

**Table 2 Modifiable lifestyle factors**

Modifiable lifestyle factor	Total	Men	Women	<i>P</i>
	Mean (SD)	Mean (SD)	Mean (SD)	
BMI (kg/m <sup>2</sup> )	30.4 (4.8)	27.9 (4.9)	31.5 (4.3)	< 0.001
Fat mass (kg)	26.8 (9.7)	20.4 (11.2)	29.6 (7.5)	< 0.001
Body fat (%)	34.2 (9.1)	25.1 (10.0)	38.2 (4.7)	< 0.001
Carbohydrate (g)	204.4 (112.0)	203.7 (56.5)	204.8 (101.8)	0.94
Protein (g)	59.9 (27.8)	61.3 (25.5)	59.3 (28.8)	0.65
Fat (g)	77.3 (25.6)	82.5 (26.5)	74.9 (24.9)	0.06
SFA (g)	16.8 (6.6)	18.8 (6.8)	15.9 (7.3)	0.08
MUFA (g)	24.9 (9.9)	26.9 (11.8)	24.1 (8.8)	0.10
PUFA (g)	19.6 (9.1)	21.3 (10.6)	18.9 (8.3)	0.12
Fibre (g)	6.7 (5.6)	7.2 (6.1)	6.5 (5.3)	0.42
Glycaemic index (%)	59.6 (12.5)	56.3 (21.0)	61.1 (4.9)	0.08
Glycaemic load (g)	112.5 (79.6)	116.4 (34.8)	103.5 (67.9)	0.06
	%	%	%	
Smoker	23.1	28.9	10.0	0.001
Non-smoker	76.9	71.1	90.0	0.001
Physically active	7.7	15.0	4.4	0.03
Not physically active	92.3	85.0	95.6	0.03

BMI = body mass index; SFA = saturated fatty acid; MUFA = monounsaturated fatty acid; PUFA = polyunsaturated fatty acid.  
SD = standard deviation.