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Diet, anthropometric measurements, sleep quality and fecal levels of Akkermansia muciniphila: a cross-sectional study in older adults

Dieta, medidas antropométricas, calidad del sueño y niveles fecales de Akkermansia muciniphila: un estudio transversal en adultos mayores

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Supplementary Table S1: Frequency of food consumption in the study population (n=69).

Food items	Consumption frequency							
	No consumption		Daily consumption		Weekly consumption		Monthly consumption	
	n	%	n	%	n	%	n	%
Legumes and Pulses								
Large lentils	12	17.4	0	0.0	50	72.5	7	10.1
Castilla bean	32	46.4	0	0.0	23	33.3	14	20.3
Dried split peas	24	34.8	0	0.0	25	36.2	20	29.0
Canario bean	11	15.9	0	0.0	34	49.3	24	34.8
Panamito bean	32	46.4	0	0.0	18	26.1	19	27.5
Bayo bean	48	69.6	0	0.0	8	11.6	13	18.8
Lima beans	26	37.7	0	0.0	21	30.4	22	31.9
Chickpeas	22	31.9	0	0.0	27	39.1	20	29.0
Fresh green peas	9	13.0	2	2.9	50	72.5	8	11.6
Fava beans	11	15.9	0	0.0	43	62.3	15	21.7
Cereals, Pseudocereals, and Tubers								
Rice	5	7.2	31	44.9	31	44.9	2	2.9
Amaranth	39	56.5	1	1.4	18	26.1	11	15.9
Oats	7	10.1	23	33.3	34	49.3	5	7.2
Quinoa	7	10.1	5	7.2	49	71.0	8	11.6
Wheat	19	27.5	1	1.4	30	43.5	19	27.5
Spaghetti noodles	11	15.9	0	0.0	36	52.2	22	31.9
Bread	5	7.2	42	60.9	21	30.4	1	1.4
Yellow potato	8	11.6	2	2.9	52	75.4	7	10.1
White potato	8	11.6	2	2.9	54	78.3	5	7.2
Sweet potato	5	7.2	1	1.4	53	76.8	10	14.5
Vegetables and Herbs								
Basil	18	26.1	0	0.0	28	40.6	23	33.3
String beans	6	8.7	0	0.0	46	66.7	17	24.6
Carrot	1	1.4	8	11.6	60	87.0	0	0.0
Spinach	3	4.3	4	5.8	53	76.8	9	13.0
Onion	0	0.0	42	60.9	26	37.7	1	1.4
Broccoli	10	14.5	4	5.8	51	73.9	4	5.8
Caigua	27	39.1	1	1.4	21	30.4	20	29.0
Peruvian squash	5	7.2	8	11.6	44	63.8	12	17.4
Fruits								

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Apple	10	14.5	10	14.5	39	56.5	10	14.5
Strawberry	24	34.8	1	1.4	33	47.8	11	15.9
Apple banana	41	59.4	3	4.3	17	24.6	8	11.6
Silk banana	17	24.6	10	14.5	33	47.8	9	13.0
Island banana	21	30.4	6	8.7	35	50.7	7	10.1
Granadilla	20	29.0	5	7.2	25	36.2	19	27.5
Watermelon	39	56.5	2	2.9	12	17.4	16	23.2
Mandarin	10	14.5	10	14.5	44	63.8	5	7.2
Papaya	4	5.8	16	23.2	43	62.3	6	8.7
Avocado	1	1.4	16	23.2	48	69.6	4	5.8
Seedless raisins	23	33.3	2	2.9	26	37.7	18	26.1
Olive	9	13.0	5	7.2	40	58.0	15	21.7
Animal-source Foods								
Chicken	0	0.0	4	5.8	63	91.3	2	2.9
Beef	25	36.2	0	0.0	24	34.8	20	29.0
Fresh fish	5	7.2	0	0.0	56	81.2	8	11.6
Chicken blood	49	71.0	0	0.0	8	11.6	12	17.4
Chicken liver	37	53.6	0	0.0	26	37.7	6	8.7
Hen´s egg	1	1.4	21	30.4	46	66.7	1	1.4
Quail egg	43	62.3	1	1.4	15	21.7	10	14.5
Fresh cow´s cheese	6	8.7	12	17.4	46	66.7	5	7.2
Evaporated milk	28	40.6	8	11.6	22	31.9	11	15.9
Butter	43	62.3	1	1.4	11	15.9	14	20.3
Yogurt	28	40.6	1	1.4	18	26.1	22	31.9
Others								
Oil	2	2.9	44	63.8	22	31.9	1	1.4
Sugar	25	36.2	27	39.1	15	21.7	2	2.9
Soft drink	46	66.7	0	0.0	8	11.6	15	21.7

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