

Table 2.
Amount Caffeine: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|-------------|------|------|------|------------|-------------|------|------|------|------------|-------------|------------|------------|------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .00 | .08 | .03 | -.01 | -.11 | .00 | .06 | .05 | -.01 | -.11 | -.02 | .07 | .00 | -.05 | -.17 |
| Spatial | -.07 | -.06 | -.06 | -.05 | -.09 | -.08 | -.06 | -.07 | -.05 | -.08 | .02 | .00 | .01 | .02 | .00 |
| Perceptual Speed | .05 | .00 | .09 | -.05 | .19 | .09 | -.01 | .14 | .00 | .22 | .03 | -.06 | .07 | .00 | .16 |
| Numerical | .09 | .09 | .08 | .10 | .10 | <u>.09</u> | .11 | .09 | .10 | .12 | <u>.10</u> | .11 | .11 | .08 | .16 |
| Verbal | -.01 | <u>-.24</u> | .07 | .00 | .11 | -.01 | <u>-.26</u> | .11 | .04 | .11 | -.03 | <u>-.27</u> | .09 | -.04 | .20 |
| Memory | .04 | <u>.26</u> | -.08 | .10 | -.08 | .06 | <u>.24</u> | -.06 | .12 | -.07 | .01 | <u>.21</u> | -.11 | .10 | -.08 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | .03 | .02 | .00 | .07 | .03 | .05 | .02 | .05 | .06 | .07 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .01 | .12 | -.04 | -.05 | .01 | .00 | .13 | -.05 | -.08 | .03 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.09 | .01 | -.13 | -.13 | -.08 | -.13 | -.04 | -.16 | -.18 | -.10 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .09 | .12 | .08 | <u>.24</u> | -.08 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.18</u> | .16 | <u>.20</u> | .11 | .22† |
| R ² | .01 | <u>.08</u> | .02 | .01 | .04 | .01 | <u>.10</u> | .03 | .03 | .05 | <u>.04</u> | <u>.12</u> | .06 | .07 | .10 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 3.
Amount Smoked: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|-------------|------|-------|------|------------|-------------|------|-------------|------|-------------|-------------|------|-------------|------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | -.11 | -.03 | .06 | .03 | -.15 | -.06 | -.03 | .06 | .11 | -.17 | -.07 | -.01 | .03 | .10 | -.18 |
| Spatial | .00 | .05 | .06 | .07 | .06 | .00 | .09 | .06 | .05 | .06 | .02 | .10 | .08 | .07 | .07 |
| Perceptual Speed | .09 | <u>.39</u> | -.04 | .15 | .01 | .08 | <u>.37</u> | -.08 | .09 | .03 | .08 | <u>.35</u> | -.09 | .10 | .06 |
| Numerical | .00 | <u>-.24</u> | .00 | -.06 | .03 | -.01 | <u>-.27</u> | -.01 | -.13 | .04 | -.03 | <u>-.27</u> | -.03 | -.14 | .01 |
| Verbal | .07 | .05 | -.07 | -.19† | .22† | <u>.09</u> | .05 | -.06 | -.20 | .21 | .05 | .00 | -.09 | -.22† | .12 |
| Memory | .05 | .05 | .10 | .10 | .13 | .04 | .02 | .10 | .06 | .13 | .03 | .03 | .07 | .06 | .14 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.06 | -.10 | -.03 | -.01 | .07 | -.07 | -.09 | -.01 | -.02 | .07 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.08 | .03 | -.11 | <u>-.22</u> | -.01 | <u>-.10</u> | .03 | -.13 | <u>-.23</u> | -.05 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | .04 | .09 | .12 | .18 | -.03 | .00 | .04 | .08 | .17 | -.07 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.14</u> | .15 | .17 | .07 | .21† |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .03 | .03 | .07 | .01 | .00 |
| R ² | .01 | <u>.13</u> | .01 | .04 | .06 | .02 | <u>.15</u> | .03 | .10 | .07 | <u>.03</u> | <u>.16</u> | .05 | .10 | .10 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 4.
Alcohol Consumption: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|-------------|-------------|------|------|------|-------------|-------------|------|------|-------|-------------|-------------|-------------|------|------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | -.14 | -.09 | .00 | -.16 | -.02 | -.05 | -.07 | .09 | -.11 | .01 | -.07 | -.07 | .04 | -.12 | -.02 |
| Spatial | -.08 | -.02 | -.06 | -.01 | -.16 | -.06 | -.02 | -.06 | .00 | -.14 | .01 | .00 | .01 | .02 | -.09 |
| Perceptual Speed | .09 | .15 | .03 | .12 | .14 | <u>.17</u> | .16 | .10 | .17 | .18 | .11 | .13 | .04 | .14 | .13 |
| Numerical | -.01 | .00 | -.03 | -.10 | -.06 | -.02 | .00 | -.02 | -.08 | -.03 | .00 | .02 | .00 | -.06 | .00 |
| Verbal | <u>-.16</u> | <u>-.28</u> | -.17 | -.17 | -.26 | <u>-.13</u> | <u>-.26</u> | -.08 | -.10 | -.26† | <u>-.11</u> | <u>-.23</u> | -.09 | -.09 | -.17 |
| Memory | .04 | <u>.19</u> | .00 | .11 | -.02 | .07 | <u>.20</u> | .01 | .11 | -.01 | .04 | <u>.19</u> | -.03 | .09 | -.02 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.07 | -.01 | -.12 | -.02 | -.02 | -.04 | .00 | -.06 | -.01 | .00 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.08 | -.04 | -.14 | -.08 | .07 | -.06 | .00 | <u>-.16</u> | -.09 | .10 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | <u>-.16</u> | -.04 | -.16 | -.15 | -.14 | <u>-.16</u> | -.02 | -.19 | -.13 | -.14 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -.04 | -.09 | .07 | -.03 | -.14 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.13</u> | .04 | <u>.20</u> | .08 | .15 |
| R ² | <u>.05</u> | <u>.08</u> | .03 | .06 | .10 | <u>.07</u> | .09 | .08 | .08 | .11 | <u>.08</u> | .09 | <u>.10</u> | .08 | .15 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 5.
Amount/Type of Alcohol: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|-------------|------|-------------|------|------|-------------|------|-------------|-------------|------|-------------|------|-------------|-------------|------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | -.15 | -.09 | .05 | -.23 | -.24 | -.08 | -.07 | .11 | -.22 | -.22 | -.11 | -.07 | .06 | -.25 | -.29 |
| Spatial | -.04 | -.01 | -.11 | .04 | -.06 | -.03 | .00 | -.12 | .05 | -.06 | .07 | .04 | .00 | .12 | .02 |
| Perceptual Speed | .05 | .02 | .00 | .06 | .20 | .11 | .02 | .04 | .18 | .20 | .03 | -.02 | -.04 | .13 | .15 |
| Numerical | .02 | .06 | .05 | -.03 | -.06 | .02 | .05 | .07 | .02 | -.05 | .04 | .08 | .10 | .03 | -.02 |
| Verbal | <u>-.10</u> | -.07 | <u>-.24</u> | .02 | -.15 | -.07 | -.06 | <u>-.19</u> | .12 | -.19 | -.06 | -.02 | <u>-.20</u> | .11 | -.12 |
| Memory | .07 | .12 | .03 | .16 | .01 | .09 | .13 | .04 | .20† | .02 | .04 | .10 | .00 | .15 | .01 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.06 | -.05 | -.06 | .01 | -.05 | -.02 | -.03 | .00 | .02 | -.02 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.01 | -.02 | -.04 | .00 | .13 | -.01 | .00 | -.04 | -.01 | .14 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | <u>-.14</u> | -.03 | -.13 | <u>-.33</u> | -.03 | <u>-.15</u> | -.04 | -.14 | <u>-.33</u> | -.05 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .00 | -.03 | .03 | .03 | -.03 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.19</u> | .13 | <u>.25</u> | .14 | .22 |
| R ² | <u>.02</u> | .02 | .06 | .04 | .08 | <u>.03</u> | .02 | .07 | .08 | .09 | <u>.06</u> | .03 | <u>.11</u> | .10 | .14 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 6.
Teeth Brushing: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|------|------------|-------------|-------|--------|------|------------|-------------|-------------|-------------|------------|------------|------------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | -.10 | .08 | -.13 | -.07 | -.34† | -.16 | .05 | -.14 | -.05 | <u>-.44</u> | <u>-.19</u> | .05 | -.17 | -.12 | <u>-.52</u> |
| Spatial | -.07 | -.04 | .00 | <u>-.30</u> | .07 | -.08 | -.05 | .01 | <u>-.30</u> | .04 | .02 | .00 | .10 | -.12 | .13 |
| Perceptual Speed | .11 | .08 | -.03 | .11 | .04 | .06 | .06 | -.05 | .11 | .02 | .02 | .04 | -.12 | .03 | .01 |
| Numerical | .04 | -.10 | .11 | .12 | .14 | .05 | -.09 | .11 | .13 | .11 | .04 | -.11 | .14 | .15 | .09 |
| Verbal | .07 | .01 | <u>.21</u> | .21† | .06 | .04 | -.02 | .17 | .22† | .03 | .01 | -.05 | .17 | .14 | .00 |
| Memory | .06 | .06 | .14 | -.02 | -.02 | .05 | .02 | .11 | -.03 | -.02 | .00 | -.01 | .08 | -.13 | -.01 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | .04 | .04 | -.01 | -.06 | .18 | .07 | .02 | .04 | -.05 | .22† |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .05 | .12 | .11 | .00 | -.15 | .02 | .09 | .10 | -.06 | -.19† |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | .08 | .08 | .05 | .00 | .18 | .03 | .00 | .04 | -.03 | .12 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.14</u> | <u>.20</u> | -.02 | <u>.22</u> | .21† |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.21</u> | .15 | <u>.19</u> | <u>.34</u> | <u>.21</u> |
| R ² | .02 | .02 | <u>.07</u> | <u>.11</u> | .05 | .02 | .04 | <u>.08</u> | .11 | .11 | <u>.06</u> | .07 | <u>.11</u> | <u>.20</u> | .16 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 7.
Teeth Flossing: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|-------------|------|------|------|-------------|-------------|------|------|------|------------|-------------|------|------------|------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | <u>-.22</u> | -.10 | -.11 | -.10 | <u>-.35</u> | <u>-.20</u> | -.13 | -.15 | -.03 | -.32† | <u>-.22</u> | -.11 | -.20 | -.05 | <u>-.36</u> |
| Spatial | -.05 | -.03 | -.03 | -.03 | .00 | -.05 | -.01 | -.04 | -.03 | .01 | .02 | .03 | .05 | .02 | .06 |
| Perceptual Speed | -.06 | .00 | .00 | .14 | -.23 | -.04 | -.03 | .00 | .20 | -.18 | -.08 | -.08 | -.08 | .15 | -.16 |
| Numerical | <u>.13</u> | .11 | .00 | .02 | .29 | <u>.13</u> | .10 | .01 | .06 | <u>.32</u> | <u>.14</u> | .12 | .04 | .09 | <u>.29</u> |
| Verbal | <u>.10</u> | .11 | .04 | -.05 | .19† | <u>.11</u> | .08 | .02 | .02 | <u>.28</u> | <u>.11</u> | .07 | .03 | .04 | .22 |
| Memory | .05 | .00 | .08 | .04 | .12 | .06 | -.05 | .10 | .04 | .12 | .03 | -.06 | .06 | .00 | .13 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.01 | -.03 | .11 | -.09 | .03 | .01 | -.01 | <u>.18</u> | -.07 | .04 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.01 | .08 | .02 | -.06 | -.17 | -.01 | .10 | .01 | -.07 | -.21† |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.05 | .17 | -.03 | -.17 | -.15 | -.08 | .12 | -.04 | -.15 | -.20 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .04 | .07 | -.02 | -.05 | .23† |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.14</u> | .13 | <u>.24</u> | .13 | .10 |
| R ² | <u>.06</u> | .02 | .01 | .01 | <u>.14</u> | <u>.06</u> | .04 | .02 | .04 | <u>.17</u> | <u>.08</u> | .06 | .07 | .05 | <u>.20</u> |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 8.
Beef Consumption: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|------|------------|------|------|------------|------------|------|-------|------|------------|------|------------|-------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .10 | .12 | -.02 | .14 | .00 | .10 | .11 | -.06 | .23 | .01 | .09 | .09 | -.11 | .19 | .05 |
| Spatial | -.12 | -.15 | -.08 | .01 | -.19 | -.11 | -.11 | -.07 | .00 | -.18 | -.07 | -.09 | .07 | .10 | <u>-.23</u> |
| Perceptual Speed | .04 | .00 | -.04 | -.03 | .13 | -.01 | -.03 | -.11 | -.02 | .15 | -.03 | -.02 | -.23 | -.04 | .18 |
| Numerical | .00 | -.11 | .08 | .11 | .03 | .00 | -.13 | .06 | .16 | .04 | .00 | -.14 | .09 | .15 | .02 |
| Verbal | .03 | .07 | <u>.18</u> | -.01 | -.03 | .01 | .05 | .13 | .04 | -.01 | .00 | .07 | .11 | -.01 | -.07 |
| Memory | .04 | .14 | .04 | -.07 | -.07 | .01 | .08 | .02 | -.10 | -.07 | .00 | .05 | -.02 | -.14 | -.06 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.08 | -.12 | .02 | -.21† | .00 | -.07 | -.13 | .08 | -.21† | -.02 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .07 | <u>.15</u> | .03 | -.01 | -.01 | .07 | .14 | .04 | -.05 | -.02 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | .11 | .13 | .18 | -.04 | -.05 | .11 | .14 | .18 | -.08 | -.04 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .04 | -.03 | .04 | .18† | .05 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .06 | .02 | <u>.25</u> | .17 | -.14 |
| R ² | .01 | .05 | .03 | .03 | .03 | <u>.02</u> | .09 | .05 | .07 | .03 | <u>.03</u> | .09 | <u>.10</u> | .10 | .05 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 9.
Veal Consumption: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|------------|------|-------------|-------|--------|-------------|------|-------------|-------|--------|------------|------------|-------------|-------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .09 | .00 | .02 | .02 | .10 | .10 | -.05 | .07 | .10 | .07 | .09 | -.12 | .02 | .06 | .09 |
| Spatial | .06 | <u>.18</u> | -.02 | .13 | -.10 | .07 | .18 | -.01 | .13 | -.11 | .08 | <u>.20</u> | .05 | .22† | -.13 |
| Perceptual Speed | .00 | -.20 | -.09 | .12 | .26 | .00 | <u>-.23</u> | -.07 | .15 | .27 | .00 | -.18 | -.13 | .13 | .29 |
| Numerical | -.02 | .14 | .00 | .00 | -.23† | -.01 | .18 | .01 | .07 | -.24† | -.03 | .15 | .02 | .06 | -.26† |
| Verbal | .01 | -.01 | .00 | .07 | -.04 | .01 | -.07 | .01 | .14 | .00 | .00 | -.02 | .00 | .07 | -.03 |
| Memory | .00 | .14 | .00 | <u>-.25</u> | .16 | .00 | .09 | -.01 | <u>-.28</u> | .16 | -.01 | .02 | -.05 | <u>-.32</u> | .17 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.03 | .09 | -.08 | <u>-.25</u> | .09 | -.04 | .01 | -.03 | <u>-.25</u> | .08 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .05 | <u>.28</u> | .05 | .09 | -.17 | .03 | <u>.24</u> | .03 | .06 | -.18 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.01 | .05 | -.04 | -.12 | .03 | -.01 | .10 | -.07 | -.15 | .03 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .04 | -.09 | .08 | .19† | .05 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .03 | .01 | <u>.18</u> | .16 | -.07 |
| R ² | .02 | <u>.07</u> | .00 | .07 | .08 | .02 | <u>.15</u> | .01 | <u>.14</u> | .11 | .02 | .10 | .03 | <u>.17</u> | .12 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 10.

Lamb Consumption: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|-------------|------|------|------|------------|-------------|------------|------|------|------|------------|------|------|------|------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .08 | .00 | .21 | -.07 | .21 | .04 | .00 | .22 | -.12 | .17 | .04 | -.06 | .20 | -.14 | .22 |
| Spatial | .01 | .00 | .01 | -.07 | .00 | .00 | -.02 | .00 | -.07 | .00 | .00 | .00 | -.01 | -.02 | -.05 |
| Perceptual Speed | .13 | -.16 | -.06 | .15 | .32† | .12 | -.14 | -.03 | .13 | .36 | .16 | -.10 | -.02 | .12 | <u>.38</u> |
| Numerical | -.01 | .16 | .00 | .03 | -.17 | .00 | .18 | .01 | .02 | -.15 | -.02 | .14 | .02 | .02 | -.15 |
| Verbal | <u>-.08</u> | -.07 | -.13 | .00 | -.18 | <u>-.09</u> | -.08 | -.13 | -.03 | -.17 | -.09 | -.03 | -.11 | -.06 | -.18 |
| Memory | -.01 | .17 | .00 | .00 | -.11 | .00 | <u>.19</u> | .00 | .00 | -.10 | -.01 | .12 | .00 | -.02 | -.10 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | .07 | .07 | .00 | .04 | .13 | .07 | .01 | .04 | .04 | .11 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .01 | .03 | .06 | .05 | -.09 | .00 | -.01 | .04 | .03 | -.08 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.01 | -.06 | -.09 | .05 | -.06 | .00 | -.04 | -.10 | .03 | -.03 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -.03 | -.08 | -.07 | .09 | -.07 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .01 | .05 | .07 | .09 | -.14 |
| R ² | <u>.03</u> | .03 | .02 | .01 | <u>.12</u> | <u>.03</u> | .05 | .03 | .02 | .14 | <u>.04</u> | .03 | .04 | .03 | .16 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 11.
Pork Consumption: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|------------|------|------|-------------|-------|-------------|------|------------|-------------|-------------|-------------|------------|------------|-------------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .13 | -.06 | .05 | <u>.30</u> | .33† | .08 | -.09 | .07 | .27† | .28 | .06 | -.09 | .02 | .23 | .29 |
| Spatial | -.06 | .00 | -.05 | -.13 | -.14 | -.07 | .00 | -.03 | -.13 | -.17 | -.03 | .03 | .03 | -.07 | -.19 |
| Perceptual Speed | .19 | .20 | .14 | .00 | .06 | .11 | .17 | .08 | -.03 | .00 | .11 | .17 | .04 | -.02 | .01 |
| Numerical | .03 | -.04 | .14 | .02 | .05 | .03 | -.04 | .12 | .01 | .00 | .01 | -.08 | .12 | -.01 | .00 |
| Verbal | -.03 | .03 | -.07 | .01 | -.03 | -.07 | .00 | -.10 | -.04 | -.11 | <u>-.11</u> | -.03 | -.12 | -.13 | -.15 |
| Memory | -.07 | .04 | -.01 | <u>-.27</u> | -.25† | <u>-.11</u> | .00 | -.04 | <u>-.27</u> | <u>-.26</u> | <u>-.14</u> | -.03 | -.09 | <u>-.29</u> | <u>-.26</u> |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.01 | .02 | -.12 | .00 | .01 | -.01 | .00 | -.06 | -.02 | .00 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .08 | .11 | .01 | .09 | .07 | .05 | .07 | .00 | .06 | .05 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | <u>.18</u> | .13 | .18 | .12 | .23 | .13 | .06 | .14 | .07 | .22 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | <u>.17</u> | <u>.19</u> | .11 | <u>.25</u> | .06 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .08 | .08 | <u>.18</u> | .08 | -.05 |
| R ² | <u>.05</u> | .03 | .05 | .08 | .07 | <u>.07</u> | .05 | <u>.08</u> | .10 | .10 | <u>.09</u> | .08 | <u>.11</u> | .14 | .10 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 12.

Egg Yolks: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|--------|------|------|-------|-------|--------|------|------|------|-------|--------|-------------|------------|------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | .13 | .02 | .18 | .20 | .11 | .13 | .07 | .16 | .25 | .04 | .13 | .03 | .14 | .26 | .04 |
| Spatial | .03 | .17 | .00 | -.11 | -.01 | .03 | .17 | .00 | -.11 | -.02 | .00 | .17 | -.05 | -.16 | -.03 |
| Perceptual Speed | -.05 | -.08 | -.08 | .09 | -.02 | -.02 | -.05 | -.09 | .12 | .00 | .00 | -.04 | -.03 | .15 | .00 |
| Numerical | -.02 | -.02 | -.08 | .00 | -.08 | -.02 | -.03 | -.08 | -.01 | -.06 | -.03 | -.01 | -.12 | -.02 | -.07 |
| Verbal | -.04 | .06 | -.12 | -.20† | .09 | -.04 | .10 | -.14 | -.16 | .02 | -.04 | .17 | -.17 | -.16 | .02 |
| Memory | -.06 | -.08 | .11 | -.17 | -.23† | -.04 | -.04 | .11 | -.17 | -.22† | -.03 | -.07 | .09 | -.14 | <u>-.22</u> |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | .05 | -.05 | .03 | .00 | .16 | .04 | -.06 | .02 | .00 | .16 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.01 | -.06 | .03 | -.13 | .04 | -.02 | -.04 | .00 | -.12 | .03 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.07 | -.14 | .01 | -.04 | -.01 | -.07 | -.07 | -.03 | -.05 | -.01 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .01 | <u>-.22</u> | <u>.20</u> | .00 | .00 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -.05 | -.01 | -.05 | -.09 | -.01 |
| R ² | .01 | .03 | .02 | .06 | .05 | .01 | .05 | .02 | .08 | .07 | .01 | .08 | .05 | .08 | .07 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 13.
Cholesterol Checkup: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|------------|------------|------|------------|-------|------------|------------|------|------------|-------|------------|------------|------|-------------|------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | -.08 | -.05 | -.02 | -.01 | .13 | -.06 | -.06 | -.05 | .06 | .10 | -.05 | -.03 | -.07 | .08 | .13 |
| Spatial | -.08 | .03 | -.03 | -.09 | .01 | -.08 | .05 | -.03 | -.10 | .01 | -.11 | .02 | -.03 | -.18 | -.01 |
| Perceptual Speed | -.12 | -.06 | -.13 | <u>.37</u> | -.22 | -.10 | -.08 | -.14 | <u>.34</u> | -.16 | -.08 | -.07 | -.13 | <u>.42</u> | -.15 |
| Numerical | .07 | -.03 | -.02 | -.14 | .17 | .07 | -.04 | -.02 | -.18 | .21 | .06 | -.03 | -.04 | <u>-.21</u> | .21 |
| Verbal | <u>.11</u> | <u>.27</u> | .07 | -.07 | -.20† | <u>.12</u> | <u>.26</u> | .07 | -.05 | -.23† | <u>.12</u> | <u>.22</u> | .04 | -.08 | -.22 |
| Memory | -.06 | -.10 | .00 | -.15 | .09 | -.05 | -.13 | .01 | -.17† | .11 | -.04 | -.09 | .00 | -.12 | .11 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.01 | -.04 | .06 | -.03 | .12 | -.02 | -.03 | .07 | -.06 | .11 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | -.03 | .05 | -.01 | -.17 | .03 | -.03 | .05 | -.03 | -.15 | .04 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.03 | .07 | .02 | .09 | -.14 | -.04 | .07 | .00 | .06 | -.12 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .02 | .04 | .11 | .08 | -.06 |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -.05 | -.07 | .03 | -.17 | -.08 |
| R ² | <u>.07</u> | .05 | .02 | .05 | .06 | <u>.07</u> | .06 | .02 | .08 | .08 | <u>.07</u> | .06 | .03 | .11 | .09 |

Note. T = Total Sample (N = 588); Y = Young adults (N = 169); M = Middle-aged (N = 197); YO = Young-old (N = 169); OO = Old-old (N = 102). Underlined values are significant at $p < .05$; † $p < .10$.

Table 14.
Flu Shots: Standardized Regression Coefficients

| Variable | STEP 1 | | | | | STEP 2 | | | | | STEP 3 | | | | |
|-------------------------|-------------|------|------|------|------|-------------|------|------|------|-------|-------------|------|------|------|-------------|
| | T | Y | M | YO | OO | T | Y | M | YO | OO | T | Y | M | YO | OO |
| Inductive | <u>-.25</u> | -.14 | .08 | -.16 | -.26 | <u>-.22</u> | -.14 | .05 | -.13 | -.35† | <u>-.24</u> | -.14 | .03 | -.13 | <u>-.38</u> |
| Spatial | <u>-.15</u> | .02 | -.08 | -.05 | .03 | <u>-.14</u> | .01 | -.09 | -.06 | .01 | -.11 | .04 | -.06 | -.06 | .05 |
| Perceptual Speed | <u>-.21</u> | .05 | -.18 | .08 | .06 | <u>-.18</u> | .06 | -.18 | .02 | .04 | <u>-.19</u> | .04 | -.20 | .03 | .05 |
| Numerical | <u>.17</u> | .00 | .00 | .20† | -.07 | <u>.18</u> | .01 | .00 | .17 | -.08 | <u>.17</u> | .00 | .00 | .16 | -.11 |
| Verbal | <u>.13</u> | .13 | -.07 | -.04 | -.05 | <u>.13</u> | .12 | -.11 | -.07 | -.14 | <u>.13</u> | .12 | -.12 | -.07 | -.21 |
| Memory | <u>-.15</u> | -.04 | -.02 | -.07 | -.08 | <u>-.14</u> | -.03 | -.03 | -.10 | -.08 | <u>-.16</u> | -.06 | -.05 | -.09 | -.07 |
| Motor-Cog. Flexibility | -- | -- | -- | -- | -- | -.01 | .04 | .05 | -.04 | .14 | .00 | .03 | .07 | -.04 | .15 |
| Attitudinal Flexibility | -- | -- | -- | -- | -- | .00 | .01 | .11 | -.05 | .05 | -.01 | .01 | .11 | -.05 | .01 |
| Psycho-Motor Speed | -- | -- | -- | -- | -- | -.07 | -.03 | .00 | .16 | .13 | -.09 | -.07 | -.01 | .16 | .08 |
| Education | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .03 | .07 | .04 | .01 | .21† |
| Gender | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | .07 | .10 | .05 | .00 | .08 |
| R ² | <u>.34</u> | .01 | .06 | .05 | .11 | <u>.34</u> | .02 | .07 | .07 | .13 | <u>.35</u> | .03 | .07 | .07 | .16 |

Note. T = Total Sample ($N = 588$); Y = Young adults ($N = 169$); M = Middle-aged ($N = 197$); YO = Young-old ($N = 169$); OO = Old-old ($N = 102$). Underlined values are significant at $p < .05$; † $p < .10$.