

Table 2 Dietary knowledge and beliefs of the elderly respondents by sex

Dietary knowledge/belief	Males		Females		Total %	P-value (males vs females)
	No.	%	No.	%		
<i>Agree quality of nutrition should change with age</i>	424/966	43.9	434/1030	42.1	43.0	0.617
<i>Agree quantity of nutrition should change with age</i>	177/957	18.5	163/1019	16.0	17.2	0.216
<i>Type of foods to eat at older ages</i>	(n = 980)		(n = 1043)			
<i>Certain types of food should be eaten</i>						< 0.001
Yes	248	25.3	228	21.9	23.5	
No	511	52.1	496	47.6	49.8	
Don't know	221	22.6	319	30.6	26.7	
<i>Types of food to eat:</i>						
Vegetables	107	10.9	113	10.8	10.9	0.952
Fruits	77	7.9	75	7.2	7.5	0.570
Milk	63	6.5	71	6.8	6.6	0.732
Water	87	8.9	83	7.9	8.4	0.456
<i>Moderation of diet at older ages</i>	(n = 969)		(n = 1031)			
<i>Certain types of food should be moderated</i>						
Yes	387	39.9	428	41.5	40.8	0.022
No	375	38.7	343	33.3	35.9	
Don't know	207	21.4	260	25.2	23.4	
<i>Types of food to moderate:</i>						
Protein	37	3.8	33	3.2	3.5	0.453
Cereals/starch	47	4.9	34	3.3	4.1	0.150
Sweets/sugar	206	21.3	239	23.2	22.3	0.302
Fat	210	21.7	238	23.1	22.4	0.449
Milk	6	0.6	11	1.1	0.9	0.276
Eggs/liver/brain	10	1.0	4	0.4	0.7	0.084
Salt	115	11.9	182	17.7	14.9	0.000
Fruits/vegetables	10	1.0	5	0.5	0.8	0.156
Water	1	0.1	0	0.0	0.0	0.302
<i>Benefits of milk at older ages</i>	(n = 980)		(n = 1043)			
Rich in calcium	24	2.4	11	1.1	1.7	0.016
Rich in vitamin D	11	1.1	7	0.7	0.9	0.280
Offers protection from osteoporosis	143	14.6	105	10.1	12.3	0.002
Rich in protein	7	0.7	5	0.5	0.6	0.492
Helps to prevent constipation	35	3.6	38	3.6	3.6	0.931
<i>Benefits of dietary fibre at older ages</i>	(n = 978)		(n = 1042)			
Heard about dietary fibre	80	8.2	67	6.4	7.3	0.130
<i>Benefits of dietary fibre:</i>						
Regulates intestinal movements	36	3.7	28	2.7	3.2	0.203
Relieves constipation	17	1.7	10	0.9	1.3	
Other uses	27	2.8	26	2.5	2.6	0.709
<i>Foods rich in dietary fibres:</i>						
Fruits	14	1.4	11	1.0	1.2	0.445
Vegetables	42	4.3	26	2.5	3.3	0.025
Whole cereals	18	1.8	24	2.3	2.1	0.466
Plant proteins	2	0.2	2	0.2	0.2	0.949
<i>Changes in dietary habits at older ages</i>	(n = 980)		(n = 1043)			
<i>Changes in diet can protect and control health problems</i>						
Yes	309	31.5	307	29.4	30.4	0.004
No	355	36.2	328	31.4	33.8	
Don't know	316	32.2	408	39.1	35.8	
<i>Diseases that can be controlled by diet:</i>						
Hypertension	194	19.8	218	20.9	20.4	0.537
Diabetes	200	20.4	203	19.5	19.9	0.595
Hyperlipidaemia	57	5.8	39	3.7	4.7	0.028
Coronary heart disease	35	3.6	27	2.6	3.1	0.200
Obesity	36	3.7	23	2.2	2.9	0.050
Anaemia	13	1.3	10	0.9	1.1	0.436
Gastric/duodenal problems	8	0.8	8	0.8	0.8	0.900