

**Supplementary Table 2.** Characteristics of the participants according to the number of preconditions evaluated in the Nutrition UP 65 Study.\*

	Number of conditions			
	N (%)			
	0 63 (4.3)	1 328 (22.6)	2 523 (36.0)	≥3 540 (37.1)
<b>Sex</b>				
Women	32 (50.8)	151 (46.0)	326 (62.3)	332 (61.5)
Men	31 (49.2)	177 (54.0)	197 (37.7)	208 (38.5)
<b>Age</b>				
65-75 years	50 (79.4)	253 (77.1)	309 (59.1)	218 (40.4)
>75 years	13 (20.6)	75 (22.9)	214 (40.9)	322 (59.6)
<b>Regional area</b>				
North/Centre/Lisbon	58 (92.1)	270 (82.3)	428 (81.8)	460 (85.2)
Alentejo/Algarve	5 (7.9)	46 (14.0)	68 (13.0)	67 (12.4)
Madeira/Azores	0 (0.0)	12 (3.7)	27 (5.2)	13 (2.4)
<b>Residence</b>				
Home	63 (100.0)	322 (98.2)	499 (95.4)	500 (92.6)
Institutionalized	0 (0.0)	6 (1.8)	24 (4.6)	40 (7.4)
<b>Marital status</b>				
Single/Divorced/Widower	29 (46.0)	112 (34.1)	280 (53.6)	350 (64.8)
Married/Common-law marriage	34 (54.0)	216 (65.9)	242 (46.4)	190 (35.2)
<b>Education level</b>				
Without education	2 (3.2)	18 (5.5)	78 (14.9)	107 (19.8)
1-4 years	39 (61.9)	222 (67.7)	369 (70.6)	368 (68.1)
5-12 years	15 (23.8)	61 (18.6)	57 (10.9)	51 (9.4)
Higher education	7 (11.1)	27 (8.2)	19 (3.6)	14 (2.6)
<b>Household income</b>				
<500€	10 (15.9)	40 (12.2)	87 (16.6)	106 (19.6)
500-999€	14 (22.2)	81 (24.7)	103 (19.7)	100 (18.5)
≥1000€	16 (25.4)	59 (18.0)	58 (11.1)	41 (7.6)
Does not know or does not declare	23 (36.5)	148 (45.1)	275 (52.6)	293 (54.3)
<b>Self-perception of health status</b>				
Very good/Good	31 (50.0)	155 (47.3)	151 (29.0)	125 (23.2)
Fair	30 (48.4)	152 (46.3)	277 (53.2)	256 (47.5)
Poor/ Very poor	1 (1.6)	21 (6.4)	93 (17.9)	158 (29.3)
<b>Smoking status</b>				
Non-smoker	58 (92.1)	307 (93.6)	497 (95.0)	526 (97.4)
Smoker	5 (7.9)	21 (6.4)	26 (5.0)	14 (2.6)
<b>Alcohol consumption</b>				
None	20 (31.7)	93 (28.4)	258 (49.4)	337 (62.5)
Moderate (W: ≤1/day; M: ≤2/day)	39 (61.9)	186 (56.7)	207 (39.7)	165 (30.6)
Excessive (W: >1/day; M: >2/day)	4 (6.3)	49 (14.9)	57 (10.9)	37 (6.9)
<b>Medication use</b>				
0	12 (19.0)	54 (16.5)	70 (13.4)	70 (13.0)
1-4	45 (71.4)	216 (65.9)	303 (57.9)	246 (45.6)
≥5	6 (9.5)	50 (15.2)	107 (20.5)	158 (29.3)
Unknown	0 (0.0)	8 (2.4)	43 (8.2)	66 (12.2)
<b>Cognitive function (MMSE)</b>				
Not impaired	61 (96.8)	320 (97.6)	498 (95.2)	483 (89.4)
Impaired	2 (3.2)	8 (2.4)	25 (4.8)	57 (10.6)

W: Women; M: Men; WC: MMSE: Mini Mental State Examination

\*Percentages may not add to 100% due to rounding. Data before multiple imputation. Information was not obtained: marital status n=1 (0.1%); self-perception of health status n=4 (0.3%); alcohol consumption n=2 (0.1%).