# Supplementary Tables

## Supplementary Table 1

Supplementary Table 1 title: Dietary References Intakes (DRI) used in Diet Quality Score (DQS) assessment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Nutrient | Men | | Women | |
|  | 51–70 y | > 70 y | 51–70 y | > 70 y |
| Vitamin C | 75 mg/d | 75 mg/d | 60 mg/d | 60 mg/d |
| Vitamin E | 12 mg/d | 12 mg/d | 12 mg/d | 12 mg/d |
| Vitamin B1 | 1 mg/d | 1 mg/d | 0.9 mg/d | 0.9 mg/d |
| Vitamin B2 | 1.1 mg/d | 1.1 mg/d | 0.9 mg/d | 0.9 mg/d |
| Vitamin B3 | 12 mg/d | 12 mg/d | 11 mg/d | 11 mg/d |
| Vitamin B6 | 1.4 mg/d | 1.4 mg/d | 1.3 mg/d | 1.3 mg/d |
| Vitamin B12 | 2 mcg/d | 2 mcg/d | 2 mcg/d | 2 mcg/d |
| Phosphorus | 580 mg/d | 580 mg/d | 580 mg/d | 580 mg/d |
| Magnesium | 350 mg/d | 350 mg/d | 265 mg/d | 265 mg/d |
| Selenium | 45 mcg/d | 45 mcg/d | 45 mcg/d | 45 mcg/d |

Supplementary Table 1 legend: DRI modified from [28]. Recommended nutrient intakes for macronutrients as well as for vitamin A, iron and zinc were obtained from [26]. The following recommended nutrient intakes were used for DQS scoring (based on [26][28]): Carbohydrate: 50-60% of total energy; fat: <30% of total energy; saturated fat: <10% of total energy; protein: 0.86 g/kg body weight; vitamin A: ≥625 mcg/d in men and ≥550 mcg/d in women; iron: ≥6 mg/d in men and ≥8.1 mg/d in women; zinc: ≥9.4 mg/d in men and ≥6.8 mg/d in women. DQS was calculated in a sex-specific manner.

## Supplementary Table 2

Supplementary Table 2 title: NHANES modules and sections used for this analysis: an overview

|  |  |
| --- | --- |
| Module | Available from: |
|  |  |
| Demographic Variables & Sample Weights (DEMO\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/DEMO\_F.htm |
| Dietary Interview - Total Nutrient Intakes, First Day (DR1TOT\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/DR1TOT\_F.htm |
| Body Measures (BMX\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/BMX\_F.htm |
| Alcohol Use (ALQ\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/ALQ\_F.htm |
| Diet Behavior & Nutrition (DBQ\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/DBQ\_F.htm |
| Smoking - Cigarette Use (SMQ\_F) | https://wwwn.cdc.gov/Nchs/Nhanes/2009-2010/SMQ\_F.htm |

## Supplementary Table 3

Supplementary Table 3: Energy-adjusted nutrient intakes (per 1000 kcal): general population vs. participants eating at community / senior centers

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | **General population**  *n = 5840* | **Community/Senior**  **center eaters**  *n = 421* | ***p\**** |
| Energy intake (kcal/d) | 1872.61  [1841.16-1904.05] | 1733.14  [1652.37-1813.92] | **0.004** |
| Protein (g) | 40.00  [39.41-40.58] | 38.23  [36.88-39.59] | **0.021** |
| Fat (g) | 38.55  [38.14-38.96] | 38.35  [37.21-39.48] | 0.707 |
| Carbohydrate (g) | 120.86  [119.61-122.11] | 126.89  [124.06-129.72] | **<0.001** |
| Fiber (g) | 9.41  [9.23-9.60] | 9.25  [8.59-9.91] | 0.631 |
| Saturated Fatty Acids (g) | 12.44  [12.27-12.60] | 12.46  [11.92-12.99] | 0.942 |
| 18:2 Linoleic acid (g) | 7.97  [7.80-8.14] | 7.96  [7.61-8.30] | 0.949 |
| 18:3 Linolenic acid (g) | 0.88  [0.85-0.91] | 0.93  [0.82-1.03] | 0.393 |
| Calcium (mg) | 482.49  [473.82-491.16] | 498.32  [456.51-540.12] | 0.475 |
| Iron (mg) | 7.74  [7.60-7.89] | 8.20  [7.70-8.70] | 0.068 |
| Magnesium (mg) | 158.94  [156.36-161.52] | 154.12  [145.47-162.77] | 0.298 |
| Phosphorus (mg) | 682.39  [674.77-690.01] | 677.14  [651.19-703.09] | 0.703 |
| Potassium (mg) | 1467.31  [1446.79-1487.84] | 1416.79  [1383.58-1540.01] | 0.893 |
| Sodium (mg) | 1713.11  [1688.04-1738.19] | 1681.79  [1605.65-1757.92] | 0.457 |
| Zinc (mg) | 5.69  [5.59-5.79] | 6.01  [5.55-6.47] | 0.189 |
| Vitamin A (mcg RAEd) | 376.20  [345.04-407.36] | 413.00  [357.90-468.09] | 0.244 |
| Vitamin E (mg ATd) | 4.42  [4.30-4.54] | 4.70  [4.24-5.17] | 0.237 |
| Vitamin D (IUDd) | 104.38  [99.96-108.80] | 118.79  [102.14-135.44] | 0.133 |
| Vitamin C (mg) | 47.21  [44.93-49.48] | 50.38  [42.09-58.67] | 0.443 |
| Thiamin (mg) | 0.83  [0.81-0.84] | 0.86  [0.82-0.90] | 0.089 |
| Riboflavin (mg) | 1.13  [1.11-1.15] | 1.17  [1.08-1.26] | 0.466 |
| Niacin (mg) | 12.39  [12.13-12.65] | 12.21  [11.59-12.84] | 0.610 |
| Vitamin B-6 (mg) | 1.04  [1.02-1.07] | 1.06  [0.98-1.14] | 0.616 |
| Vitamin B-12 (mcg) | 2.67  [2.43-2.91] | 2.71  [2.44-2.99] | 0.818 |
| Choline (mg) | 170.84  [167.38-174.29] | 166.90  [156.30-177.50] | 0.493 |
| Vitamin K (mcg) | 70.62  [62.62-78.62] | 62.40  [52.95-71.85] | 0.160 |
| Folate (mcg DFEd) | 92.41  [89.03-95.80] | 98.20  [87.15-109.25] | 0.288 |

Data presented as means + [95% confidence interval]; significant p-values in bold. p\* = indicates differences between the general population and NHANES participants eating at community / senior centers

# Supplementary Figures

## Supplementary Figure 1

Supplementary Figure 1 title: Participant inclusion flowchart (NHANES, 2009-2018)

Supplementary Figure 1 legend: created with Draw.io version 24.1.0 (https://app.diagrams.net/).

## Supplementary Figure 2

Supplementary Figure 2 title: Marginsplots: Predictive margins for the Diet Quality Score (DQS) in males (top row) and females (bottom row)

Supplementary Figure 2 legend: Plot of marginal predicted values based on a negative binomial regression model adjusting for race/ethnicity (categorical), education (categorical), income (categorical), marital status (categorical), alcohol intake (categorical), smoking status (categorical) and total energy intake (continuous). a = predictive margins by community center / senior center meal category (no/yes) in males. b = plot of marginal predicted values, illustrating differences in the relationship of the DQS and community center / senior center meal category (no/yes), depending on race/ethnicity in males. c = predictive margins by community center / senior center meal category (no/yes) in females. d = plot of marginal predicted values, illustrating differences in the relationship of the DQS and community center / senior center meal category (no/yes), depending on race/ethnicity in females.