### DEMOGRAPHY

#### A3. Table 11.1. Age group by gender.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>(%)</td>
<td>73.9</td>
<td>26.1</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>193</td>
<td>68</td>
</tr>
</tbody>
</table>

#### A3. Table 11.2. Marital status by age group and gender.

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never married</td>
<td>2.1</td>
<td>1.5</td>
</tr>
<tr>
<td>Married/living together</td>
<td>80.5</td>
<td>63.6</td>
</tr>
<tr>
<td>Widowed</td>
<td>15.3</td>
<td>33.3</td>
</tr>
<tr>
<td>Divorced/separated</td>
<td>2.1</td>
<td>1.5</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>190</td>
<td>66</td>
</tr>
</tbody>
</table>

### HEALTH STATUS

#### A3. Table 11.3. Regular use of supplements by age group and gender.

<table>
<thead>
<tr>
<th>Use of Supplements</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Yes</td>
<td>7.9</td>
<td>9.0</td>
</tr>
<tr>
<td>No</td>
<td>92.1</td>
<td>91.0</td>
</tr>
</tbody>
</table>
### A3. Table 11.4. Types of supplements by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Multi-vitamins or minerals</td>
<td>1.0</td>
<td>3.0</td>
<td>2.2</td>
<td>1.3</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.0</td>
<td>1.5</td>
<td>1.3</td>
<td>1.3</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1.6</td>
<td>1.5</td>
<td>3.8</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>B-complex vitamins</td>
<td>0.0</td>
<td>0.0</td>
<td>1.3</td>
<td>1.3</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>0.5</td>
<td>0.0</td>
<td>5.1</td>
<td>2.0</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>0.5</td>
<td>4.5</td>
<td>2.9</td>
<td>5.4</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>2.1</td>
<td>3.0</td>
<td>3.2</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
<td>312</td>
<td>149</td>
<td></td>
</tr>
</tbody>
</table>

### A3. Table 11.5. Occasional use of supplements by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Yes</td>
<td>4.80</td>
<td>0.00</td>
<td>6.10</td>
<td>5.00</td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>95.20</td>
<td>100.00</td>
<td>93.90</td>
<td>95.00</td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>188</td>
<td>64</td>
<td>309</td>
<td>140</td>
<td></td>
</tr>
</tbody>
</table>

### DIETARY HABITS

### A3. Table 11.6. Cooking methods - vegetable by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Boiled</td>
<td>80.7</td>
<td>77.6</td>
<td>71.9</td>
<td>70.7</td>
<td></td>
</tr>
<tr>
<td>Steamed</td>
<td>14.1</td>
<td>11.9</td>
<td>19.5</td>
<td>23.3</td>
<td></td>
</tr>
<tr>
<td>Pressure cooked</td>
<td>0.5</td>
<td>1.5</td>
<td>1.0</td>
<td>0.7</td>
<td></td>
</tr>
<tr>
<td>Microwaved</td>
<td>4.7</td>
<td>7.5</td>
<td>6.1</td>
<td>3.3</td>
<td></td>
</tr>
</tbody>
</table>
### A3.Table 11.7. Soak vegetables before cooking by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Yes</td>
<td>16.1</td>
<td>17.9</td>
</tr>
<tr>
<td>No</td>
<td>80.7</td>
<td>74.6</td>
</tr>
<tr>
<td>Don't know</td>
<td>3.1</td>
<td>7.5</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>67</td>
</tr>
</tbody>
</table>

### A3.Table 11.8. Eat fat on meat by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Yes</td>
<td>31.3</td>
<td>31.3</td>
</tr>
<tr>
<td>No</td>
<td>68.2</td>
<td>68.7</td>
</tr>
<tr>
<td>Don't eat meat</td>
<td>0.5</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>67</td>
</tr>
</tbody>
</table>

### A3.Table 11.9. Type of fat used for cooking meat by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Don't eat fried</td>
<td>3.1</td>
<td>6.0</td>
</tr>
<tr>
<td>Butter</td>
<td>6.8</td>
<td>6.0</td>
</tr>
<tr>
<td>Dripping, lard</td>
<td>43.5</td>
<td>35.8</td>
</tr>
<tr>
<td>Polyunsaturated margarine</td>
<td>3.7</td>
<td>6.0</td>
</tr>
<tr>
<td>Vegetable oils</td>
<td>25.1</td>
<td>19.4</td>
</tr>
<tr>
<td>None</td>
<td>15.7</td>
<td>14.9</td>
</tr>
<tr>
<td>Don't know</td>
<td>2.1</td>
<td>11.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
</tr>
</tbody>
</table>

### A3.Table 11.10. Add salt at table by age group and gender.

---

*Food Habits in Later Life*  
1715  
*Auscript InfoDisk*
### A3.Table 11.11. Add salt in cooking by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Always or nearly always</td>
<td>34.4</td>
<td>25.4</td>
<td>16.9</td>
<td>20.1</td>
</tr>
<tr>
<td>Sometimes after tasting the food</td>
<td>33.3</td>
<td>40.3</td>
<td>35.1</td>
<td>31.5</td>
</tr>
<tr>
<td>Rarely or never</td>
<td>31.3</td>
<td>34.3</td>
<td>47.3</td>
<td>47.0</td>
</tr>
<tr>
<td>Use a salt substitution</td>
<td>1.0</td>
<td>0.0</td>
<td>0.6</td>
<td>1.3</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>67</td>
<td>313</td>
<td>149</td>
</tr>
</tbody>
</table>

### A3.Table 11.12. Who does the cooking by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Respondent</td>
<td>27.9</td>
<td>30.3</td>
<td>79.5</td>
<td>69.1</td>
</tr>
<tr>
<td>Respondent's spouse</td>
<td>47.9</td>
<td>31.8</td>
<td>1.9</td>
<td>1.3</td>
</tr>
<tr>
<td>Other member(s) of household</td>
<td>0.5</td>
<td>3.0</td>
<td>1.3</td>
<td>4.0</td>
</tr>
<tr>
<td>Voluntary/Statutory worker(s) from outside household</td>
<td>0.0</td>
<td>1.5</td>
<td>0.3</td>
<td>0.0</td>
</tr>
<tr>
<td>Shared with 2,3,4 or 5 above</td>
<td>23.7</td>
<td>28.8</td>
<td>14.9</td>
<td>11.4</td>
</tr>
<tr>
<td>Residential home/hospital</td>
<td>0.0</td>
<td>4.5</td>
<td>1.9</td>
<td>14.1</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>190</td>
<td>66</td>
<td>308</td>
<td>149</td>
</tr>
</tbody>
</table>
### A3.Table 11.13. Eggs per month by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td>192</td>
<td>67</td>
<td>314</td>
<td>152</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>10.60</td>
<td>8.16</td>
<td>8.20</td>
<td>6.71</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>8.21</td>
<td>6.43</td>
<td>6.16</td>
<td>5.63</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Std err</td>
<td>0.59</td>
<td>0.79</td>
<td>0.35</td>
<td>0.46</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minimum</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median</td>
<td>8.00</td>
<td>8.00</td>
<td>8.00</td>
<td>4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>56.00</td>
<td>30.00</td>
<td>48.00</td>
<td>30.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.14. Total slices of bread per week by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td>191</td>
<td>67</td>
<td>313</td>
<td>147</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>25.10</td>
<td>22.85</td>
<td>21.51</td>
<td>19.49</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>10.81</td>
<td>11.81</td>
<td>10.61</td>
<td>8.90</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Std err</td>
<td>0.78</td>
<td>1.44</td>
<td>0.60</td>
<td>0.73</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minimum</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median</td>
<td>28.00</td>
<td>21.00</td>
<td>21.00</td>
<td>21.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>70.00</td>
<td>66.00</td>
<td>57.00</td>
<td>42.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.15. Plain or sweet biscuits - number per week by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>Women</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td>191</td>
<td>68</td>
<td>314</td>
<td>150</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mean</td>
<td>15.32</td>
<td>16.35</td>
<td>12.38</td>
<td>13.19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SD</td>
<td>12.57</td>
<td>12.29</td>
<td>10.56</td>
<td>10.36</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Std err</td>
<td>0.91</td>
<td>1.49</td>
<td>0.60</td>
<td>0.85</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minimum</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Median</td>
<td>14.00</td>
<td>14.00</td>
<td>10.00</td>
<td>14.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maximum</td>
<td>70.00</td>
<td>56.00</td>
<td>56.00</td>
<td>78.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.16. Cups of tea per day by age group and gender.
### A3.Table 11.17. Cups of coffee per day by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th></th>
<th>Women</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td>190</td>
<td>67</td>
<td>314</td>
<td>150</td>
</tr>
<tr>
<td>Mean</td>
<td>1.11</td>
<td>0.82</td>
<td>0.94</td>
<td>0.65</td>
</tr>
<tr>
<td>SD</td>
<td>1.39</td>
<td>1.04</td>
<td>1.39</td>
<td>1.06</td>
</tr>
<tr>
<td>Std err</td>
<td>0.10</td>
<td>0.13</td>
<td>0.08</td>
<td>0.09</td>
</tr>
<tr>
<td>Minimum</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Median</td>
<td>1.00</td>
<td>1.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Maximumimum</td>
<td>8.00</td>
<td>6.00</td>
<td>10.00</td>
<td>6.00</td>
</tr>
</tbody>
</table>

### A3.Table 11.18. Glasses of water per month by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th></th>
<th>Women</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td>191</td>
<td>67</td>
<td>313</td>
<td>149</td>
</tr>
<tr>
<td>Mean</td>
<td>53.09</td>
<td>47.45</td>
<td>65.90</td>
<td>56.48</td>
</tr>
<tr>
<td>SD</td>
<td>58.80</td>
<td>43.70</td>
<td>56.81</td>
<td>48.82</td>
</tr>
<tr>
<td>Std err</td>
<td>4.26</td>
<td>5.34</td>
<td>3.21</td>
<td>4.00</td>
</tr>
<tr>
<td>Minimum</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Median</td>
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### A3.Table 11.19. Glasses of fruit juice per month by age group and gender.

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A3.Table 11.22. Total number of teaspoons of sugar per day by age group and gender.

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<td>1.32</td>
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### A3. Table 11.23. Regular cheese by age group and gender.

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<tr>
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### A3. Table 11.24. Cottage cheese by age group and gender.

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<td>0.0</td>
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<tr>
<td>1-2 times a week</td>
<td>4.2</td>
<td>0.0</td>
</tr>
<tr>
<td>Monthly</td>
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<td>1.5</td>
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<tr>
<td>Number of subjects (n)</td>
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### A3. Table 11.25. Ice cream by age group and gender.

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### A3.Table 11.26. Yoghurt by age group and gender.

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<td>4.4</td>
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<tr>
<td>Monthly</td>
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<td>5.9</td>
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<tr>
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### A3.Table 11.27. Cream by age group and gender.

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### A3.Table 11.28. Custard by age group and gender.

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### A3.Table 11.29. Cakes, buns, scones by age group and gender.

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Food Habits in Later Life

Auscript InfoDisk
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**A3.Table 11.30. Vegemite by age group and gender.**

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**A3.Table 11.31. Peanut butter by age group and gender.**

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<td>Women (%)</td>
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**A3.Table 11.32. Rice pudding by age group and gender.**

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<td>Women (%)</td>
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<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.0</td>
<td>2.9</td>
<td>2.2</td>
<td>2.0</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
A3. Table 11.33. Other puddings by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>28.3</td>
<td>31.3</td>
</tr>
<tr>
<td>Daily</td>
<td>15.7</td>
<td>19.4</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>7.9</td>
<td>19.4</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>26.7</td>
<td>13.4</td>
</tr>
<tr>
<td>Monthly</td>
<td>21.5</td>
<td>16.4</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
</tr>
</tbody>
</table>

A3. Table 11.34. Rice by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>57.1</td>
<td>58.2</td>
</tr>
<tr>
<td>Daily</td>
<td>0.0</td>
<td>1.5</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.0</td>
<td>4.5</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>12.2</td>
<td>14.9</td>
</tr>
<tr>
<td>Monthly</td>
<td>30.7</td>
<td>20.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>189</td>
<td>67</td>
</tr>
</tbody>
</table>

A3. Table 11.35. Crackers, Salada by age group and gender.

<table>
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<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>39.3</td>
<td>47.8</td>
</tr>
<tr>
<td>Daily</td>
<td>8.4</td>
<td>7.5</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>13.1</td>
<td>9.0</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>27.7</td>
<td>20.9</td>
</tr>
<tr>
<td>Monthly</td>
<td>11.5</td>
<td>14.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
</tr>
</tbody>
</table>
### A3. Table 11.36. Tinned spaghetti by age group and gender.

<table>
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<tr>
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<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
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<td>46.4</td>
<td>56.7</td>
<td>51.3</td>
<td>47.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
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<td>0.5</td>
<td>0.0</td>
<td>0.0</td>
<td>1.3</td>
</tr>
<tr>
<td>1-2 times a week</td>
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<td>6.8</td>
<td>4.5</td>
<td>6.5</td>
<td>14.6</td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td>46.4</td>
<td>38.8</td>
<td>42.3</td>
<td>37.1</td>
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<tr>
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<td>192</td>
<td>67</td>
<td>310</td>
<td>151</td>
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</table>

### A3. Table 11.37. Other pasta by age group and gender.

<table>
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<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
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<td>67.5</td>
<td>71.6</td>
<td>59.3</td>
<td>64.7</td>
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<td></td>
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<td>0.0</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td></td>
<td>0.5</td>
<td>0.0</td>
<td>0.3</td>
<td>0.7</td>
</tr>
<tr>
<td>1-2 times a week</td>
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<td>8.9</td>
<td>6.0</td>
<td>8.7</td>
<td>10.7</td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td>22.5</td>
<td>22.4</td>
<td>31.7</td>
<td>24.0</td>
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<tr>
<td>Number of subjects (n)</td>
<td></td>
<td>191</td>
<td>67</td>
<td>312</td>
<td>150</td>
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</table>

### A3. Table 11.38. Breakfast cereal by age group and gender.

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<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td></td>
<td>34.4</td>
<td>25.4</td>
<td>42.4</td>
<td>33.3</td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td>53.1</td>
<td>61.2</td>
<td>38.9</td>
<td>50.7</td>
</tr>
<tr>
<td>3-4 times a week</td>
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<td>4.7</td>
<td>10.4</td>
<td>8.9</td>
<td>6.7</td>
</tr>
<tr>
<td>1-2 times a week</td>
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<td>4.2</td>
<td>3.0</td>
<td>5.7</td>
<td>7.3</td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td>3.6</td>
<td>0.0</td>
<td>4.1</td>
<td>2.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td></td>
<td>192</td>
<td>67</td>
<td>314</td>
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</table>

### A3. Table 11.39. Ham by age group and gender.

<table>
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<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely</td>
<td></td>
<td>30.7</td>
<td>45.5</td>
<td>37.7</td>
<td>38.4</td>
</tr>
<tr>
<td>Frequency</td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td>---------</td>
<td>-----------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>19.3</td>
<td>24.2</td>
<td>28.7</td>
<td>24.7</td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
<td>0.7</td>
<td></td>
</tr>
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<td>19.7</td>
<td>10.2</td>
<td>22.7</td>
<td></td>
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<tr>
<td>Monthly</td>
<td>63.5</td>
<td>56.1</td>
<td>60.5</td>
<td>52.0</td>
<td></td>
</tr>
<tr>
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<td>192</td>
<td>66</td>
<td>314</td>
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<td></td>
</tr>
</tbody>
</table>

A3. Table 11.41. Luncheon meat by age group and gender.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>55.5</td>
<td>63.2</td>
</tr>
<tr>
<td>Daily</td>
<td>0.5</td>
<td>2.9</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>1.5</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>10.5</td>
<td>10.3</td>
</tr>
<tr>
<td>Monthly</td>
<td>33.0</td>
<td>22.1</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>68</td>
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</tbody>
</table>

A3. Table 11.42. Tinned or packet soup by age group and gender.

<table>
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<tr>
<th>Frequency</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>70 - 79</td>
<td>80+</td>
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<tr>
<td>Never or rarely</td>
<td>46.6</td>
<td>49.3</td>
</tr>
<tr>
<td>Daily</td>
<td>3.1</td>
<td>3.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>4.2</td>
<td>3.0</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>25.1</td>
<td>34.3</td>
</tr>
<tr>
<td>Monthly</td>
<td>20.9</td>
<td>10.4</td>
</tr>
</tbody>
</table>
### A3.Table 11.43. Homemade soup by age group and gender.

<table>
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<tbody>
<tr>
<td></td>
<td>70 - 79 Men (%)</td>
<td>80+ Men (%)</td>
<td>70 - 79 Women (%)</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>9.9</td>
<td>19.4</td>
<td>7.0</td>
</tr>
<tr>
<td>Daily</td>
<td>16.8</td>
<td>17.9</td>
<td>21.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>32.5</td>
<td>29.9</td>
<td>33.8</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>31.9</td>
<td>26.9</td>
<td>30.9</td>
</tr>
<tr>
<td>Monthly</td>
<td>8.9</td>
<td>6.0</td>
<td>7.3</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
<td>314</td>
</tr>
</tbody>
</table>

### A3.Table 11.44. Honey, jam, marmalade by age group and gender.

<table>
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<th>NEW ZEALAND</th>
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<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79 Men (%)</td>
<td>80+ Men (%)</td>
<td>70 - 79 Women (%)</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>9.3</td>
<td>10.4</td>
<td>11.1</td>
</tr>
<tr>
<td>Daily</td>
<td>61.1</td>
<td>68.7</td>
<td>56.7</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>13.0</td>
<td>9.0</td>
<td>14.0</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>13.0</td>
<td>10.4</td>
<td>15.0</td>
</tr>
<tr>
<td>Monthly</td>
<td>3.6</td>
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<td>3.2</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>314</td>
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### A3.Table 11.45. Lollies, chocolates by age group and gender.

<table>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79 Men (%)</td>
<td>80+ Men (%)</td>
<td>70 - 79 Women (%)</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>25.0</td>
<td>21.2</td>
<td>29.1</td>
</tr>
<tr>
<td>Daily</td>
<td>10.9</td>
<td>15.2</td>
<td>7.3</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>10.4</td>
<td>9.1</td>
<td>11.2</td>
</tr>
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<td>1-2 times a week</td>
<td>35.9</td>
<td>40.9</td>
<td>27.8</td>
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<tr>
<td>Monthly</td>
<td>17.7</td>
<td>13.6</td>
<td>24.6</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>66</td>
<td>313</td>
</tr>
</tbody>
</table>

### A3.Table 11.46. Nuts by age group and gender.
### Mayonnaise by age group and gender.

<table>
<thead>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>58.1</td>
<td>71.6</td>
<td>55.1</td>
<td>67.8</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>2.1</td>
<td>3.0</td>
<td>3.5</td>
<td>5.9</td>
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<td></td>
<td></td>
</tr>
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<td>3-4 times a week</td>
<td>3.1</td>
<td>1.5</td>
<td>4.5</td>
<td>4.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>9.9</td>
<td>9.0</td>
<td>14.0</td>
<td>7.9</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td>26.7</td>
<td>14.9</td>
<td>22.9</td>
<td>13.8</td>
<td></td>
<td></td>
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<td>67</td>
<td>314</td>
<td>152</td>
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</table>

### Turnip by age group and gender.

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>12.5</td>
<td>17.9</td>
<td>14.1</td>
<td>11.3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>1.6</td>
<td>1.5</td>
<td>1.9</td>
<td>0.7</td>
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<td></td>
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<td>5.7</td>
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<td>8.7</td>
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<td>1-2 times a week</td>
<td>41.1</td>
<td>53.7</td>
<td>41.9</td>
<td>54.7</td>
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</tr>
<tr>
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<td>39.1</td>
<td>20.9</td>
<td>34.5</td>
<td>24.7</td>
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<td>67</td>
<td>313</td>
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<td></td>
</tr>
</tbody>
</table>

### Parsnip by age group and gender.

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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>14.6</td>
<td>11.9</td>
<td>19.9</td>
<td>17.6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily</td>
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<td>1.5</td>
<td>0.6</td>
<td>0.0</td>
<td></td>
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</tr>
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<td>6.0</td>
<td>4.2</td>
<td>3.4</td>
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<tr>
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</tr>
<tr>
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<td>Men (%)</td>
<td>Women (%)</td>
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<tr>
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<td>70 - 79</td>
<td>80+</td>
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<td>313</td>
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A3. Table 11.50. Green peas by age group and gender.
### A3. Table 11.53. Carrots by age group and gender.

<table>
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<td>Men (%)</td>
<td></td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
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<td>3.0</td>
<td>1.0</td>
<td>1.3</td>
</tr>
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<td>23.9</td>
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<td>20.5</td>
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### A3. Table 11.54. Cabbage by age group and gender.

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<td>70 - 79</td>
<td>80+</td>
</tr>
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<td>Never or rarely</td>
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<td>4.5</td>
<td>4.5</td>
<td>2.7</td>
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<td>61.3</td>
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<td>6.0</td>
<td>13.5</td>
<td>10.0</td>
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### A3. Table 11.55. Mushrooms by age group and gender.

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<td></td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
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<td>70 - 79</td>
<td>80+</td>
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<td>-</td>
<td>-</td>
<td>-</td>
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<td>1.9</td>
<td>0.7</td>
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<td>10.4</td>
<td>11.2</td>
<td>14.0</td>
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<td>27.9</td>
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### A3. Table 11.56. Silverbeet by age group and gender.

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<td></td>
<td>Men (%)</td>
<td></td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
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<td>70 - 79</td>
<td>80+</td>
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*Food Habits in Later Life*
<table>
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<td>80+</td>
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<td>Never or rarely</td>
<td>15.5</td>
<td>16.4</td>
</tr>
<tr>
<td>Daily</td>
<td>4.1</td>
<td>1.5</td>
</tr>
<tr>
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<td>23.9</td>
</tr>
<tr>
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<td>43.5</td>
<td>43.3</td>
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<tr>
<td>Monthly</td>
<td>21.8</td>
<td>14.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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</table>
### A3.Table 11.60. Roast potatoes by age group and gender.

<table>
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<th>Women (%)</th>
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</thead>
<tbody>
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<td>0.0</td>
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<td>4.5</td>
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<td>1-2 times a week</td>
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<td>38.8</td>
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<tr>
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### A3.Table 11.61. Fried potatoes by age group and gender.

<table>
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<th>Women (%)</th>
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<tbody>
<tr>
<td></td>
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<td>80+</td>
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<td>Never or rarely</td>
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<td>53.7</td>
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<tr>
<td>Daily</td>
<td>-</td>
<td>-</td>
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<td>3-4 times a week</td>
<td>1.6</td>
<td>0.0</td>
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<td>1-2 times a week</td>
<td>24.0</td>
<td>16.4</td>
</tr>
<tr>
<td>Monthly</td>
<td>37.5</td>
<td>29.9</td>
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<td>Number of subjects (n)</td>
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### A3.Table 11.62. Potato crisps by age group and gender.

<table>
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<tbody>
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<td>82.1</td>
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<td>1.5</td>
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<tr>
<td>3-4 times a week</td>
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<td>0.0</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>5.8</td>
<td>6.0</td>
</tr>
<tr>
<td>Monthly</td>
<td>19.9</td>
<td>10.4</td>
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<tr>
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### A3.Table 11.63. Onions by age group and gender.
### Table 11.64. Mixed vegetables by age group and gender.

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<td></td>
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<td>80+</td>
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<tr>
<td>Never or rarely</td>
<td>6.7</td>
<td>13.4</td>
</tr>
<tr>
<td>Daily</td>
<td>10.9</td>
<td>6.0</td>
</tr>
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<td>19.4</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>43.0</td>
<td>49.3</td>
</tr>
<tr>
<td>Monthly</td>
<td>16.1</td>
<td>11.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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### Table 11.65. Brussel sprouts by age group and gender.

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<td>80+</td>
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<tr>
<td>Never or rarely</td>
<td>29.2</td>
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<td>Daily</td>
<td>6.8</td>
<td>1.5</td>
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<td>17.9</td>
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<td>33.9</td>
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<td>9.0</td>
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### Table 11.66. Broccoli by age group and gender.

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<td>-</td>
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### A3.Table 11.67. Green beans by age group and gender.

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### A3.Table 11.68. Cauliflower by age group and gender.

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### A3.Table 11.69. Celery by age group and gender.

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<td>7.6</td>
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<td>18.2</td>
</tr>
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### A3. Table 11.70. Capsicum by age group and gender.

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<td>Women (%)</td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
</tr>
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<td>4.5</td>
<td>11.8</td>
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### A3. Table 11.71. Tomato by age group and gender.

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<td>Men (%)</td>
<td>Women (%)</td>
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<td>70 - 79</td>
<td>80+</td>
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<td>5.4</td>
<td>4.7</td>
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<tr>
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<td>3.5</td>
<td>5.3</td>
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### A3. Table 11.72. Courgettes by age group and gender.

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</thead>
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<td>Women (%)</td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
</tr>
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<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
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</tr>
<tr>
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<td>86.4</td>
<td>55.7</td>
<td>66.2</td>
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<td>0.0</td>
<td>2.9</td>
<td>1.4</td>
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### A3. Table 11.73. Kumara by age group and gender.

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<td>Men (%)</td>
<td>Women (%)</td>
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Food Habits in Later Life 1734 Auscript InfoDisk
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A3.Table 11.74. Leeks by age group and gender.

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A3.Table 11.75. Lettuce by age group and gender.

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A3.Table 11.76. Asparagus by age group and gender.

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<tr>
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Food Habits in Later Life
A3. Table 11.77. Yams by age group and gender.

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<td>70-79</td>
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A3. Table 11.78. Apple/ pear by age group and gender.

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<td>70-79</td>
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<td>27.3</td>
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<td>7.6</td>
<td>6.7</td>
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A3. Table 11.79. Banana by age group and gender.

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<td>70-79</td>
<td>80+</td>
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<tr>
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<td>11.9</td>
<td>8.3</td>
<td>8.6</td>
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</tr>
<tr>
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<td>17.9</td>
<td>28.3</td>
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A3. Table 11.80. Orange by age group and gender.
### Grapefruit by age group and gender.

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<td>70 - 79</td>
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<td>11.9</td>
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<td>7.5</td>
<td>15.0</td>
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<td>36.6</td>
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<td>34.1</td>
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<tr>
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### Peach by age group and gender.

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<td>10.4</td>
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<td>12.5</td>
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### Plums by age group and gender.

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<td>37.3</td>
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<td>9.2</td>
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<td>10.4</td>
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<td>Women (%)</td>
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<td>70 - 79</td>
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<td>16.3</td>
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**A3.Table 11.85. Apricots by age group and gender.**

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<td>19.7</td>
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<td>39.4</td>
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**A3.Table 11.86. Rockmelon (cantaloupe) by age group and gender.**

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<td>0.0</td>
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### A3. Table 11.87.

**Tropical fruit by age group and gender.**

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<td>70 - 79</td>
<td>80+</td>
</tr>
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<td>100.0</td>
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### A3. Table 11.88.

**Kiwi fruit by age group and gender.**

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<tr>
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<td>12.1</td>
<td>13.4</td>
<td>12.0</td>
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<td>4.7</td>
<td>9.1</td>
<td>15.3</td>
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<td>15.2</td>
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### A3. Table 11.89.

**Grapes by age group and gender.**

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<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
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<td>39.3</td>
<td>40.0</td>
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<td>6.1</td>
<td>4.8</td>
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<td>19.7</td>
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<td>30.7</td>
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<td>24.2</td>
<td>30.7</td>
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### A3. Table 11.90.

**Strawberries by age group and gender.**

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<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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</tbody>
</table>
### A3.Table 11.91. Stewed fruit by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely</td>
<td>14.1</td>
<td>10.6</td>
<td>17.3</td>
<td>12.1</td>
</tr>
<tr>
<td>Daily</td>
<td>18.2</td>
<td>25.8</td>
<td>18.5</td>
<td>24.2</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>22.9</td>
<td>21.2</td>
<td>22.4</td>
<td>18.8</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>30.7</td>
<td>31.8</td>
<td>29.7</td>
<td>33.6</td>
</tr>
<tr>
<td>Monthly</td>
<td>14.1</td>
<td>10.6</td>
<td>12.1</td>
<td>11.4</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>66</td>
<td>313</td>
<td>149</td>
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</table>

### A3.Table 11.92. Tinned pineapple by age group and gender.

<table>
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<tr>
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<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely</td>
<td>22.5</td>
<td>31.8</td>
<td>26.2</td>
<td>21.3</td>
</tr>
<tr>
<td>Daily</td>
<td>1.6</td>
<td>0.0</td>
<td>1.3</td>
<td>0.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>1.6</td>
<td>3.0</td>
<td>2.9</td>
<td>2.0</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>20.4</td>
<td>22.7</td>
<td>20.8</td>
<td>30.0</td>
</tr>
<tr>
<td>Monthly</td>
<td>53.9</td>
<td>42.4</td>
<td>48.9</td>
<td>46.7</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>66</td>
<td>313</td>
<td>150</td>
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### A3.Table 11.93. Other tinned fruit by age group and gender.

<table>
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<tr>
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<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never or rarely</td>
<td>33.3</td>
<td>37.3</td>
<td>37.4</td>
<td>30.0</td>
</tr>
<tr>
<td>Daily</td>
<td>2.6</td>
<td>3.0</td>
<td>1.0</td>
<td>1.3</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>2.6</td>
<td>6.0</td>
<td>3.2</td>
<td>4.7</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>18.5</td>
<td>16.4</td>
<td>21.4</td>
<td>24.0</td>
</tr>
<tr>
<td>Monthly</td>
<td>42.9</td>
<td>37.3</td>
<td>37.1</td>
<td>40.0</td>
</tr>
</tbody>
</table>
### A3. Table 11.94. Sultanas, raisins, etc. by age group and gender.

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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>63.9</td>
<td>53.7</td>
<td>50.2</td>
<td>57.3</td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>4.7</td>
<td>6.0</td>
<td>4.2</td>
<td>4.0</td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
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<td>9.0</td>
<td>5.1</td>
<td>4.7</td>
<td></td>
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<tr>
<td>1-2 times a week</td>
<td>10.5</td>
<td>14.9</td>
<td>20.4</td>
<td>20.0</td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td>17.8</td>
<td>16.4</td>
<td>20.1</td>
<td>14.0</td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
<td>313</td>
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</tbody>
</table>

### A3. Table 11.95. Dried apricots by age group and gender.

<table>
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<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>90.6</td>
<td>88.1</td>
<td>89.1</td>
<td>88.7</td>
<td></td>
</tr>
<tr>
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<td>0.5</td>
<td>0.0</td>
<td>0.6</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
<td>0.0</td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>2.6</td>
<td>3.0</td>
<td>0.3</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td>6.3</td>
<td>9.0</td>
<td>9.6</td>
<td>8.7</td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>67</td>
<td>312</td>
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</table>

### A3. Table 11.96. Other dried fruit by age group and gender.

<table>
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<th></th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>70 - 79</td>
<td>80+</td>
<td>Women (%)</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>73.8</td>
<td>65.2</td>
<td>65.1</td>
<td>63.8</td>
<td></td>
</tr>
<tr>
<td>Daily</td>
<td>3.7</td>
<td>6.1</td>
<td>2.2</td>
<td>7.4</td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.0</td>
<td>1.5</td>
<td>2.2</td>
<td>1.3</td>
<td></td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>6.8</td>
<td>7.6</td>
<td>9.9</td>
<td>13.4</td>
<td></td>
</tr>
<tr>
<td>Monthly</td>
<td>15.7</td>
<td>19.7</td>
<td>20.5</td>
<td>14.1</td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>66</td>
<td>312</td>
<td>149</td>
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### A3. Table 11.97. Stew/ casserole by age group and gender.
<table>
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<th>Men (%)</th>
<th>Women (%)</th>
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<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>7.9</td>
<td>18.5</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>36.1</td>
<td>26.2</td>
</tr>
<tr>
<td>Once a week</td>
<td>41.4</td>
<td>35.4</td>
</tr>
<tr>
<td>Twice a week</td>
<td>11.0</td>
<td>20.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>3.7</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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</tr>
</tbody>
</table>

A3.Table 11.98. Fried steak by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>53.6</td>
<td>58.5</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>25.0</td>
<td>30.8</td>
</tr>
<tr>
<td>Once a week</td>
<td>19.3</td>
<td>6.2</td>
</tr>
<tr>
<td>Twice a week</td>
<td>1.6</td>
<td>4.6</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>65</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>61.8</td>
<td>73.8</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>18.8</td>
<td>12.3</td>
</tr>
<tr>
<td>Once a week</td>
<td>16.8</td>
<td>13.8</td>
</tr>
<tr>
<td>Twice a week</td>
<td>2.1</td>
<td>0.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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</table>

A3.Table 11.100. Fried chops by age group and gender.

<table>
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<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
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<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>45.3</td>
<td>47.7</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>20.5</td>
<td>20.0</td>
</tr>
<tr>
<td>Once a week</td>
<td>29.5</td>
<td>26.2</td>
</tr>
</tbody>
</table>
### A3. Table 11.101. Grilled chops by age group and gender.

<table>
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<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>58.1</td>
<td>56.9</td>
<td>56.4</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>19.4</td>
<td>21.5</td>
<td>23.1</td>
</tr>
<tr>
<td>Once a week</td>
<td>19.4</td>
<td>16.9</td>
<td>16.3</td>
</tr>
<tr>
<td>Twice a week</td>
<td>2.1</td>
<td>4.6</td>
<td>3.5</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>1.0</td>
<td>0.0</td>
<td>0.6</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>312</td>
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</table>

### A3. Table 11.102. Mince meat by age group and gender.

<table>
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<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>12.0</td>
<td>10.8</td>
<td>12.1</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>40.8</td>
<td>40.0</td>
<td>42.7</td>
</tr>
<tr>
<td>Once a week</td>
<td>37.7</td>
<td>36.9</td>
<td>34.7</td>
</tr>
<tr>
<td>Twice a week</td>
<td>7.3</td>
<td>9.2</td>
<td>8.6</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>2.1</td>
<td>3.1</td>
<td>1.9</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>65</td>
<td>314</td>
</tr>
</tbody>
</table>

### A3. Table 11.103. Fried chicken by age group and gender.

<table>
<thead>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>33.2</td>
<td>46.2</td>
<td>44.9</td>
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<td>About fortnightly</td>
<td>40.5</td>
<td>30.8</td>
<td>30.4</td>
</tr>
<tr>
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<td>20.5</td>
<td>18.5</td>
<td>18.3</td>
</tr>
<tr>
<td>Twice a week</td>
<td>5.8</td>
<td>4.6</td>
<td>5.8</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>-</td>
<td>-</td>
<td>0.6</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>65</td>
<td>312</td>
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</table>
### Boiled chicken by age group and gender.

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<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>52.6</td>
<td>58.5</td>
<td>36.4</td>
<td>34.2</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>33.7</td>
<td>18.5</td>
<td>38.3</td>
<td>32.2</td>
</tr>
<tr>
<td>Once a week</td>
<td>11.1</td>
<td>16.9</td>
<td>16.3</td>
<td>28.1</td>
</tr>
<tr>
<td>Twice a week</td>
<td>1.6</td>
<td>6.2</td>
<td>7.3</td>
<td>5.5</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>1.1</td>
<td>0.0</td>
<td>1.6</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>313</td>
<td>146</td>
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</table>

### Roast meat by age group and gender.

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<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>17.3</td>
<td>20.0</td>
<td>34.1</td>
<td>29.9</td>
</tr>
<tr>
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<td>43.1</td>
<td>31.8</td>
<td>25.9</td>
</tr>
<tr>
<td>Once a week</td>
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<td>29.2</td>
<td>26.1</td>
<td>28.6</td>
</tr>
<tr>
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<td>7.7</td>
<td>6.4</td>
<td>15.0</td>
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<td>0.0</td>
<td>1.6</td>
<td>0.7</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>314</td>
<td>147</td>
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</tbody>
</table>

### Fried sausages by age group and gender.

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<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
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<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>40.3</td>
<td>53.8</td>
<td>56.1</td>
<td>68.9</td>
</tr>
<tr>
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<td>33.0</td>
<td>23.1</td>
<td>27.1</td>
<td>18.2</td>
</tr>
<tr>
<td>Once a week</td>
<td>23.0</td>
<td>15.4</td>
<td>15.6</td>
<td>10.8</td>
</tr>
<tr>
<td>Twice a week</td>
<td>3.1</td>
<td>6.2</td>
<td>1.0</td>
<td>2.0</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>1.5</td>
<td>0.3</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>65</td>
<td>314</td>
<td>148</td>
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### Grilled sausages by age group and gender.

<table>
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<th></th>
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<td></td>
<td>Men (%)</td>
<td>Women (%)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
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<tr>
<td>About fortnightly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Once a week</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Twice a week</td>
<td></td>
<td></td>
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<tr>
<td>3-4 times a week</td>
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### A3. Table 11.108. Bacon by age group and gender.

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<td>Women (%)</td>
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<tr>
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<td>70 - 79</td>
<td>80+</td>
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<td>33.4</td>
<td>39.9</td>
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<td>43.9</td>
<td>39.8</td>
<td>37.2</td>
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<td>4.5</td>
<td>0.7</td>
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<td>1.5</td>
<td>0.6</td>
<td>0.0</td>
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<td>Number of subjects (n)</td>
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<td>66</td>
<td>314</td>
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### A3. Table 11.109. Liver by age group and gender.

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<td>Women (%)</td>
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</tr>
<tr>
<td></td>
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<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>73.2</td>
<td>76.9</td>
<td>75.0</td>
<td>72.3</td>
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<td></td>
<td></td>
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<td>About fortnightly</td>
<td>22.6</td>
<td>18.5</td>
<td>19.9</td>
<td>25.0</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Once a week</td>
<td>4.2</td>
<td>3.1</td>
<td>5.1</td>
<td>1.4</td>
<td></td>
<td></td>
<td></td>
</tr>
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<td>1.5</td>
<td>0.0</td>
<td>1.4</td>
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<td></td>
<td></td>
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<tr>
<td>3-4 times a week</td>
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<td>-</td>
<td>-</td>
<td>-</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>65</td>
<td>312</td>
<td>148</td>
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### A3. Table 11.110. Fried fish by age group and gender.

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</thead>
<tbody>
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<td></td>
<td>Men (%)</td>
<td></td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never or rarely</td>
<td>39.3</td>
<td>59.1</td>
<td>56.2</td>
<td>56.2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>About fortnightly</td>
<td>33.0</td>
<td>24.2</td>
<td>26.8</td>
<td>27.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Once a week</td>
<td>24.6</td>
<td>13.6</td>
<td>14.4</td>
<td>15.1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Twice a week</td>
<td>2.6</td>
<td>3.0</td>
<td>2.2</td>
<td>1.4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>0.0</td>
<td>0.3</td>
<td>0.0</td>
<td></td>
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</table>
A3.Table 11.111.  Baked fish by age group and gender.

<table>
<thead>
<tr>
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<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>51.3</td>
<td>44.6</td>
<td>43.5</td>
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<tr>
<td>About fortnightly</td>
<td>27.7</td>
<td>35.4</td>
<td>27.8</td>
</tr>
<tr>
<td>Once a week</td>
<td>17.3</td>
<td>16.9</td>
<td>22.4</td>
</tr>
<tr>
<td>Twice a week</td>
<td>3.1</td>
<td>3.1</td>
<td>6.1</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>0.0</td>
<td>0.3</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>65</td>
<td>313</td>
</tr>
</tbody>
</table>

A3.Table 11.112.  Tinned fish by age group and gender.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>56.8</td>
<td>66.2</td>
<td>55.4</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>32.1</td>
<td>29.2</td>
<td>33.8</td>
</tr>
<tr>
<td>Once a week</td>
<td>9.5</td>
<td>4.6</td>
<td>8.6</td>
</tr>
<tr>
<td>Twice a week</td>
<td>1.1</td>
<td>0.0</td>
<td>1.9</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>0.0</td>
<td>0.3</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>65</td>
<td>314</td>
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A3.Table 11.113.  Shellfish by age group and gender.

<table>
<thead>
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<th>Men (%)</th>
<th>Women (%)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Never or rarely</td>
<td>93.7</td>
<td>96.9</td>
<td>94.2</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>6.3</td>
<td>3.1</td>
<td>4.8</td>
</tr>
<tr>
<td>Once a week</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
</tr>
<tr>
<td>Twice a week</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>-</td>
<td>-</td>
<td>0.3</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
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<td>65</td>
<td>313</td>
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</tbody>
</table>

A3.Table 11.114.  Meatpies, pasties, sausage rolls, etc. by age group and gender.
### NUTRIENT INTAKES & DENSITIES

#### A3.Table 11.115. Descriptive statistics for complex carbohydrates (g/day) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
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<tr>
<td>Never or rarely</td>
<td>46.1</td>
<td>47.7</td>
</tr>
<tr>
<td>About fortnightly</td>
<td>39.3</td>
<td>29.2</td>
</tr>
<tr>
<td>Once a week</td>
<td>12.6</td>
<td>15.4</td>
</tr>
<tr>
<td>Twice a week</td>
<td>1.6</td>
<td>4.6</td>
</tr>
<tr>
<td>3-4 times a week</td>
<td>0.5</td>
<td>3.1</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>191</td>
<td>65</td>
</tr>
</tbody>
</table>

#### A3.Table 11.116. Descriptive statistics for sugar (g/day) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
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<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>190</td>
<td>65</td>
</tr>
<tr>
<td>Mean</td>
<td>116.75</td>
<td>117.73</td>
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<tr>
<td>SD</td>
<td>28.34</td>
<td>31.04</td>
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<tr>
<td>Min</td>
<td>50.44</td>
<td>67.57</td>
</tr>
<tr>
<td>5%</td>
<td>79.94</td>
<td>71.57</td>
</tr>
<tr>
<td>25%</td>
<td>98.36</td>
<td>98.55</td>
</tr>
<tr>
<td>50%</td>
<td>111.17</td>
<td>114.45</td>
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<tr>
<td>75%</td>
<td>131.74</td>
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<tr>
<td>95%</td>
<td>172.33</td>
<td>174.27</td>
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### Table 11.117. Descriptive statistics for total carbohydrate (g/day) by age group and gender.

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<td></td>
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<td>80+</td>
<td>Women</td>
</tr>
<tr>
<td>N</td>
<td>190</td>
<td>65</td>
<td>311</td>
</tr>
<tr>
<td>Mean</td>
<td>274.96</td>
<td>291.69</td>
<td>246.92</td>
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<tr>
<td>SD</td>
<td>68.14</td>
<td>73.11</td>
<td>65.36</td>
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<tr>
<td>Min</td>
<td>128.69</td>
<td>143.15</td>
<td>101.66</td>
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<tr>
<td>5%</td>
<td>180.63</td>
<td>173.63</td>
<td>144.18</td>
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<td>242.70</td>
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<tr>
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<td>418.22</td>
<td>411.85</td>
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<td>Maximum</td>
<td>459.89</td>
<td>548.07</td>
<td>479.67</td>
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</table>

### Table 11.118. Descriptive statistics for % energy intake of complex carbohydrate by age group and gender.

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<td>Men</td>
<td>80+</td>
<td>Women</td>
</tr>
<tr>
<td>N</td>
<td>190</td>
<td>65</td>
<td>311</td>
</tr>
<tr>
<td>Mean</td>
<td>21.80</td>
<td>21.72</td>
<td>21.26</td>
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<tr>
<td>SD</td>
<td>3.56</td>
<td>3.76</td>
<td>3.41</td>
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<td>Min</td>
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<td>13.13</td>
<td>9.65</td>
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<td>16.63</td>
<td>15.58</td>
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<td>19.48</td>
<td>18.53</td>
<td>19.11</td>
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<td>21.36</td>
<td>21.22</td>
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<tr>
<td>75%</td>
<td>23.73</td>
<td>24.01</td>
<td>23.34</td>
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<tr>
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<td>26.82</td>
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<td>34.94</td>
<td>32.51</td>
<td>30.39</td>
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<td>Descriptive statistics for % energy intake of sugars by age group and gender.</td>
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<td>--------------------------------------------------------------------------</td>
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<td></td>
<td><strong>Men</strong></td>
<td><strong>Women</strong></td>
<td><strong>Men</strong></td>
</tr>
<tr>
<td><strong>N</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>29.12</td>
<td>31.49</td>
<td>32.42</td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>6.18</td>
<td>5.23</td>
<td>6.44</td>
</tr>
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<td><strong>Min</strong></td>
<td>8.86</td>
<td>19.30</td>
<td>16.17</td>
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<td>19.91</td>
<td>24.10</td>
<td>22.64</td>
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<td><strong>25%</strong></td>
<td>25.35</td>
<td>27.67</td>
<td>28.16</td>
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<td><strong>50%</strong></td>
<td>28.65</td>
<td>30.40</td>
<td>31.84</td>
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<tr>
<td><strong>75%</strong></td>
<td>32.74</td>
<td>35.66</td>
<td>36.11</td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>39.60</td>
<td>41.41</td>
<td>45.07</td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>48.50</td>
<td>44.34</td>
<td>55.95</td>
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<table>
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<th>A3.Table 11.120.</th>
<th>Descriptive statistics for % energy intake of carbohydrate by age group and gender.</th>
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</tr>
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<td></td>
<td><strong>Men</strong></td>
</tr>
<tr>
<td><strong>n</strong></td>
<td>190</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>50.94</td>
</tr>
<tr>
<td><strong>SD</strong></td>
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<td><strong>Min</strong></td>
<td>32.51</td>
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<td><strong>5%</strong></td>
<td>40.18</td>
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<td><strong>25%</strong></td>
<td>47.70</td>
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<tr>
<td><strong>50%</strong></td>
<td>51.05</td>
</tr>
<tr>
<td><strong>75%</strong></td>
<td>55.30</td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>60.28</td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
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<table>
<thead>
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<th>A3.Table 11.121.</th>
<th>Descriptive statistics for protein (g/day) by age group and gender.</th>
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</tr>
<tr>
<td></td>
<td><strong>Men</strong></td>
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<td><strong>n</strong></td>
<td>190</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>67.84</td>
</tr>
</tbody>
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### A3. Table 11.122. Descriptive statistics for % energy intake of protein by age group and gender.

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### Table 11.125. Descriptive statistics for MUFAs (g/day) by age group and gender.

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### Table 11.126. Descriptive statistics for SFAs (g/day) by age group and gender.

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### A3.Table 11.128. Descriptive statistics for % energy intake of PUFAs by age group and gender.

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A3.Table 11.130. Descriptive statistics for % energy intake of saturated fat (SFAs) by age group and gender.

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### A3.Table 11.133. Descriptive statistics for % energy intake of alcohol by age group and gender.

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### Table 11.134. Descriptive statistics for total energy intake (kJ/day) by age group and gender.

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<td>65</td>
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<td>12753.3</td>
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### Table 11.135. Descriptive statistics for total energy intake (kcal/day) by age group and gender.

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<td><strong>70 - 79</strong></td>
<td><strong>80+</strong></td>
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<td>65</td>
<td>311</td>
<td>146</td>
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### Table 11.136. Descriptive statistics for calcium (mg/day) by age group and gender.

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<td>29.53</td>
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<td>16.93</td>
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### A3.Table 11.137. Descriptive statistics for iron (mg/day) by age group and gender.

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### A3.Table 11.138. Descriptive statistics for zinc (mg/day) by age group and gender.

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<td>146</td>
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<td>9.13</td>
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*Food Habits in Later Life* 1756  *Auscrypt InfoDisk*
### A3. Table 11.139. Descriptive statistics for vitamin C (mg/day) by age group and gender.

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### A3. Table 11.140. Descriptive statistics for vitamin D (mg/day) by age group and gender.

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<td>3.42</td>
<td>3.05</td>
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<tr>
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<td>5.78</td>
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### A3. Table 11.141. Descriptive statistics for vitamin E (mg/day) by age group and gender.

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### A3.Table 11.142. Descriptive statistics for retinol equivalents (RE µg/day) by age group and gender.

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<td>311</td>
<td>146</td>
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<td>8.47</td>
<td>7.83</td>
<td>7.65</td>
</tr>
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<td>Min</td>
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<td>5.40</td>
<td>4.15</td>
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<td>5.88</td>
<td>6.34</td>
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<td>9.43</td>
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### A3.Table 11.143. Descriptive statistics for vitamin A (µg/day) by age group and gender.

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### A3.Table 11.145. Descriptive statistics for complex carbohydrate (g/MJ) by age group and gender.

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### Descriptive statistics for total fat (g/MJ) by age group and gender.

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### Descriptive statistics for SFAs (g/MJ) by age group and gender.

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### Descriptive statistics for PUFAs (g/MJ) by age group and gender.

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A3. Table 11.152. Descriptive statistics for MUFAs (g/MJ) by age group and gender.

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<td>Mean</td>
<td>2.91</td>
<td>2.89</td>
<td>2.78</td>
</tr>
<tr>
<td>SD</td>
<td>0.41</td>
<td>0.33</td>
<td>0.46</td>
</tr>
<tr>
<td>Min</td>
<td>1.78</td>
<td>2.17</td>
<td>0.89</td>
</tr>
<tr>
<td>5%</td>
<td>2.15</td>
<td>2.32</td>
<td>1.99</td>
</tr>
<tr>
<td>25%</td>
<td>2.69</td>
<td>2.64</td>
<td>2.52</td>
</tr>
<tr>
<td>50%</td>
<td>2.91</td>
<td>2.90</td>
<td>2.80</td>
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<td>3.14</td>
<td>3.08</td>
</tr>
<tr>
<td>95%</td>
<td>3.64</td>
<td>3.42</td>
<td>3.57</td>
</tr>
<tr>
<td>Maximum</td>
<td>3.90</td>
<td>3.63</td>
<td>4.04</td>
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A3. Table 11.153. Descriptive statistics for fibre (g/MJ) by age group and gender.

<table>
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<th>Women</th>
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<tbody>
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<td>70 - 79</td>
</tr>
<tr>
<td>n</td>
<td>190</td>
<td>65</td>
<td>311</td>
</tr>
<tr>
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<td>2.73</td>
<td>3.12</td>
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<tr>
<td>SD</td>
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<td>0.62</td>
<td>0.82</td>
</tr>
<tr>
<td>Min</td>
<td>1.10</td>
<td>1.54</td>
<td>1.31</td>
</tr>
<tr>
<td>5%</td>
<td>1.64</td>
<td>1.74</td>
<td>1.95</td>
</tr>
<tr>
<td>25%</td>
<td>2.24</td>
<td>2.25</td>
<td>2.58</td>
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<tr>
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<td>2.66</td>
<td>2.63</td>
<td>3.11</td>
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<tr>
<td>75%</td>
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<td>3.59</td>
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<tr>
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<td>4.06</td>
<td>3.75</td>
<td>4.43</td>
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### Descriptive statistics for iron (mg/MJ) by age group and gender.

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</thead>
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<td></td>
<td>Men 70 - 79</td>
<td>80+</td>
<td>Women 70 - 79</td>
<td>80+</td>
<td></td>
</tr>
<tr>
<td><strong>n</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>1.36</td>
<td>1.32</td>
<td>1.39</td>
<td>1.34</td>
<td></td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>0.22</td>
<td>0.22</td>
<td>0.25</td>
<td>0.24</td>
<td></td>
</tr>
<tr>
<td><strong>Min</strong></td>
<td>0.79</td>
<td>0.89</td>
<td>0.84</td>
<td>0.74</td>
<td></td>
</tr>
<tr>
<td><strong>5%</strong></td>
<td>1.04</td>
<td>0.97</td>
<td>1.02</td>
<td>1.02</td>
<td></td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>1.21</td>
<td>1.16</td>
<td>1.23</td>
<td>1.17</td>
<td></td>
</tr>
<tr>
<td><strong>50%</strong></td>
<td>1.34</td>
<td>1.32</td>
<td>1.38</td>
<td>1.31</td>
<td></td>
</tr>
<tr>
<td><strong>75%</strong></td>
<td>1.47</td>
<td>1.46</td>
<td>1.52</td>
<td>1.49</td>
<td></td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>1.79</td>
<td>1.68</td>
<td>1.74</td>
<td>1.81</td>
<td></td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>2.17</td>
<td>2.11</td>
<td>3.18</td>
<td>2.04</td>
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### Descriptive statistics for zinc (mg/MJ) by age group and gender.

<table>
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<th></th>
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</thead>
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<td></td>
<td>Men 70 - 79</td>
<td>80+</td>
<td>Women 70 - 79</td>
<td>80+</td>
<td></td>
</tr>
<tr>
<td><strong>n</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>1.08</td>
<td>1.05</td>
<td>1.11</td>
<td>1.07</td>
<td></td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>0.19</td>
<td>0.15</td>
<td>0.19</td>
<td>0.16</td>
<td></td>
</tr>
<tr>
<td><strong>Min</strong></td>
<td>0.67</td>
<td>0.67</td>
<td>0.69</td>
<td>0.76</td>
<td></td>
</tr>
<tr>
<td><strong>5%</strong></td>
<td>0.82</td>
<td>0.79</td>
<td>0.85</td>
<td>0.81</td>
<td></td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>0.97</td>
<td>0.95</td>
<td>0.98</td>
<td>0.95</td>
<td></td>
</tr>
<tr>
<td><strong>50%</strong></td>
<td>1.06</td>
<td>1.03</td>
<td>1.10</td>
<td>1.07</td>
<td></td>
</tr>
<tr>
<td><strong>75%</strong></td>
<td>1.17</td>
<td>1.13</td>
<td>1.20</td>
<td>1.16</td>
<td></td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>1.45</td>
<td>1.32</td>
<td>1.43</td>
<td>1.35</td>
<td></td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>1.74</td>
<td>1.52</td>
<td>2.11</td>
<td>1.64</td>
<td></td>
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</tbody>
</table>

### Descriptive statistics for vitamin C (mg/MJ) by age group and gender.

<table>
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</thead>
<tbody>
<tr>
<td></td>
<td>Men 70 - 79</td>
<td>80+</td>
<td>Women 70 - 79</td>
<td>80+</td>
<td></td>
</tr>
<tr>
<td><strong>n</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
<td></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>12.51</td>
<td>13.06</td>
<td>16.95</td>
<td>15.91</td>
<td></td>
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</table>
### A3.Table 11.157. Descriptive statistics for vitamin E (mg/MJ) by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men 70 - 79</th>
<th>Men 80+</th>
<th>Women 70 - 79</th>
<th>Women 80+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>n</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>0.96</td>
<td>0.97</td>
<td>1.07</td>
<td>1.02</td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>0.21</td>
<td>0.19</td>
<td>0.24</td>
<td>0.20</td>
</tr>
<tr>
<td><strong>Min</strong></td>
<td>0.48</td>
<td>0.63</td>
<td>0.42</td>
<td>0.56</td>
</tr>
<tr>
<td><strong>5%</strong></td>
<td>0.63</td>
<td>0.72</td>
<td>0.70</td>
<td>0.75</td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>0.80</td>
<td>0.84</td>
<td>0.90</td>
<td>0.86</td>
</tr>
<tr>
<td><strong>50%</strong></td>
<td>0.95</td>
<td>0.94</td>
<td>1.05</td>
<td>1.00</td>
</tr>
<tr>
<td><strong>75%</strong></td>
<td>1.11</td>
<td>1.09</td>
<td>1.23</td>
<td>1.17</td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>1.29</td>
<td>1.32</td>
<td>1.47</td>
<td>1.40</td>
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<tr>
<td><strong>Maximum</strong></td>
<td>1.65</td>
<td>1.59</td>
<td>2.28</td>
<td>1.61</td>
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</table>

### A3.Table 11.158. Descriptive statistics for vitamin D (mg/MJ) by age group and gender.

<table>
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<th>Men 80+</th>
<th>Women 70 - 79</th>
<th>Women 80+</th>
</tr>
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<tbody>
<tr>
<td><strong>n</strong></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>0.35</td>
<td>0.30</td>
<td>0.34</td>
<td>0.30</td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>0.16</td>
<td>0.15</td>
<td>0.17</td>
<td>0.14</td>
</tr>
<tr>
<td><strong>Min</strong></td>
<td>0.08</td>
<td>0.06</td>
<td>0.06</td>
<td>0.05</td>
</tr>
<tr>
<td><strong>5%</strong></td>
<td>0.10</td>
<td>0.08</td>
<td>0.11</td>
<td>0.09</td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>0.25</td>
<td>0.16</td>
<td>0.20</td>
<td>0.19</td>
</tr>
<tr>
<td><strong>50%</strong></td>
<td>0.34</td>
<td>0.31</td>
<td>0.32</td>
<td>0.26</td>
</tr>
<tr>
<td><strong>75%</strong></td>
<td>0.45</td>
<td>0.41</td>
<td>0.44</td>
<td>0.40</td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>0.64</td>
<td>0.57</td>
<td>0.64</td>
<td>0.56</td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>1.03</td>
<td>0.74</td>
<td>1.02</td>
<td>0.66</td>
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### A3. Table 11.159. Descriptive statistics for thiamin (mg/MJ) by age group and gender.

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<th>Women</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td></td>
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<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
<td></td>
<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
</tr>
<tr>
<td>Mean</td>
<td></td>
<td>0.14</td>
<td>0.15</td>
<td>0.15</td>
<td>0.16</td>
</tr>
<tr>
<td>SD</td>
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<td>0.03</td>
<td>0.03</td>
<td>0.03</td>
<td>0.03</td>
</tr>
<tr>
<td>Min</td>
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<td>0.07</td>
<td>0.09</td>
<td>0.08</td>
<td>0.09</td>
</tr>
<tr>
<td>5%</td>
<td></td>
<td>0.10</td>
<td>0.10</td>
<td>0.11</td>
<td>0.11</td>
</tr>
<tr>
<td>25%</td>
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<td>0.12</td>
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<tr>
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<td>0.14</td>
<td>0.14</td>
<td>0.15</td>
<td>0.15</td>
</tr>
<tr>
<td>75%</td>
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<td>0.16</td>
<td>0.16</td>
<td>0.17</td>
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</tr>
<tr>
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<td>0.21</td>
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<td>0.21</td>
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<tr>
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<td>0.23</td>
<td>0.29</td>
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### A3. Table 11.160. Descriptive statistics for vitamin A (µg/MJ) by age group and gender.

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<th>Women</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>n</td>
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<td>190</td>
<td>65</td>
<td>311</td>
<td>146</td>
</tr>
<tr>
<td>Mean</td>
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<td>176.68</td>
<td>184.81</td>
<td>209.76</td>
<td>218.75</td>
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<tr>
<td>SD</td>
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<td>72.18</td>
<td>74.49</td>
<td>94.11</td>
<td>88.63</td>
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<tr>
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<td>76.67</td>
<td>70.23</td>
<td>59.64</td>
</tr>
<tr>
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<td>101.17</td>
<td>112.69</td>
<td>113.18</td>
</tr>
<tr>
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<td>126.03</td>
<td>135.20</td>
<td>149.89</td>
<td>154.79</td>
</tr>
<tr>
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<td></td>
<td>158.31</td>
<td>164.98</td>
<td>181.66</td>
<td>211.76</td>
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<tr>
<td>75%</td>
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<td>209.88</td>
<td>224.94</td>
<td>250.17</td>
<td>263.91</td>
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<td>343.19</td>
<td>356.27</td>
<td>393.88</td>
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<tr>
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<td>532.35</td>
<td>498.13</td>
<td>1095.53</td>
<td>631.67</td>
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### A3. Table 11.161. Percentage below two thirds of the RDA by age group and gender.

<table>
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<th>Men (%)</th>
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<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td></td>
<td>190</td>
<td>65</td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td>1.6</td>
<td>3.1</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>10.5</td>
<td>13.8</td>
</tr>
<tr>
<td>Iron</td>
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<td>0.5</td>
<td>1.5</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Men 70 - 79</td>
<td>Men 80+</td>
<td>Women 70 - 79</td>
</tr>
<tr>
<td>------------</td>
<td>-------------</td>
<td>---------</td>
<td>---------------</td>
</tr>
<tr>
<td>Zinc</td>
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<td>30.8</td>
<td>53.1</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0.5</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vitamin E</td>
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<td>21.5</td>
<td>8.7</td>
</tr>
<tr>
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<td>0.0</td>
<td>1.6</td>
</tr>
<tr>
<td>Thiamin</td>
<td>1.1</td>
<td>1.5</td>
<td>0.6</td>
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</table>

**ANTHROPOMETRY**

A3. Table 11.162. Descriptive statistics for body mass index (kg/m$^2$) by age group and gender.

<table>
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<tr>
<th></th>
<th>Men 70 - 79</th>
<th>Men 80+</th>
<th>Women 70 - 79</th>
<th>Women 80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>202</td>
<td>75</td>
<td>322</td>
<td>152</td>
</tr>
<tr>
<td>Mean</td>
<td>26.07</td>
<td>24.97</td>
<td>26.23</td>
<td>24.85</td>
</tr>
<tr>
<td>SD</td>
<td>3.41</td>
<td>3.48</td>
<td>4.77</td>
<td>4.41</td>
</tr>
<tr>
<td>Minimum</td>
<td>15.23</td>
<td>17.41</td>
<td>13.94</td>
<td>12.45</td>
</tr>
<tr>
<td>5%</td>
<td>19.88</td>
<td>19.80</td>
<td>19.13</td>
<td>18.37</td>
</tr>
<tr>
<td>25%</td>
<td>23.73</td>
<td>22.66</td>
<td>22.65</td>
<td>22.11</td>
</tr>
<tr>
<td>50%</td>
<td>26.28</td>
<td>24.61</td>
<td>26.08</td>
<td>24.62</td>
</tr>
<tr>
<td>66%</td>
<td>27.75</td>
<td>26.12</td>
<td>28.02</td>
<td>26.10</td>
</tr>
<tr>
<td>95%</td>
<td>31.00</td>
<td>31.23</td>
<td>34.60</td>
<td>32.06</td>
</tr>
<tr>
<td>Maximum</td>
<td>36.59</td>
<td>36.85</td>
<td>45.44</td>
<td>41.78</td>
</tr>
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</table>

A3. Table 11.163. Descriptive statistics for waist-hip ratio by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men 70 - 79</th>
<th>Men 80+</th>
<th>Women 70 - 79</th>
<th>Women 80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>203</td>
<td>76</td>
<td>323</td>
<td>164</td>
</tr>
<tr>
<td>Mean</td>
<td>0.96</td>
<td>0.94</td>
<td>0.86</td>
<td>0.88</td>
</tr>
<tr>
<td>SD</td>
<td>0.06</td>
<td>0.05</td>
<td>0.18</td>
<td>0.18</td>
</tr>
<tr>
<td>Minimum</td>
<td>0.77</td>
<td>0.83</td>
<td>0.63</td>
<td>0.71</td>
</tr>
<tr>
<td>5%</td>
<td>0.84</td>
<td>0.86</td>
<td>0.75</td>
<td>0.76</td>
</tr>
<tr>
<td>25%</td>
<td>0.92</td>
<td>0.90</td>
<td>0.80</td>
<td>0.81</td>
</tr>
<tr>
<td>50%</td>
<td>0.96</td>
<td>0.95</td>
<td>0.84</td>
<td>0.86</td>
</tr>
</tbody>
</table>
### A3. Table 11.164. Descriptive statistics for middle arm muscle area (cm$^2$) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men</th>
<th>80+</th>
<th>Women</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>200</td>
<td>75</td>
<td>324</td>
<td>163</td>
</tr>
<tr>
<td>Mean</td>
<td>50.94</td>
<td>44.26</td>
<td>41.39</td>
<td>38.37</td>
</tr>
<tr>
<td>SD</td>
<td>10.10</td>
<td>7.82</td>
<td>9.77</td>
<td>9.71</td>
</tr>
<tr>
<td>Minimum</td>
<td>20.45</td>
<td>31.59</td>
<td>21.91</td>
<td>16.85</td>
</tr>
<tr>
<td>5%</td>
<td>33.64</td>
<td>33.13</td>
<td>26.96</td>
<td>24.23</td>
</tr>
<tr>
<td>25%</td>
<td>44.22</td>
<td>38.03</td>
<td>34.39</td>
<td>31.57</td>
</tr>
<tr>
<td>50%</td>
<td>50.60</td>
<td>43.69</td>
<td>40.97</td>
<td>37.99</td>
</tr>
<tr>
<td>66%</td>
<td>55.03</td>
<td>47.56</td>
<td>44.99</td>
<td>42.34</td>
</tr>
<tr>
<td>95%</td>
<td>68.60</td>
<td>60.40</td>
<td>58.13</td>
<td>54.83</td>
</tr>
<tr>
<td>Maximum</td>
<td>78.59</td>
<td>63.74</td>
<td>83.59</td>
<td>81.62</td>
</tr>
</tbody>
</table>

### A3. Table 11.165. Body mass index (kg/m$^2$) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men</th>
<th>80+</th>
<th>Women</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>&lt;19.9</td>
<td>5.4</td>
<td>5.3</td>
<td>6.8</td>
<td>13.1</td>
</tr>
<tr>
<td>20 - 25</td>
<td>32.2</td>
<td>49.3</td>
<td>34.8</td>
<td>41.8</td>
</tr>
<tr>
<td>25.01 - 29.9</td>
<td>53.0</td>
<td>40.0</td>
<td>39.1</td>
<td>32.0</td>
</tr>
<tr>
<td>&gt;=30</td>
<td>9.4</td>
<td>5.3</td>
<td>19.3</td>
<td>13.1</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>202</td>
<td>75</td>
<td>322</td>
<td>153</td>
</tr>
</tbody>
</table>

### A3. Table 11.166. Waist-hip ratio by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men</th>
<th>80+</th>
<th>Women</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>&lt; 0.9 (Men),</td>
<td>18.7</td>
<td>23.6</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>&lt; 0.8 (Women)</td>
<td>--</td>
<td>--</td>
<td>24.5</td>
<td>19.4</td>
</tr>
<tr>
<td>&gt;=0.9 (Men),</td>
<td>81.3</td>
<td>76.3</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>
### BIOLOGICAL MEASUREMENTS

#### A3.Table 11.167. Descriptive statistics for systolic blood pressure (mmHg) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men</th>
<th>80+</th>
<th>Women</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>202</td>
<td>74</td>
<td>320</td>
<td>164</td>
</tr>
<tr>
<td>Mean</td>
<td>147.05</td>
<td>145.54</td>
<td>151.01</td>
<td>153.39</td>
</tr>
<tr>
<td>SD</td>
<td>23.10</td>
<td>24.51</td>
<td>21.51</td>
<td>23.66</td>
</tr>
<tr>
<td>Minimum</td>
<td>90.00</td>
<td>105.00</td>
<td>81.00</td>
<td>98.00</td>
</tr>
<tr>
<td>5%</td>
<td>112.30</td>
<td>113.00</td>
<td>114.10</td>
<td>118.00</td>
</tr>
<tr>
<td>25%</td>
<td>132.00</td>
<td>125.00</td>
<td>136.25</td>
<td>137.50</td>
</tr>
<tr>
<td>50%</td>
<td>143.00</td>
<td>142.00</td>
<td>150.00</td>
<td>152.00</td>
</tr>
<tr>
<td>66%</td>
<td>155.32</td>
<td>150.00</td>
<td>161.00</td>
<td>162.00</td>
</tr>
<tr>
<td>95%</td>
<td>189.00</td>
<td>192.50</td>
<td>187.00</td>
<td>189.50</td>
</tr>
<tr>
<td>Maximum</td>
<td>220.00</td>
<td>200.00</td>
<td>214.00</td>
<td>246.00</td>
</tr>
</tbody>
</table>

#### A3.Table 11.168. Descriptive statistics for diastolic blood pressure (mmHg) by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men</th>
<th>80+</th>
<th>Women</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>202</td>
<td>74</td>
<td>320</td>
<td>164</td>
</tr>
<tr>
<td>Mean</td>
<td>80.30</td>
<td>76.51</td>
<td>82.23</td>
<td>80.98</td>
</tr>
<tr>
<td>SD</td>
<td>9.82</td>
<td>12.18</td>
<td>10.80</td>
<td>12.39</td>
</tr>
<tr>
<td>Minimum</td>
<td>59.00</td>
<td>48.00</td>
<td>51.00</td>
<td>7.00</td>
</tr>
<tr>
<td>5%</td>
<td>64.15</td>
<td>57.50</td>
<td>66.05</td>
<td>60.00</td>
</tr>
<tr>
<td>25%</td>
<td>74.00</td>
<td>69.00</td>
<td>75.25</td>
<td>74.00</td>
</tr>
<tr>
<td>50%</td>
<td>80.00</td>
<td>75.00</td>
<td>81.50</td>
<td>82.00</td>
</tr>
<tr>
<td>66%</td>
<td>84.00</td>
<td>80.00</td>
<td>86.00</td>
<td>87.00</td>
</tr>
<tr>
<td>95%</td>
<td>95.85</td>
<td>99.50</td>
<td>101.00</td>
<td>98.75</td>
</tr>
</tbody>
</table>
### A3. Table 11.169. Descriptive statistics for cholesterol (mmol/L) by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>195</td>
<td>69</td>
<td>295</td>
</tr>
<tr>
<td>Mean</td>
<td>6.05</td>
<td>5.57</td>
<td>6.67</td>
</tr>
<tr>
<td>SD</td>
<td>1.10</td>
<td>0.98</td>
<td>1.30</td>
</tr>
<tr>
<td>Minimum</td>
<td>2.98</td>
<td>3.29</td>
<td>3.82</td>
</tr>
<tr>
<td>5%</td>
<td>4.44</td>
<td>4.15</td>
<td>4.69</td>
</tr>
<tr>
<td>25%</td>
<td>5.27</td>
<td>4.86</td>
<td>5.78</td>
</tr>
<tr>
<td>50%</td>
<td>6.01</td>
<td>5.53</td>
<td>6.56</td>
</tr>
<tr>
<td>66%</td>
<td>6.50</td>
<td>5.90</td>
<td>7.09</td>
</tr>
<tr>
<td>95%</td>
<td>7.81</td>
<td>7.21</td>
<td>8.89</td>
</tr>
<tr>
<td>Maximumimum</td>
<td>9.70</td>
<td>8.88</td>
<td>11.49</td>
</tr>
</tbody>
</table>

### A3. Table 11.170. Descriptive statistics for HDL cholesterol (mmol/L) by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>N</td>
<td>195</td>
<td>69</td>
<td>295</td>
</tr>
<tr>
<td>Mean</td>
<td>1.12</td>
<td>1.19</td>
<td>1.37</td>
</tr>
<tr>
<td>SD</td>
<td>0.38</td>
<td>0.38</td>
<td>0.35</td>
</tr>
<tr>
<td>Minimum</td>
<td>0.38</td>
<td>0.42</td>
<td>0.69</td>
</tr>
<tr>
<td>5%</td>
<td>0.65</td>
<td>0.63</td>
<td>0.82</td>
</tr>
<tr>
<td>25%</td>
<td>0.92</td>
<td>0.93</td>
<td>1.13</td>
</tr>
<tr>
<td>50%</td>
<td>1.05</td>
<td>1.13</td>
<td>1.32</td>
</tr>
<tr>
<td>66%</td>
<td>1.17</td>
<td>1.30</td>
<td>1.48</td>
</tr>
<tr>
<td>95%</td>
<td>1.83</td>
<td>1.79</td>
<td>2.00</td>
</tr>
<tr>
<td>Maximumimum</td>
<td>3.85</td>
<td>2.51</td>
<td>2.60</td>
</tr>
</tbody>
</table>

### A3. Table 11.171. Descriptive statistics for triglycerides (mmol/L) by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Men</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Women</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

*Food Habits in Later Life*  
*1769*  
*Auscript InfoDisk*
### A3.Table 11.172. Descriptive statistics for glucose 2 hour post-prandial (mmol/L) by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>N</strong></td>
<td>195</td>
<td>69</td>
<td>293</td>
<td>150</td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td>6.03</td>
<td>6.19</td>
<td>6.33</td>
<td>6.73</td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td>2.02</td>
<td>1.68</td>
<td>2.18</td>
<td>2.15</td>
</tr>
<tr>
<td><strong>Minimum</strong></td>
<td>3.60</td>
<td>3.40</td>
<td>3.10</td>
<td>4.10</td>
</tr>
<tr>
<td><strong>5%</strong></td>
<td>4.18</td>
<td>4.17</td>
<td>4.30</td>
<td>4.60</td>
</tr>
<tr>
<td><strong>25%</strong></td>
<td>5.00</td>
<td>5.10</td>
<td>5.10</td>
<td>5.50</td>
</tr>
<tr>
<td><strong>50%</strong></td>
<td>5.60</td>
<td>5.65</td>
<td>5.90</td>
<td>6.30</td>
</tr>
<tr>
<td><strong>66%</strong></td>
<td>6.10</td>
<td>6.57</td>
<td>6.50</td>
<td>6.97</td>
</tr>
<tr>
<td><strong>95%</strong></td>
<td>9.08</td>
<td>9.96</td>
<td>10.39</td>
<td>10.60</td>
</tr>
<tr>
<td><strong>Maximumimum</strong></td>
<td>20.60</td>
<td>11.70</td>
<td>22.60</td>
<td>20.30</td>
</tr>
</tbody>
</table>

### SOCIAL & LIFESTYLE FACTORS

### A3.Table 11.173. Problems chewing food by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>70 - 79</strong></td>
<td>70 - 79</td>
<td>70 - 79</td>
</tr>
<tr>
<td><strong>80+</strong></td>
<td>80+</td>
<td>80+</td>
</tr>
<tr>
<td><strong>yes</strong></td>
<td>9.5</td>
<td>6.1</td>
</tr>
</tbody>
</table>
### Table 11.174. Problems swallowing food by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>3.7</td>
<td>1.5</td>
</tr>
<tr>
<td>no</td>
<td>96.3</td>
<td>98.5</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>188</td>
<td>65</td>
</tr>
</tbody>
</table>

### Table 11.175. Own natural teeth by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>full set</td>
<td>15.8</td>
<td>9.1</td>
</tr>
<tr>
<td>either upper or lower</td>
<td>22.1</td>
<td>12.1</td>
</tr>
<tr>
<td>none</td>
<td>62.1</td>
<td>78.8</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>66</td>
</tr>
</tbody>
</table>

### Table 11.176. Wear false teeth by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>91.0</td>
<td>93.8</td>
</tr>
<tr>
<td>no</td>
<td>9.0</td>
<td>6.2</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>189</td>
<td>65</td>
</tr>
</tbody>
</table>

### Table 11.177. Frequent problems with food getting stuck under false teeth by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>14.5</td>
<td>10.9</td>
</tr>
<tr>
<td>no</td>
<td>85.5</td>
<td>89.1</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>172</td>
<td>64</td>
</tr>
</tbody>
</table>
### A3.Table 11.178. False teeth limit type of food eaten by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>4.7</td>
<td>4.6</td>
<td>10.6</td>
<td>7.5</td>
</tr>
<tr>
<td>no</td>
<td>95.3</td>
<td>95.4</td>
<td>89.4</td>
<td>92.5</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>172</td>
<td>65</td>
<td>293</td>
<td>146</td>
</tr>
</tbody>
</table>

### A3.Table 11.179. Problems with false teeth by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>no problem</td>
<td>80.6</td>
<td>75.4</td>
<td>73.3</td>
<td>72.1</td>
</tr>
<tr>
<td>minor problems</td>
<td>12.6</td>
<td>18.5</td>
<td>17.6</td>
<td>17.7</td>
</tr>
<tr>
<td>moderate problems</td>
<td>6.9</td>
<td>6.2</td>
<td>8.4</td>
<td>8.8</td>
</tr>
<tr>
<td>a lot or continual problems</td>
<td>0.0</td>
<td>0.0</td>
<td>0.7</td>
<td>1.4</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>175</td>
<td>65</td>
<td>296</td>
<td>147</td>
</tr>
</tbody>
</table>

### A3.Table 11.180. Who does the shopping by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Respondent</td>
<td>32.6</td>
<td>27.3</td>
<td>61.7</td>
<td>37.6</td>
</tr>
<tr>
<td>Respondent's spouse</td>
<td>22.1</td>
<td>16.7</td>
<td>4.2</td>
<td>1.3</td>
</tr>
<tr>
<td>Other member(s) of household</td>
<td>0.5</td>
<td>3.0</td>
<td>0.6</td>
<td>5.4</td>
</tr>
<tr>
<td>Person(s) from outside household</td>
<td>0.0</td>
<td>7.6</td>
<td>1.6</td>
<td>10.7</td>
</tr>
<tr>
<td>Voluntary/Statutory worker(s) from outside household</td>
<td>0.5</td>
<td>0.0</td>
<td>0.6</td>
<td>3.4</td>
</tr>
<tr>
<td>Shared with 2,3,4 or 5 above</td>
<td>44.2</td>
<td>40.9</td>
<td>29.2</td>
<td>28.2</td>
</tr>
<tr>
<td>Residential home/hospital</td>
<td>0.0</td>
<td>4.5</td>
<td>1.9</td>
<td>13.4</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>190</td>
<td>66</td>
<td>308</td>
<td>149</td>
</tr>
</tbody>
</table>

### A3.Table 11.181. How healthy are you compared with people of your own age by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th></th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Habits in Later Life</td>
<td>Auscript InfoDisk</td>
<td>1772</td>
<td></td>
</tr>
</tbody>
</table>
### Table 11.182. Do you think there is a lot you can do to keep healthy in old age by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>much more healthy</td>
<td>6.3</td>
<td>13.6</td>
<td>5.2</td>
<td>14.0</td>
</tr>
<tr>
<td>a little more healthy</td>
<td>33.3</td>
<td>47.0</td>
<td>37.0</td>
<td>44.7</td>
</tr>
<tr>
<td>about the same</td>
<td>52.9</td>
<td>34.8</td>
<td>50.5</td>
<td>38.0</td>
</tr>
<tr>
<td>a little less healthy</td>
<td>7.4</td>
<td>3.0</td>
<td>6.9</td>
<td>3.3</td>
</tr>
<tr>
<td>a lot less healthy</td>
<td>-</td>
<td>1.5</td>
<td>0.3</td>
<td>-</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>189</td>
<td>66</td>
<td>305</td>
<td>150</td>
</tr>
</tbody>
</table>

### Table 11.183. Mini mental state score by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>186</td>
<td>64</td>
<td>297</td>
<td>137</td>
</tr>
<tr>
<td>mean</td>
<td>27.5</td>
<td>26.8</td>
<td>27.5</td>
<td>25.7</td>
</tr>
<tr>
<td>SD</td>
<td>4.1</td>
<td>2.6</td>
<td>2.6</td>
<td>4.4</td>
</tr>
<tr>
<td>min</td>
<td>0.0</td>
<td>18.0</td>
<td>19.0</td>
<td>0.0</td>
</tr>
<tr>
<td>5%</td>
<td>22.0</td>
<td>21.3</td>
<td>22.9</td>
<td>18.0</td>
</tr>
<tr>
<td>25%</td>
<td>27.0</td>
<td>26.0</td>
<td>26.0</td>
<td>24.0</td>
</tr>
<tr>
<td>50%</td>
<td>29.0</td>
<td>27.0</td>
<td>28.0</td>
<td>27.0</td>
</tr>
<tr>
<td>75%</td>
<td>30.0</td>
<td>29.0</td>
<td>29.0</td>
<td>29.0</td>
</tr>
<tr>
<td>95%</td>
<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
</tr>
<tr>
<td>Maximum</td>
<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
<td>30.0</td>
</tr>
</tbody>
</table>

### Table 11.184. Geriatric depression scale by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
</tbody>
</table>
### Table 11.185. Suffer from constipation by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>190</td>
<td>64</td>
<td>309</td>
<td>150</td>
</tr>
<tr>
<td>mean</td>
<td>5.0</td>
<td>6.4</td>
<td>6.1</td>
<td>6.6</td>
</tr>
<tr>
<td>SD</td>
<td>3.3</td>
<td>3.8</td>
<td>3.9</td>
<td>3.8</td>
</tr>
<tr>
<td>min</td>
<td>0.0</td>
<td>1.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>5%</td>
<td>1.0</td>
<td>2.0</td>
<td>1.0</td>
<td>2.0</td>
</tr>
<tr>
<td>25%</td>
<td>3.0</td>
<td>4.0</td>
<td>3.0</td>
<td>4.0</td>
</tr>
<tr>
<td>50%</td>
<td>4.0</td>
<td>5.0</td>
<td>5.0</td>
<td>6.0</td>
</tr>
<tr>
<td>~75%</td>
<td>7.0</td>
<td>9.0</td>
<td>8.0</td>
<td>8.3</td>
</tr>
<tr>
<td>95%</td>
<td>12.0</td>
<td>13.3</td>
<td>14.5</td>
<td>14.5</td>
</tr>
<tr>
<td>maximum</td>
<td>17.0</td>
<td>24.0</td>
<td>20.0</td>
<td>20.0</td>
</tr>
</tbody>
</table>

### Table 11.186. Any foods avoided because of upset bowels by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>severely</td>
<td>2.6</td>
<td>9.4</td>
<td>7.1</td>
<td>10.7</td>
</tr>
<tr>
<td>moderately</td>
<td>11.6</td>
<td>14.1</td>
<td>14.9</td>
<td>21.5</td>
</tr>
<tr>
<td>mildly</td>
<td>8.4</td>
<td>15.6</td>
<td>10.0</td>
<td>12.8</td>
</tr>
<tr>
<td>rarely</td>
<td>38.4</td>
<td>29.7</td>
<td>33.3</td>
<td>34.9</td>
</tr>
<tr>
<td>never</td>
<td>38.9</td>
<td>31.3</td>
<td>34.6</td>
<td>20.1</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>64</td>
<td>309</td>
<td>149</td>
</tr>
</tbody>
</table>

### Table 11.187. Foods regularly eaten for bowels by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>70 - 79</th>
<th>80+</th>
<th>70 - 79</th>
<th>80+</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes</td>
<td>41.5</td>
<td>48.4</td>
<td>62.8</td>
<td>68.2</td>
</tr>
<tr>
<td>no</td>
<td>58.5</td>
<td>51.6</td>
<td>37.2</td>
<td>31.8</td>
</tr>
</tbody>
</table>
### A3.Table 11.188. How often bowels opened in last week by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>more than twice daily</td>
<td>4.2</td>
<td>1.5</td>
</tr>
<tr>
<td>1-2 times a day</td>
<td>87.3</td>
<td>87.7</td>
</tr>
<tr>
<td>once every 2 days</td>
<td>7.4</td>
<td>6.2</td>
</tr>
<tr>
<td>once every 3-5 days</td>
<td>1.1</td>
<td>4.6</td>
</tr>
<tr>
<td>once a week</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>189</td>
<td>65</td>
</tr>
</tbody>
</table>

### A3.Table 11.189. On a diet at present by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>Yes</td>
<td>10.9</td>
<td>15.2</td>
</tr>
<tr>
<td>No</td>
<td>89.1</td>
<td>84.8</td>
</tr>
<tr>
<td>Number of subjects (n)</td>
<td>192</td>
<td>66</td>
</tr>
</tbody>
</table>

### A3.Table 11.190. Use bran, wheatgerm, etc. score by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>13.2</td>
<td>22.7</td>
</tr>
<tr>
<td>no</td>
<td>86.8</td>
<td>77.3</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>66</td>
</tr>
</tbody>
</table>

### A3.Table 11.191. Food avoidances by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td>25.3</td>
<td>30.8</td>
</tr>
<tr>
<td>no</td>
<td>74.7</td>
<td>69.2</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>65</td>
</tr>
</tbody>
</table>
### A3.Table 11.192. Miss meals by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Men (%)</td>
<td></td>
<td></td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yes, often</td>
<td></td>
<td>3.1</td>
<td>1.5</td>
<td>1.9</td>
<td>1.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yes, occasionally</td>
<td></td>
<td>9.9</td>
<td>10.6</td>
<td>15.6</td>
<td>8.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>rarely</td>
<td></td>
<td>24.1</td>
<td>33.3</td>
<td>31.5</td>
<td>28.2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No, I never miss</td>
<td></td>
<td>62.8</td>
<td>54.5</td>
<td>51.0</td>
<td>61.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td></td>
<td>191</td>
<td>66</td>
<td>314</td>
<td>149</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.193. Do you have a refrigerator by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Men (%)</td>
<td></td>
<td></td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yes</td>
<td></td>
<td>99.0</td>
<td>98.5</td>
<td>99.0</td>
<td>97.3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>no</td>
<td></td>
<td>1.0</td>
<td>1.5</td>
<td>1.0</td>
<td>2.7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td></td>
<td>191</td>
<td>66</td>
<td>314</td>
<td>148</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.194. Do you have a stove and oven by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Men (%)</td>
<td></td>
<td></td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yes</td>
<td></td>
<td>95.3</td>
<td>93.9</td>
<td>95.5</td>
<td>91.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>no</td>
<td></td>
<td>4.7</td>
<td>6.1</td>
<td>4.5</td>
<td>8.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td></td>
<td>191</td>
<td>66</td>
<td>314</td>
<td>148</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### A3.Table 11.195. Do you have a storage palce by age group and gender.

<table>
<thead>
<tr>
<th></th>
<th>NEW ZEALAND</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Men (%)</td>
<td></td>
<td></td>
<td>Women (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>70 - 79</td>
<td>80+</td>
<td>70 - 79</td>
<td>80+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>yes</td>
<td></td>
<td>87.4</td>
<td>89.4</td>
<td>88.2</td>
<td>89.9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>no</td>
<td></td>
<td>12.6</td>
<td>10.6</td>
<td>11.8</td>
<td>10.1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td></td>
<td>190</td>
<td>66</td>
<td>314</td>
<td>148</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### A3.Table 11.196. Do you have a microwave oven by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>yes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>34.2</td>
<td>21.2</td>
</tr>
<tr>
<td>no</td>
<td>65.8</td>
<td>78.8</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>66</td>
</tr>
</tbody>
</table>

### A3.Table 11.197. Do you have control over your health by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>a great deal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>44.7</td>
<td>37.7</td>
</tr>
<tr>
<td>some</td>
<td>40.5</td>
<td>41.0</td>
</tr>
<tr>
<td>very little</td>
<td>11.1</td>
<td>14.8</td>
</tr>
<tr>
<td>none at all</td>
<td>3.7</td>
<td>6.6</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>61</td>
</tr>
</tbody>
</table>

### A3.Table 11.198. Is exercise important by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12.0</td>
<td>12.5</td>
</tr>
<tr>
<td>not important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6.3</td>
<td>4.7</td>
</tr>
<tr>
<td>quite important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>36.6</td>
<td>46.9</td>
</tr>
<tr>
<td>very important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>45.0</td>
<td>35.9</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>191</td>
<td>64</td>
</tr>
</tbody>
</table>

### A3.Table 11.199. Avoid weight gain by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.2</td>
<td>4.7</td>
</tr>
<tr>
<td>not important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3.1</td>
<td>6.3</td>
</tr>
<tr>
<td>quite important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>36.1</td>
<td>51.6</td>
</tr>
<tr>
<td>very important</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>56.5</td>
<td>37.5</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>191</td>
<td>64</td>
</tr>
</tbody>
</table>
### A3.Table 11.200. Do you take supplements by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>37.4</td>
<td>36.5</td>
</tr>
<tr>
<td>not important</td>
<td>52.6</td>
<td>52.4</td>
</tr>
<tr>
<td>quite important</td>
<td>7.4</td>
<td>7.9</td>
</tr>
<tr>
<td>very important</td>
<td>2.6</td>
<td>3.2</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>63</td>
</tr>
</tbody>
</table>

### A3.Table 11.201. Do you avoid smoking by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>4.5</td>
<td>8.3</td>
</tr>
<tr>
<td>not important</td>
<td>3.9</td>
<td>6.3</td>
</tr>
<tr>
<td>quite important</td>
<td>12.9</td>
<td>12.5</td>
</tr>
<tr>
<td>very important</td>
<td>78.8</td>
<td>72.9</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>311</td>
<td>144</td>
</tr>
</tbody>
</table>

### A3.Table 11.202. Do you have a balanced diet by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>5.8</td>
<td>6.3</td>
</tr>
<tr>
<td>not important</td>
<td>5.2</td>
<td>7.8</td>
</tr>
<tr>
<td>quite important</td>
<td>40.8</td>
<td>39.1</td>
</tr>
<tr>
<td>very important</td>
<td>48.2</td>
<td>46.9</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>191</td>
<td>64</td>
</tr>
</tbody>
</table>

### A3.Table 11.203. Do you add bran daily by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>30.4</td>
<td>34.9</td>
</tr>
<tr>
<td>not important</td>
<td>38.2</td>
<td>31.7</td>
</tr>
</tbody>
</table>
A3. Table 11.204. Socialising by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>3.7</td>
<td>4.8</td>
</tr>
<tr>
<td>not important</td>
<td>15.2</td>
<td>22.2</td>
</tr>
<tr>
<td>quite important</td>
<td>53.4</td>
<td>47.6</td>
</tr>
<tr>
<td>very important</td>
<td>27.7</td>
<td>25.4</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>191</td>
<td>63</td>
</tr>
</tbody>
</table>

A3. Table 11.205. Do you avoid excess alcohol by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>not sure</td>
<td>3.7</td>
<td>7.8</td>
</tr>
<tr>
<td>not important</td>
<td>6.8</td>
<td>4.7</td>
</tr>
<tr>
<td>quite important</td>
<td>37.7</td>
<td>29.7</td>
</tr>
<tr>
<td>very important</td>
<td>51.8</td>
<td>57.8</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>191</td>
<td>64</td>
</tr>
</tbody>
</table>

A3. Table 11.206. Willing to change by age group and gender.

<table>
<thead>
<tr>
<th>NEW ZEALAND</th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>very willing</td>
<td>30.5</td>
<td>27.7</td>
</tr>
<tr>
<td>quite willing</td>
<td>32.1</td>
<td>35.4</td>
</tr>
<tr>
<td>might be interested</td>
<td>26.3</td>
<td>18.5</td>
</tr>
<tr>
<td>not interested</td>
<td>11.1</td>
<td>18.5</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>190</td>
<td>65</td>
</tr>
</tbody>
</table>

A3. Table 11.207. How active are you compared with people of your own age by age group and gender.

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<table>
<thead>
<tr>
<th></th>
<th>Men (%)</th>
<th>Women (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>70 - 79</td>
<td>80+</td>
</tr>
<tr>
<td>much more physically active</td>
<td>6.3</td>
<td>15.2</td>
</tr>
<tr>
<td>a little more active</td>
<td>33.9</td>
<td>43.9</td>
</tr>
<tr>
<td>about the same</td>
<td>48.7</td>
<td>33.3</td>
</tr>
<tr>
<td>a little less</td>
<td>9.0</td>
<td>6.1</td>
</tr>
<tr>
<td>physically active</td>
<td>2.1</td>
<td>1.5</td>
</tr>
<tr>
<td>Number of subjects(n)</td>
<td>189</td>
<td>66</td>
</tr>
</tbody>
</table>