

## Supplementary materials

**Supplementary Table S1. Characteristics of participants between under 65 and over 65 age by sex.**

	men						women					
	<65years			≥65years			<65years			≥65years		
	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p
	(n=294)	(n=465)		(n=331)	(n=190)		(n=144)	(n=224)		(n=256)	(n=166)	
Age (years)	55.7±7.0	51.5±8.2	<0.001	72.6±5.6	71.5±5.8	0.011	56.5±7.7	51.6±10.9	<0.001	74±6.1	72.6±5.6	0.044
BMI (kg/m <sup>2</sup> )	22.5±1.8	29.4±3.9	<0.001	22.3±1.8	27.5±2.2	<0.001	21.5±2.3	30.5±4.6	<0.001	21.8±2.2	28.5±3.3	<0.001
Duration of diabetes (years)	9.8±6.8	9.4±6.2	<0.001	15.4±8.5	13.6±8.1	0.022	9.0±6.4	9.4±6.6	0.596	14.3±8.7	13.4±7.8	0.284
Systolic blood pressure (mmHg)	125±15	128±15	0.035	127±15	130±14	0.155	124±18	124±13	0.993	128±17	129±15	0.578
LDL cholesterol (mg/dl)	112±28	107±29	0.052	105±23	99±25	0.298	122±38	108±28	0.053	113±34	106±27	0.281
HDL cholesterol (mg/dl)	56±16	49±12	<0.001	57±17	51±15	0.003	69±17	58±15	<0.001	63±16	56±13	0.001
Triglycerides (mg/dl)	174±148	200±179	0.015	139±109	172±89	<0.001	130±92	171±121	<0.001	135±76	160±75	0.001
HbA1c (%)	7.2±1.3	7.5±1.3	<0.001	6.9±0.7	7.1±0.8	0.006	7.4±1.3	7.4±1.3	0.928	7.1±0.9	7.2±0.9	0.164
Current smoking (%)	31.0	31.8	0.673	16.6	13.2	0.071	10.4	12.5	0.53	2.7	6.0	0.164
Drinking alcohol (%)	67.3	55.3	0.001	60.1	61.1	0.834	31.3	30.4	0.856	22.7	17.5	0.198
Energy intake (kcal)	1821±413	1854±484	0.696	1813±435	1883±452	0.083	1666±341	1714.6±428	0.226	1692±330	1644±360	0.135
Protein (% energy)	14.8±2.5	14.2±2.2	0.013	14.9±1.9	15.0±2.3	0.866	15.2±2.2	14.7±2.1	0.028	16.0±1.9	15.2±1.9	<0.001
Fat (% energy)	29.6±5.7	30.3±6	0.023	28.1±4.9	28.4±4.8	0.558	31.1±5.9	31.8±5.0	0.251	29.3±4.1	28.8±4.4	0.249
Carbohydrate (% energy)	55.7±7.1	55.5±7.4	0.256	56.9±6	56.6±6.1	0.576	53.7±7.0	53.5±6.0	0.843	54.7±4.9	56±5.5	0.013
Treated by OHA and/or GLP-1RA (%)	79.8	78.3	0.639	74.3	82.6	0.045	74.1	79.3	0.294	74.6	83.6	0.051
Treated by insulin (%)	21.0	23.5	0.474	27.7	35.9	0.076	25.9	27.8	0.720	31.9	35	0.556
Physical activity (METs · h/w) <sup>†</sup>	16.5	11.6	<0.001	23.1	19.0	0.078	17.1	11.9	0.025	13.2	11.4	0.139
	(7.1-40.5)	(4.0-27.4)		(11.0-46.2)	(6.6-43.8)		(6.6-31.0)	(4.1-26.6)		(6.6-23.2)	(3.9-26.8)	

Data are mean ± standard deviation or n (%). <sup>†</sup> Physical activity (metabolic equivalents [METs] · h/w) are median. Differences in the continuous and categorical variables were analyzed by Student's t test or Mann-Whitney U tests and chi-square ( $\chi^2$ ) tests, respectively.

BMI, body mass index; LDL-cholesterol, low-density lipoprotein cholesterol; HDL-cholesterol, high-density lipoprotein cholesterol; OHA, oral hypoglycemic agent; GLP-1RA, GLP-1 receptor agonist

**Supplementary Table S2. Food groups stratified and obesity status between under 65 and over 65 age by sex.**

	men						women					
	<65years			≥65years			<65years			≥65years		
	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p	BMI<25	BMI≥25	p
	(n=294)	(n=465)		(n=331)	(n=190)		(n=144)	(n=224)		(n=256)	(n=166)	
Grains (g)	376±128	388±127	0.454	367±111	362±115	0.911	325±92	328±92	0.631	325±78	336±87	0.057
Rice (g)	273±136	288±132	0.113	254±114	248±114	0.979	235±109	232±103	0.829	231±89	245±107	0.074
Bread (g)	35±37	32±34	0.332	43±35	39±44	0.044	41±32	37±31	0.145	39±30	34±28	0.099
Noodles (g)	68±58	67±58	0.764	70±59	75±63	0.203	49±48	59±54	0.103	54±49	57±47	0.487
Potato (g)	22±25	21±21	0.530	29±27	30±31	0.696	25±22	28±26	0.783	42±32	37±29	0.187
Total vegetables (g)	222±108	196±107	<0.001	248±120	226±110	0.066	274±115	233±114	<0.001	278±106	247±118	0.002
Green-yellow vegetables (g)	75±43	64±41	<0.001	87±46	77±44	0.029	97±49	80±45	<0.001	99±43	86±48	<0.001
Other vegetables (g)	147±75	132±77	0.002	161±82	148±74	0.151	177±77	153±79	0.002	179±71	162±79	0.008
Fruits (g)	63±60	54±65	0.008	105±68	104±80	0.453	84±64	74±67	0.090	119±68	106±72	0.028
Seaweed (g)	4.5±3.3	3.8±3.2	0.004	5±3.6	5.3±3.8	0.446	4.5±3.3	4.6±3.9	0.600	6±3.9	5.6±5.2	0.032
Fish/Seafood (g)	74±47	64±44	0.003	81±46	89±51	0.131	63±36	57±37	0.074	87±41	76±37	0.007
Meat/Processed Meat (g)	86±52	97±55	0.006	68±43	73±45	0.232	79±46	86±52	0.289	60±34	60±37	0.763
Eggs (g)	30±21	29±22	0.843	27±18	28±19	0.639	23±14	28±18	0.101	25±17	23±14	0.258
Soybeans/Soy products (g)	61±44	53±41	0.007	65±42	64±43	0.539	65±42	62±43	0.662	74±41	64±40	0.006
Milk/Dairy product (g)	125±111	116±109	0.164	149±104	147±116	0.458	138±100	122±90	0.120	158±91	139±106	0.004
Milk (g)	76±100	72±95	0.988	95±87	93±95	0.610	81±79	71±78	0.288	94±77	88±93	0.115
Other dairy products (g)	48±41	44±41	0.052	54±43	54±44	0.694	57±41	51±43	0.073	64±47	51±37	0.007
Sugar (g)	5.5±4.3	5.4±4.8	0.227	8.5±6	8.8±6.4	0.711	6.7±4.2	6.5±4.6	0.445	10.4±5.7	9.3±5.7	0.018
Nuts and seeds (g)	3.6±5.6	2.8±5.1	0.005	3.6±6	4.2±8.7	0.088	4.4±6.1	2.7±5.5	0.010	4.1±6	3±4.6	0.111
Fats and oils (g)	12.7±7.9	13.2±7.7	0.351	12±7.6	11.4±7.2	0.325	12±8.5	12.7±7.7	0.181	10.7±6.9	10.8±7	0.982
Seasonings and spices (g)	22.7±12.6	23.5±12.1	0.267	23.3±12.2	26±14.1	0.049	18.2±8.8	19.5±11.3	0.394	20.6±10.5	20.5±10.5	0.914
Sweets (g)	42±44	53±42	<0.001	42±39	52±43	0.005	49±35	61±44	0.012	44±36	53±43	0.014
Sugar-sweetened beverages (g)	46±103	66±126	<0.001	40±110	53±92	<0.001	18±42	37±93	0.006	13±41	13±35	0.068
Alcoholic beverages (g)	147±157	110±158	<0.001	123±146	143±166	0.363	27±59	32±76	0.994	21±59	13±40	0.179

Differences in the continuous and categorical variables were analyzed by Mann-Whitney U tests.

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