

Nutrition data ELSA Wave 9 – User guide

The data come from the Oxford Web questionnaire. A total of 5068 participants at wave 9 completed the questionnaire at least on one day. The vast majority (n=4403, 86.9%) completed 2 days, 541 (10.7%) only one day, but 122 (2.4%) completed 3 days, and 2 (0.04%) completed 4 days.

We provide two datasets:

- quantity_20032020 : one row = one day of questionnaire. 9721 rows. Most participants have more than one day, therefore the same idauniq appears on several rows.
- nutrition_elsa_wave9_id : one row = one ID. N=5068. Mean intake averaged over the number of days for each participant for main food groups, and physical activity.

The list of variables in quantity_20032020 is the same described in the data dictionary provided by Oxford. The difference is that we converted each food item intake into actual quantity of portions per day and computed the following food group variables:

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prot_pct      = "Protein %energy"
carboh_pct    = "Carbohydrate %energy"
fat_pct       = "Fat %energy"
satfat_pct    = "Saturated Fat %energy"
polyfat_pct   = "Polyunsaturated Fat %energy"
alco_pct      = "Alcohol %energy"
sug_pct       = "Free sugar %energy"
starch_pct    = "Starch %energy"
fruit_tot     = "Fruit intake portion/day"
veg_tot       = "Vegetables intake portion/day"
fruit_veg_tot = "Fruit&Veg intake portion/day"
fish_tot      = "Fish intake portion/day"
meat_tot      = "Meat intake portion/day"
soft_drink_tot = "Soft drink intake portion/day"
pulse_tot     = "Pulse intake portion/day"
legume_tot    = "Total legume intake portion/day"
nut_seed_tot  = "Nuts and seeds unsalted no peanut
portion/day"
red_meat      = "Red and processed meat intake portion/day"
grain_tot     = "Total grain intake portion/day"
wholegrain_tot = "Wholegrain intake portion/day"
dairy_tot     = "Total dairy intake portion/day"
alcoh_tot     = "Total alcoholic drinks intake glasses/day"
egg_tot       = "Total egg intake portion/day"

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In addition, we calculated the number of metabolic equivalent task (MET).min/day on the day of questionnaire based on the response to the physical activity questions. This variable is called "MET".

For an easy use of the nutritional data, we suggest the users to use the dataset by id "nutrition_elsa_wave9_id".

List of variables in nutrition_elsa_wave9_id:

Variable	Label	Values
agegrp	Age group	
agegrp7	Age group 7 categories	1="50-54y" 2="55-59y" 3="60-64y" 4="65-69y" 5="70-74y" 6="75-79y" 7="80y+"
calcium	Calcium supplement	0=no,1=yes
chromium	Chromium supplement	0=no,1=yes
diet_hi_calorie	High calorie diet to prevent weight loss (e.g. following surgery)	0=no,1=yes
diet_low_calorie	Low calorie / weight controlled diet	0=no,1=yes
diet_low_fibre	Low fibre diet (e.g. following surgery)	0=no,1=yes
diet_other	Other special diet	0=no,1=yes
diet_vegan	Vegan diet	0=no,1=yes
diet_vegetarian	Vegetarian diet (no meat, no poultry and no fish)	0=no,1=yes
folic_acid	Folic acid supplement	0=no,1=yes
glucosamine	Glucosamine/chondroitin supplement	0=no,1=yes
idauniq	Unique identifier	
indager	Age of the respondent	
indsex	Sex of the respondent	
iron	Iron supplement	0=no,1=yes
magnesium	Magnesium supplement	0=no,1=yes
mean_alco	Ethanol g/day	
mean_alco_pct	Alcohol %energy	
mean_alcoh_tot	Total alcoholic drinks intake glasses/day	
mean_calcium	Calcium	
mean_carboh	Carbohydrate g/day	
mean_carboh_pct	Carbohydrate %energy	
mean_carotene	Carotene	
mean_dairy_tot	Total dairy intake portion/day	
mean_egg_tot	Total egg intake portion/day	
mean_energy_kcal	Energy kcal/day	
mean_energykJ	Energy kJ/day	
mean_fat	Fat g/day	
mean_fat_pct	Fat %energy	
mean_fib	Dietary fiber g/day	
mean_fish_tot	Fish intake portion/day	
mean_folate	Folate µg/day	
mean_fruit_tot	Fruit intake portion/day	
mean_fruit_veg_tot	Fruit&Veg intake portion/day	
mean_grain_tot	Total grain intake portion/day	

mean_iron	Iron mg/day
mean_k	Potassium mg/day
mean_legume_tot	Total legume intake portion/day
mean_meat_tot	Meat intake portion/day
mean_mg	Magnesium mg/day
mean_nut_seed_healthy	Nuts and seeds unsalted no peanut portion/day
mean_nut_seed_tot	Nuts and seeds total portion/day
mean_pa_metminday	Physical activity METs.min/day
mean_polyfat_pct	Polyunsaturated Fat %energy
mean_polyfod	Polyunsaturated fat g/day
mean_prot	Protein g/day
mean_prot_pct	Protein %energy
mean_pulse_tot	Pulse intake portion/day
mean_red_meat	Red and processed meat intake portion/day
mean_ret	Retinol µg/day
mean_satfat_pct	Saturated Fat %energy
mean_satfod	Saturated fat g/day
mean_soft_drink	Soft drink portion/day
mean_starch	Starch g/day
mean_starch_pct	Starch %energy
mean_sug_pct	Free sugar %energy
mean_totsug	Total sugar g/day
mean_veg_potato_tot	Vegetables and potatoes portion/day
mean_veg_tot	Vegetables intake portion/day
mean_vitb6	Vitamin B6 mg/day
mean_vitb12	Vitamin B12 µg/day
mean_vitc	Vitamin C mg/day
mean_vitd	Vitamin D µg/day
mean_vite	Vitamin E mg/day
mean_wholegrain_tot	Wholegrain intake portion/day
mean_wine	Wine portion/day
number_days	Number of days of questionnaire
season	Season of questionnaire completion
selenium	Selenium supplement
vit_a	Vit_A supplement
vit_b6	Vit_B6 supplement
vit_b12	Vit_B12 supplement
vit_c	Vit_C supplement
vit_d	Vit_D supplement
vit_e	Vit_E supplement
vit_minl_multi	Vit_Minl_Multi supplement
vit_multi	Vit_Multi supplement
vit_multi_calc	Vit_Multi_Calc supplement
vit_multi_iron	Vit_Multi_Iron supplement

vitamins_ny
vitamins_other
zinc

Vitamins_Ny supplement
Vitamins_Other supplement
Zinc supplement