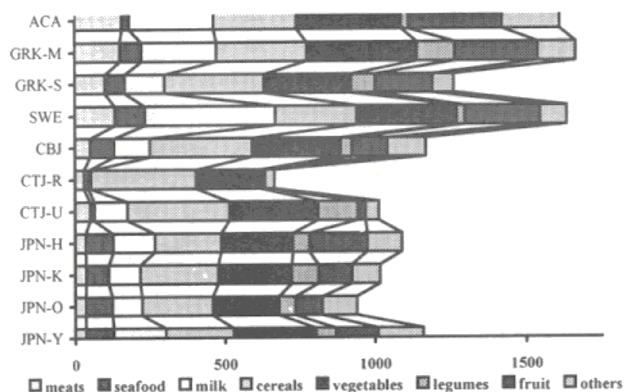


per day. Rural Greeks in Spata and rural Chinese in Tianjin consumed about 300 grams less food daily than their urban counterparts.

**Figure 10.** Average daily total food intake, by major food group, study community and age group, for men



Marked differences were observed in the types and quantities of foods consumed. Mean daily intake of cereals was highest amongst Chinese elderly (350 grams per day), followed by Greeks (250 grams per day), Swedes and Anglo-Celtics (200 grams per day).

Total vegetable intake was highest amongst Greeks in Melbourne (355 grams per day for men and 300 grams per day for women), followed by Anglo-Celtic Australians (350 grams per day for men and 320 grams per day for women) and Swedes (330 grams per day for men and 320 grams per day for women). Greeks in Greece (280 grams per day for men and 220 grams per day for women), Chinese in Beijing (292 grams per day for men and 244 grams per day for women) and Chinese in urban Tianjin (296 grams per day for men and 257 grams per day for women) had similar intakes of vegetables. Chinese in rural Tianjin had the lowest intakes of vegetables (210 grams per day for men and 190 grams per day for women).

Anglo-Celtic elderly had the highest mean fresh fruit intake (200 to 300 grams per day), followed by Greeks and Swedes (200 grams per day), Japanese and Beijing Chinese (100 grams per day) and Tianjin Chinese (less than 50 grams per day).

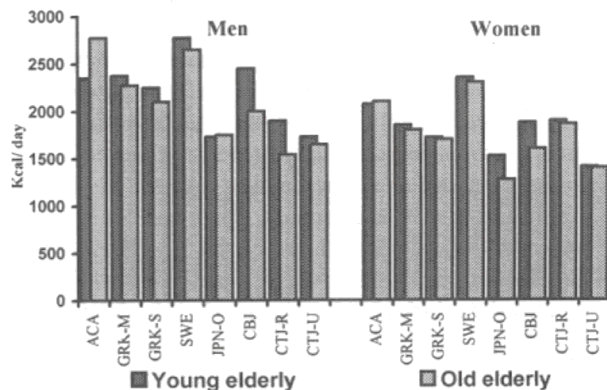
Caucasian elderly (especially in Australia) generally consumed almost three times as much meat (100 to 150 grams per day) as Asian elderly (30 to 40 grams per day). Anglo-Celtic elderly consumed little fish or shellfish (less than 20 grams per day) compared with Greek Australians (60 grams per day) and Swedes (90 grams per day). Japanese and Chinese elderly in Beijing also had high fish intakes (60 to 80 grams per day) compared to Tianjin elderly (less than 20 grams per day).

Mean daily intake of milk and milk products was greatest amongst the Swedes (400 grams per day), followed by Anglo-Celtics (300 grams per day), Greeks in Melbourne (200 grams per day), Greeks in Spata, Chinese in Beijing and Japanese (150 grams per day) lastly Chinese in Tianjin (less than 100 grams per day).

### Total energy intake and the contribution of macro-nutrient intake to energy

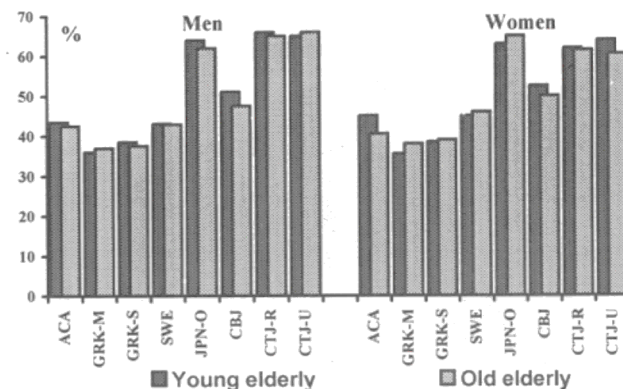
Mean energy intake for the Caucasian men ranged between 2200 kcal per day (Greek and Anglo-Celtic) and 2700 kcal per day (Swedes). Japanese and Chinese men had energy intakes between 1700 kcal per day and 2000 kcal per day. Of the Caucasian women, Swedes had the highest energy intake (2500 kcal per day), followed by Anglo-Celtic (2100 kcal per day), Greek Australians (1900 kcal) and Spata women (1700 kcal per day). The Chinese and Japanese women had average energy intakes of about 1700 kcal per day (Figure 11).

**Figure 11.** Mean daily energy intake, by study community, age group and gender



Mean percentage energy intake from carbohydrates was high amongst Japanese and Chinese elderly (55 to 65%) compared with Caucasian elderly (38 to 45%). Greek elderly had the lowest mean percentage from carbohydrates (38%) (Figure 12).

**Figure 12.** Percentage energy derived from carbohydrate intakes, by study community, age group and gender



Mean percentage energy intake from fat was high amongst Caucasian elderly (35 to 43%) compared with Chinese and Japanese elderly (20 to 25%). Of the Caucasian elderly, Greek subjects had the highest mean percentage energy from fat (42%) and the Anglo-Celtics the lowest (35%). Of the Asian elderly, Beijing Chinese had the highest percentages of energy from fat (35%). Overall, women appeared to have a greater proportion of their energy intake from fat compared with men.