Added Sugars									
Sweets	32.3±3.48	33.54±2.14	0.762	37.42±2.87	32.16±1.92	0.131	35.43±2.2	32.74±1.43	0.307
Added Sugars, Jams, Honey, Molasses	7.3±0.8	8.56±0.49	0.180	5.83±0.53	5.99±0.35	0.800	6.6±0.45	7.08±0.29	0.381
Sugar Sweetened Beverages	194.51±14.6	171.44±8.99	0.180	134.17±85.98	156.85±57.45	0.828	153.37±49.55	165.76±32.05	0.834
Hot Beverages (Coffee, Tea)	171.87±13.62	198.7±8.39	0.095	135.14±83.53	237.51±55.81	0.312	155.58±48.09	217.75±31.1	0.279
Alcoholic Beverages	40.26±6.67	23.84±4.11	0.037	7.57±1.51	4.02±1.01	0.052	21.59±2.95	12.7±1.91	<b>0.012</b>
Added Fats & Oils	12.43±1.83	21.12±1.13	<b>&lt;0.001</b>	9.37±0.88	10.39±0.59	0.338	10.93±0.93	15.1±0.6	<b>&lt;0.001</b>
Fast Food	19.52±4.29	24.55±2.64	0.320	8.91±1.88	8.48±1.25	0.852	13.21±2.11	15.75±1.37	0.315
Miscellaneous	9.28±7.28	27.42±4.48	<b>0.035</b>	8.68±2.73	15.69±1.82	<b>0.034</b>	9.77±3.46	20.62±2.23	<b>0.009</b>

Values in this table represent means ± SE.

Numbers in **bold** face are statistically significant (p-value ≤0.05).

**Supplementary Table S2.** Mean macronutrient intake (g/day) (by sex and age) and their comparison between year 1997 and 2009, in the study population (n=3581), aged ≥20 years, Lebanon

	Males (n=1572)			Females (n=2009)			Both sexes (n=3581)		
	1997 (n=436)	2009 (n=1136)	p- value	1997 (n=627)	2009 (n=1382)	p- value	1997 (n=1063)	2009 (n=2518)	p- value
<b>20-39.9 years</b>									
Carbohydrate	289.48±9.53	283.56±5.13	0.587	194.23±5.21	199.08±3.38	0.438	234.5±4.87	233.38±2.94	0.846
Protein	92.68±5.82	86.06±3.13	0.320	54.93±1.79	58.15±1.16	0.135	70.21±2.47	69.56±1.49	0.825
Fat	85.3±3.77	95.88±2.03	<b>0.014</b>	61.64±2.23	71.94±1.45	<b>&lt;0.001</b>	71.87±1.99	81.66±1.2	<b>&lt;0.001</b>
Saturated fat	24.06±1.18	28.14±0.63	<b>0.003</b>	17.92±0.76	21.65±0.49	<b>&lt;0.001</b>	20.62±0.65	24.28±0.39	<b>&lt;0.001</b>
Oleic Acid	24.44±1.67	30.09±0.9	<b>0.003</b>	18.56±0.93	22.02±0.6	<b>0.002</b>	21.23±0.85	25.32±0.51	<b>&lt;0.001</b>
Linolenic Acid	0.28±0.02	0.38±0.01	<b>&lt;0.001</b>	0.21±0.01	0.28±0	<b>&lt;0.001</b>	0.24±0.01	0.32±0	<b>&lt;0.001</b>
Linoleic Acid	8.76±0.78	12.81±0.42	<b>&lt;0.001</b>	6.35±0.52	9.78±0.33	<b>&lt;0.001</b>	7.41±0.43	11.02±0.26	<b>&lt;0.001</b>
Total Sugar	65.05±3.99	62.57±2.15	0.588	46.5±2.13	44.95±1.38	0.543	54.54±2.01	52.07±1.21	0.295
Dietary fibers	19.53±1.17	18.07±0.63	0.278	14.03±0.56	14.36±0.36	0.624	16.37±0.56	15.83±0.34	0.421
<b>40-59.9 years</b>									
Carbohydrate	247.43±8.3	264.35±5.7	0.095	171.97±6.01	198.43±4.2	<b>&lt;0.001</b>	204.22±4.91	227.85±3.42	<b>&lt;0.001</b>
Protein	81.5±3.65	84.87±2.5	0.449	52.85±3.56	60.02±2.49	0.106	65.34±2.53	70.99±1.76	0.068
Fat	76.99±3.73	96.25±2.56	<b>&lt;0.001</b>	58.26±2.55	67.89±1.78	<b>0.002</b>	65.84±2.15	80.73±1.5	<b>&lt;0.001</b>
Saturated fat	22.45±1.54	26.33±1.06	<b>0.040</b>	16.7±0.82	19.01±0.57	<b>0.024</b>	19.06±0.81	22.32±0.56	<b>0.001</b>
Oleic Acid	24.63±1.85	33.44±1.27	<b>&lt;0.001</b>	18.38±1.14	23.08±0.79	<b>0.001</b>	20.86±1.02	27.79±0.71	<b>&lt;0.001</b>
Linolenic Acid	0.28±0.02	0.38±0.01	<b>&lt;0.001</b>	0.24±0.02	0.28±0.01	0.139	0.25±0.01	0.33±0.01	<b>&lt;0.001</b>
Linoleic Acid	8.21±0.75	12.99±0.52	<b>&lt;0.001</b>	6.18±0.61	9.37±0.43	<b>&lt;0.001</b>	6.97±0.47	11.03±0.33	<b>&lt;0.001</b>
Total Sugar	59.15±5.38	51.91±3.69	0.270	36.4±2.22	42.73±1.55	<b>0.022</b>	46.01±2.64	46.91±1.84	0.782
Dietary fibers	18.43±0.96	20.14±0.66	0.147	14.46±0.81	15.74±0.56	0.207	16.14±0.61	17.71±0.42	<b>0.037</b>
<b>≥60 years</b>									
Carbohydrate	224.76±9.43	216.92±6.42	0.496	170.19±8.33	176.31±5.46	0.542	198.22±6.29	197.21±4.21	0.895
Protein	65.83±2.75	65.04±1.87	0.814	47.95±3.4	53.03±2.23	0.215	57.41±2.16	59.1±1.45	0.520
Fat	66.79±4.29	78.06±2.92	<b>0.032</b>	50.31±3.79	58.42±2.49	0.077	58.93±2.88	68.4±1.93	<b>0.007</b>
Saturated fat	18.45±1.34	21.34±0.91	0.079	14.31±1.12	17±0.73	<b>0.047</b>	16.49±0.87	19.2±0.58	<b>0.011</b>
Oleic Acid	21.39±1.95	28.17±1.33	<b>0.005</b>	16.2±1.88	20.68±1.23	<b>0.050</b>	18.93±1.36	24.47±0.91	<b>0.001</b>
Linolenic Acid	0.24±0.02	0.33±0.01	<b>0.002</b>	0.2±0.02	0.27±0.01	<b>0.031</b>	0.22±0.01	0.3±0.01	<b>&lt;0.001</b>
Linoleic Acid	6.87±1.36	10.66±0.92	<b>0.023</b>	5.62±0.68	6.67±0.45	0.203	6.27±0.78	8.7±0.52	<b>0.010</b>
Total Sugar	40.66±4.06	44.95±2.77	0.388	40.83±3.38	37.55±2.22	0.422	40.36±2.66	41.48±1.78	0.728
Dietary fibers	18.21±1.18	17.56±0.8	0.651	14.59±1.1	16.43±0.72	0.164	16.5±0.8	17±0.54	0.608

<b>Total population (≥20 years)</b>									
Carbohydrate	261.32±5.43	264.06±3.35	0.669	183.58±3.57	195.18±2.38	<b>0.007</b>	217.62±3.09	225.35±2	<b>0.036</b>
Protein	83.18±2.87	81.37±1.77	0.593	53.4±1.59	57.88±1.06	<b>0.020</b>	66.23±1.52	68.22±0.98	0.274
Fat	78.7±2.29	92.32±1.41	<b>&lt;0.001</b>	59.01±1.54	68.55±1.03	<b>&lt;0.001</b>	67.73±1.31	79±0.85	<b>&lt;0.001</b>
Saturated fat	22.48±0.8	26.18±0.49	<b>&lt;0.001</b>	17.03±0.51	20.11±0.34	<b>&lt;0.001</b>	19.43±0.45	22.78±0.29	<b>&lt;0.001</b>
Oleic Acid	23.89±1.06	30.72±0.65	<b>&lt;0.001</b>	18.22±0.67	22.13±0.45	<b>&lt;0.001</b>	20.76±0.59	25.91±0.38	<b>&lt;0.001</b>
Linolenic Acid	0.28±0.01	0.37±0.01	<b>&lt;0.001</b>	0.22±0.01	0.28±0.01	<b>&lt;0.001</b>	0.25±0.01	0.32±0.01	<b>&lt;0.001</b>
Linoleic Acid	8.26±0.52	12.41±0.32	<b>&lt;0.001</b>	6.22±0.35	9.18±0.24	<b>&lt;0.001</b>	7.12±0.3	10.61±0.19	<b>&lt;0.001</b>
Total Sugar	57.91±2.7	55.71±1.66	0.491	42.42±1.42	43.03±0.95	0.724	49.09±1.4	48.62±0.91	0.778
Dietary fibers	18.81±0.66	18.61±0.41	0.794	14.24±0.43	15.12±0.29	0.089	16.26±0.37	16.64±0.24	0.401

Values in this table represent means ± SE.

Numbers in **bold** face are statistically significant (p-value ≤0.05).

**Supplementary Table S3.** Mean micronutrient intake (g/day) (by sex and age) and their comparison between year 1997 and 2009, in the study population (n=3581), aged  $\geq 20$  years, Lebanon

	Males (n=1572)			Females (n=2009)			Both sexes (n=3581)		
	1997 (n=436)	2009 (n=1136)	p- value	1997 (n=627)	2009 (n=1382)	p- value	1997 (n=1063)	2009 (n=2518)	p- value
<b>20-39.9 years</b>									
Calcium (mg)	729.52 $\pm$ 46.96	709.38 $\pm$ 25.29	0.707	484.83 $\pm$ 18	521.87 $\pm$ 11.68	0.086	586.82 $\pm$ 21.08	597.72 $\pm$ 12.72	0.660
Iron (mg)	11.32 $\pm$ 0.53	12.23 $\pm$ 0.28	0.135	7.98 $\pm$ 0.3	9.12 $\pm$ 0.19	<b>0.002</b>	9.37 $\pm$ 0.27	10.4 $\pm$ 0.16	<b>0.002</b>
Zinc (mg)	10.6 $\pm$ 0.58	10.31 $\pm$ 0.31	0.671	6.32 $\pm$ 0.25	7.34 $\pm$ 0.16	<b>0.001</b>	8.06 $\pm$ 0.27	8.55 $\pm$ 0.16	0.126
Vitamin A (RAE, $\mu$ g)	815.66 $\pm$ 183.17	905.55 $\pm$ 98.67	0.668	742.62 $\pm$ 97.07	787.58 $\pm$ 62.98	0.699	777.94 $\pm$ 91.69	835.5 $\pm$ 55.35	0.593
Vitamin C (mg)	85.74 $\pm$ 6.1	93.83 $\pm$ 3.29	0.247	90.19 $\pm$ 4.97	75.62 $\pm$ 3.22	<b>0.015</b>	89.85 $\pm$ 3.85	83.13 $\pm$ 2.32	0.138
Vitamin B12 ( $\mu$ g)	4.41 $\pm$ 1.47	6.09 $\pm$ 0.79	0.322	2.78 $\pm$ 0.67	3.93 $\pm$ 0.43	0.157	3.49 $\pm$ 0.69	4.82 $\pm$ 0.42	0.106
<b>40-59.9 years</b>									
Calcium (mg)	624.7 $\pm$ 32.64	636.43 $\pm$ 22.43	0.768	513.11 $\pm$ 30.85	532.52 $\pm$ 21.57	0.612	557.68 $\pm$ 22.19	580.41 $\pm$ 15.48	0.403
Iron (mg)	11.1 $\pm$ 0.59	12.08 $\pm$ 0.4	0.177	7.54 $\pm$ 0.38	9.24 $\pm$ 0.26	<b>&lt;0.001</b>	9.06 $\pm$ 0.33	10.51 $\pm$ 0.23	<b>&lt;0.001</b>
Zinc (mg)	9.76 $\pm$ 0.58	10.26 $\pm$ 0.4	0.484	6.31 $\pm$ 0.33	7.2 $\pm$ 0.23	<b>0.030</b>	7.76 $\pm$ 0.31	8.58 $\pm$ 0.21	<b>0.033</b>
Vitamin A (RAE, $\mu$ g)	1353.36 $\pm$ 303.61	869.29 $\pm$ 208.62	0.191	770.98 $\pm$ 156.31	788.22 $\pm$ 109.28	0.929	1008.38 $\pm$ 157.96	830.85 $\pm$ 110.2	0.358
Vitamin C (mg)	93.36 $\pm$ 6.35	89.04 $\pm$ 4.36	0.576	77.51 $\pm$ 4.51	71.48 $\pm$ 3.15	0.283	84.08 $\pm$ 3.72	79.41 $\pm$ 2.59	0.306
Vitamin B12 ( $\mu$ g)	5.21 $\pm$ 1.3	5.54 $\pm$ 0.89	0.831	2.8 $\pm$ 0.87	4.07 $\pm$ 0.61	0.243	3.74 $\pm$ 0.74	4.77 $\pm$ 0.52	0.262
<b><math>\geq 60</math> years</b>									
Calcium (mg)	590.26 $\pm$ 30.81	566.58 $\pm$ 20.99	0.529	485.89 $\pm$ 30.38	509.85 $\pm$ 19.93	0.513	540.88 $\pm$ 21.56	538.58 $\pm$ 14.45	0.930
Iron (mg)	9.43 $\pm$ 0.55	9.86 $\pm$ 0.38	0.531	7.24 $\pm$ 0.72	8.49 $\pm$ 0.47	0.154	8.35 $\pm$ 0.45	9.2 $\pm$ 0.3	0.117
Zinc (mg)	7.71 $\pm$ 0.45	8.1 $\pm$ 0.3	0.476	5.35 $\pm$ 0.38	6.65 $\pm$ 0.25	<b>0.006</b>	6.6 $\pm$ 0.29	7.38 $\pm$ 0.19	<b>0.032</b>
Vitamin A (RAE, $\mu$ g)	1149.07 $\pm$ 197.2	681.91 $\pm$ 134.33	0.053	690.26 $\pm$ 110.61	593.81 $\pm$ 72.57	0.469	932.92 $\pm$ 114.75	637.89 $\pm$ 76.9	<b>0.034</b>
Vitamin C (mg)	75.73 $\pm$ 9.2	79.62 $\pm$ 6.26	0.729	69.4 $\pm$ 6.07	73.9 $\pm$ 3.98	0.539	72 $\pm$ 5.57	77.13 $\pm$ 3.73	0.447
Vitamin B12 ( $\mu$ g)	7.39 $\pm$ 1.61	4.48 $\pm$ 1.09	0.140	3.95 $\pm$ 0.94	2.63 $\pm$ 0.62	0.245	5.79 $\pm$ 0.94	3.55 $\pm$ 0.63	0.051
<b>Total population (<math>\geq 20</math> years)</b>									
Calcium (mg)	664.77 $\pm$ 24.1	657.39 $\pm$ 14.84	0.795	494.37 $\pm$ 14.54	523.62 $\pm$ 9.7	0.097	567.28 $\pm$ 13.2	582.73 $\pm$ 8.53	0.327
Iron (mg)	10.88 $\pm$ 0.33	11.71 $\pm$ 0.2	<b>0.033</b>	7.76 $\pm$ 0.23	9.05 $\pm$ 0.15	<b>&lt;0.001</b>	9.1 $\pm$ 0.19	10.23 $\pm$ 0.12	<b>&lt;0.001</b>
Zinc (mg)	9.71 $\pm$ 0.34	9.84 $\pm$ 0.21	0.748	6.21 $\pm$ 0.18	7.19 $\pm$ 0.12	<b>&lt;0.001</b>	7.72 $\pm$ 0.18	8.36 $\pm$ 0.11	<b>0.003</b>
Vitamin A (RAE, $\mu$ g)	1082.05 $\pm$ 139.03	857.75 $\pm$ 85.62	0.172	747.39 $\pm$ 73.9	757.46 $\pm$ 49.3	0.910	892.32 $\pm$ 72.47	799.57 $\pm$ 46.83	0.284
Vitamin C (mg)	86.86 $\pm$ 3.97	89.48 $\pm$ 2.45	0.576	82.69 $\pm$ 3.11	74.1 $\pm$ 2.07	<b>0.023</b>	84.61 $\pm$ 2.45	80.94 $\pm$ 1.58	0.209
Vitamin B12 ( $\mu$ g)	5.32 $\pm$ 0.86	5.66 $\pm$ 0.53	0.737	2.97 $\pm$ 0.48	3.78 $\pm$ 0.32	0.158	4.00 $\pm$ 0.45	4.60 $\pm$ 0.29	0.271

Values in this table represent means  $\pm$  SE.

Numbers in **bold** face are statistically significant (p-value  $\leq 0.05$ ).