

Table 2. Differences in food intake between elderly and younger people of the study (2010) and of middle-aged males in 1960

g/day	Elderly, 2010, n=26	1960, males, n=31, (40-59 years old)	<i>p</i> value	Younger, 2010, n=76	<i>p</i> value
	Mean ± SD	Mean			
Bread	46±47	380	<0.001	84±90	<0.001
Cereals*	138±182	30	<0.001	62±111	<0.001
Potatoes*	95±134	190	<0.001	71±94	<0.001
Legumes*	35±109	30	<0.001	83±139	<0.001
Vegetables*	95±132	191	0.001	221±187	0.001
Fruits ^a	171±156	464	0.03	191±188	<0.001
Vegetables, fruits*	266±206	656	0.02	412±279	<0.001
Meat*	76±81	35	<0.001	130±198	<0.001
Eggs	11±32	25	0.005	6±24	0.003
Cheese	22±39	13	0.007	33±38	0.003
Fish ^a	38±63	18	<0.001	91±119	<0.001
Olive oil*	51±51	100	0.01	65±48	0.01
Energy intake in kcal/d	1782±419	2820	<0.001	2358±1030	<0.001

One sample Student's *t*-test (standard deviations were not available for the SCS data).

^aOne sample Kolmogorov-Smirnov test, *Non-parametric chi-square test