

Title: Diet quality and telomere length in older Australian men and women

Journal title: European Journal of Nutrition

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S1. Median and mean (SD) daily equivalent intake frequencies of food groups from the MDS of 679 Men and Women from the WELL Study by quartile of relative telomere length, Victoria, Australia, 2012.

	Total		Q1		Q2		Q3		Q4	
	Median	Mean (SD)	Median	Mean (SD)	Median	Mean (SD)	Median	Mean (SD)	Median	Mean (SD)
Vegetables	5.55	5.97 (3.15)	5.16	5.93 (3.81)	5.60	5.90 (2.70)	5.39	5.49 (2.23)	5.99	6.54 (3.55)
Legumes	0.07	0.17 (0.34)	0.67	0.21 (0.52)	0.67	0.16 (0.21)	0.67	0.15 (0.27)	0.67	0.17 (0.27)
Fruit and nuts	3.28	3.72 (2.57)	3.34	3.75 (2.56)	3.27	3.72 (2.61)	2.92	3.51 (2.48)	3.49	3.90 (2.64)
Cereals	1.92	2.11 (1.16)	2.07	2.13 (1.11)	1.86	2.09 (1.18)	2.14	2.22 (1.11)	1.85	1.99 (1.24)
Fish	0.28	0.38 (0.35)	0.29	0.41 (0.38)	0.28	0.37 (0.29)	0.21	0.36 (0.34)	0.28	0.39 (0.36)
Dairy	1.64	1.83 (1.18)	1.71	1.90 (1.16)	1.56	1.71 (1.15)	1.74	1.94 (1.20)	1.63	1.78 (1.19)
Meat	0.78	0.91 (0.67)	0.84	0.99 (0.83)	0.77	0.89 (0.57)	0.84	0.95 (0.67)	0.76	0.82 (0.54)
Alcohol	0.50	0.75 (0.92)	0.56	0.87 (1.10)	0.50	0.69 (0.76)	0.43	0.74 (0.98)	0.50	0.71 (0.79)
MDS	4	4.25 (1.56)	4	4.28 (1.52)	4	4.34 (1.64)	4	4.04 (1.60)	4	4.34 (1.45)

MDS, Mediterranean diet score; WELL, Wellbeing, Eating and Exercise for a Long Life