

Table S1. Comparison of protien, carbohydrate, and lipid consumption in non-frail and frail older adults.

Source of Macronutrients [#]	Total (<i>n</i> = 350), <i>n</i> (%)	Non-Frail (<i>n</i> = 154) <i>n</i> (%)	Frail (<i>n</i> = 196) <i>n</i> (%)	<i>p</i> -Value
Protien sources				
Eggs	328 (96.7)	148 (45.1)	180 (54.9)	0.103 ^a
Pork	241 (68.9)	100 (41.5)	141 (58.5)	0.160 ^a
Milk	184 (52.6)	78 (42.4)	106 (57.6)	0.523 ^a
Fish	91 (26.1)	45 (49.5)	46 (20.5)	0.210 ^a
Chicken	11 (3.2)	7 (63.6)	4 (36.4)	0.179 ^a
Beef/ buffalo meat	2 (0.6)	1 (50.0)	1 (50.0)	0.685 ^b
Others: peanuts/ bean/ mushroom	345 (98.6)	154 (44.6)	191 (55.4)	0.054 ^b
Carbohydrate sources (excluded dietary fibers)				
Rice [¥]	350 (100.0)	-	-	-
Others: potato/ taro/ corn	223 (63.7)	104 (46.6)	119 (53.4)	0.188 ^a
Others: bread/ cake/ cookie	125 (35.7)	49 (39.2)	76 (60.8)	0.178 ^a
Lipid sources				
Vegetable oil	315 (90.0)	141 (44.8)	174 (55.2)	0.389 ^a
Animal oil	23 (6.6)	10 (43.5)	13 (56.5)	0.958 ^a

[#] Consumed the most often on a weekly basis in the past month; [¥]Rice is a staple food that Thai population eat often everyday or every meal. Significant *p*-value were analyzed by ^a Chi-square test, ^b Fisher's exact test.