

Supplement appendix 2

Descriptive results for those who eat legumes, eggs, meat, chicken, fish and dairy products less often, aged 50 and above, 2011 (SHARE Wave 4, Estonia, n=817)

Variables	Number	Proportion (%)
Sex		
Men	308	37.7
Women	509	62.3
Age		
50-64	405	49.57
65-79	286	35.01
80+	126	15.42
Country of birth		
Estonia	623	76.25
Other	194	23.75
Partner in household		
Yes	477	58.38
No	340	41.62
Education		
basic education	142	17.44
(post) secondary education	274	33.66
higher education	398	48.89
Employment status		
Employed	243	29.74
Retired	432	52.88
Other (homemaker, ill, etc)	141	17.26
Missing values	1	0.12
Activity limitations		
No	288	35.25
Yes	529	64.75
Long-term illnesses		
No	184	22.52
Yes	633	77.48
Smoking		
No	612	74.91
Yes	205	25.09
Alcohol consumption		
Not at all	358	43.82
1-2 days per month	317	38.8
1-4 days per week	115	14.8
5-7 days per week	27	3.03

Vigorous physical activity		
More than once a week	233	28.55
Once a week	103	12.62
1-3 times per month	72	8.82
Very seldom/ not at all	408	50
Moderate physical activity		
More than once a week	474	58.02
Once a week	139	17.01
1-3 times per month	49	6
Very seldom/ not at all	155	18.97
Eating fruit and vegetables		
Daily	317	38.8
Less than daily	499	61.08
Missing values	1	0.12
Satisfaction with life		
Higher (6-10 points)	456	55.81
Lower (0-5 points)	332	40.64
Missing values	29	3.55