

## **PRINCIPAL FINDINGS**

1. Elderly Greek Melbournians (especially women) were not 'healthier' (according to self-reported health conditions) than Spata Greeks or elderly Anglo-Celtic Australians.
2. The most significant changes to the traditional Greek diet with time or age have been an increase in the consumption of meat (especially Melbourne Greeks) and decreases in the consumptions of legumes (especially Spata Greeks), cereals (especially Melbourne Greeks) and fruit.
3. Although Melbourne Greeks had a greater absolute intake of plant foods, the plant to animal food ratio was higher (more favourable) in Spata Greeks (especially in men aged 70-79).
4. A high absolute intake and variety of legumes, vegetables, fruit and fish and a low intake of meat, were associated with better later life status (a multidimensional index of health) in elderly Greeks.
5. A greater total food variety was associated with better health (total health score), increased physical activity, social activity & networking in both Spata and Melbourne.
6. Foods and nutrients inadequately consumed, in relation to National Dietary Guidelines and US Recommended Dietary Intakes, by elderly Greeks included: cereals, fruits, milk & milk products; complex carbohydrates; thiamin, riboflavin, vitamin A, calcium, magnesium and zinc (especially in Spata); meat, protein and iron intakes were well above those recommended (especially in Melbourne).