

**Table 3.** Selected nutrients related to CVD by elderly and younger people of the study compared with recommended intakes<sup>15</sup>

| Nutrient (unit)        | Elderly          |                                              | Younger           |                                              | Recommended intakes<br>(>65 years old) |
|------------------------|------------------|----------------------------------------------|-------------------|----------------------------------------------|----------------------------------------|
|                        | Mean $\pm$ SD    | % (n) < or > and/or =<br>Recommended intakes | Mean $\pm$ SD     | % (n) < or > and/or =<br>Recommended intakes |                                        |
| Total fat (% en.)      | 42.9 $\pm$ 10.1  | 76.9 (20) >35                                | 42.1 $\pm$ 11.4   | 70.1 (54) >35                                | 25-35                                  |
| SFA (% en.)            | 12.7 $\pm$ 4.1   | 88.5 (23) >8                                 | 10.5 $\pm$ 3.6    | 67.5 (52) >8                                 | 8                                      |
| MUFA (% en.)           | 21.1 $\pm$ 7.4   | 26.9 (7) <15                                 | 21.6 $\pm$ 7.5    | 14.3 (11) <15                                | >15                                    |
| PUFA (% en.)           | 4.8 $\pm$ 2.2    | 92.3 (24) <8                                 | 4.8 $\pm$ 1.8     | 90.9 (70) <8                                 | 8                                      |
| Dietary fiber (g)      | 16.0 $\pm$ 8.5   | 84.6 (22) <25                                | 21.8 $\pm$ 9.4    | 59.7 (46) <25                                | 25-35                                  |
| Vitamin E (mg)         | 8.1 $\pm$ 4.0    | 76.9 (20) <11                                | 12.2 $\pm$ 6.6    | 50.6 (39) <11                                | 11-15                                  |
| Vitamin C (mg)         | 102.6 $\pm$ 99.6 | 69.2 (18) <100                               | 111.6 $\pm$ 102.2 | 61.0 (47) <100                               | 100                                    |
| Vitamin B6 (mg)        | 1.4 $\pm$ 0.9    | 69.2 (18) <1.6                               | 1.8 $\pm$ 0.8     | 50.6 (39) <1.6                               | 1.6                                    |
| Vitamin B12 ( $\mu$ g) | 2.3 $\pm$ 1.9    | 69.2 (18) <3                                 | 4.9 $\pm$ 8.3     | 64.9 (50) <3                                 | 3                                      |
| Folic acid ( $\mu$ g)  | 239 $\pm$ 235    | 84.6 (22) <400                               | 266 $\pm$ 184     | 83.1 (64) <400                               | 400                                    |
| n-3 PUFAs (g)          | 0.50 $\pm$ 0.20  | 96.2 (26) <1                                 | 1.15 $\pm$ 2.20   | 84.4 (77) <1                                 | 1-2                                    |
| n-6 PUFAs (g)          | 6.78 $\pm$ 2.83  | 57.7 (15) >6                                 | 9.17 $\pm$ 5.18   | 66.2 (51) >6                                 | 1-6                                    |
| Cholesterol (mg)       | 169 $\pm$ 147    | 19.2 (5) $\geq$ 300                          | 213 $\pm$ 226     | 22.1 (17) $\geq$ 300                         | <300                                   |
| Potassium (mg)         | 2654 $\pm$ 1347  | 69.2 (18) <2000                              | 3224 $\pm$ 1444   | 87.0 (67) <2000                              | >2000                                  |
| Sodium (mg)            | 1576 $\pm$ 598   | 11.5 (3) >2400                               | 1905 $\pm$ 917    | 18.2 (14) >2400                              | <2400                                  |

SFA: saturated fat; MUFA: monounsaturated fat; PUFA: polyunsaturated fat;