IV. Nutritional Examinations

Three days dietary record (3DR)

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods and dietary supplements were weighed separately with scales before or after cooked. If the subjects did not weigh foods, they asked to record food size by portion. The subjects were asked to take the photos before and after eating foods using disposable camera. The dietary records were checked and coded by nutritionists. The average intakes of food and nutrition per day were calculated according to the 5th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan and others. The substituted food composition table for Japanese foods were developed by National Cancer Center for the assessment of fatty acid intakes (Sasaki et al., J Epidemiol, 9: 190-207, 1999).

Dietary supplement frequency questionnaire (DSFQ)

Dietary supplements were defined as any products intended for ingestion as a supplement to the diet from unnatural food forms such as capsules, tablets, or powders, but not from functional foods or modified foods. It contains vitamins, minerals, herbs, botanicals, and other substances such as enzymes, organ tissues, metabolites, concentrates, and constituent extracts of these substances.

Dietary supplement was grouped into seven major categories according to primary nutrient contents. It contains vitamin, mineral, fat, protein, dietary fiber, others, and drug (which contains some nutrients, for example a remedy for the cold contains vitamin C.)

Dietary supplement user was defined as a subject who used one or more dietary supplement once or more times in previous one year.

Questionnaire for beverage and citrus intake

Beverages intakes were assessed for previous one year. Frequency and volume of alcoholic beverages and frequency of non-alcoholic beverage were obtained in a questionnaire with interview. Average ethanol intake was estimated from the frequency and volume of each alcoholic beverage consumed with the ethanol content of the corresponding beverage. The seasonal citrus and orange juice intakes were assessed by the questionnaire. Frequency and volume of citrus and orange juice were obtained with interview. Average citrus and orange juice intakes were estimated from the frequency and volume of each citrus fruits and orange juice.

1) Food intake - Three days dietary record (3DR)

Cereals
Potatoes and starches
Sugars and sweeteners
Pulses
Nuts and seeds
Vegetables and others
Vegetables dark green or yellow vegetables
Fruits
Mushrooms
Seaweeds
Fishes and shellfishes
Meats
Eggs
Milks
Fats and oils
Confectioneries
Beverages
Seasonings and spicess

2) Nutrition intake - Three days dietary record (3DR)

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Manganese
Retinol
α-Carotene
β-Carotene
Cryptoxanthin
β-Carotene equivalents
Retinol equivalents
Vitamin D
α-Tocopherols
β-Tocopherols
γ-Tocopherols

δ-Tocopherols
α-Tocopherols equivalents
Vitamin K
Vitamin B1
Vitamin B2
Niacin
Vitamin B6
Vitamin B12
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alginine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Heptanoic acid
Octanoic acid
Decanoic acid
Lauric acid
Tridecanoic acid
Myristic acid
Pentadecanoic acid
Pentadecanoic acid (ant)
Palmitic acid
Palmitic acid (iso)
Heptadecanoic acid
Heptadecanoic acid (ant)
Stearic acid
Arachidic acid
Behenic acid
Lignoceric acid
Decenoic acid
Myristleolic acid
Palmitoleic acid
Heptadecenoic acid
Oleic acid
Eicosenoic acid
Docosenoic acid
Tetracosenoic acid
Hexadecadienoic acid
Hexadecatrienoic acid
Hexadecatetraenoic acid
Linoleic acid
α-Linolenic acid
γ-Linolenic acid
Octadecatetraenic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Henicosapentaenoic acid

Docosadienoic acid
Docosatetraenoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Alcohol

3) Nutrition intake from foods and supplements (3DR)

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Manganese
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin K
Vitamin B1
Vitamin B2
Niacin
Vitamin B6
Vitamin B12
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alginine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Heptanoic acid
Octanoic acid
Decenoic acid
Lauric acid
Tridecanoic acid
Myristic acid
Pentadecanoic acid
Pentadecanoic acid (ant)
Palmitic acid
Palmitic acid (iso)

Heptadecanoic acid
Heptadecanoic acid (ant)
Stearic acid
Arachidic acid
Behenic acid
Lignoceric acid
Decenoic acid
Myristoleic acid
Palmitoleic acid
Heptadecenoic acid
Oleic acid
Eicosenoic acid
Docosenoic acid
Tetracosenoic acid
Hexadecadienoic acid
Hexadecatrienoic acid
Hexadecatetraenoic acid
Linoleic acid
α-Linolenic acid
γ-Linolenic acid
Octadecatetraenic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidic acid
Eicosapentaenoic acid
Henicosapentaenoic acid
Docosadienoic acid
Docosatetraenoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Alcohol

4) State of using supplement in previous 1 year (Frequency questionnaire)

5) Frequency of supplement intake (DSFQ)

6) Beverage and citrus fruits intakes

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1) Food intake - Three days dietary record (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	522.4	140.6	243	509.0	133.7	265	517.8	125.6	261	495.3	133.3	258	466.7	117.2	59	508.6	133.0	1086
Female	380.4	96.2	267	385.5	101.3	258	383.9	94.9	265	384.8	92.7	251	372.6	114.1	71	382.9	97.4	1112
Total	448.0	138.9	510	448.1	133.8	523	450.4	129.7	526	440.8	127.6	509	415.3	124.3	130	445.0	132.2	2198

Potatoes and starches (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	58.4	52.0	243	56.2	43.6	265	65.1	43.6	261	67.4	46.9	258	62.6	50.7	59	61.9	46.9	1086
Female	53.9	40.6	267	53.7	37.3	258	68.1	50.8	265	62.8	43.3	251	63.3	46.0	71	59.9	43.8	1112
Total	56.1	46.4	510	55.0	40.6	523	66.6	47.3	526	65.1	45.2	509	63.0	48.0	130	60.9	45.4	2198

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	8.9	243	8.6	7.1	265	9.3	7.9	261	9.1	6.7	258	8.6	7.7	59	9.0	7.7	1086
Female	8.2	6.2	267	9.2	7.6	258	10.3	8.6	265	9.7	8.0	251	8.9	7.4	71	9.3	7.6	1112

Total	8.6	7.6	510	8.9	7.3	523	9.8	8.3	526	9.4	7.4	509	8.8	7.5	130	9.1	7.7	2198

Pulses (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	82.4	85.8	243	84.3	55.8	265	83.4	55.6	261	84.9	59.1	258	82.9	50.9	59	83.7	64.1	1086
Female	68.4	59.6	267	70.4	59.0	258	78.4	58.9	265	83.0	60.0	251	63.8	43.0	71	74.2	58.7	1112
Total	75.1	73.5	510	77.4	57.8	523	80.9	57.3	526	84.0	59.5	509	72.5	47.5	130	78.9	61.6	2198

Nuts and seeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.0	12.3	243	5.8	10.5	265	5.9	10.6	261	4.5	7.7	258	4.6	8.3	59	5.5	10.3	1086
Female	5.4	9.6	267	5.3	8.4	258	7.5	12.8	265	4.4	7.7	251	4.2	6.5	71	5.6	9.8	1112
Total	5.7	11.0	510	5.5	9.5	523	6.7	11.8	526	4.5	7.7	509	4.4	7.4	130	5.5	10.0	2198

Vegetables others (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	193.6	94.3	243	206.7	92.5	265	238.7	107.3	261	208.5	97.0	258	187.2	86.8	59	210.8	98.7	1086
Female	179.7	80.6	267	197.3	88.7	258	213.5	93.2	265	192.3	80.2	251	178.4	92.7	71	194.6	87.1	1112
Total	186.3	87.6	510	202.0	90.7	523	226.0	101.1	526	200.5	89.4	509	182.4	89.8	130	202.6	93.4	2198

Vegetables dark green or yellow vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.0	58.7	243	95.4	65.0	265	130.8	73.4	261	137.6	83.1	258	129.8	90.5	59	115.5	74.4	1086
Female	90.1	59.5	267	102.4	56.0	258	130.4	75.0	265	131.8	77.0	251	118.8	65.8	71	113.8	69.4	1112
Total	92.0	59.1	510	98.8	60.7	523	130.6	74.1	526	134.8	80.1	509	123.8	77.8	130	114.6	71.9	2198

Fruits (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	96.1	95.7	243	119.4	111.2	265	157.0	134.9	261	177.7	130.0	258	128.7	97.7	59	137.6	121.9	1086
Female	110.1	88.3	267	161.0	114.3	258	184.2	105.4	265	179.3	109.5	251	200.9	217.0	71	161.0	118.8	1112
Total	103.4	92.1	510	139.9	114.5	523	170.7	121.6	526	178.5	120.2	509	168.1	176.5	130	149.4	120.9	2198

Mushrooms (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.9	19.6	243	19.7	27.2	265	20.1	21.1	261	16.6	16.3	258	15.7	16.1	59	18.2	21.3	1086
Female	17.3	18.6	267	18.0	19.3	258	20.8	20.5	265	15.7	16.5	251	16.3	20.6	71	17.9	19.0	1112
Total	17.1	19.1	510	18.9	23.6	523	20.4	20.8	526	16.2	16.4	509	16.0	18.6	130	18.0	20.1	2198

Seaweeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	21.5	24.8	243	22.1	24.1	265	23.9	23.8	261	28.8	35.0	258	21.5	19.9	59	23.9	27.1	1086
Female	20.7	24.1	267	20.0	21.7	258	25.0	32.6	265	23.6	23.1	251	22.1	30.5	71	22.3	26.1	1112
Total	21.1	24.4	510	21.0	23.0	523	24.5	28.5	526	26.3	29.8	509	21.8	26.1	130	23.1	26.6	2198

Fishes and shellfishes (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	88.8	49.3	243	114.8	59.3	265	122.1	55.8	261	114.9	50.1	258	113.8	47.8	59	110.7	54.9	1086
Female	83.3	45.8	267	90.4	41.8	258	91.1	43.4	265	94.8	45.6	251	83.1	41.3	71	89.4	44.1	1112
Total	85.9	47.5	510	102.7	52.8	523	106.5	52.3	526	105.0	49.0	509	97.0	46.8	130	99.9	50.8	2198

Meats (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	118.5	50.9	243	95.3	43.2	265	86.5	42.6	261	73.8	42.3	258	66.1	34.3	59	91.7	47.3	1086
Female	80.7	41.2	267	67.1	32.7	258	63.0	33.7	265	58.9	32.5	251	56.8	34.3	71	66.9	36.1	1112
Total	98.7	49.8	510	81.3	40.9	523	74.7	40.1	526	66.4	38.5	509	61.1	34.5	130	79.1	43.8	2198

Eggs (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	52.2	28.3	243	58.6	28.3	265	56.9	26.8	261	53.0	25.3	258	51.4	29.5	59	55.0	27.4	1086
Female	49.4	24.3	267	47.2	24.3	258	49.3	27.9	265	50.7	25.1	251	44.9	25.1	71	48.9	25.4	1112
Total	50.7	26.3	510	53.0	27.0	523	53.1	27.6	526	51.9	25.2	509	47.9	27.3	130	51.9	26.6	2198

Milks (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	140.7	119.9	243	153.2	142.9	265	158.6	139.1	261	166.3	131.5	258	174.0	138.8	59	155.9	134.3	1086
Female	165.3	116.1	267	173.8	120.7	258	170.5	113.7	265	174.2	116.4	251	185.7	123.8	71	171.8	117.1	1112
Total	153.6	118.5	510	163.3	132.7	523	164.6	126.9	526	170.2	124.2	509	180.4	130.5	130	164.0	126.1	2198

Fats and oils (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.0	6.8	243	12.4	6.2	265	11.6	6.2	261	9.2	5.9	258	9.5	7.1	59	11.6	6.5	1086
Female	12.2	5.8	267	11.6	6.1	258	9.5	5.3	265	8.7	5.1	251	7.8	4.9	71	10.3	5.8	1112
Total	13.1	6.4	510	12.0	6.1	523	10.5	5.8	526	9.0	5.5	509	8.6	6.0	130	11.0	6.2	2198

Confectioneries (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	62.9	62.7	243	47.6	53.0	265	44.8	50.3	261	46.7	52.0	258	48.7	44.3	59	50.2	54.4	1086
Female	67.3	45.5	267	62.2	46.2	258	54.8	43.8	265	53.9	42.9	251	59.4	47.5	71	59.6	45.0	1112
Total	65.2	54.3	510	54.8	50.3	523	49.8	47.3	526	50.3	47.8	509	54.6	46.2	130	55.0	50.1	2198

Beverages (g)

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1092.2	553.4	243	1083.8	540.6	265	1075.8	567.6	261	843.3	459.9	258	765.3	331.4	59	1009.3	535.1	1086
Female	760.3	383.3	267	845.7	424.9	258	830.0	435.6	265	741.4	357.7	251	753.1	373.3	71	792.0	401.9	1112
Total	918.4	499.9	510	966.4	500.9	523	952.0	519.7	526	793.0	415.4	509	758.6	353.6	130	899.4	484.7	2198

Seasonings and spices (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	76.9	26.2	243	73.5	27.5	265	76.6	25.1	261	72.2	26.1	258	64.1	28.1	59	74.2	26.5	1086
Female	64.1	23.4	267	64.0	20.0	258	68.8	27.0	265	63.4	22.7	251	57.2	24.2	71	64.6	23.6	1112
Total	70.2	25.6	510	68.8	24.6	523	72.7	26.3	526	67.9	24.8	509	60.3	26.1	130	69.3	25.5	2198

2) Nutrition intake from food - Three days dietary record (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2309.2	418.5	243	2270.7	387.8	265	2272.2	343.8	261	2119.6	379.6	258	2004.4	352.4	59	2229.3	390.7	1086
Female	1873.1	339.4	267	1855.1	295.1	258	1817.9	301.0	265	1765.9	276.3	251	1701.2	382.7	71	1820.6	313.4	1112
Total	2080.9	437.0	510	2065.7	402.7	523	2043.3	394.7	526	1945.2	376.6	509	1838.9	397.8	130	2022.5	408.4	2198

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2267.7	652.2	243	2332.6	599.6	265	2518.0	635.3	261	2253.4	662.1	258	2055.0	485.7	59	2328.7	640.6	1086
Female	1921.8	558.2	267	2109.0	543.8	258	2212.0	599.2	265	2133.6	555.9	251	2033.0	626.3	71	2089.3	577.6	1112
Total	2086.6	628.5	510	2222.3	583.1	523	2363.8	635.5	526	2194.3	614.4	509	2043.0	564.8	130	2207.6	621.1	2198

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	81.5	16.3	243	83.7	16.2	265	86.4	15.8	261	80.9	16.7	258	78.0	15.5	59	82.9	16.4	1086
Female	68.8	14.5	267	70.2	12.2	258	71.3	13.3	265	69.8	13.5	251	63.3	13.4	71	69.6	13.5	1112
Total	74.8	16.6	510	77.1	15.9	523	78.8	16.4	526	75.4	16.2	509	69.9	16.1	130	76.2	16.4	2198

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	67.8	18.5	243	63.1	16.4	265	58.7	15.5	261	52.2	15.2	258	48.0	13.9	59	59.7	17.4	1086
Female	60.4	15.7	267	55.3	13.6	258	50.3	13.0	265	47.1	13.0	251	43.7	11.9	71	52.7	14.8	1112
Total	63.9	17.5	510	59.2	15.5	523	54.4	14.9	526	49.7	14.4	509	45.7	13.0	130	56.2	16.5	2198

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	310.6	69.0	243	303.8	68.2	265	314.8	61.4	261	305.9	64.5	258	292.7	58.4	59	307.9	65.5	1086
Female	254.4	52.3	267	261.1	53.9	258	266.6	52.5	265	262.4	48.2	251	265.7	78.2	71	261.4	53.9	1112
Total	281.2	66.9	510	282.7	65.1	523	290.5	61.9	526	284.5	61.0	509	278.0	70.9	130	284.3	64.3	2198

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.5	3.7	243	19.5	3.8	265	20.9	3.9	261	20.3	4.0	258	19.6	4.4	59	19.8	4.0	1086
Female	16.5	3.5	267	17.1	3.3	258	18.4	3.6	265	18.4	3.7	251	17.0	4.2	71	17.5	3.6	1112
Total	17.4	3.8	510	18.3	3.7	523	19.7	3.9	526	19.3	3.9	509	18.2	4.5	130	18.7	4.0	2198

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4444	947	243	4676	1002	265	4836	965	261	4664	1020	258	4484	1077	59	4649	998	1086
Female	3866	893	267	3968	782	258	4192	954	265	4238	942	251	3837	891	71	4049	908	1112
Total	4141	963	510	4327	966	523	4511	1011	526	4454	1004	509	4131	1028	130	4346	999	2198

Potassium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2582	658	243	2687	663	265	3055	726	261	2979	728	258	2796	760	59	2827	723	1086
Female	2365	599	267	2531	583	258	2796	608	265	2671	630	251	2586	923	71	2589	648	1112
Total	2468	637	510	2610	629	523	2924	681	526	2827	698	509	2681	856	130	2707	696	2198

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	552.6	179.9	243	582.4	217.9	265	641.2	230.4	261	651.0	248.9	258	618.5	234.6	59	608.1	225.1	1086
Female	559.9	225.7	267	575.1	203.8	258	616.7	202.3	265	615.9	207.0	251	612.9	246.4	71	593.0	213.5	1112
Total	556.4	205.0	510	578.8	210.9	523	628.8	216.8	526	633.7	229.7	509	615.4	240.2	130	600.5	219.4	2198

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	278.6	70.0	243	297.5	70.2	265	325.0	70.4	261	312.2	74.9	258	302.8	71.4	59	303.7	73.2	1086
Female	246.9	66.7	267	261.8	60.8	258	283.9	63.7	265	273.9	64.5	251	257.2	77.8	71	265.9	66.3	1112
Total	262.0	70.1	510	279.9	68.1	523	304.3	70.2	526	293.3	72.5	509	277.9	78.1	130	284.6	72.3	2198

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1156	251	243	1204	254	265	1270	260	261	1219	273	258	1184	270	59	1212	263	1086
Female	1017	239	267	1048	206	258	1089	230	265	1069	231	251	1010	270	71	1053	231	1112
Total	1083	255	510	1127	244	523	1179	261	526	1145	264	509	1089	282	130	1131	260	2198

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	2.5	243	9.4	2.2	265	10.4	2.5	261	10.1	2.6	258	9.7	2.4	59	9.7	2.5	1086
Female	8.1	2.3	267	8.2	2.0	258	9.2	2.4	265	9.2	2.4	251	8.8	2.6	71	8.7	2.4	1112

Total	8.5	2.4	510	8.8	2.2	523	9.8	2.5	526	9.7	2.6	509	9.2	2.6	130	9.2	2.5	2198

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.3	2.2	243	9.1	2.1	265	9.5	2.0	261	9.1	2.2	258	8.9	2.1	59	9.2	2.1	1086
Female	7.6	2.0	267	7.6	1.7	258	7.9	1.7	265	7.7	1.8	251	7.5	1.8	71	7.7	1.8	1112
Total	8.4	2.3	510	8.3	2.0	523	8.7	2.0	526	8.4	2.1	509	8.1	2.0	130	8.4	2.1	2198

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.29	0.32	243	1.35	0.34	265	1.46	0.34	261	1.43	0.34	258	1.44	0.33	59	1.39	0.34	1086
Female	1.09	0.31	267	1.15	0.27	258	1.24	0.28	265	1.25	0.31	251	1.17	0.32	71	1.18	0.30	1112
Total	1.19	0.33	510	1.25	0.32	523	1.35	0.33	526	1.34	0.34	509	1.29	0.35	130	1.28	0.34	2198

Manganese (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.08	1.33	243	4.39	1.48	265	4.92	1.71	261	4.68	1.75	258	4.47	1.29	59	4.52	1.59	1086
Female	3.45	1.21	267	3.83	1.36	258	4.26	1.43	265	4.28	1.44	251	4.11	1.43	71	3.96	1.40	1112
Total	3.75	1.31	510	4.12	1.45	523	4.59	1.61	526	4.48	1.61	509	4.27	1.38	130	4.24	1.53	2198

Retinol (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	243	494	243	307	560	265	382	950	261	442	1027	258	464	955	59	351	807	1086
Female	276	501	267	205	290	258	242	407	265	306	638	251	410	799	71	267	503	1112
Total	260	498	510	257	450	523	311	732	526	375	859	509	434	870	130	309	672	2198

α-Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	457	446	243	377	323	265	483	428	261	476	600	258	340	300	59	442	454	1086
Female	359	302	267	382	341	258	450	346	265	376	311	251	409	432	71	393	334	1112
Total	406	380	510	380	332	523	466	388	526	426	482	509	378	378	130	417	399	2198

β-Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3156	2068	243	3089	1968	265	3937	2151	261	4082	2612	258	3610	2457	59	3572	2266	1086
Female	2841	1801	267	3190	1880	258	4006	2154	265	3707	1999	251	3601	2355	71	3443	2035	1112
Total	2991	1938	510	3139	1924	523	3972	2150	526	3897	2336	509	3605	2392	130	3507	2152	2198

Cryptoxanthin (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	196	405	243	330	830	265	599	1491	261	617	1034	258	259	510	59	429	1018	1086
Female	405	717	267	354	684	258	573	855	265	612	839	251	653	931	71	496	794	1112
Total	306	598	510	342	761	523	586	1212	526	614	942	509	474	791	130	463	912	2198

β-Carotene equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3540	2243	243	3489	2225	265	4554	2554	261	4695	2917	258	4009	2655	59	4071	2565	1086
Female	3295	2012	267	3637	2055	258	4589	2330	265	4281	2216	251	4282	2671	71	3968	2246	1112
Total	3412	2126	510	3562	2142	523	4572	2442	526	4491	2601	509	4158	2657	130	4019	2409	2198

Retinol activity equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	567	553	243	629	635	265	788	985	261	847	1089	258	803	937	59	715	860	1086
Female	580	549	267	540	381	258	649	474	265	685	684	251	798	876	71	625	564	1112
Total	574	550	510	585	526	523	718	773	526	767	915	509	801	901	130	669	727	2198

Vitamin D (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.5	4.5	243	9.6	6.2	265	11.1	6.5	261	10.2	6.2	258	10.2	6.7	59	9.4	6.2	1086
Female	6.2	4.1	267	7.0	4.0	258	8.3	5.3	265	9.3	6.1	251	7.5	5.1	71	7.7	5.1	1112
Total	6.3	4.3	510	8.3	5.4	523	9.7	6.1	526	9.7	6.1	509	8.7	6.0	130	8.5	5.7	2198

α-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.6	2.4	243	7.8	2.6	265	8.2	2.6	261	7.8	2.5	258	7.5	2.4	59	7.8	2.5	1086
Female	7.1	2.3	267	7.3	2.1	258	7.8	2.5	265	7.4	2.5	251	6.7	2.1	71	7.3	2.4	1112
Total	7.3	2.4	510	7.5	2.4	523	8.0	2.6	526	7.6	2.5	509	7.0	2.3	130	7.6	2.5	2198

β-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.2	243	0.5	0.1	265	0.4	0.2	261	0.4	0.2	258	0.4	0.2	59	0.5	0.2	1086
Female	0.4	0.1	267	0.4	0.1	258	0.4	0.2	265	0.4	0.2	251	0.4	0.1	71	0.4	0.2	1112
Total	0.5	0.2	510	0.4	0.1	523	0.4	0.2	526	0.4	0.2	509	0.4	0.2	130	0.4	0.2	2198

γ-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.3	4.3	243	12.6	3.9	265	12.0	4.0	261	10.8	3.9	258	11.0	4.2	59	12.1	4.2	1086
Female	11.5	4.2	267	10.9	3.8	258	10.3	3.8	265	10.0	3.4	251	9.5	3.6	71	10.6	3.8	1112
Total	12.4	4.4	510	11.7	3.9	523	11.1	4.0	526	10.4	3.7	509	10.2	4.0	130	11.3	4.1	2198

δ-Tocopherols (mg)

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.3	1.2	243	3.2	1.1	265	3.2	1.1	261	3.1	1.2	258	3.2	1.2	59	3.2	1.2	1086
Female	2.8	1.1	267	2.7	1.0	258	2.7	1.1	265	2.8	1.0	251	2.6	1.0	71	2.7	1.1	1112
Total	3.0	1.2	510	3.0	1.1	523	2.9	1.1	526	2.9	1.1	509	2.9	1.2	130	2.9	1.2	2198

α-Tocopherol equvalents (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.3	2.8	243	9.4	3.0	265	9.7	2.9	261	9.2	2.9	258	8.9	2.8	59	9.4	2.9	1086
Female	8.7	2.8	267	8.7	2.5	258	9.1	2.8	265	8.7	2.8	251	7.9	2.3	71	8.7	2.7	1112
Total	9.0	2.8	510	9.1	2.8	523	9.4	2.9	526	9.0	2.8	509	8.3	2.6	130	9.1	2.8	2198

Vitamin K (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	234	142	243	232	115	265	274	149	261	268	145	258	286	158	59	254	141	1086
Female	206	116	267	208	109	258	249	124	265	246	128	251	203	111	71	226	120	1112
Total	219	130	510	220	112	523	262	137	526	257	137	509	241	140	130	240	132	2198

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.01	0.28	243	0.97	0.28	265	1.01	0.26	261	0.99	0.56	258	0.98	0.68	59	0.99	0.39	1086
Female	0.84	0.23	267	0.83	0.20	258	0.90	0.28	265	0.85	0.24	251	0.83	0.27	71	0.85	0.24	1112
Total	0.92	0.27	510	0.90	0.25	523	0.96	0.27	526	0.92	0.44	509	0.90	0.50	130	0.92	0.33	2198

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.39	0.37	243	1.44	0.40	265	1.54	0.43	261	1.46	0.44	258	1.41	0.35	59	1.46	0.41	1086
Female	1.26	0.38	267	1.29	0.34	258	1.35	0.36	265	1.34	0.37	251	1.30	0.39	71	1.31	0.36	1112
Total	1.32	0.38	510	1.36	0.38	523	1.44	0.40	526	1.40	0.41	509	1.35	0.38	130	1.38	0.39	2198

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.5	6.2	243	19.2	5.5	265	20.4	6.1	261	17.6	5.2	258	17.4	5.8	59	18.9	5.9	1086
Female	15.0	4.4	267	15.6	4.1	258	16.0	4.6	265	14.7	3.8	251	13.0	4.1	71	15.2	4.3	1112
Total	16.7	5.6	510	17.4	5.2	523	18.2	5.8	526	16.2	4.8	509	15.0	5.4	130	17.0	5.4	2198

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.23	0.36	243	1.31	0.35	265	1.49	0.41	261	1.42	0.41	258	1.37	0.37	59	1.37	0.39	1086
Female	1.03	0.30	267	1.12	0.30	258	1.24	0.33	265	1.19	0.31	251	1.11	0.40	71	1.14	0.33	1112
Total	1.12	0.35	510	1.22	0.34	523	1.37	0.39	526	1.31	0.38	509	1.23	0.41	130	1.25	0.38	2198

Vitamin B12 (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.7	5.3	243	9.2	7.0	265	10.4	6.5	261	9.5	5.9	258	9.8	5.9	59	9.0	6.3	1086
Female	6.0	4.9	267	7.2	4.6	258	7.4	4.8	265	8.3	7.2	251	8.1	6.3	71	7.3	5.6	1112
Total	6.3	5.1	510	8.3	6.0	523	8.9	5.9	526	8.9	6.6	509	8.9	6.2	130	8.1	6.0	2198

Folate (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	317	116	243	346	110	265	414	140	261	413	164	258	388	123	59	374	139	1086
Female	297	108	267	321	103	258	373	111	265	370	126	251	352	137	71	341	118	1112
Total	307	112	510	334	107	523	393	128	526	392	148	509	369	132	130	357	130	2198

Pantothenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.20	1.48	243	6.30	1.49	265	6.76	1.56	261	6.43	1.76	258	6.34	1.67	59	6.42	1.59	1086
Female	5.40	1.38	267	5.51	1.24	258	5.79	1.29	265	5.65	1.35	251	5.38	1.59	71	5.57	1.34	1112
Total	5.78	1.49	510	5.91	1.43	523	6.27	1.51	526	6.05	1.62	509	5.81	1.69	130	5.99	1.53	2198

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	123.3	98.2	243	126.7	96.1	265	146.5	88.3	261	145.8	81.4	258	113.7	54.3	59	134.5	90.1	1086
Female	105.4	78.7	267	117.4	64.5	258	142.8	71.2	265	137.7	64.1	251	129.5	75.1	71	125.9	71.7	1112
Total	114.0	88.9	510	122.1	82.1	523	144.6	80.1	526	141.8	73.4	509	122.3	66.7	130	130.2	81.4	2198

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	382.3	148.0	243	403.0	145.1	265	398.0	135.3	261	363.2	142.6	258	354.8	146.6	59	385.1	143.7	1086
Female	333.3	116.2	267	320.3	120.9	258	315.3	120.3	265	324.9	133.0	251	288.5	119.0	71	321.2	122.7	1112
Total	356.6	134.4	510	362.2	139.9	523	356.3	134.4	526	344.3	139.2	509	318.6	135.8	130	352.8	137.2	2198

Water soluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	1.2	243	3.4	1.1	265	4.0	1.3	261	4.1	1.6	258	3.7	1.4	59	3.7	1.4	1086
Female	3.3	1.1	267	3.5	1.0	258	4.0	1.0	265	3.8	1.1	251	3.7	1.5	71	3.6	1.1	1112
Total	3.3	1.1	510	3.4	1.1	523	4.0	1.2	526	3.9	1.4	509	3.7	1.5	130	3.7	1.2	2198

Water insoluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.2	3.0	243	10.7	3.2	265	12.5	3.7	261	12.8	3.9	258	12.1	4.0	59	11.6	3.7	1086
Female	9.7	3.0	267	10.6	2.9	258	12.5	3.5	265	11.8	3.4	251	11.5	4.2	71	11.2	3.5	1112
Total	9.9	3.0	510	10.6	3.1	523	12.5	3.6	526	12.3	3.7	509	11.8	4.1	130	11.4	3.6	2198

Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.2	4.2	243	14.8	4.4	265	17.5	5.0	261	17.9	5.3	258	16.5	5.4	59	16.2	5.0	1086
Female	13.7	4.1	267	14.8	4.0	258	17.3	4.7	265	16.5	4.7	251	15.9	5.7	71	15.6	4.7	1112
Total	14.0	4.2	510	14.8	4.2	523	17.4	4.8	526	17.2	5.0	509	16.2	5.6	130	15.9	4.9	2198

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.2	2.4	243	11.8	2.5	265	12.2	2.4	261	11.7	2.6	258	11.3	2.7	59	11.7	2.5	1086
Female	9.7	2.3	267	10.0	2.0	258	10.5	2.4	265	10.7	2.4	251	9.6	2.2	71	10.2	2.3	1112
Total	10.4	2.4	510	10.9	2.4	523	11.3	2.6	526	11.2	2.5	509	10.4	2.6	130	10.9	2.5	2198

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.2	2.6	243	13.6	2.6	265	14.0	2.6	261	13.2	2.7	258	12.7	2.6	59	13.5	2.7	1086
Female	11.1	2.3	267	11.3	2.0	258	11.6	2.2	265	11.3	2.2	251	10.3	2.2	71	11.3	2.2	1112
Total	12.1	2.7	510	12.5	2.6	523	12.8	2.7	526	12.3	2.6	509	11.4	2.6	130	12.3	2.7	2198

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3433	740	243	3561	766	265	3693	724	261	3467	754	258	3348	714	59	3530	751	1086
Female	2929	664	267	2993	559	258	3056	618	265	2993	623	251	2725	595	71	2976	620	1112
Total	3169	744	510	3281	729	523	3372	744	526	3233	732	509	3008	720	130	3250	742	2198

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6014	1265	243	6199	1308	265	6428	1236	261	6042	1299	258	5822	1208	59	6155	1284	1086
Female	5144	1155	267	5241	956	258	5334	1050	265	5209	1067	251	4753	1033	71	5201	1065	1112
Total	5558	1283	510	5727	1243	523	5877	1270	526	5631	1260	509	5239	1233	130	5673	1271	2198

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4774	1212	243	5055	1273	265	5305	1264	261	4943	1219	258	4839	1159	59	5014	1251	1086
Female	4045	1072	267	4198	902	258	4312	1031	265	4252	1033	251	3846	966	71	4178	1015	1112
Total	4392	1196	510	4633	1185	523	4805	1254	526	4602	1182	509	4297	1165	130	4591	1212	2198

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1803	412	243	1883	426	265	1955	410	261	1815	418	258	1757	387	59	1859	419	1086
Female	1518	358	267	1558	303	258	1581	340	265	1549	349	251	1405	325	71	1542	339	1112

Total	1653	410	510	1723	404	523	1767	420	526	1684	408	509	1565	395	130	1699	413	2198

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1267	248	243	1293	242	265	1327	221	261	1256	241	258	1193	216	59	1281	239	1086
Female	1085	215	267	1096	184	258	1110	198	265	1080	198	251	987	194	71	1086	201	1112
Total	1172	248	510	1196	237	523	1217	236	526	1169	237	509	1080	228	130	1182	241	2198

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3066	642	243	3172	648	265	3278	613	261	3067	644	258	2946	591	59	3137	640	1086
Female	2600	559	267	2650	472	258	2688	522	265	2626	535	251	2389	502	71	2625	526	1112
Total	2822	643	510	2915	625	523	2981	640	526	2849	632	509	2642	610	130	2878	638	2198

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3477	703	243	3576	717	265	3704	679	261	3500	720	258	3364	670	59	3555	709	1086
Female	2982	640	267	3036	532	258	3095	588	265	3020	588	251	2761	572	71	3016	592	1112
Total	3218	715	510	3309	687	523	3397	703	526	3263	700	509	3035	686	130	3282	705	2198

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2622	555	243	2713	576	265	2826	550	261	2656	591	258	2556	556	59	2698	573	1086
Female	2225	515	267	2274	426	258	2325	474	265	2281	475	251	2090	464	71	2264	476	1112
Total	2414	569	510	2496	553	523	2574	570	526	2471	569	509	2302	557	130	2478	569	2198

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6102	1254	243	6284	1291	265	6524	1221	261	6148	1305	258	5913	1216	59	6248	1276	1086
Female	5206	1153	267	5306	949	258	5415	1052	265	5293	1059	251	4842	1024	71	5275	1061	1112
Total	5633	1282	510	5801	1235	523	5965	1266	526	5726	1263	509	5328	1233	130	5756	1269	2198

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3005	666	243	3132	690	265	3265	661	261	3045	678	258	2939	642	59	3105	679	1086
Female	2539	586	267	2607	497	258	2674	558	265	2615	561	251	2374	539	71	2594	555	1112
Total	2761	667	510	2873	657	523	2967	678	526	2833	659	509	2631	650	130	2846	670	2198

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	917	190	243	947	193	265	985	186	261	931	198	258	898	186	59	943	193	1086

Female	782	174	267	798	144	258	817	162	265	801	162	251	733	157	71	795	162	1112
Total	846	194	510	873	186	523	900	194	526	867	192	509	808	189	130	868	193	2198

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4063	852	243	4211	882	265	4379	836	261	4122	883	258	3984	828	59	4185	869	1086
Female	3468	776	267	3544	650	258	3623	719	265	3551	724	251	3265	705	71	3528	722	1112
Total	3752	865	510	3882	844	523	3998	866	526	3840	857	509	3592	841	130	3853	863	2198

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2451	600	243	2591	687	265	2745	710	261	2543	693	258	2449	635	59	2578	680	1086
Female	2063	542	267	2140	468	258	2210	567	265	2123	530	251	1897	502	71	2119	532	1112
Total	2248	602	510	2368	630	523	2476	695	526	2336	652	509	2148	628	130	2346	651	2198

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4531	967	243	4724	1042	265	4891	971	261	4573	991	258	4430	967	59	4669	1002	1086
Female	3704	852	267	3815	744	258	3952	846	265	3882	812	251	3546	773	71	3819	819	1112
Total	4098	997	510	4276	1015	523	4418	1023	526	4233	970	509	3947	970	130	4239	1008	2198

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3801	844	243	3980	894	265	4145	846	261	3862	854	258	3758	829	59	3940	867	1086
Female	3143	733	267	3234	631	258	3336	714	265	3280	708	251	2982	662	71	3231	701	1112
Total	3457	853	510	3612	860	523	3737	880	526	3575	837	509	3334	835	130	3581	863	2198

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6928	1520	243	7311	1613	265	7680	1553	261	7221	1587	258	7021	1555	59	7277	1588	1086
Female	5808	1371	267	6034	1198	258	6299	1364	265	6206	1312	251	5678	1288	71	6059	1326	1112
Total	6342	1547	510	6681	1559	523	6984	1615	526	6721	1542	509	6288	1561	130	6661	1583	2198

Glutamic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.57	2.96	243	14.60	2.89	265	15.01	2.72	261	14.14	2.85	258	13.25	2.47	59	14.51	2.86	1086
Female	12.79	2.68	267	12.89	2.15	258	12.88	2.30	265	12.30	2.35	251	11.14	2.39	71	12.62	2.42	1112
Total	13.64	2.95	510	13.76	2.69	523	13.94	2.74	526	13.23	2.77	509	12.10	2.64	130	13.55	2.81	2198

Glycine (mg)

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3280	736	243	3400	798	265	3504	724	261	3287	761	258	3156	676	59	3358	757	1086
Female	2707	644	267	2784	555	258	2835	620	265	2782	612	251	2517	602	71	2760	612	1112
Total	2980	746	510	3096	754	523	3167	752	526	3038	736	509	2807	710	130	3055	750	2198

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4736	1065	243	4655	1060	265	4731	1016	261	4491	1041	258	4116	835	59	4623	1045	1086
Female	4312	987	267	4309	805	258	4199	829	265	3973	882	251	3595	871	71	4162	899	1112
Total	4514	1046	510	4484	957	523	4463	963	526	4236	999	509	3832	891	130	4390	1001	2198

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3415	713	243	3531	722	265	3649	677	261	3435	723	258	3292	668	59	3497	713	1086
Female	2942	634	267	2995	538	258	3053	589	265	2974	588	251	2728	582	71	2974	592	1112
Total	3167	712	510	3266	692	523	3349	700	526	3207	698	509	2984	681	130	3233	705	2198

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.51	16.34	243	53.32	14.54	265	49.66	13.60	261	43.84	13.43	258	40.42	11.72	59	50.43	15.31	1086
Female	51.16	13.78	267	47.08	11.94	258	42.48	11.49	265	39.45	11.26	251	36.85	10.74	71	44.59	12.97	1112
Total	54.18	15.37	510	50.24	13.67	523	46.05	13.07	526	41.68	12.59	509	38.47	11.29	130	47.47	14.47	2198

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.54	6.15	243	16.77	5.58	265	15.69	5.48	261	14.07	5.14	258	12.84	4.26	59	16.05	5.78	1086
Female	17.45	5.61	267	15.69	4.96	258	13.90	4.47	265	12.84	4.46	251	12.30	4.35	71	14.83	5.19	1112
Total	17.97	5.89	510	16.24	5.30	523	14.79	5.07	526	13.46	4.85	509	12.55	4.30	130	15.43	5.53	2198

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.16	7.92	243	22.08	6.71	265	20.17	6.23	261	17.42	6.03	258	15.50	5.17	59	20.62	7.18	1086
Female	21.05	6.05	267	19.17	5.20	258	17.01	5.17	265	15.50	4.84	251	14.23	4.25	71	17.96	5.73	1112
Total	22.54	7.17	510	20.64	6.18	523	18.58	5.93	526	16.47	5.55	509	14.81	4.71	130	19.28	6.62	2198

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.68	3.98	243	14.37	3.81	265	13.69	3.44	261	12.25	3.57	258	11.99	3.66	59	13.64	3.82	1086
Female	12.52	3.54	267	12.11	3.28	258	11.46	3.36	265	11.02	3.24	251	10.24	3.39	71	11.69	3.42	1112
Total	13.55	3.91	510	13.25	3.73	523	12.57	3.58	526	11.65	3.46	509	11.03	3.61	130	12.65	3.76	2198

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.85	10.93	243	36.45	9.92	265	33.87	9.04	261	29.67	8.97	258	27.50	8.30	59	34.27	10.31	1086
Female	33.57	8.97	267	31.28	7.89	258	28.48	7.98	265	26.53	7.59	251	24.47	7.25	71	29.65	8.58	1112
Total	36.09	10.28	510	33.90	9.33	523	31.15	8.93	526	28.12	8.46	509	25.84	7.86	130	31.93	9.75	2198

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.16	3.42	243	11.47	3.28	265	10.79	2.92	261	9.54	2.92	258	9.43	3.03	59	10.89	3.28	1086
Female	10.30	3.02	267	9.81	2.76	258	9.15	2.77	265	8.70	2.62	251	8.12	2.99	71	9.41	2.89	1112
Total	11.19	3.34	510	10.65	3.14	523	9.96	2.96	526	9.13	2.80	509	8.71	3.07	130	10.14	3.18	2198

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.49	0.90	243	2.85	1.12	265	2.86	1.00	261	2.66	1.09	258	2.53	0.90	59	2.71	1.04	1086
Female	2.19	0.82	267	2.27	0.85	258	2.27	0.87	265	2.28	0.93	251	2.08	0.80	71	2.24	0.86	1112
Total	2.33	0.87	510	2.56	1.04	523	2.56	0.98	526	2.47	1.03	509	2.29	0.87	130	2.47	0.98	2198

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	190.8	171.3	243	177.5	183.2	265	177.1	168.0	261	178.8	155.0	258	182.5	162.5	59	181.0	169.1	1086
Female	257.5	177.2	267	229.4	168.5	258	203.2	156.3	265	198.4	163.0	251	200.7	153.6	71	221.1	167.1	1112
Total	225.7	177.4	510	203.1	177.8	523	190.3	162.6	526	188.5	159.2	509	192.4	157.3	130	201.3	169.2	2198

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	123.4	110.5	243	113.7	117.7	265	114.2	108.7	261	115.5	100.2	258	118.6	105.1	59	116.7	109.1	1086
Female	163.1	112.3	267	147.7	110.1	258	130.5	101.2	265	127.7	105.1	251	127.9	96.5	71	141.5	107.4	1112
Total	144.2	113.1	510	130.5	115.2	523	122.4	105.2	526	121.5	102.8	509	123.7	100.2	130	129.2	109.0	2198

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	243	1.0	1.3	265	1.0	1.1	261	1.1	1.1	258	1.2	1.3	59	1.0	1.2	1086
Female	1.2	1.1	267	1.1	1.0	258	1.1	1.0	265	1.1	1.0	251	1.1	1.1	71	1.1	1.0	1112
Total	1.0	1.1	510	1.0	1.1	523	1.0	1.1	526	1.1	1.1	509	1.1	1.2	130	1.1	1.1	2198

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	243	1.0	1.3	265	1.0	1.1	261	1.1	1.1	258	1.2	1.3	59	1.0	1.2	1086
Female	1.2	1.1	267	1.1	1.0	258	1.1	1.0	265	1.1	1.0	251	1.1	1.1	71	1.1	1.0	1112
Total	1.0	1.1	510	1.0	1.1	523	1.0	1.1	526	1.1	1.1	509	1.1	1.2	130	1.1	1.1	2198

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	189.4	145.9	243	170.4	156.5	265	167.1	151.1	261	164.8	130.6	258	167.4	131.7	59	172.4	145.7	1086
Female	237.3	148.9	267	212.9	150.2	258	184.9	133.1	265	177.3	134.9	251	179.5	128.0	71	201.9	142.9	1112
Total	214.5	149.3	510	191.3	154.7	523	176.0	142.5	526	171.0	132.7	509	174.0	129.3	130	187.3	145.0	2198

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	398.0	418.1	243	335.8	394.5	265	320.8	459.4	261	312.5	339.4	258	322.3	300.9	59	339.8	400.7	1086
Female	461.8	377.5	267	410.7	375.8	258	342.2	323.9	265	302.8	244.8	251	298.1	265.1	71	375.1	337.0	1112
Total	431.4	398.2	510	372.8	386.8	523	331.6	396.7	526	307.7	296.3	509	309.1	281.1	130	357.7	370.2	2198

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	3.2	243	2.9	3.8	265	3.1	4.3	261	3.2	3.4	258	3.6	4.0	59	3.0	3.7	1086
Female	3.5	3.1	267	3.2	3.0	258	3.3	3.1	265	3.4	3.2	251	3.1	3.3	71	3.3	3.1	1112
Total	3.0	3.2	510	3.0	3.4	523	3.2	3.7	526	3.3	3.3	509	3.4	3.6	130	3.1	3.4	2198

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1210.1	643.4	243	1177.7	636.7	265	1162.6	616.8	261	1108.6	574.3	258	1026.4	545.2	59	1156.7	615.1	1086
Female	1294.4	627.5	267	1218.7	585.1	258	1110.4	543.4	265	1058.7	567.3	251	1026.0	542.2	71	1162.6	586.3	1112
Total	1254.3	635.9	510	1197.9	611.5	523	1136.3	581.0	526	1084.0	570.8	509	1026.2	541.4	130	1159.7	600.6	2198

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.3	68.1	243	111.7	65.4	265	111.4	60.8	261	107.7	58.6	258	100.4	58.2	59	110.9	63.0	1086
Female	124.7	65.8	267	117.3	58.7	258	106.7	51.9	265	103.5	58.7	251	99.1	53.7	71	112.3	59.2	1112
Total	120.3	67.0	510	114.5	62.2	523	109.0	56.5	526	105.6	58.7	509	99.6	55.6	130	111.6	61.1	2198

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	24.0	243	25.2	26.0	265	25.9	24.9	261	26.4	23.3	258	26.9	23.7	59	26.1	24.5	1086
Female	36.5	24.0	267	32.4	23.6	258	29.3	22.3	265	29.3	23.8	251	29.6	22.0	71	31.8	23.5	1112
Total	31.9	24.5	510	28.8	25.1	523	27.6	23.7	526	27.8	23.5	509	28.4	22.7	130	29.0	24.2	2198

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.199	3.545	243	10.102	3.065	265	9.438	2.923	261	8.383	2.870	258	7.569	2.248	59	9.642	3.251	1086
Female	10.154	3.013	267	9.173	2.627	258	8.156	2.388	265	7.510	2.362	251	7.109	2.189	71	8.659	2.792	1112
Total	10.652	3.315	510	9.644	2.892	523	8.792	2.740	526	7.952	2.665	509	7.318	2.219	130	9.145	3.066	2198

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.0	19.1	243	15.8	17.4	265	15.4	15.6	261	17.2	34.5	258	13.9	13.0	59	16.2	22.5	1086
Female	22.9	19.8	267	20.5	18.3	258	17.4	20.4	265	16.0	14.3	251	14.7	11.2	71	19.0	18.2	1112
Total	20.1	19.7	510	18.1	18.0	523	16.4	18.2	526	16.6	26.5	509	14.3	12.0	130	17.6	20.5	2198

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	166.6	84.0	243	156.3	70.7	265	151.8	69.0	261	139.2	64.8	258	122.2	54.2	59	151.6	72.3	1086
Female	151.8	67.4	267	138.0	50.4	258	128.3	48.6	265	120.9	51.5	251	111.5	44.9	71	133.5	55.8	1112
Total	158.9	76.1	510	147.3	62.2	523	140.0	60.7	526	130.1	59.3	509	116.3	49.4	130	142.4	65.1	2198

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.1	22.9	243	24.4	24.6	265	25.0	23.6	261	25.8	22.5	258	25.7	22.5	59	25.3	23.3	1086
Female	35.5	23.1	267	31.8	22.7	258	28.5	21.5	265	28.2	22.6	251	28.4	21.0	71	30.9	22.6	1112
Total	31.0	23.5	510	28.1	23.9	523	26.8	22.6	526	27.0	22.6	509	27.1	21.6	130	28.1	23.1	2198

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.443	1.524	243	3.939	1.381	265	3.588	1.304	261	3.149	1.209	258	2.822	0.980	59	3.719	1.429	1086
Female	4.090	1.450	267	3.578	1.228	258	3.122	1.068	265	2.851	1.025	251	2.766	1.119	71	3.376	1.293	1112
Total	4.258	1.495	510	3.761	1.319	523	3.353	1.213	526	3.002	1.131	509	2.792	1.055	130	3.546	1.372	2198

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	191.5	66.6	243	185.2	76.0	265	170.9	61.9	261	147.1	54.1	258	138.6	55.7	59	171.6	67.2	1086
Female	176.1	60.7	267	160.7	52.9	258	146.2	50.8	265	131.0	44.0	251	126.5	49.6	71	152.1	55.1	1112
Total	183.5	64.0	510	173.1	66.7	523	158.5	57.9	526	139.1	50.0	509	132.0	52.6	130	161.7	62.1	2198

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	102.3	80.5	243	105.9	95.9	265	98.5	75.3	261	82.3	59.6	258	84.2	71.9	59	96.5	79.0	1086
Female	87.6	56.2	267	81.3	43.7	258	79.4	51.9	265	68.8	39.1	251	67.1	40.4	71	78.6	48.3	1112
Total	94.6	69.2	510	93.8	75.8	523	88.9	65.2	526	75.6	50.9	509	74.9	57.3	130	87.5	65.9	2198

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.4	42.3	243	45.3	50.7	265	41.7	40.0	261	33.2	31.3	258	34.7	38.6	59	40.8	41.8	1086

Female	37.8	29.1	267	33.3	22.4	258	32.3	25.6	265	27.4	20.2	251	27.7	21.3	71	32.4	24.7	1112
Total	40.9	36.1	510	39.4	39.8	523	37.0	33.8	526	30.3	26.6	509	30.9	30.5	130	36.6	34.5	2198

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.3	14.0	243	14.8	14.9	265	14.7	13.8	261	14.9	12.9	258	15.0	13.4	59	15.2	13.9	1086
Female	20.8	14.4	267	18.9	14.2	258	16.7	12.8	265	16.4	13.4	251	16.5	12.4	71	18.1	13.7	1112
Total	18.7	14.3	510	16.8	14.7	523	15.7	13.3	526	15.6	13.2	509	15.9	12.8	130	16.7	13.9	2198

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	104.1	106.1	243	83.0	70.0	265	82.3	66.9	261	75.3	63.1	258	71.3	61.5	59	85.1	77.7	1086
Female	102.3	67.3	267	88.8	54.6	258	77.5	48.5	265	75.9	54.9	251	71.8	46.8	71	85.3	57.2	1112
Total	103.2	87.9	510	85.9	62.9	523	79.9	58.4	526	75.6	59.1	509	71.6	53.8	130	85.2	68.1	2198

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	243	3.7	32.4	265	0.0	0.0	261	0.2	3.8	258	0.0	0.0	59	1.0	16.1	1086
Female	1.5	23.7	267	0.0	0.0	258	5.1	48.9	265	2.8	32.1	251	0.0	0.0	71	2.2	30.6	1112
Total	0.8	17.2	510	1.9	23.1	523	2.6	34.8	526	1.5	22.7	509	0.0	0.0	130	1.6	24.6	2198

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1007.5	508.5	243	951.2	409.8	265	913.8	397.3	261	821.1	391.1	258	735.7	296.7	59	912.2	428.2	1086
Female	823.9	329.5	267	760.4	284.9	258	726.1	283.7	265	689.2	306.5	251	621.5	270.9	71	742.5	304.9	1112
Total	911.4	433.7	510	857.1	366.1	523	819.2	357.0	526	756.1	357.7	509	673.3	287.5	130	826.4	380.5	2198

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	111.3	77.8	243	100.4	53.3	265	101.7	64.7	261	87.8	49.6	258	77.5	42.6	59	98.9	61.8	1086
Female	94.1	45.2	267	84.4	34.7	258	80.2	36.2	265	76.3	37.4	251	67.5	30.6	71	82.8	38.9	1112
Total	102.3	63.4	510	92.5	45.8	523	90.8	53.4	526	82.1	44.3	509	72.1	36.7	130	90.8	52.1	2198

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.10	7.25	243	19.80	6.22	265	17.94	5.66	261	15.33	5.51	258	13.83	4.71	59	18.48	6.65	1086
Female	19.29	5.67	267	17.26	4.94	258	15.26	4.85	265	13.76	4.37	251	12.74	3.97	71	16.19	5.39	1112
Total	20.63	6.62	510	18.55	5.76	523	16.59	5.43	526	14.56	5.04	509	13.24	4.34	130	17.32	6.15	2198

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	528.2	325.1	243	651.0	443.0	265	626.2	391.3	261	586.4	427.7	258	448.3	268.0	59	591.2	397.9	1086
Female	451.0	271.3	267	528.1	370.3	258	482.5	308.5	265	486.0	388.2	251	412.8	282.4	71	481.8	334.6	1112
Total	487.8	300.3	510	590.4	413.0	523	553.8	359.0	526	536.9	411.4	509	428.9	275.5	130	535.9	371.2	2198

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	290.1	443.3	243	470.5	584.2	265	468.8	535.0	261	462.9	592.7	258	299.3	336.9	59	418.6	539.4	1086
Female	244.3	356.2	267	402.5	542.3	258	348.1	439.2	265	373.4	544.3	251	271.4	359.7	71	336.6	471.9	1112
Total	266.1	400.3	510	437.0	564.4	523	408.0	492.4	526	418.8	570.5	509	284.1	348.5	130	377.1	507.9	2198

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.1	31.6	243	54.2	43.1	265	60.5	42.0	261	55.9	42.1	258	47.5	32.6	59	52.2	40.5	1086
Female	37.3	30.5	267	43.6	33.4	258	46.0	31.9	265	44.4	35.7	251	36.4	29.1	71	42.4	32.8	1112
Total	37.7	31.0	510	49.0	39.0	523	53.2	37.9	526	50.3	39.5	509	41.4	31.1	130	47.2	37.1	2198

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	16.0	243	11.5	14.8	265	11.7	12.6	261	10.8	11.9	258	9.2	9.2	59	10.7	13.7	1086
Female	5.0	6.9	267	8.1	9.0	258	8.2	9.4	265	9.5	11.3	251	8.1	10.8	71	7.7	9.5	1112
Total	6.8	12.3	510	9.9	12.4	523	10.0	11.2	526	10.2	11.6	509	8.6	10.1	130	9.2	11.8	2198

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.5	6.8	243	8.7	10.8	265	10.5	11.7	261	9.8	12.0	258	9.5	11.3	59	8.7	10.7	1086
Female	4.5	5.6	267	6.8	7.6	258	7.9	8.2	265	8.4	9.8	251	7.6	10.2	71	6.9	8.2	1112
Total	5.0	6.2	510	7.8	9.4	523	9.2	10.1	526	9.1	11.0	509	8.4	10.7	130	7.8	9.6	2198

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.6	7.9	243	9.0	12.0	265	10.3	12.6	261	9.0	10.5	258	9.4	10.3	59	8.6	11.0	1086
Female	4.1	6.0	267	6.8	8.1	258	7.1	8.6	265	7.5	9.9	251	6.4	9.3	71	6.3	8.4	1112
Total	4.8	7.0	510	7.9	10.3	523	8.7	10.9	526	8.2	10.2	509	7.8	9.8	130	7.4	9.8	2198

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.89	3.44	243	11.21	3.33	265	10.50	2.89	261	9.29	2.91	258	9.16	3.00	59	10.62	3.29	1086
Female	10.06	2.99	267	9.57	2.73	258	8.92	2.75	265	8.48	2.58	251	7.90	2.97	71	9.18	2.86	1112
Total	10.93	3.33	510	10.40	3.16	523	9.70	2.93	526	8.89	2.78	509	8.48	3.04	130	9.89	3.16	2198

α-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1679.5	558.6	243	1582.6	484.9	265	1474.3	486.6	261	1331.5	478.6	258	1344.3	523.1	59	1505.7	519.1	1086
Female	1408.4	494.2	267	1326.5	456.2	258	1236.8	475.8	265	1242.2	446.5	251	1173.1	484.9	71	1296.0	475.2	1112
Total	1537.6	542.5	510	1456.3	487.6	523	1354.6	495.2	526	1287.5	464.8	509	1250.8	507.9	130	1399.6	508.2	2198

γ-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.7	4.2	243	5.3	5.4	265	5.6	5.3	261	6.0	8.4	258	4.9	4.0	59	5.2	6.0	1086
Female	3.2	3.5	267	5.0	4.8	258	4.5	4.3	265	4.9	5.1	251	4.2	4.6	71	4.4	4.5	1112
Total	3.4	3.9	510	5.2	5.1	523	5.0	4.8	526	5.5	7.0	509	4.5	4.3	130	4.8	5.3	2198

Octadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	63.7	81.3	243	106.8	117.8	265	110.0	98.0	261	110.1	112.1	258	82.8	76.4	59	97.4	104.0	1086
Female	55.6	62.9	267	81.2	88.4	258	82.8	81.7	265	85.3	90.7	251	69.7	69.0	71	75.6	81.5	1112
Total	59.5	72.3	510	94.2	105.1	523	96.3	91.1	526	97.9	102.8	509	75.7	72.5	130	86.4	93.9	2198

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.1	33.7	243	65.1	33.4	265	58.6	26.6	261	48.6	26.2	258	42.0	20.1	59	59.3	30.9	1086
Female	50.9	22.9	267	50.0	22.4	258	44.1	22.4	265	41.2	22.4	251	36.4	18.4	71	46.0	22.7	1112
Total	59.6	30.0	510	57.7	29.5	523	51.3	25.6	526	45.0	24.7	509	38.9	19.3	130	52.5	27.8	2198

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.5	12.6	243	30.1	11.0	265	30.0	11.6	261	27.0	10.5	258	27.2	10.6	59	29.5	11.5	1086
Female	26.7	9.3	267	25.6	8.9	258	24.1	8.5	265	23.9	9.5	251	21.9	8.5	71	24.9	9.1	1112
Total	29.0	11.2	510	27.9	10.3	523	27.0	10.5	526	25.5	10.1	509	24.3	9.9	130	27.2	10.6	2198

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.4	26.2	243	44.1	40.9	265	47.2	34.5	261	44.5	34.1	258	36.9	28.9	59	40.6	35.0	1086
Female	25.9	24.9	267	33.3	30.9	258	34.1	26.4	265	36.6	31.7	251	33.6	31.3	71	32.5	28.9	1112
Total	26.2	25.5	510	38.7	36.7	523	40.6	31.3	526	40.6	33.1	509	35.1	30.1	130	36.5	32.3	2198

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	174.9	68.3	243	181.2	64.0	265	182.2	64.4	261	168.1	63.7	258	162.4	70.6	59	175.9	65.5	1086
Female	152.0	54.0	267	146.5	50.5	258	148.4	52.6	265	143.1	56.0	251	130.6	56.0	71	146.5	53.6	1112
Total	162.9	62.2	510	164.1	60.2	523	165.2	61.1	526	155.8	61.2	509	145.0	64.8	130	161.0	61.6	2198

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	229.7	211.3	243	366.3	296.5	265	402.7	261.7	261	386.7	257.5	258	353.1	205.5	59	348.6	264.6	1086
Female	218.0	187.1	267	265.8	202.3	258	300.2	197.3	265	305.6	225.5	251	275.6	221.0	71	272.1	206.8	1112
Total	223.6	198.9	510	316.7	259.1	523	351.1	236.9	526	346.7	245.4	509	310.8	216.8	130	309.9	240.2	2198

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.9	8.2	243	9.6	11.8	265	10.1	10.9	261	9.6	10.6	258	8.2	7.4	59	8.8	10.5	1086
Female	4.2	6.1	267	7.2	8.5	258	7.2	8.4	265	8.0	9.8	251	6.6	8.7	71	6.6	8.4	1112
Total	5.0	7.2	510	8.5	10.4	523	8.6	9.8	526	8.8	10.3	509	7.3	8.1	130	7.7	9.6	2198

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.2	243	0.1	0.4	265	0.1	0.4	261	0.1	0.3	258	0.0	0.1	59	0.1	0.3	1086
Female	0.1	0.3	267	0.1	0.4	258	0.1	0.3	265	0.1	0.2	251	0.1	0.4	71	0.1	0.3	1112
Total	0.1	0.2	510	0.1	0.4	523	0.1	0.3	526	0.1	0.3	509	0.1	0.3	130	0.1	0.3	2198

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.6	5.6	243	12.1	5.5	265	11.8	5.5	261	9.9	5.0	258	9.2	4.1	59	11.5	5.5	1086
Female	9.1	4.4	267	9.7	4.8	258	8.7	4.3	265	8.8	4.9	251	7.8	4.4	71	9.0	4.6	1112
Total	10.8	5.3	510	10.9	5.3	523	10.2	5.2	526	9.4	4.9	509	8.4	4.3	130	10.2	5.2	2198

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	73.6	59.6	243	106.0	85.5	265	117.7	77.2	261	110.3	75.3	258	99.4	60.8	59	102.2	76.1	1086
Female	70.4	59.9	267	81.2	61.5	258	87.8	56.9	265	89.2	69.3	251	80.4	65.6	71	82.0	62.5	1112
Total	71.9	59.7	510	93.8	75.6	523	102.6	69.3	526	99.9	73.1	509	89.1	63.9	130	92.0	70.3	2198

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	8.4	243	12.7	11.5	265	13.9	11.6	261	13.4	11.0	258	12.2	8.8	59	12.2	10.8	1086
Female	7.3	6.9	267	10.3	8.3	258	10.3	8.8	265	10.5	8.8	251	8.7	9.2	71	9.5	8.4	1112
Total	7.9	7.7	510	11.5	10.1	523	12.1	10.5	526	12.0	10.0	509	10.3	9.1	130	10.9	9.8	2198

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	430.4	331.5	243	656.2	476.9	265	718.1	424.4	261	686.5	437.6	258	618.0	350.4	59	625.7	432.0	1086
Female	417.1	312.2	267	484.3	322.0	258	530.5	311.7	265	533.5	354.0	251	459.5	334.0	71	488.7	328.3	1112
Total	423.4	321.3	510	571.4	416.5	523	623.6	383.3	526	611.0	405.5	509	531.4	349.3	130	556.4	389.1	2198

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.0	17.8	243	18.3	21.4	265	18.1	20.0	261	12.5	17.9	258	11.8	14.4	59	15.6	19.3	1086
Female	3.6	7.3	267	3.8	8.2	258	2.2	4.9	265	2.0	4.6	251	1.5	2.6	71	2.8	6.3	1112
Total	8.5	14.4	510	11.2	17.8	523	10.1	16.6	526	7.3	14.1	509	6.2	11.1	130	9.1	15.6	2198

3) Nutrition intake from food and dietary supplements (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2311.2	418.5	243	2271.5	387.7	265	2275.5	342.9	261	2122.7	379.4	258	2007.6	353.5	59	2231.7	390.4	1086
Female	1880.4	343.4	267	1857.8	295.1	258	1823.9	301.6	265	1768.8	277.1	251	1705.7	381.7	71	1825.3	314.7	1112
Total	2085.7	437.4	510	2067.4	402.2	523	2047.9	393.8	526	1948.2	376.8	509	1842.7	397.5	130	2026.1	408.2	2198

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2267.7	652.2	243	2332.6	599.6	265	2518.0	635.3	261	2253.4	662.1	258	2055.0	485.7	59	2328.7	640.6	1086
Female	1921.8	558.2	267	2109.0	543.8	258	2212.1	599.2	265	2133.6	555.9	251	2033.0	626.3	71	2089.3	577.6	1112
Total	2086.6	628.5	510	2222.3	583.1	523	2363.9	635.5	526	2194.3	614.4	509	2043.0	564.8	130	2207.6	621.1	2198

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	81.7	16.4	243	83.8	16.2	265	86.6	15.8	261	81.0	16.7	258	78.1	15.6	59	83.0	16.4	1086
Female	70.1	23.9	267	70.4	12.3	258	71.9	13.8	265	70.1	13.8	251	63.7	13.4	71	70.2	16.6	1112
Total	75.6	21.4	510	77.2	15.9	523	79.2	16.5	526	75.6	16.3	509	70.3	16.1	130	76.5	17.7	2198

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	67.9	18.5	243	63.1	16.4	265	58.9	15.5	261	52.3	15.2	258	48.1	13.9	59	59.8	17.4	1086
Female	60.4	15.7	267	55.4	13.6	258	50.4	13.0	265	47.1	13.0	251	43.8	11.9	71	52.8	14.8	1112
Total	64.0	17.5	510	59.3	15.5	523	54.6	14.9	526	49.7	14.4	509	45.7	13.0	130	56.3	16.5	2198

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	310.6	69.0	243	303.8	68.2	265	314.9	61.4	261	306.0	64.5	258	292.8	58.4	59	307.9	65.5	1086
Female	254.5	52.3	267	261.2	53.9	258	267.5	54.7	265	262.6	48.3	251	265.9	78.2	71	261.7	54.5	1112
Total	281.3	66.9	510	282.8	65.1	523	291.0	62.7	526	284.6	61.0	509	278.1	70.9	130	284.5	64.5	2198

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.5	3.7	243	19.5	3.8	265	20.9	3.9	261	20.3	4.0	258	19.6	4.4	59	19.8	4.0	1086
Female	16.5	3.5	267	17.1	3.3	258	18.4	3.6	265	18.7	6.2	251	17.0	4.2	71	17.6	4.4	1112
Total	17.4	3.8	510	18.3	3.7	523	19.7	3.9	526	19.5	5.2	509	18.2	4.5	130	18.7	4.3	2198

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4446	947	243	4676	1002	265	4840	963	261	4667	1024	258	4485	1079	59	4652	999	1086
Female	3878	909	267	3971	782	258	4197	954	265	4241	942	251	3852	906	71	4056	912	1112
Total	4149	969	510	4328	966	523	4516	1010	526	4457	1006	509	4139	1034	130	4350	1001	2198

Potassium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2583	658	243	2688	663	265	3057	726	261	2981	729	258	2801	766	59	2829	723	1086
Female	2367	605	267	2534	586	258	2798	609	265	2673	630	251	2587	923	71	2592	650	1112
Total	2470	639	510	2612	631	523	2926	681	526	2829	698	509	2684	859	130	2709	697	2198

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	555.9	183.1	243	585.3	218.8	265	649.2	231.0	261	670.2	273.7	258	621.8	242.6	59	616.2	234.1	1086
Female	586.9	367.3	267	593.0	222.7	258	637.1	223.4	265	627.4	211.6	251	633.1	249.6	71	612.4	264.7	1112
Total	572.1	294.4	510	589.1	220.5	523	643.1	227.1	526	649.1	245.7	509	628.0	245.6	130	614.3	250.0	2198

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	278.9	70.0	243	298.1	70.7	265	326.2	71.3	261	318.9	99.9	258	305.0	75.8	59	305.9	80.7	1086
Female	249.3	69.2	267	267.2	70.5	258	291.0	88.4	265	274.7	64.5	251	270.0	119.8	71	270.5	78.8	1112
Total	263.4	71.1	510	282.9	72.2	523	308.5	82.2	526	297.1	87.1	509	285.9	103.3	130	288.0	81.7	2198

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1157	251	243	1205	255	265	1270	260	261	1220	275	258	1189	273	59	1213	264	1086
Female	1019	244	267	1048	206	258	1090	230	265	1070	231	251	1010	270	71	1053	233	1112
Total	1084	257	510	1127	245	523	1180	261	526	1146	265	509	1091	285	130	1132	261	2198

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.1	2.6	243	9.4	2.2	265	10.5	2.8	261	10.3	2.9	258	9.8	2.4	59	9.8	2.7	1086
Female	8.5	3.9	267	8.4	2.3	258	9.3	2.6	265	9.3	2.5	251	8.8	2.6	71	8.9	2.9	1112
Total	8.8	3.4	510	8.9	2.3	523	9.9	2.7	526	9.8	2.7	509	9.2	2.6	130	9.3	2.8	2198

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	2.9	243	9.1	2.1	265	9.5	2.0	261	9.2	2.4	258	8.9	2.1	59	9.3	2.3	1086
Female	7.6	2.1	267	7.7	1.9	258	7.9	1.7	265	7.8	1.9	251	7.5	1.8	71	7.7	1.9	1112
Total	8.5	2.7	510	8.4	2.1	523	8.7	2.0	526	8.5	2.3	509	8.1	2.0	130	8.5	2.3	2198

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.29	0.32	243	1.35	0.34	265	1.47	0.34	261	1.45	0.37	258	1.44	0.33	59	1.39	0.35	1086
Female	1.12	0.39	267	1.16	0.31	258	1.25	0.30	265	1.26	0.33	251	1.17	0.32	71	1.20	0.34	1112
Total	1.20	0.37	510	1.26	0.34	523	1.36	0.34	526	1.35	0.36	509	1.29	0.35	130	1.29	0.36	2198

Manganese (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.08	1.33	243	4.39	1.48	265	4.92	1.71	261	4.70	1.77	258	4.50	1.34	59	4.53	1.60	1086
Female	3.45	1.21	267	3.84	1.37	258	4.61	5.51	265	4.28	1.44	251	4.11	1.43	71	4.05	2.96	1112
Total	3.75	1.31	510	4.12	1.45	523	4.76	4.09	526	4.49	1.63	509	4.29	1.40	130	4.28	2.40	2198

Retinol (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	243	494	243	307	560	265	382	950	261	445	1035	258	469	954	59	352	810	1086
Female	276	501	267	206	290	258	244	407	265	309	638	251	410	799	71	268	503	1112
Total	260	498	510	257	450	523	312	732	526	378	864	509	437	870	130	310	674	2198

α-Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	462	452	243	377	323	265	483	428	261	476	600	258	340	300	59	443	455	1086
Female	362	306	267	382	341	258	450	346	265	376	311	251	409	432	71	394	335	1112
Total	410	385	510	380	332	523	466	388	526	426	482	509	378	378	130	418	400	2198

β-Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3168	2068	243	3089	1968	265	3947	2152	261	4082	2612	258	3610	2457	59	3577	2266	1086
Female	2849	1804	267	3200	1884	258	4006	2154	265	3707	1999	251	3601	2355	71	3448	2035	1112
Total	3001	1939	510	3144	1926	523	3976	2151	526	3897	2336	509	3605	2392	130	3512	2153	2198

Cryptoxanthin (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	196	405	243	330	830	265	599	1491	261	617	1034	258	259	510	59	429	1018	1086
Female	405	717	267	354	684	258	573	855	265	612	839	251	653	931	71	496	794	1112
Total	306	598	510	342	761	523	586	1212	526	614	942	509	474	791	130	463	912	2198

β-Carotene equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3585	2303	243	3510	2241	265	4570	2566	261	4732	2950	258	4009	2655	59	4099	2591	1086
Female	3406	2247	267	3752	2201	258	5259	10246	265	4357	2288	251	4282	2671	71	4198	5420	1112
Total	3491	2273	510	3629	2223	523	4917	7495	526	4547	2648	509	4158	2657	130	4149	4263	2198

Retinol activity equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	594	577	243	637	638	265	798	988	261	874	1098	258	813	938	59	732	868	1086
Female	620	629	267	569	401	258	771	1730	265	706	716	251	817	886	71	676	1007	1112
Total	607	604	510	604	535	523	784	1410	526	791	932	509	815	906	130	704	941	2198

Vitamin D (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.7	4.7	243	9.6	6.2	265	11.3	6.7	261	10.3	6.2	258	10.2	6.7	59	9.6	6.3	1086
Female	6.3	4.2	267	7.3	4.6	258	8.6	5.6	265	11.6	30.5	251	7.7	5.2	71	8.3	15.2	1112
Total	6.5	4.5	510	8.5	5.6	523	9.9	6.3	526	10.9	21.8	509	8.9	6.0	130	8.9	11.7	2198

α-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8	2	243	8	3	265	9	5	261	8	3	258	7	2	59	8	3	1086
Female	8	11	267	7	2	258	8	4	265	7	3	251	7	2	71	8	6	1112
Total	8	8	510	8	2	523	8	5	526	8	3	509	7	2	130	8	5	2198

β-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0	0	243	0	0	265	0	0	261	0	0	258	0	0	59	0	0	1086
Female	0	0	267	0	0	258	0	0	265	0	0	251	0	0	71	0	0	1112
Total	0	0	510	0	0	523	0	0	526	0	0	509	0	0	130	0	0	2198

γ-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13	4	243	13	4	265	12	4	261	11	4	258	11	4	59	12	4	1086
Female	12	4	267	11	4	258	10	4	265	10	3	251	9	4	71	11	4	1112
Total	12	4	510	12	4	523	11	4	526	10	4	509	10	4	130	11	4	2198

δ-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3	1	243	3	1	265	3	1	261	3	1	258	3	1	59	3	1	1086
Female	3	1	267	3	1	258	3	1	265	3	1	251	3	1	71	3	1	1112

Total	3	1	510	3	1	523	3	1	526	3	1	509	3	1	130	3	1	2198

α-Tocopherol equvalents (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12	19	243	11	13	265	12	18	261	16	35	258	22	58	59	13	26	1086
Female	14	36	267	13	23	258	16	42	265	16	41	251	11	15	71	15	35	1112
Total	13	29	510	12	19	523	14	33	526	16	38	509	16	41	130	14	31	2198

Vitamin K (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	243	201	243	232	115	265	287	243	261	269	145	258	287	158	59	259	182	1086
Female	210	135	267	209	109	258	250	125	265	247	129	251	203	111	71	227	125	1112
Total	226	170	510	220	112	523	268	194	526	258	138	509	241	140	130	243	157	2198

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.11	21.73	243	2.68	12.69	265	3.63	19.51	261	7.58	35.48	258	2.37	7.87	59	4.15	23.26	1086
Female	2.23	7.55	267	1.52	2.61	258	3.12	13.00	265	3.92	15.64	251	9.90	47.24	71	3.15	15.97	1112
Total	2.65	15.95	510	2.10	9.23	523	3.37	16.54	526	5.77	27.58	509	6.49	35.40	130	3.64	19.91	2198

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.47	10.93	243	2.38	10.74	265	2.24	6.93	261	4.27	27.06	258	1.74	1.18	59	2.78	15.51	1086
Female	1.93	2.97	267	1.70	1.72	258	2.42	9.04	265	4.73	45.02	251	2.14	2.10	71	2.64	21.91	1112
Total	2.19	7.84	510	2.05	7.74	523	2.33	8.06	526	4.50	36.98	509	1.96	1.75	130	2.71	19.01	2198

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.2	9.7	243	23.9	46.4	265	24.8	46.0	261	31.7	130.3	258	21.8	15.2	59	25.0	71.4	1086
Female	17.6	11.9	267	17.4	7.2	258	20.3	41.7	265	16.4	7.1	251	16.6	12.6	71	17.8	22.0	1112
Total	18.8	11.0	510	20.7	33.6	523	22.5	43.9	526	24.1	93.1	509	19.0	14.0	130	21.4	52.7	2198

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.87	2.61	243	2.73	11.93	265	4.03	18.96	261	6.46	29.16	258	1.72	1.26	59	3.68	18.08	1086
Female	2.46	7.01	267	1.70	2.40	258	2.85	11.18	265	4.42	17.76	251	4.07	13.40	71	2.92	11.23	1112
Total	2.18	5.38	510	2.23	8.66	523	3.43	15.53	526	5.45	24.22	509	3.00	9.98	130	3.30	15.01	2198

Vitamin B12 (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.2	127.4	243	24.5	120.9	265	54.2	359.3	261	56.8	245.3	258	78.2	302.5	59	40.8	240.0	1086

Female	11.5	82.9	267	10.0	27.0	258	23.2	129.8	265	39.4	171.6	251	61.2	335.9	71	23.4	140.6	1112
Total	14.7	106.4	510	17.4	88.3	523	38.6	269.5	526	48.2	212.1	509	68.9	320.1	130	32.0	196.3	2198

Folate (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	321	121	243	346	110	265	421	157	261	416	168	258	388	123	59	377	146	1086
Female	306	129	267	331	124	258	382	137	265	378	140	251	352	137	71	349	136	1112
Total	313	125	510	339	117	523	402	148	526	397	156	509	369	132	130	363	142	2198

Pantothenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.42	2.01	243	6.41	2.35	265	6.92	2.23	261	7.09	4.76	258	6.35	1.67	59	6.69	3.01	1086
Female	6.10	4.18	267	6.84	13.26	258	6.33	3.99	265	6.11	3.81	251	14.33	70.92	71	6.85	19.31	1112
Total	6.25	3.33	510	6.62	9.45	523	6.62	3.25	526	6.61	4.34	509	10.71	52.41	130	6.77	13.89	2198

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	144.2	142.1	243	140.5	162.0	265	175.8	218.2	261	163.3	156.3	258	119.7	62.3	59	154.1	169.0	1086
Female	141.3	219.9	267	173.6	274.4	258	198.2	295.5	265	174.3	241.3	251	163.1	155.4	71	171.2	254.5	1112
Total	142.7	186.8	510	156.8	225.0	523	187.1	260.0	526	168.7	202.6	509	143.4	123.8	130	162.7	216.6	2198

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	382.3	148.0	243	403.0	145.1	265	398.0	135.3	261	363.2	142.6	258	354.8	146.6	59	385.1	143.7	1086
Female	333.3	116.2	267	320.3	120.9	258	315.3	120.3	265	324.9	133.0	251	288.5	119.0	71	321.2	122.7	1112
Total	356.6	134.4	510	362.2	139.9	523	356.3	134.4	526	344.3	139.2	509	318.6	135.8	130	352.8	137.2	2198

Water soluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	1.2	243	3.4	1.1	265	4.0	1.3	261	4.1	1.6	258	3.7	1.4	59	3.7	1.4	1086
Female	3.3	1.1	267	3.5	1.0	258	4.0	1.0	265	3.8	1.1	251	3.7	1.5	71	3.6	1.1	1112
Total	3.3	1.1	510	3.4	1.1	523	4.0	1.2	526	3.9	1.4	509	3.7	1.5	130	3.7	1.2	2198

Water insoluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.2	3.0	243	10.7	3.2	265	12.5	3.7	261	12.8	3.9	258	12.1	4.0	59	11.6	3.7	1086
Female	9.7	3.0	267	10.6	2.9	258	12.5	3.5	265	11.8	3.4	251	11.5	4.2	71	11.2	3.5	1112
Total	9.9	3.0	510	10.6	3.1	523	12.5	3.6	526	12.3	3.7	509	11.8	4.1	130	11.4	3.6	2198

Total dietary fibers (g)

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.2	4.2	243	14.8	4.4	265	17.5	5.0	261	18.2	7.2	258	16.6	5.5	59	16.2	5.6	1086
Female	13.8	4.2	267	14.8	4.1	258	17.3	4.7	265	16.5	4.7	251	15.9	5.7	71	15.6	4.7	1112
Total	14.0	4.2	510	14.8	4.2	523	17.4	4.8	526	17.4	6.1	509	16.2	5.6	130	15.9	5.2	2198

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.2	2.4	243	11.8	2.5	265	12.2	2.4	261	11.7	2.6	258	11.3	2.7	59	11.7	2.5	1086
Female	9.7	2.3	267	10.0	2.0	258	10.5	2.4	265	10.7	2.4	251	9.6	2.2	71	10.2	2.3	1112
Total	10.4	2.4	510	10.9	2.4	523	11.3	2.6	526	11.2	2.5	509	10.4	2.6	130	10.9	2.5	2198

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.2	2.6	243	13.6	2.6	265	14.0	2.6	261	13.2	2.7	258	12.7	2.6	59	13.5	2.7	1086
Female	11.1	2.3	267	11.3	2.0	258	11.6	2.2	265	11.3	2.2	251	10.3	2.2	71	11.3	2.2	1112
Total	12.1	2.7	510	12.5	2.6	523	12.8	2.7	526	12.3	2.6	509	11.4	2.6	130	12.3	2.7	2198

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3436	742	243	3562	767	265	3694	724	261	3468	755	258	3349	716	59	3531	752	1086
Female	2987	1099	267	2994	560	258	3059	623	265	2995	626	251	2726	596	71	2991	755	1112
Total	3201	971	510	3282	730	523	3374	745	526	3235	733	509	3009	721	130	3258	800	2198

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6017	1268	243	6201	1309	265	6429	1236	261	6044	1301	258	5825	1211	59	6157	1286	1086
Female	5249	1959	267	5242	957	258	5339	1058	265	5213	1072	251	4755	1035	71	5229	1319	1112
Total	5615	1708	510	5728	1244	523	5880	1271	526	5634	1263	509	5240	1235	130	5687	1383	2198

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4777	1213	243	5056	1273	265	5306	1263	261	4954	1220	258	4842	1161	59	5018	1251	1086
Female	4127	1642	267	4200	903	258	4317	1038	265	4255	1037	251	3847	967	71	4201	1185	1112
Total	4437	1488	510	4634	1185	523	4808	1256	526	4610	1185	509	4299	1167	130	4604	1285	2198

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1803	412	243	1883	426	265	1956	410	261	1816	418	258	1757	388	59	1860	419	1086
Female	1538	468	267	1558	303	258	1582	340	265	1550	350	251	1406	326	71	1548	370	1112
Total	1664	461	510	1723	404	523	1768	420	526	1685	408	509	1565	395	130	1702	425	2198

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1268	249	243	1294	242	265	1327	221	261	1256	241	258	1193	216	59	1282	239	1086
Female	1104	301	267	1102	197	258	1121	215	265	1084	217	251	987	194	71	1096	236	1112
Total	1182	289	510	1200	241	523	1223	241	526	1171	244	509	1081	228	130	1188	255	2198

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3066	642	243	3172	648	265	3278	612	261	3068	644	258	2947	592	59	3137	641	1086
Female	2634	755	267	2651	472	258	2689	523	265	2627	537	251	2390	503	71	2634	582	1112
Total	2840	735	510	2915	625	523	2981	640	526	2851	633	509	2642	610	130	2882	661	2198

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3478	705	243	3576	717	265	3705	678	261	3501	721	258	3366	672	59	3556	709	1086
Female	3048	1183	267	3037	532	258	3098	592	265	3023	591	251	2761	573	71	3033	768	1112
Total	3253	1007	510	3310	687	523	3399	704	526	3265	701	509	3036	687	130	3291	784	2198

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2623	556	243	2713	576	265	2827	549	261	2656	592	258	2557	557	59	2698	573	1086
Female	2275	938	267	2274	426	258	2325	474	265	2283	478	251	2091	464	71	2277	611	1112
Total	2441	798	510	2496	553	523	2574	570	526	2472	570	509	2302	558	130	2485	629	2198

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6104	1256	243	6285	1291	265	6524	1221	261	6150	1307	258	5917	1220	59	6250	1277	1086
Female	5339	2351	267	5306	950	258	5418	1056	265	5298	1065	251	4843	1025	71	5309	1461	1112
Total	5703	1946	510	5802	1235	523	5967	1267	526	5730	1267	509	5330	1236	130	5774	1451	2198

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3006	667	243	3133	690	265	3265	660	261	3047	679	258	2941	643	59	3105	680	1086
Female	2590	959	267	2608	498	258	2678	563	265	2617	563	251	2375	540	71	2607	669	1112
Total	2788	858	510	2874	657	523	2969	679	526	2835	660	509	2632	651	130	2853	719	2198

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	917	190	243	947	193	265	985	186	261	931	199	258	899	187	59	943	193	1086
Female	799	314	267	798	145	258	818	164	265	802	163	251	734	157	71	800	207	1112
Total	855	269	510	873	186	523	901	194	526	868	193	509	809	190	130	871	213	2198

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4066	854	243	4212	882	265	4379	836	261	4124	885	258	3987	830	59	4186	870	1086
Female	3531	1222	267	3545	651	258	3627	725	265	3553	727	251	3266	706	71	3545	859	1112
Total	3786	1095	510	3883	845	523	4000	867	526	3842	859	509	3593	843	130	3862	922	2198

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2453	601	243	2591	687	265	2747	709	261	2544	693	258	2450	636	59	2579	680	1086
Female	2096	742	267	2141	469	258	2213	568	265	2124	531	251	1898	503	71	2128	587	1112
Total	2266	701	510	2369	630	523	2478	694	526	2337	653	509	2148	629	130	2351	673	2198

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4542	979	243	4725	1042	265	4892	970	261	4575	992	258	4432	969	59	4672	1004	1086
Female	3787	1521	267	3818	747	258	3957	850	265	3886	816	251	3547	774	71	3842	1026	1112
Total	4147	1344	510	4277	1015	523	4421	1024	526	4235	972	509	3949	971	130	4252	1097	2198

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3803	845	243	3980	894	265	4146	845	261	3864	855	258	3761	830	59	3941	868	1086
Female	3193	1056	267	3234	631	258	3337	714	265	3283	711	251	2983	662	71	3244	793	1112
Total	3484	1007	510	3612	860	523	3738	880	526	3578	838	509	3336	836	130	3588	901	2198

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6930	1521	243	7312	1612	265	7681	1552	261	7224	1589	258	7026	1559	59	7279	1589	1086
Female	5940	2471	267	6038	1205	258	6300	1364	265	6215	1316	251	5681	1291	71	6094	1663	1112
Total	6411	2130	510	6683	1561	523	6985	1614	526	6726	1544	509	6291	1565	130	6679	1731	2198

Glutamic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.587	2.968	243	14.605	2.890	265	15.013	2.722	261	14.144	2.856	258	13.256	2.480	59	14.516	2.866	1086
Female	13.026	4.443	267	12.890	2.148	258	12.880	2.304	265	12.310	2.356	251	11.140	2.396	71	12.678	2.983	1112
Total	13.770	3.888	510	13.759	2.689	523	13.938	2.735	526	13.240	2.775	509	12.100	2.646	130	13.586	3.066	2198

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3283	740	243	3401	798	265	3506	722	261	3288	762	258	3157	676	59	3360	758	1086
Female	2754	955	267	2786	555	258	2837	620	265	2785	616	251	2519	603	71	2773	703	1112
Total	3006	898	510	3098	754	523	3169	751	526	3040	737	509	2808	711	130	3063	787	2198

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4738	1067	243	4656	1060	265	4733	1015	261	4492	1042	258	4118	838	59	4625	1045	1086
Female	4388	1504	267	4310	805	258	4200	829	265	3976	885	251	3597	872	71	4182	1060	1112
Total	4555	1324	510	4485	958	523	4465	963	526	4238	1001	509	3833	892	130	4401	1076	2198

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3416	713	243	3531	722	265	3649	676	261	3436	724	258	3294	670	59	3498	713	1086
Female	3009	1219	267	2995	538	258	3054	589	265	2977	590	251	2729	583	71	2991	781	1112
Total	3203	1029	510	3267	692	523	3349	700	526	3209	700	509	2986	682	130	3242	790	2198

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.93	17.65	243	53.32	14.54	265	51.92	30.01	261	43.84	13.43	258	40.42	11.72	59	51.06	20.43	1086
Female	51.16	13.78	267	47.09	11.93	258	44.40	28.79	265	39.46	11.27	251	36.85	10.74	71	45.05	18.24	1112
Total	54.38	16.09	510	50.25	13.66	523	48.13	29.61	526	41.68	12.59	509	38.47	11.29	130	48.02	19.58	2198

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.54	6.15	243	16.77	5.58	265	15.69	5.48	261	14.07	5.14	258	12.84	4.26	59	16.05	5.78	1086
Female	17.45	5.61	267	15.69	4.96	258	13.90	4.47	265	12.84	4.46	251	12.30	4.35	71	14.83	5.19	1112
Total	17.97	5.89	510	16.24	5.30	523	14.79	5.07	526	13.46	4.85	509	12.55	4.30	130	15.43	5.53	2198

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.16	7.92	243	22.08	6.71	265	20.98	14.45	261	17.42	6.03	258	15.50	5.17	59	20.82	9.60	1086
Female	21.05	6.05	267	19.17	5.20	258	17.02	5.17	265	15.50	4.84	251	14.23	4.25	71	17.96	5.73	1112
Total	22.54	7.17	510	20.64	6.18	523	18.98	10.99	526	16.47	5.55	509	14.81	4.71	130	19.37	8.01	2198

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.09	7.47	243	14.37	3.81	265	15.15	16.71	261	12.25	3.57	258	11.99	3.66	59	14.09	9.39	1086
Female	12.52	3.54	267	12.11	3.28	258	13.38	26.21	265	11.03	3.24	251	10.24	3.39	71	12.14	13.14	1112
Total	13.74	5.90	510	13.25	3.73	523	14.26	22.01	526	11.65	3.46	509	11.03	3.61	130	13.10	11.48	2198

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	39.26	12.68	243	36.45	9.92	265	36.13	28.25	261	29.67	8.97	258	27.50	8.30	59	34.90	16.99	1086

Female	33.57	8.97	267	31.28	7.89	258	30.39	27.60	265	26.53	7.59	251	24.47	7.25	71	30.11	15.46	1112
Total	36.28	11.25	510	33.90	9.33	523	33.24	28.05	526	28.12	8.46	509	25.84	7.86	130	32.48	16.41	2198

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.16	3.42	243	11.47	3.28	265	11.48	11.40	261	9.54	2.92	258	9.43	3.03	59	11.06	6.32	1086
Female	10.30	3.02	267	9.81	2.76	258	9.15	2.77	265	8.70	2.62	251	8.12	2.99	71	9.41	2.89	1112
Total	11.19	3.34	510	10.65	3.14	523	10.31	8.34	526	9.13	2.80	509	8.71	3.07	130	10.23	4.96	2198

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.90	6.46	243	2.86	1.12	265	3.62	12.43	261	2.66	1.09	258	2.53	0.90	59	2.99	6.86	1086
Female	2.19	0.82	267	2.28	0.85	258	4.18	25.53	265	2.28	0.93	251	2.08	0.80	71	2.70	12.49	1112
Total	2.53	4.51	510	2.57	1.04	523	3.90	20.11	526	2.47	1.03	509	2.29	0.87	130	2.84	10.11	2198

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	190.8	171.3	243	177.5	183.2	265	177.1	168.0	261	178.8	155.0	258	182.5	162.5	59	181.0	169.1	1086
Female	257.5	177.2	267	229.4	168.5	258	203.2	156.3	265	198.4	163.0	251	200.7	153.6	71	221.1	167.1	1112
Total	225.7	177.4	510	203.1	177.8	523	190.3	162.6	526	188.5	159.2	509	192.4	157.3	130	201.3	169.2	2198

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	123.4	110.5	243	113.7	117.7	265	114.2	108.7	261	115.5	100.2	258	118.6	105.1	59	116.7	109.1	1086
Female	163.1	112.3	267	147.7	110.1	258	130.5	101.2	265	127.7	105.1	251	127.9	96.5	71	141.5	107.4	1112
Total	144.2	113.1	510	130.5	115.2	523	122.4	105.2	526	121.5	102.8	509	123.7	100.2	130	129.2	109.0	2198

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	243	1.0	1.3	265	1.0	1.1	261	1.1	1.1	258	1.2	1.3	59	1.0	1.2	1086
Female	1.2	1.1	267	1.1	1.0	258	1.1	1.0	265	1.1	1.0	251	1.1	1.1	71	1.1	1.0	1112
Total	1.0	1.1	510	1.0	1.1	523	1.0	1.1	526	1.1	1.1	509	1.1	1.2	130	1.1	1.1	2198

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	243	1.0	1.3	265	1.0	1.1	261	1.1	1.1	258	1.2	1.3	59	1.0	1.2	1086
Female	1.2	1.1	267	1.1	1.0	258	1.1	1.0	265	1.1	1.0	251	1.1	1.1	71	1.1	1.0	1112
Total	1.0	1.1	510	1.0	1.1	523	1.0	1.1	526	1.1	1.1	509	1.1	1.2	130	1.1	1.1	2198

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	189.4	145.9	243	170.4	156.5	265	167.1	151.1	261	164.8	130.6	258	167.4	131.7	59	172.4	145.7	1086
Female	237.3	148.9	267	212.9	150.2	258	184.9	133.1	265	177.3	134.9	251	179.5	128.0	71	201.9	142.9	1112
Total	214.5	149.3	510	191.3	154.7	523	176.0	142.5	526	171.0	132.7	509	174.0	129.3	130	187.3	145.0	2198

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	398.0	418.1	243	335.8	394.5	265	320.8	459.4	261	312.5	339.4	258	322.3	300.9	59	339.8	400.7	1086
Female	461.8	377.5	267	410.7	375.8	258	342.2	323.9	265	302.8	244.8	251	298.1	265.1	71	375.1	337.0	1112
Total	431.4	398.2	510	372.8	386.8	523	331.6	396.7	526	307.7	296.3	509	309.1	281.1	130	357.7	370.2	2198

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	3.2	243	2.9	3.8	265	3.1	4.3	261	3.2	3.4	258	3.6	4.0	59	3.0	3.7	1086
Female	3.5	3.1	267	3.2	3.0	258	3.3	3.1	265	3.4	3.2	251	3.1	3.3	71	3.3	3.1	1112
Total	3.0	3.2	510	3.0	3.4	523	3.2	3.7	526	3.3	3.3	509	3.4	3.6	130	3.1	3.4	2198

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1210.1	643.4	243	1177.7	636.7	265	1162.6	616.8	261	1108.6	574.3	258	1026.4	545.2	59	1156.7	615.1	1086
Female	1294.4	627.5	267	1218.7	585.1	258	1110.4	543.4	265	1058.7	567.3	251	1026.0	542.2	71	1162.6	586.3	1112
Total	1254.3	635.9	510	1197.9	611.5	523	1136.3	581.0	526	1084.0	570.8	509	1026.2	541.4	130	1159.7	600.6	2198

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.3	68.1	243	111.7	65.4	265	111.4	60.8	261	107.7	58.6	258	100.4	58.2	59	110.9	63.0	1086
Female	124.7	65.8	267	117.3	58.7	258	106.7	51.9	265	103.5	58.7	251	99.1	53.7	71	112.3	59.2	1112
Total	120.3	67.0	510	114.5	62.2	523	109.0	56.5	526	105.6	58.7	509	99.6	55.6	130	111.6	61.1	2198

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	24.0	243	25.2	26.0	265	25.9	24.9	261	26.4	23.3	258	26.9	23.7	59	26.1	24.5	1086
Female	36.5	24.0	267	32.4	23.6	258	29.3	22.3	265	29.3	23.8	251	29.6	22.0	71	31.8	23.5	1112
Total	31.9	24.5	510	28.8	25.1	523	27.6	23.7	526	27.8	23.5	509	28.4	22.7	130	29.0	24.2	2198

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.199	3.545	243	10.102	3.065	265	9.438	2.923	261	8.383	2.870	258	7.569	2.248	59	9.642	3.251	1086
Female	10.154	3.013	267	9.173	2.627	258	8.156	2.388	265	7.510	2.362	251	7.109	2.189	71	8.659	2.792	1112
Total	10.652	3.315	510	9.644	2.892	523	8.792	2.740	526	7.953	2.665	509	7.318	2.219	130	9.145	3.066	2198

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.0	19.1	243	15.8	17.4	265	15.4	15.6	261	17.2	34.5	258	13.9	13.0	59	16.2	22.5	1086
Female	22.9	19.8	267	20.5	18.3	258	17.4	20.4	265	16.0	14.3	251	14.7	11.2	71	19.0	18.2	1112
Total	20.1	19.7	510	18.1	18.0	523	16.4	18.2	526	16.6	26.5	509	14.3	12.0	130	17.6	20.5	2198

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	166.6	84.0	243	156.3	70.7	265	151.8	69.0	261	139.2	64.8	258	122.2	54.2	59	151.6	72.3	1086
Female	151.8	67.4	267	138.0	50.4	258	128.3	48.6	265	120.9	51.5	251	111.5	44.9	71	133.5	55.8	1112
Total	158.9	76.1	510	147.3	62.2	523	140.0	60.7	526	130.1	59.3	509	116.3	49.4	130	142.4	65.1	2198

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.1	22.9	243	24.4	24.6	265	25.0	23.6	261	25.8	22.5	258	25.7	22.5	59	25.3	23.3	1086
Female	35.5	23.1	267	31.8	22.7	258	28.5	21.5	265	28.2	22.6	251	28.4	21.0	71	30.9	22.6	1112
Total	31.0	23.5	510	28.1	23.9	523	26.8	22.6	526	27.0	22.6	509	27.1	21.6	130	28.1	23.1	2198

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.443	1.524	243	3.939	1.381	265	3.588	1.304	261	3.149	1.209	258	2.822	0.980	59	3.719	1.429	1086
Female	4.090	1.450	267	3.578	1.228	258	3.122	1.068	265	2.851	1.025	251	2.766	1.119	71	3.376	1.293	1112
Total	4.258	1.495	510	3.761	1.319	523	3.353	1.213	526	3.002	1.131	509	2.792	1.055	130	3.546	1.372	2198

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	191.5	66.6	243	185.2	76.0	265	170.9	61.9	261	147.1	54.1	258	138.6	55.7	59	171.6	67.2	1086
Female	176.1	60.7	267	160.7	52.9	258	146.2	50.8	265	131.0	44.0	251	126.5	49.6	71	152.1	55.1	1112
Total	183.5	64.0	510	173.1	66.7	523	158.5	57.9	526	139.1	50.0	509	132.0	52.6	130	161.7	62.1	2198

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	102.3	80.5	243	105.9	95.9	265	98.5	75.3	261	82.3	59.6	258	84.2	71.9	59	96.5	79.0	1086
Female	87.6	56.2	267	81.3	43.7	258	79.4	51.9	265	68.8	39.1	251	67.1	40.4	71	78.6	48.3	1112
Total	94.6	69.2	510	93.8	75.8	523	88.9	65.2	526	75.6	50.9	509	74.9	57.3	130	87.5	65.9	2198

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.4	42.3	243	45.3	50.7	265	41.7	40.0	261	33.2	31.3	258	34.7	38.6	59	40.8	41.8	1086
Female	37.8	29.1	267	33.3	22.4	258	32.3	25.6	265	27.4	20.2	251	27.7	21.3	71	32.4	24.7	1112
Total	40.9	36.1	510	39.4	39.8	523	37.0	33.8	526	30.3	26.6	509	30.9	30.5	130	36.6	34.5	2198

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.3	14.0	243	14.8	14.9	265	14.8	14.0	261	14.9	12.9	258	15.0	13.4	59	15.2	13.9	1086
Female	21.0	14.6	267	18.9	14.2	258	16.7	12.8	265	16.5	13.6	251	17.0	12.9	71	18.2	13.9	1112
Total	18.7	14.5	510	16.8	14.7	523	15.8	13.4	526	15.7	13.3	509	16.1	13.1	130	16.7	14.0	2198

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	104.1	106.1	243	83.0	70.0	265	82.3	66.9	261	75.3	63.1	258	71.3	61.5	59	85.1	77.7	1086
Female	102.3	67.3	267	88.8	54.6	258	77.5	48.5	265	75.9	54.9	251	71.8	46.8	71	85.3	57.2	1112
Total	103.2	87.9	510	85.9	62.9	523	79.9	58.4	526	75.6	59.1	509	71.6	53.8	130	85.2	68.1	2198

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	243	3.7	32.4	265	0.0	0.0	261	0.2	3.8	258	0.0	0.0	59	1.0	16.1	1086
Female	1.5	23.7	267	0.0	0.0	258	5.1	48.9	265	2.8	32.1	251	0.0	0.0	71	2.2	30.6	1112
Total	0.8	17.2	510	1.9	23.1	523	2.6	34.8	526	1.5	22.7	509	0.0	0.0	130	1.6	24.6	2198

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1007.5	508.5	243	951.2	409.8	265	913.8	397.3	261	821.2	391.1	258	735.7	296.7	59	912.2	428.2	1086
Female	823.9	329.5	267	760.4	284.9	258	726.1	283.7	265	689.2	306.5	251	621.5	270.9	71	742.5	304.9	1112
Total	911.4	433.7	510	857.1	366.1	523	819.2	357.0	526	756.1	357.7	509	673.3	287.5	130	826.4	380.5	2198

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	111.3	77.8	243	100.4	53.3	265	101.7	64.7	261	87.8	49.6	258	77.5	42.6	59	98.9	61.8	1086
Female	94.1	45.2	267	84.4	34.7	258	80.2	36.2	265	76.3	37.4	251	67.5	30.6	71	82.8	38.9	1112
Total	102.3	63.4	510	92.5	45.8	523	90.8	53.4	526	82.1	44.3	509	72.1	36.7	130	90.8	52.1	2198

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.100	7.251	243	19.798	6.224	265	17.940	5.664	261	15.332	5.510	258	13.832	4.706	59	18.482	6.646	1086
Female	19.294	5.672	267	17.262	4.937	258	15.255	4.847	265	13.765	4.367	251	12.744	3.973	71	16.194	5.393	1112
Total	20.631	6.617	510	18.547	5.762	523	16.588	5.432	526	14.559	5.036	509	13.238	4.338	130	17.324	6.151	2198

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	528.2	325.1	243	651.0	443.0	265	626.2	391.3	261	586.4	427.7	258	448.3	268.0	59	591.2	397.9	1086
Female	451.0	271.3	267	528.1	370.3	258	482.5	308.5	265	486.0	388.2	251	412.8	282.4	71	481.8	334.6	1112
Total	487.8	300.3	510	590.4	413.0	523	553.8	359.0	526	536.9	411.4	509	428.9	275.5	130	535.9	371.2	2198

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	290.1	443.3	243	470.5	584.2	265	468.8	535.0	261	462.9	592.7	258	299.3	336.9	59	418.6	539.4	1086
Female	244.3	356.2	267	402.5	542.3	258	348.1	439.2	265	373.4	544.3	251	271.4	359.7	71	336.6	471.9	1112
Total	266.1	400.3	510	437.0	564.4	523	408.0	492.4	526	418.8	570.5	509	284.1	348.5	130	377.1	507.9	2198

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.1	31.6	243	54.2	43.1	265	60.5	42.0	261	55.9	42.1	258	47.5	32.6	59	52.2	40.5	1086
Female	37.3	30.5	267	43.6	33.4	258	46.0	31.9	265	44.4	35.7	251	36.4	29.1	71	42.4	32.8	1112
Total	37.7	31.0	510	49.0	39.0	523	53.2	37.9	526	50.3	39.5	509	41.4	31.1	130	47.2	37.1	2198

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	16.0	243	11.5	14.8	265	11.7	12.6	261	10.8	11.9	258	9.2	9.2	59	10.7	13.7	1086
Female	5.0	6.9	267	8.1	9.0	258	8.2	9.4	265	9.5	11.3	251	8.1	10.8	71	7.7	9.5	1112
Total	6.8	12.3	510	9.9	12.4	523	10.0	11.2	526	10.2	11.6	509	8.6	10.1	130	9.2	11.8	2198

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.5	6.8	243	8.7	10.8	265	10.5	11.7	261	9.8	12.0	258	9.5	11.3	59	8.7	10.7	1086
Female	4.5	5.6	267	6.8	7.6	258	7.9	8.2	265	8.4	9.8	251	7.6	10.2	71	6.9	8.2	1112
Total	5.0	6.2	510	7.8	9.4	523	9.2	10.1	526	9.1	11.0	509	8.4	10.7	130	7.8	9.6	2198

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.6	7.9	243	9.0	12.0	265	10.3	12.6	261	9.0	10.5	258	9.4	10.3	59	8.6	11.0	1086
Female	4.1	6.0	267	6.8	8.1	258	7.1	8.6	265	7.5	9.9	251	6.4	9.3	71	6.3	8.4	1112
Total	4.8	7.0	510	7.9	10.3	523	8.7	10.9	526	8.2	10.2	509	7.8	9.8	130	7.4	9.8	2198

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.890	3.435	243	11.206	3.330	265	10.497	2.889	261	9.296	2.913	258	9.164	3.003	59	10.624	3.287	1086
Female	10.057	2.988	267	9.573	2.734	258	8.919	2.749	265	8.478	2.581	251	7.903	2.971	71	9.180	2.858	1112
Total	10.930	3.334	510	10.401	3.155	523	9.702	2.925	526	8.892	2.782	509	8.475	3.040	130	9.893	3.160	2198

α-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1680.1	559.9	243	1583.4	484.8	265	1474.3	486.6	261	1331.5	478.6	258	1344.3	523.1	59	1506.0	519.5	1086
Female	1408.8	494.5	267	1326.5	456.1	258	1237.8	476.0	265	1242.2	446.5	251	1173.1	484.9	71	1296.3	475.3	1112

Total	1538.1	543.3	510	1456.7	487.7	523	1355.1	495.2	526	1287.5	464.8	509	1250.8	507.9	130	1399.9	508.5	2198

γ-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.7	4.2	243	5.3	5.4	265	5.6	5.3	261	6.0	8.4	258	4.9	4.0	59	5.2	6.0	1086
Female	3.2	3.5	267	5.4	7.8	258	5.1	11.8	265	4.9	5.1	251	4.2	4.6	71	4.6	7.6	1112
Total	3.4	3.9	510	5.4	6.7	523	5.4	9.2	526	5.5	7.0	509	4.5	4.3	130	4.9	6.9	2198

Octadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	63.7	81.3	243	106.8	117.8	265	110.0	98.0	261	110.1	112.1	258	82.8	76.4	59	97.4	104.0	1086
Female	55.6	62.9	267	81.2	88.4	258	82.8	81.7	265	85.3	90.7	251	69.7	69.0	71	75.6	81.5	1112
Total	59.5	72.3	510	94.2	105.1	523	96.3	91.1	526	97.9	102.8	509	75.7	72.5	130	86.4	93.9	2198

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.1	33.7	243	65.1	33.4	265	58.6	26.6	261	48.6	26.2	258	42.0	20.1	59	59.3	30.9	1086
Female	50.9	22.9	267	50.0	22.4	258	44.1	22.4	265	41.2	22.4	251	36.4	18.4	71	46.0	22.7	1112
Total	59.6	30.0	510	57.7	29.5	523	51.3	25.6	526	45.0	24.7	509	38.9	19.3	130	52.5	27.8	2198

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.5	12.6	243	30.1	11.0	265	30.0	11.6	261	27.0	10.5	258	27.2	10.6	59	29.5	11.5	1086
Female	26.7	9.3	267	25.6	8.9	258	24.1	8.5	265	23.9	9.5	251	21.9	8.5	71	24.9	9.1	1112
Total	29.0	11.2	510	27.9	10.3	523	27.0	10.5	526	25.5	10.1	509	24.3	9.9	130	27.2	10.6	2198

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.4	26.2	243	44.1	40.9	265	47.2	34.5	261	44.5	34.1	258	36.9	28.9	59	40.6	35.0	1086
Female	25.9	24.9	267	33.3	30.9	258	34.1	26.4	265	36.6	31.7	251	33.6	31.3	71	32.5	28.9	1112
Total	26.2	25.5	510	38.7	36.7	523	40.6	31.3	526	40.6	33.1	509	35.1	30.1	130	36.5	32.3	2198

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	174.9	68.3	243	181.2	64.0	265	182.2	64.4	261	168.1	63.7	258	162.4	70.6	59	175.9	65.5	1086
Female	152.0	54.0	267	146.5	50.5	258	148.4	52.6	265	143.1	56.0	251	130.7	56.0	71	146.5	53.6	1112
Total	162.9	62.2	510	164.1	60.2	523	165.2	61.1	526	155.8	61.2	509	145.1	64.8	130	161.0	61.6	2198

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	230.1	211.4	243	366.3	296.4	265	405.5	264.3	261	386.7	257.5	258	353.1	205.5	59	349.4	265.3	1086
Female	218.4	187.8	267	271.7	215.3	258	302.3	200.7	265	305.6	225.5	251	275.7	221.2	71	274.1	210.8	1112
Total	224.0	199.3	510	319.7	263.6	523	353.5	239.8	526	346.7	245.4	509	310.8	216.9	130	311.3	242.2	2198

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.9	8.2	243	9.6	11.8	265	10.1	10.9	261	9.6	10.6	258	8.2	7.4	59	8.8	10.5	1086
Female	4.2	6.1	267	7.2	8.5	258	7.2	8.4	265	8.0	9.8	251	6.6	8.7	71	6.6	8.4	1112
Total	5.0	7.2	510	8.5	10.4	523	8.6	9.8	526	8.8	10.3	509	7.3	8.1	130	7.7	9.6	2198

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.2	243	0.1	0.4	265	0.1	0.4	261	0.1	0.3	258	0.0	0.1	59	0.1	0.3	1086
Female	0.1	0.3	267	0.1	0.4	258	0.1	0.3	265	0.1	0.2	251	0.1	0.4	71	0.1	0.3	1112
Total	0.1	0.2	510	0.1	0.4	523	0.1	0.3	526	0.1	0.3	509	0.1	0.3	130	0.1	0.3	2198

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.6	5.6	243	12.1	5.5	265	11.8	5.5	261	9.9	5.0	258	9.2	4.1	59	11.5	5.5	1086
Female	9.1	4.4	267	9.7	4.8	258	8.7	4.3	265	8.8	4.9	251	7.8	4.4	71	9.0	4.6	1112
Total	10.8	5.3	510	10.9	5.3	523	10.2	5.2	526	9.4	4.9	509	8.4	4.3	130	10.2	5.2	2198

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	73.6	59.6	243	106.0	85.5	265	117.7	77.2	261	110.3	75.3	258	99.4	60.8	59	102.2	76.1	1086
Female	70.4	59.9	267	81.2	61.5	258	87.8	56.9	265	89.2	69.3	251	80.4	65.6	71	82.0	62.5	1112
Total	71.9	59.7	510	93.8	75.6	523	102.6	69.3	526	99.9	73.1	509	89.1	63.9	130	92.0	70.3	2198

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	17.6	243	13.0	12.1	265	13.9	11.6	261	13.4	11.0	258	12.2	8.8	59	12.5	13.1	1086
Female	7.3	6.9	267	10.3	8.3	258	10.3	8.8	265	10.5	8.8	251	8.7	9.2	71	9.5	8.4	1112
Total	8.4	13.2	510	11.7	10.5	523	12.1	10.5	526	12.0	10.0	509	10.3	9.1	130	11.0	11.1	2198

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	431.7	331.0	243	656.2	476.9	265	720.3	425.0	261	686.5	437.6	258	618.0	350.4	59	626.5	432.0	1086
Female	417.8	313.3	267	486.7	321.9	258	533.8	313.8	265	534.0	353.7	251	459.5	334.0	71	490.4	329.0	1112
Total	424.4	321.6	510	572.6	416.2	523	626.4	384.3	526	611.3	405.3	509	531.4	349.3	130	557.6	389.3	2198

Alcohol (g)

	40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.0	17.8	243	18.3	21.4	265	18.1	20.0	261	12.5	17.9	258	11.8	14.4	59	15.6	19.3	1086
Female	3.6	7.3	267	3.8	8.2	258	2.2	4.9	265	2.0	4.6	251	1.5	2.6	71	2.8	6.3	1112
Total	8.5	14.4	510	11.2	17.8	523	10.1	16.6	526	7.3	14.1	509	6.2	11.1	130	9.1	15.6	2198

4) State of using supplement in previous 1 year (DSFQ)

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	96	32.5	112	40.4	99	35.2	95	34.2	26	29.5	428	35.1
	Male	108	38.7	157	54.3	140	51.1	130	45.8	35	47.3	570	47.5
	Total	204	35.5	269	47.5	239	43.1	225	40.0	61	37.7	998	41.3
Used	Female	199	67.5	165	59.6	182	64.8	183	65.8	62	70.5	791	64.9
	Male	171	61.3	132	45.7	134	48.9	154	54.2	39	52.7	630	52.5
	Total	370	64.5	297	52.5	316	56.9	337	60.0	101	62.3	1421	58.7

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	210	71.2	211	76.2	213	75.8	184	66.2	57	64.8	875	71.8
	Male	225	80.6	259	89.6	231	84.3	216	76.1	58	78.4	989	82.4
	Total	435	75.8	470	83.0	444	80.0	400	71.2	115	71.0	1864	77.1
Used	Female	85	28.8	66	23.8	68	24.2	94	33.8	31	35.2	344	28.2
	Male	54	19.4	30	10.4	43	15.7	68	23.9	16	21.6	211	17.6
	Total	139	24.2	96	17.0	111	20.0	162	28.8	47	29.0	555	22.9

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	256	86.8	250	90.3	261	92.9	250	89.9	77	87.5	1094	89.7
	Male	268	96.1	282	97.6	263	96.0	265	93.3	68	91.9	1146	95.5
	Total	524	91.3	532	94.0	524	94.4	515	91.6	145	89.5	2240	92.6
Used	Female	39	13.2	27	9.7	20	7.1	28	10.1	11	12.5	125	10.3
	Male	11	3.9	7	2.4	11	4.0	19	6.7	6	8.1	54	4.5
	Total	50	8.7	34	6.0	31	5.6	47	8.4	17	10.5	179	7.4

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	288	97.6	273	98.6	278	98.9	273	98.2	88	100.0	1200	98.4
	Male	274	98.2	288	99.7	272	99.3	281	98.9	74	100.0	1189	99.1
	Total	562	97.9	561	99.1	550	99.1	554	98.6	162	100.0	2389	98.8
Used	Female	7	2.4	4	1.4	3	1.1	5	1.8	0	0.0	19	1.6
	Male	5	1.8	1	0.3	2	0.7	3	1.1	0	0.0	11	0.9
	Total	12	2.1	5	0.9	5	0.9	8	1.4	0	0.0	30	1.2

Protein supplement

		40-49yr	50-59yr	60-69yr	70-79yr	80yr-	Total

		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	286	96.9	273	98.6	277	98.6	274	98.6	88	100.0	1198	98.3
	Male	264	94.6	288	99.7	269	98.2	282	99.3	74	100.0	1177	98.1
	Total	550	95.8	561	99.1	546	98.4	556	98.9	162	100.0	2375	98.2
Used	Female	9	3.1	4	1.4	4	1.4	4	1.4	0	0.0	21	1.7
	Male	15	5.4	1	0.3	5	1.8	2	0.7	0	0.0	23	1.9
	Total	24	4.2	5	0.9	9	1.6	6	1.1	0	0.0	44	1.8

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	294	99.7	275	99.3	281	100.0	276	99.3	88	100.0	1214	99.6
	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Total	573	99.8	564	99.6	555	100.0	560	99.6	162	100.0	2414	99.8
Used	Female	1	0.3	2	0.7	0	0.0	2	0.7	0	0.0	5	0.4
	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	2	0.4	0	0.0	2	0.4	0	0.0	5	0.2

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	174	59.0	175	63.2	159	56.6	186	66.9	56	63.6	750	61.5
	Male	203	72.8	235	81.3	205	74.8	219	77.1	59	79.7	921	76.8
	Total	377	65.7	410	72.4	364	65.6	405	72.1	115	71.0	1671	69.1
Used	Female	121	41.0	102	36.8	122	43.4	92	33.1	32	36.4	469	38.5
	Male	76	27.2	54	18.7	69	25.2	65	22.9	15	20.3	279	23.3
	Total	197	34.3	156	27.6	191	34.4	157	27.9	47	29.0	748	30.9

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	234	79.3	221	79.8	237	84.3	231	83.1	72	81.8	995	81.6
	Male	195	69.9	229	79.2	232	84.7	238	83.8	62	83.8	956	79.7
	Total	429	74.7	450	79.5	469	84.5	469	83.5	134	82.7	1951	80.7
Used	Female	61	20.7	56	20.2	44	15.7	47	16.9	16	18.2	224	18.4
	Male	84	30.1	60	20.8	42	15.3	46	16.2	12	16.2	244	20.3
	Total	145	25.3	116	20.5	86	15.5	93	16.5	28	17.3	468	19.3

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	262	88.8	246	88.8	264	94.0	259	93.2	83	94.3	1114	91.4
	Male	247	88.5	272	94.1	256	93.4	269	94.7	68	91.9	1112	92.7
	Total	509	88.7	518	91.5	520	93.7	528	94.0	151	93.2	2226	92.0
Used	Female	33	11.2	31	11.2	17	6.0	19	6.8	5	5.7	105	8.6
	Male	32	11.5	17	5.9	18	6.6	15	5.3	6	8.1	88	7.3
	Total	65	11.3	48	8.5	35	6.3	34	6.0	11	6.8	193	8.0

5) Frequency of supplement intake (DSFQ)

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	108	38.7	157	54.3	140	51.1	130	45.8	35	47.3	570	47.5
	Female	96	32.5	112	40.4	99	35.2	95	34.2	26	29.5	428	35.1
	Total	204	35.5	269	47.5	239	43.1	225	40.0	61	37.7	998	41.3
1	Male	71	25.4	79	27.3	68	24.8	80	28.2	16	21.6	314	26.2
	Female	64	21.7	60	21.7	67	23.8	78	28.1	26	29.5	295	24.2
	Total	135	23.5	139	24.6	135	24.3	158	28.1	42	25.9	609	25.2
2	Male	49	17.6	28	9.7	33	12.0	41	14.4	15	20.3	166	13.8
	Female	58	19.7	39	14.1	50	17.8	41	14.7	10	11.4	198	16.2
	Total	107	18.6	67	11.8	83	15.0	82	14.6	25	15.4	364	15.0
3	Male	20	7.2	14	4.8	15	5.5	16	5.6	8	10.8	73	6.1
	Female	26	8.8	35	12.6	26	9.3	32	11.5	16	18.2	135	11.1
	Total	46	8.0	49	8.7	41	7.4	48	8.5	24	14.8	208	8.6
4	Male	16	5.7	6	2.1	9	3.3	6	2.1	0	0.0	37	3.1
	Female	23	7.8	11	4.0	23	8.2	12	4.3	3	3.4	72	5.9
	Total	39	6.8	17	3.0	32	5.8	18	3.2	3	1.9	109	4.5
5-9	Male	11	3.9	4	1.4	9	3.3	10	3.5	0	0.0	34	2.8
	Female	23	7.8	17	6.1	15	5.3	17	6.1	6	6.8	78	6.4
	Total	34	5.9	21	3.7	24	4.3	27	4.8	6	3.7	112	4.6
10-	Male	4	1.4	1	0.3	0	0.0	1	0.4	0	0.0	6	0.5
	Female	5	1.7	3	1.1	1	0.4	3	1.1	1	1.1	13	1.1
	Total	9	1.6	4	0.7	1	0.2	4	0.7	1	0.6	19	0.8

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	225	80.6	259	89.6	231	84.3	216	76.1	58	78.4	989	82.4
	Female	210	71.2	211	76.2	213	75.8	184	66.2	57	64.8	875	71.8
	Total	435	75.8	470	83.0	444	80.0	400	71.2	115	71.0	1864	77.1
1	Male	36	12.9	21	7.3	31	11.3	50	17.6	11	14.9	149	12.4
	Female	56	19.0	50	18.1	47	16.7	71	25.5	18	20.5	242	19.9
	Total	92	16.0	71	12.5	78	14.1	121	21.5	29	17.9	391	16.2
2	Male	14	5.0	7	2.4	10	3.6	14	4.9	5	6.8	50	4.2
	Female	21	7.1	12	4.3	15	5.3	17	6.1	7	8.0	72	5.9
	Total	35	6.1	19	3.4	25	4.5	31	5.5	12	7.4	122	5.0
3	Male	3	1.1	0	0.0	2	0.7	1	0.4	0	0.0	6	0.5
	Female	5	1.7	3	1.1	5	1.8	5	1.8	4	4.5	22	1.8
	Total	8	1.4	3	0.5	7	1.3	6	1.1	4	2.5	28	1.2
4	Male	1	0.4	0	0.0	0	0.0	2	0.7	0	0.0	3	0.3
	Female	2	0.7	1	0.4	1	0.4	1	0.4	2	2.3	7	0.6
	Total	3	0.5	1	0.2	1	0.2	3	0.5	2	1.2	10	0.4
5-9	Male	0	0.0	2	0.7	0	0.0	0	0.0	0	0.0	2	0.2
	Female	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	1	0.2	2	0.4	0	0.0	0	0.0	0	0.0	3	0.1
10-	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	268	96.1	282	97.6	263	96.0	265	93.3	68	91.9	1146	95.5
	Female	256	86.8	250	90.3	261	92.9	250	89.9	77	87.5	1094	89.7
	Total	524	91.3	532	94.0	524	94.4	515	91.6	145	89.5	2240	92.6
1	Male	10	3.6	5	1.7	6	2.2	17	6.0	6	8.1	44	3.7
	Female	36	12.2	24	8.7	19	6.8	25	9.0	9	10.2	113	9.3
	Total	46	8.0	29	5.1	25	4.5	42	7.5	15	9.3	157	6.5
2	Male	1	0.4	2	0.7	5	1.8	1	0.4	0	0.0	9	0.8
	Female	2	0.7	1	0.4	1	0.4	3	1.1	2	2.3	9	0.7
	Total	3	0.5	3	0.5	6	1.1	4	0.7	2	1.2	18	0.7
3	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Total	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
4	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	1	0.2	0	0.0	0	0.0	1	0.2	0	0.0	2	0.1
5-9	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Total	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	274	98.2	288	99.7	272	99.3	281	98.9	74	100.0	1189	99.1
	Female	288	97.6	273	98.6	278	98.9	273	98.2	88	100.0	1200	98.4
	Total	562	97.9	561	99.1	550	99.1	554	98.6	162	100.0	2389	98.8
1	Male	4	1.4	1	0.3	2	0.7	3	1.1	0	0.0	10	0.8
	Female	7	2.4	3	1.1	3	1.1	4	1.4	0	0.0	17	1.4
	Total	11	1.9	4	0.7	5	0.9	7	1.2	0	0.0	27	1.1
2	Male	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	1	0.4	0	0.0	1	0.4	0	0.0	2	0.2
	Total	1	0.2	1	0.2	0	0.0	1	0.2	0	0.0	3	0.1

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	264	94.6	288	99.7	269	98.2	282	99.3	74	100.0	1177	98.1
	Female	286	96.9	273	98.6	277	98.6	274	98.6	88	100.0	1198	98.3
	Total	550	95.8	561	99.1	546	98.4	556	98.9	162	100.0	2375	98.2
1	Male	10	3.6	1	0.3	5	1.8	2	0.7	0	0.0	18	1.5
	Female	9	3.1	4	1.4	4	1.4	4	1.4	0	0.0	21	1.7
	Total	19	3.3	5	0.9	9	1.6	6	1.1	0	0.0	39	1.6
2	Male	3	1.1	0	0.0	0	0.0	0	0.0	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	3	0.5	0	0.0	0	0.0	0	0.0	0	0.0	3	0.1
3	Male	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0
4	Male	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	279	100.0	289	100.0	274	100.0	284	100.0	74	100.0	1200	100.0
	Female	294	99.7	275	99.3	281	100.0	276	99.3	88	100.0	1214	99.6
	Total	573	99.8	564	99.6	555	100.0	560	99.6	162	100.0	2414	99.8
1	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	1	0.3	2	0.7	0	0.0	2	0.7	0	0.0	5	0.4
	Total	1	0.2	2	0.4	0	0.0	2	0.4	0	0.0	5	0.2

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	203	72.8	235	81.3	205	74.8	219	77.1	59	79.7	921	76.8
	Female	174	59.0	175	63.2	159	56.6	186	66.9	56	63.6	750	61.5
	Total	377	65.7	410	72.4	364	65.6	405	72.1	115	71.0	1671	69.1
1	Male	51	18.3	35	12.1	39	14.2	39	13.7	8	10.8	172	14.3
	Female	64	21.7	56	20.2	55	19.6	44	15.8	15	17.0	234	19.2
	Total	115	20.0	91	16.1	94	16.9	83	14.8	23	14.2	406	16.8
2	Male	8	2.9	12	4.2	19	6.9	16	5.6	6	8.1	61	5.1
	Female	31	10.5	23	8.3	44	15.7	22	7.9	11	12.5	131	10.7
	Total	39	6.8	35	6.2	63	11.4	38	6.8	17	10.5	192	7.9
3	Male	9	3.2	6	2.1	8	2.9	6	2.1	1	1.4	30	2.5
	Female	13	4.4	13	4.7	9	3.2	12	4.3	4	4.5	51	4.2
	Total	22	3.8	19	3.4	17	3.1	18	3.2	5	3.1	81	3.3
4	Male	4	1.4	0	0.0	1	0.4	2	0.7	0	0.0	7	0.6
	Female	5	1.7	4	1.4	7	2.5	6	2.2	0	0.0	22	1.8
	Total	9	1.6	4	0.7	8	1.4	8	1.4	0	0.0	29	1.2
5-9	Male	4	1.4	1	0.3	2	0.7	2	0.7	0	0.0	9	0.8
	Female	7	2.4	5	1.8	7	2.5	8	2.9	2	2.3	29	2.4
	Total	11	1.9	6	1.1	9	1.6	10	1.8	2	1.2	38	1.6
10-	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	1	0.3	1	0.4	0	0.0	0	0.0	0	0.0	2	0.2
	Total	1	0.2	1	0.2	0	0.0	0	0.0	0	0.0	2	0.1

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	195	69.9	229	79.2	232	84.7	238	83.8	62	83.8	956	79.7
	Female	234	79.3	221	79.8	237	84.3	231	83.1	72	81.8	995	81.6
	Total	429	74.7	450	79.5	469	84.5	469	83.5	134	82.7	1951	80.7
1	Male	63	22.6	46	15.9	34	12.4	38	13.4	11	14.9	192	16.0
	Female	50	16.9	46	16.6	34	12.1	38	13.7	13	14.8	181	14.8
	Total	113	19.7	92	16.3	68	12.3	76	13.5	24	14.8	373	15.4
2	Male	16	5.7	11	3.8	7	2.6	6	2.1	1	1.4	41	3.4
	Female	9	3.1	8	2.9	8	2.8	8	2.9	2	2.3	35	2.9
	Total	25	4.4	19	3.4	15	2.7	14	2.5	3	1.9	76	3.1
3	Male	2	0.7	3	1.0	1	0.4	2	0.7	0	0.0	8	0.7
	Female	1	0.3	0	0.0	2	0.7	1	0.4	0	0.0	4	0.3
	Total	3	0.5	3	0.5	3	0.5	3	0.5	0	0.0	12	0.5
4	Male	2	0.7	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2

	Female	0	0.0	2	0.7	0	0.0	0	0.0	0	0.0	2	0.2
	Total	2	0.3	2	0.4	0	0.0	0	0.0	0	0.0	4	0.2
5-9	Male	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Female	1	0.3	0	0.0	0	0.0	0	0.0	1	1.1	2	0.2
	Total	2	0.3	0	0.0	0	0.0	0	0.0	1	0.6	3	0.1

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	247	88.5	272	94.1	256	93.4	269	94.7	68	91.9	1112	92.7
	Female	262	88.8	246	88.8	264	94.0	259	93.2	83	94.3	1114	91.4
	Total	509	88.7	518	91.5	520	93.7	528	94.0	151	93.2	2226	92.0
1	Male	28	10.0	16	5.5	14	5.1	12	4.2	5	6.8	75	6.3
	Female	28	9.5	27	9.7	15	5.3	18	6.5	4	4.5	92	7.5
	Total	56	9.8	43	7.6	29	5.2	30	5.3	9	5.6	167	6.9
2	Male	4	1.4	1	0.3	4	1.5	3	1.1	1	1.4	13	1.1
	Female	4	1.4	3	1.1	1	0.4	1	0.4	1	1.1	10	0.8
	Total	8	1.4	4	0.7	5	0.9	4	0.7	2	1.2	23	1.0
3	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	1	0.3	1	0.4	0	0.0	0	0.0	0	0.0	2	0.2
	Total	1	0.2	1	0.2	0	0.0	0	0.0	0	0.0	2	0.1
4	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	0	0.0	0	0.0	1	0.2	0	0.0	0	0.0	1	0.0

6) Beverage and citrus fruits intakes

Frequency of intakes
Japanese sake

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	211	75.6	190	65.7	175	63.9	194	68.3	42	56.8	812	67.7
	Once a month	28	10.0	31	10.7	14	5.1	12	4.2	4	5.4	89	7.4
	2 to 3 times a mo.	9	3.2	12	4.2	14	5.1	12	4.2	3	4.1	50	4.2
	Once a week	12	4.3	19	6.6	19	6.9	14	4.9	2	2.7	66	5.5
	2 to 3 times a week	9	3.2	26	9.0	31	11.3	22	7.7	3	4.1	91	7.6
	4 to 6 times a week	7	2.5	3	1.0	7	2.6	9	3.2	4	5.4	30	2.5
	Once a day or more	3	1.1	8	2.8	14	5.1	21	7.4	16	21.6	62	5.2
Female	Never	275	93.2	263	94.9	259	92.2	253	91.0	83	94.3	1133	92.9
	Once a month	11	3.7	4	1.4	9	3.2	6	2.2	3	3.4	33	2.7
	2 to 3 times a mo.	3	1.0	2	0.7	3	1.1	6	2.2	1	1.1	15	1.2
	Once a week	3	1.0	3	1.1	5	1.8	5	1.8	0	0.0	16	1.3
	2 to 3 times a week	3	1.0	2	0.7	3	1.1	5	1.8	1	1.1	14	1.1
	4 to 6 times a week	0	0.0	1	0.4	1	0.4	3	1.1	0	0.0	5	0.4
	Once a day or more	0	0.0	2	0.7	1	0.4	0	0.0	0	0.0	3	0.2
Total	Never	486	84.7	453	80.0	434	78.2	447	79.5	125	77.2	1945	80.4
	Once a month	39	6.8	35	6.2	23	4.1	18	3.2	7	4.3	122	5.0
	2 to 3 times a mo.	12	2.1	14	2.5	17	3.1	18	3.2	4	2.5	65	2.7
	Once a week	15	2.6	22	3.9	24	4.3	19	3.4	2	1.2	82	3.4
	2 to 3 times a week	12	2.1	28	4.9	34	6.1	27	4.8	4	2.5	105	4.3
	4 to 6 times a week	7	1.2	4	0.7	8	1.4	12	2.1	4	2.5	35	1.4
	Once a day or more	3	0.5	10	1.8	15	2.7	21	3.7	16	9.9	65	2.7

Frequency of intakes
Japanese distilled alcoholic beverages (Shochu)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	156	55.9	149	51.6	154	56.2	194	68.3	64	86.5	717	59.8
	Once a month	18	6.5	9	3.1	8	2.9	5	1.8	0	0.0	40	3.3
	2 to 3 times a mo.	18	6.5	15	5.2	11	4.0	8	2.8	4	5.4	56	4.7
	Once a week	16	5.7	21	7.3	12	4.4	12	4.2	1	1.4	62	5.2
	2 to 3 times a week	29	10.4	34	11.8	33	12.0	9	3.2	2	2.7	107	8.9
	4 to 6 times a week	16	5.7	20	6.9	15	5.5	14	4.9	1	1.4	66	5.5
	Once a day or more	26	9.3	41	14.2	41	15.0	42	14.8	2	2.7	152	12.7
Female	Never	260	88.1	257	92.8	266	94.7	262	94.2	87	98.9	1132	92.9
	Once a month	10	3.4	4	1.4	1	0.4	4	1.4	1	1.1	20	1.6
	2 to 3 times a mo.	3	1.0	2	0.7	8	2.8	0	0.0	0	0.0	13	1.1
	Once a week	3	1.0	4	1.4	3	1.1	2	0.7	0	0.0	12	1.0
	2 to 3 times a week	11	3.7	5	1.8	2	0.7	4	1.4	0	0.0	22	1.8
	4 to 6 times a week	3	1.0	3	1.1	1	0.4	2	0.7	0	0.0	9	0.7
	Once a day or more	5	1.7	2	0.7	0	0.0	4	1.4	0	0.0	11	0.9
Total	Never	416	72.5	406	71.7	420	75.7	456	81.1	151	93.2	1849	76.4
	Once a month	28	4.9	13	2.3	9	1.6	9	1.6	1	0.6	60	2.5
	2 to 3 times a mo.	21	3.7	17	3.0	19	3.4	8	1.4	4	2.5	69	2.9
	Once a week	19	3.3	25	4.4	15	2.7	14	2.5	1	0.6	74	3.1
	2 to 3 times a week	40	7.0	39	6.9	35	6.3	13	2.3	2	1.2	129	5.3
	4 to 6 times a week	19	3.3	23	4.1	16	2.9	16	2.8	1	0.6	75	3.1
	Once a day or more	31	5.4	43	7.6	41	7.4	46	8.2	2	1.2	163	6.7

Frequency of intakes
Shochu-based beverage (Chuhai)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	217	77.8	256	88.6	253	92.3	254	89.4	66	89.2	1046	87.2
	Once a month	14	5.0	7	2.4	6	2.2	8	2.8	0	0.0	35	2.9
	2 to 3 times a mo.	11	3.9	12	4.2	4	1.5	3	1.1	1	1.4	31	2.6
	Once a week	14	5.0	9	3.1	2	0.7	4	1.4	3	4.1	32	2.7
	2 to 3 times a week	16	5.7	1	0.3	3	1.1	2	0.7	1	1.4	23	1.9
	4 to 6 times a week	3	1.1	3	1.0	0	0.0	2	0.7	1	1.4	9	0.8
	Once a day or more	4	1.4	1	0.3	6	2.2	11	3.9	2	2.7	24	2.0
Female	Never	220	74.6	240	86.6	257	91.5	256	92.1	82	93.2	1055	86.5
	Once a month	28	9.5	16	5.8	9	3.2	0	0.0	0	0.0	53	4.3
	2 to 3 times a mo.	21	7.1	8	2.9	4	1.4	5	1.8	1	1.1	39	3.2
	Once a week	12	4.1	5	1.8	4	1.4	4	1.4	0	0.0	25	2.1
	2 to 3 times a week	7	2.4	6	2.2	4	1.4	5	1.8	2	2.3	24	2.0
	4 to 6 times a week	4	1.4	1	0.4	2	0.7	2	0.7	0	0.0	9	0.7
	Once a day or more	3	1.0	1	0.4	1	0.4	6	2.2	3	3.4	14	1.1
Total	Never	437	76.1	496	87.6	510	91.9	510	90.7	148	91.4	2101	86.9
	Once a month	42	7.3	23	4.1	15	2.7	8	1.4	0	0.0	88	3.6
	2 to 3 times a mo.	32	5.6	20	3.5	8	1.4	8	1.4	2	1.2	70	2.9
	Once a week	26	4.5	14	2.5	6	1.1	8	1.4	3	1.9	57	2.4
	2 to 3 times a week	23	4.0	7	1.2	7	1.3	7	1.2	3	1.9	47	1.9
	4 to 6 times a week	7	1.2	4	0.7	2	0.4	4	0.7	1	0.6	18	0.7
	Once a day or more	7	1.2	2	0.4	7	1.3	17	3.0	5	3.1	38	1.6

Frequency of intakes
Regular or draft beer

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Not recorded	0	0.0	1	0.3	0	0.0	0	0.0	0	0.0	1	0.1
	Never	76	27.2	63	21.8	92	33.6	154	54.2	38	51.4	423	35.3
	Once a month	20	7.2	21	7.3	17	6.2	21	7.4	4	5.4	83	6.9
	2 to 3 times a mo.	21	7.5	13	4.5	14	5.1	19	6.7	4	5.4	71	5.9
	Once a week	26	9.3	33	11.4	26	9.5	31	10.9	16	21.6	132	11.0
	2 to 3 times a week	48	17.2	51	17.6	44	16.1	17	6.0	6	8.1	166	13.8
	4 to 6 times a week	30	10.8	31	10.7	21	7.7	15	5.3	1	1.4	98	8.2
	Once a day or more	58	20.8	76	26.3	60	21.9	27	9.5	5	6.8	226	18.8
Female	Not recorded	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Never	176	59.7	184	66.4	206	73.3	229	82.4	75	85.2	870	71.4
	Once a month	17	5.8	15	5.4	13	4.6	9	3.2	2	2.3	56	4.6
	2 to 3 times a mo.	22	7.5	10	3.6	13	4.6	10	3.6	1	1.1	56	4.6
	Once a week	18	6.1	22	7.9	19	6.8	11	4.0	3	3.4	73	6.0
	2 to 3 times a week	29	9.8	14	5.1	11	3.9	13	4.7	1	1.1	68	5.6
	4 to 6 times a week	17	5.8	11	4.0	11	3.9	2	0.7	3	3.4	44	3.6
	Once a day or more	16	5.4	21	7.6	8	2.8	4	1.4	3	3.4	52	4.3
Total	Not recorded	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
	Never	252	43.9	247	43.6	298	53.7	383	68.1	113	69.8	1293	53.5
	Once a month	37	6.4	36	6.4	30	5.4	30	5.3	6	3.7	139	5.7
	2 to 3 times a mo.	43	7.5	23	4.1	27	4.9	29	5.2	5	3.1	127	5.3
	Once a week	44	7.7	55	9.7	45	8.1	42	7.5	19	11.7	205	8.5
	2 to 3 times a week	77	13.4	65	11.5	55	9.9	30	5.3	7	4.3	234	9.7
	4 to 6 times a week	47	8.2	42	7.4	32	5.8	17	3.0	4	2.5	142	5.9
	Once a day or more	74	12.9	97	17.1	68	12.3	31	5.5	8	4.9	278	11.5

Frequency of intakes
Wine

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	231	82.8	242	83.7	237	86.5	262	92.3	68	91.9	1040	86.7
	Once a month	23	8.2	26	9.0	16	5.8	14	4.9	3	4.1	82	6.8
	2 to 3 times a mo.	9	3.2	11	3.8	12	4.4	3	1.1	0	0.0	35	2.9
	Once a week	7	2.5	4	1.4	6	2.2	2	0.7	1	1.4	20	1.7
	2 to 3 times a week	7	2.5	4	1.4	3	1.1	1	0.4	0	0.0	15	1.3
	4 to 6 times a week	1	0.4	2	0.7	0	0.0	1	0.4	1	1.4	5	0.4
	Once a day or more	1	0.4	0	0.0	0	0.0	1	0.4	1	1.4	3	0.3
Female	Never	255	86.4	240	86.6	261	92.9	259	93.2	86	97.7	1101	90.3
	Once a month	21	7.1	14	5.1	7	2.5	9	3.2	1	1.1	52	4.3
	2 to 3 times a mo.	10	3.4	6	2.2	5	1.8	4	1.4	0	0.0	25	2.1
	Once a week	5	1.7	4	1.4	5	1.8	2	0.7	0	0.0	16	1.3
	2 to 3 times a week	1	0.3	9	3.2	2	0.7	2	0.7	0	0.0	14	1.1
	4 to 6 times a week	3	1.0	2	0.7	1	0.4	0	0.0	0	0.0	6	0.5
	Once a day or more	0	0.0	2	0.7	0	0.0	2	0.7	1	1.1	5	0.4
Total	Never	486	84.7	482	85.2	498	89.7	521	92.7	154	95.1	2141	88.5
	Once a month	44	7.7	40	7.1	23	4.1	23	4.1	4	2.5	134	5.5
	2 to 3 times a mo.	19	3.3	17	3.0	17	3.1	7	1.2	0	0.0	60	2.5
	Once a week	12	2.1	8	1.4	11	2.0	4	0.7	1	0.6	36	1.5
	2 to 3 times a week	8	1.4	13	2.3	5	0.9	3	0.5	0	0.0	29	1.2
	4 to 6 times a week	4	0.7	4	0.7	1	0.2	1	0.2	1	0.6	11	0.5
	Once a day or more	1	0.2	2	0.4	0	0.0	3	0.5	2	1.2	8	0.3

Frequency of intakes
Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	242	86.7	246	85.1	238	86.9	253	89.1	67	90.5	1046	87.2
	Once a month	16	5.7	21	7.3	9	3.3	7	2.5	2	2.7	55	4.6
	2 to 3 times a mo.	8	2.9	6	2.1	9	3.3	5	1.8	1	1.4	29	2.4
	Once a week	4	1.4	6	2.1	6	2.2	6	2.1	2	2.7	24	2.0
	2 to 3 times a week	6	2.2	4	1.4	6	2.2	2	0.7	0	0.0	18	1.5
	4 to 6 times a week	1	0.4	2	0.7	2	0.7	6	2.1	1	1.4	12	1.0
	Once a day or more	2	0.7	4	1.4	4	1.5	5	1.8	1	1.4	16	1.3
Female	Never	290	98.3	271	97.8	278	98.9	273	98.2	87	98.9	1199	98.4
	Once a month	2	0.7	3	1.1	1	0.4	1	0.4	0	0.0	7	0.6
	2 to 3 times a mo.	1	0.3	1	0.4	0	0.0	3	1.1	0	0.0	5	0.4
	Once a week	2	0.7	1	0.4	0	0.0	0	0.0	0	0.0	3	0.2
	2 to 3 times a week	0	0.0	0	0.0	0	0.0	1	0.4	1	1.1	2	0.2
	4 to 6 times a week	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Once a day or more	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
Total	Never	532	92.7	517	91.3	516	93.0	526	93.6	154	95.1	2245	92.8
	Once a month	18	3.1	24	4.2	10	1.8	8	1.4	2	1.2	62	2.6
	2 to 3 times a mo.	9	1.6	7	1.2	9	1.6	8	1.4	1	0.6	34	1.4
	Once a week	6	1.0	7	1.2	6	1.1	6	1.1	2	1.2	27	1.1
	2 to 3 times a week	6	1.0	4	0.7	6	1.1	3	0.5	1	0.6	20	0.8
	4 to 6 times a week	1	0.2	3	0.5	2	0.4	6	1.1	1	0.6	13	0.5
	Once a day or more	2	0.3	4	0.7	6	1.1	5	0.9	1	0.6	18	0.7

Frequency of intakes
Regular coffee

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Not recorded	1	0.4	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Never	17	6.1	21	7.3	28	10.2	46	16.2	16	21.6	128	10.7
	Once a month	3	1.1	6	2.1	3	1.1	15	5.3	1	1.4	28	2.3
	2 to 3 times a mo.	8	2.9	7	2.4	3	1.1	11	3.9	3	4.1	32	2.7
	Once a week	12	4.3	9	3.1	8	2.9	15	5.3	5	6.8	49	4.1
	2 to 3 times a week	14	5.0	20	6.9	25	9.1	28	9.9	6	8.1	93	7.8
	4 to 6 times a week	7	2.5	7	2.4	8	2.9	9	3.2	1	1.4	32	2.7
	Once a day or more	217	77.8	219	75.8	199	72.6	160	56.3	42	56.8	837	69.8
Female	Not recorded	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Never	26	8.8	21	7.6	29	10.3	49	17.6	24	27.3	149	12.2
	Once a month	2	0.7	6	2.2	6	2.1	16	5.8	3	3.4	33	2.7
	2 to 3 times a mo.	3	1.0	7	2.5	11	3.9	17	6.1	5	5.7	43	3.5
	Once a week	5	1.7	9	3.2	11	3.9	23	8.3	9	10.2	57	4.7
	2 to 3 times a week	12	4.1	20	7.2	24	8.5	34	12.2	12	13.6	102	8.4
	4 to 6 times a week	11	3.7	9	3.2	15	5.3	11	4.0	2	2.3	48	3.9
	Once a day or more	236	80.0	205	74.0	185	65.8	128	46.0	33	37.5	787	64.6
Total	Not recorded	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0
	Never	43	7.5	42	7.4	57	10.3	95	16.9	40	24.7	277	11.5
	Once a month	5	0.9	12	2.1	9	1.6	31	5.5	4	2.5	61	2.5
	2 to 3 times a mo.	11	1.9	14	2.5	14	2.5	28	5.0	8	4.9	75	3.1
	Once a week	17	3.0	18	3.2	19	3.4	38	6.8	14	8.6	106	4.4
	2 to 3 times a week	26	4.5	40	7.1	49	8.8	62	11.0	18	11.1	195	8.1
	4 to 6 times a week	18	3.1	16	2.8	23	4.1	20	3.6	3	1.9	80	3.3

	Once a day or more	453	78.9	424	74.9	384	69.2	288	51.2	75	46.3	1624	67.1

Frequency of intakes
Black tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	193	69.2	223	77.2	225	82.1	220	77.5	61	82.4	922	76.8
	Once a month	16	5.7	15	5.2	13	4.7	13	4.6	4	5.4	61	5.1
	2 to 3 times a mo.	23	8.2	9	3.1	5	1.8	14	4.9	5	6.8	56	4.7
	Once a week	18	6.5	10	3.5	16	5.8	12	4.2	1	1.4	57	4.8
	2 to 3 times a week	12	4.3	13	4.5	5	1.8	9	3.2	2	2.7	41	3.4
	4 to 6 times a week	5	1.8	1	0.3	1	0.4	1	0.4	0	0.0	8	0.7
	Once a day or more	12	4.3	18	6.2	9	3.3	15	5.3	1	1.4	55	4.6
Female	Never	146	49.5	161	58.1	173	61.6	158	56.8	52	59.1	690	56.6
	Once a month	21	7.1	14	5.1	24	8.5	32	11.5	6	6.8	97	8.0
	2 to 3 times a mo.	25	8.5	12	4.3	26	9.3	17	6.1	4	4.5	84	6.9
	Once a week	35	11.9	37	13.4	20	7.1	18	6.5	9	10.2	119	9.8
	2 to 3 times a week	30	10.2	17	6.1	17	6.0	33	11.9	10	11.4	107	8.8
	4 to 6 times a week	12	4.1	6	2.2	4	1.4	3	1.1	2	2.3	27	2.2
	Once a day or more	26	8.8	30	10.8	17	6.0	17	6.1	5	5.7	95	7.8
Total	Never	339	59.1	384	67.8	398	71.7	378	67.3	113	69.8	1612	66.6
	Once a month	37	6.4	29	5.1	37	6.7	45	8.0	10	6.2	158	6.5
	2 to 3 times a mo.	48	8.4	21	3.7	31	5.6	31	5.5	9	5.6	140	5.8
	Once a week	53	9.2	47	8.3	36	6.5	30	5.3	10	6.2	176	7.3
	2 to 3 times a week	42	7.3	30	5.3	22	4.0	42	7.5	12	7.4	148	6.1
	4 to 6 times a week	17	3.0	7	1.2	5	0.9	4	0.7	2	1.2	35	1.4
	Once a day or more	38	6.6	48	8.5	26	4.7	32	5.7	6	3.7	150	6.2

Frequency of intakes
Green tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Not recorded	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Never	28	10.0	21	7.3	22	8.0	18	6.3	5	6.8	94	7.8
	Once a month	6	2.2	3	1.0	3	1.1	0	0.0	0	0.0	12	1.0
	2 to 3 times a mo.	6	2.2	4	1.4	2	0.7	1	0.4	1	1.4	14	1.2
	Once a week	8	2.9	5	1.7	3	1.1	1	0.4	0	0.0	17	1.4
	2 to 3 times a week	17	6.1	10	3.5	6	2.2	6	2.1	1	1.4	40	3.3
	4 to 6 times a week	12	4.3	9	3.1	5	1.8	5	1.8	0	0.0	31	2.6
	Once a day or more	202	72.4	237	82.0	232	84.7	253	89.1	67	90.5	991	82.6
Female	Not recorded	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Never	36	12.2	21	7.6	11	3.9	8	2.9	4	4.5	80	6.6
	Once a month	8	2.7	1	0.4	1	0.4	4	1.4	0	0.0	14	1.1
	2 to 3 times a mo.	8	2.7	4	1.4	3	1.1	2	0.7	2	2.3	19	1.6
	Once a week	11	3.7	6	2.2	4	1.4	4	1.4	1	1.1	26	2.1
	2 to 3 times a week	19	6.4	12	4.3	6	2.1	7	2.5	2	2.3	46	3.8
	4 to 6 times a week	21	7.1	9	3.2	7	2.5	2	0.7	0	0.0	39	3.2
	Once a day or more	192	65.1	223	80.5	249	88.6	251	90.3	79	89.8	994	81.5
Total	Not recorded	0	0.0	1	0.2	1	0.2	0	0.0	0	0.0	2	0.1
	Never	64	11.1	42	7.4	33	5.9	26	4.6	9	5.6	174	7.2
	Once a month	14	2.4	4	0.7	4	0.7	4	0.7	0	0.0	26	1.1
	2 to 3 times a mo.	14	2.4	8	1.4	5	0.9	3	0.5	3	1.9	33	1.4
	Once a week	19	3.3	11	1.9	7	1.3	5	0.9	1	0.6	43	1.8

	2 to 3 times a week	36	6.3	22	3.9	12	2.2	13	2.3	3	1.9	86	3.6
	4 to 6 times a week	33	5.7	18	3.2	12	2.2	7	1.2	0	0.0	70	2.9
	Once a day or more	394	68.6	460	81.3	481	86.7	504	89.7	146	90.1	1985	82.1

Frequency of intakes
Oolonge tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Not recorded	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Never	138	49.5	151	52.2	163	59.5	204	71.8	63	85.1	719	59.9
	Once a month	16	5.7	24	8.3	14	5.1	18	6.3	4	5.4	76	6.3
	2 to 3 times a mo.	27	9.7	17	5.9	20	7.3	16	5.6	0	0.0	80	6.7
	Once a week	16	5.7	20	6.9	24	8.8	8	2.8	1	1.4	69	5.8
	2 to 3 times a week	19	6.8	16	5.5	11	4.0	10	3.5	3	4.1	59	4.9
	4 to 6 times a week	7	2.5	9	3.1	5	1.8	5	1.8	0	0.0	26	2.2
	Once a day or more	56	20.1	52	18.0	37	13.5	23	8.1	3	4.1	171	14.3
Female	Not recorded	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Never	171	58.0	148	53.4	171	60.9	196	70.5	70	79.5	756	62.0
	Once a month	17	5.8	22	7.9	26	9.3	22	7.9	4	4.5	91	7.5
	2 to 3 times a mo.	13	4.4	14	5.1	21	7.5	18	6.5	5	5.7	71	5.8
	Once a week	14	4.7	18	6.5	8	2.8	7	2.5	3	3.4	50	4.1
	2 to 3 times a week	21	7.1	17	6.1	14	5.0	16	5.8	2	2.3	70	5.7
	4 to 6 times a week	6	2.0	8	2.9	3	1.1	2	0.7	1	1.1	20	1.6
	Once a day or more	53	18.0	49	17.7	38	13.5	17	6.1	3	3.4	160	13.1
Total	Not recorded	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
	Never	309	53.8	299	52.8	334	60.2	400	71.2	133	82.1	1475	61.0
	Once a month	33	5.7	46	8.1	40	7.2	40	7.1	8	4.9	167	6.9
	2 to 3 times a mo.	40	7.0	31	5.5	41	7.4	34	6.0	5	3.1	151	6.2
	Once a week	30	5.2	38	6.7	32	5.8	15	2.7	4	2.5	119	4.9
	2 to 3 times a week	40	7.0	33	5.8	25	4.5	26	4.6	5	3.1	129	5.3
	4 to 6 times a week	13	2.3	17	3.0	8	1.4	7	1.2	1	0.6	46	1.9
	Once a day or more	109	19.0	101	17.8	75	13.5	40	7.1	6	3.7	331	13.7

Frequency of intakes
Satsuma mandarin (Mikan)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	45	16.1	36	12.5	23	8.4	29	10.2	7	9.5	140	11.7
	Once a month	14	5.0	11	3.8	5	1.8	4	1.4	2	2.7	36	3.0
	2 to 3 times a mo.	27	9.7	15	5.2	6	2.2	2	0.7	2	2.7	52	4.3
	Once a week	53	19.0	37	12.8	22	8.0	18	6.3	5	6.8	135	11.3
	2 to 3 times a week	57	20.4	77	26.6	69	25.2	48	16.9	10	13.5	261	21.8
	4 to 6 times a week	17	6.1	8	2.8	9	3.3	21	7.4	7	9.5	62	5.2
	Once a day or more	66	23.7	105	36.3	140	51.1	162	57.0	41	55.4	514	42.8
Female	Never	29	9.8	12	4.3	8	2.8	10	3.6	5	5.7	64	5.3
	Once a month	11	3.7	5	1.8	2	0.7	3	1.1	0	0.0	21	1.7
	2 to 3 times a mo.	21	7.1	9	3.2	6	2.1	2	0.7	1	1.1	39	3.2
	Once a week	28	9.5	23	8.3	12	4.3	5	1.8	6	6.8	74	6.1
	2 to 3 times a week	81	27.5	58	20.9	34	12.1	34	12.2	10	11.4	217	17.8
	4 to 6 times a week	9	3.1	18	6.5	12	4.3	19	6.8	5	5.7	63	5.2
	Once a day or more	116	39.3	152	54.9	207	73.7	205	73.7	61	69.3	741	60.8
Total	Never	74	12.9	48	8.5	31	5.6	39	6.9	12	7.4	204	8.4
	Once a month	25	4.4	16	2.8	7	1.3	7	1.2	2	1.2	57	2.4
	2 to 3 times a mo.	48	8.4	24	4.2	12	2.2	4	0.7	3	1.9	91	3.8

	Once a week	81	14.1	60	10.6	34	6.1	23	4.1	11	6.8	209	8.6
	2 to 3 times a week	138	24.0	135	23.9	103	18.6	82	14.6	20	12.3	478	19.8
	4 to 6 times a week	26	4.5	26	4.6	21	3.8	40	7.1	12	7.4	125	5.2
	Once a day or more	182	31.7	257	45.4	347	62.5	367	65.3	102	63.0	1255	51.9

Frequency of intakes
Citrus fruit

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	150	53.8	133	46.0	112	40.9	116	40.8	38	51.4	549	45.8
	Once a month	34	12.2	30	10.4	22	8.0	18	6.3	6	8.1	110	9.2
	2 to 3 times a mo.	30	10.8	34	11.8	20	7.3	22	7.7	3	4.1	109	9.1
	Once a week	24	8.6	44	15.2	44	16.1	32	11.3	11	14.9	155	12.9
	2 to 3 times a week	27	9.7	26	9.0	40	14.6	49	17.3	9	12.2	151	12.6
	4 to 6 times a week	3	1.1	6	2.1	8	2.9	5	1.8	2	2.7	24	2.0
	Once a day or more	11	3.9	16	5.5	28	10.2	42	14.8	5	6.8	102	8.5
Female	Never	98	33.2	75	27.1	55	19.6	59	21.2	25	28.4	312	25.6
	Once a month	40	13.6	22	7.9	10	3.6	13	4.7	2	2.3	87	7.1
	2 to 3 times a mo.	54	18.3	35	12.6	28	10.0	26	9.4	11	12.5	154	12.6
	Once a week	48	16.3	59	21.3	30	10.7	31	11.2	11	12.5	179	14.7
	2 to 3 times a week	32	10.8	40	14.4	80	28.5	61	21.9	12	13.6	225	18.5
	4 to 6 times a week	9	3.1	12	4.3	16	5.7	14	5.0	1	1.1	52	4.3
	Once a day or more	14	4.7	34	12.3	62	22.1	74	26.6	26	29.5	210	17.2
Total	Never	248	43.2	208	36.7	167	30.1	175	31.1	63	38.9	861	35.6
	Once a month	74	12.9	52	9.2	32	5.8	31	5.5	8	4.9	197	8.1
	2 to 3 times a mo.	84	14.6	69	12.2	48	8.6	48	8.5	14	8.6	263	10.9
	Once a week	72	12.5	103	18.2	74	13.3	63	11.2	22	13.6	334	13.8
	2 to 3 times a week	59	10.3	66	11.7	120	21.6	110	19.6	21	13.0	376	15.5
	4 to 6 times a week	12	2.1	18	3.2	24	4.3	19	3.4	3	1.9	76	3.1
	Once a day or more	25	4.4	50	8.8	90	16.2	116	20.6	31	19.1	312	12.9

Frequency of intakes
Orange juice

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	156	55.9	217	75.1	229	83.6	235	82.7	66	89.2	903	75.3
	Once a month	53	19.0	24	8.3	13	4.7	16	5.6	3	4.1	109	9.1
	2 to 3 times a mo.	33	11.8	18	6.2	11	4.0	13	4.6	2	2.7	77	6.4
	Once a week	17	6.1	18	6.2	10	3.6	7	2.5	1	1.4	53	4.4
	2 to 3 times a week	10	3.6	8	2.8	7	2.6	6	2.1	1	1.4	32	2.7
	4 to 6 times a week	1	0.4	2	0.7	2	0.7	1	0.4	0	0.0	6	0.5
	Once a day or more	9	3.2	2	0.7	2	0.7	6	2.1	1	1.4	20	1.7
Female	Never	204	69.2	210	75.8	250	89.0	245	88.1	77	87.5	986	80.9
	Once a month	40	13.6	23	8.3	7	2.5	8	2.9	5	5.7	83	6.8
	2 to 3 times a mo.	26	8.8	14	5.1	5	1.8	8	2.9	2	2.3	55	4.5
	Once a week	13	4.4	14	5.1	5	1.8	6	2.2	0	0.0	38	3.1
	2 to 3 times a week	9	3.1	10	3.6	11	3.9	9	3.2	2	2.3	41	3.4
	4 to 6 times a week	2	0.7	2	0.7	2	0.7	1	0.4	0	0.0	7	0.6
	Once a day or more	1	0.3	4	1.4	1	0.4	1	0.4	2	2.3	9	0.7
Total	Never	360	62.7	427	75.4	479	86.3	480	85.4	143	88.3	1889	78.1
	Once a month	93	16.2	47	8.3	20	3.6	24	4.3	8	4.9	192	7.9
	2 to 3 times a mo.	59	10.3	32	5.7	16	2.9	21	3.7	4	2.5	132	5.5
	Once a week	30	5.2	32	5.7	15	2.7	13	2.3	1	0.6	91	3.8

2 to 3 times a week	19	3.3	18	3.2	18	3.2	15	2.7	3	1.9	73	3.0
4 to 6 times a week	3	0.5	4	0.7	4	0.7	2	0.4	0	0.0	13	0.5
Once a day or more	10	1.7	6	1.1	3	0.5	7	1.2	3	1.9	29	1.2

Average ethanol intakes per day (ml/day)
Japanese distilled alcoholic beverages (Shochu)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.1	20.2	279	15.7	29.7	285	11.5	23.3	271	8.6	18.5	280	1.7	7.2	74	10.9	22.9	1189
Female	1.3	6.3	295	1.0	6.0	277	0.3	2.7	281	0.5	4.0	277	0.0	0.0	88	0.7	4.8	1218
Total	5.6	15.4	574	8.4	22.8	562	5.8	17.3	552	4.6	14.0	557	0.8	4.9	162	5.7	17.2	2407

Average ethanol intakes per day (ml/day)
Shochu-based beverage (Chuhai)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	2.7	279	0.2	1.1	289	0.3	2.7	273	0.3	1.8	284	0.3	1.2	74	0.4	2.1	1199
Female	0.5	1.9	295	0.2	1.1	277	0.1	0.7	281	0.2	1.0	278	0.1	0.7	88	0.3	1.2	1219
Total	0.7	2.3	574	0.2	1.1	566	0.2	2.0	554	0.2	1.5	562	0.2	1.0	162	0.3	1.7	2418

Average ethanol intakes per day (ml/day)
Regular or draft beer

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.9	12.7	278	11.1	14.5	284	9.0	13.3	270	3.7	7.4	281	2.5	6.8	73	8.1	12.4	1186
Female	3.2	8.0	295	2.6	7.4	274	1.4	5.1	281	0.8	3.8	278	0.8	2.9	88	1.9	6.2	1216
Total	6.4	11.0	573	6.9	12.3	558	5.2	10.7	551	2.2	6.1	559	1.6	5.1	161	5.0	10.2	2402

Average ethanol intakes per day (ml/day)
Wine

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	5.2	279	0.5	2.8	289	0.3	1.2	274	0.1	1.0	284	0.1	0.7	73	0.4	3.0	1199
Female	0.5	3.2	295	0.4	1.8	277	0.1	0.5	281	0.2	1.6	278	0.1	1.2	88	0.3	2.0	1219
Total	0.7	4.3	574	0.5	2.4	566	0.2	0.9	555	0.2	1.3	562	0.1	1.0	161	0.4	2.5	2418

Average ethanol intakes per day (ml/day)
Hard liquor (such as whisky, brandy, gin, vodka, rum, cocktails, etc.)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	6.7	279	1.4	9.0	288	1.8	11.0	274	1.5	9.1	283	0.4	2.4	73	1.4	8.8	1197
Female	0.0	0.3	295	0.0	0.4	277	0.3	3.9	281	0.1	0.6	278	0.1	0.5	88	0.1	1.9	1219
Total	0.6	4.7	574	0.8	6.5	565	1.1	8.3	555	0.8	6.5	561	0.2	1.7	161	0.8	6.4	2416

Average ethanol intakes per day (ml/day)
Total alcohol

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.2	24.4	279	22.2	32.8	284	19.4	28.1	270	15.1	23.3	278	11.2	17.7	73	17.6	27.1	1184
Female	2.6	8.3	295	1.8	6.9	276	1.1	5.0	281	1.3	5.1	277	0.4	1.5	88	1.6	6.3	1217
Total	8.7	19.1	574	12.1	25.9	560	10.0	22.0	551	8.2	18.2	555	5.3	13.1	161	9.5	21.1	2401

Average intakes per day (ml/day)
Coffee

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	372.1	300.3	278	325.8	281.7	287	264.4	235.8	274	183.0	221.6	284	147.7	168.9	74	277.6	267.9	1197
Female	335.7	258.0	294	287.8	241.4	277	223.7	211.5	281	123.0	138.1	278	94.8	113.9	88	233.0	228.5	1218
Total	353.4	279.7	572	307.1	263.2	564	243.8	224.6	555	153.3	187.3	562	119.0	143.7	162	255.1	249.7	2415

Average intakes per day (ml/day)
Black tea

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.5	58.6	279	19.4	71.6	288	11.9	54.7	274	13.9	49.6	284	11.0	70.0	74	15.7	60.0	1199
Female	39.5	89.1	294	33.7	74.5	277	23.1	66.2	281	23.7	56.7	278	24.5	55.7	88	29.7	71.9	1218
Total	29.3	76.4	573	26.4	73.3	565	17.5	61.0	555	18.8	53.4	562	18.3	62.8	162	22.7	66.6	2417

Average intakes per day (ml/day)
Green tea

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	354.2	346.8	278	467.3	468.8	287	547.9	418.0	269	626.5	419.0	284	625.4	369.3	73	506.7	425.0	1191
Female	323.5	344.6	294	465.5	394.8	274	647.6	405.5	281	721.3	481.1	277	697.8	380.5	88	548.4	435.1	1214
Total	338.4	345.7	572	466.4	433.8	561	598.8	414.3	550	673.3	452.8	561	665.0	376.0	161	527.8	430.6	2405

Average intakes per day (ml/day)
Oolong tea

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	89.0	200.4	278	77.0	165.9	287	71.5	200.5	274	43.0	173.1	284	13.9	65.9	74	66.6	181.3	1197
Female	88.7	220.0	295	94.1	232.9	275	59.6	164.6	279	33.8	129.1	278	20.1	107.2	88	65.7	188.4	1215
Total	88.8	210.5	573	85.4	201.5	562	65.5	183.2	553	38.5	152.9	562	17.3	90.5	162	66.1	184.9	2412

Average intakes per day (piece/day)
Satsuma mandarin (Mikan)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.3	279	1.3	2.2	289	1.7	2.1	274	1.8	2.0	284	1.5	1.5	74	1.4	1.9	1200
Female	1.1	1.3	295	1.7	1.9	277	2.4	2.1	281	2.5	2.5	278	1.8	1.6	88	1.9	2.0	1219
Total	0.9	1.3	574	1.5	2.0	566	2.0	2.1	555	2.1	2.3	562	1.6	1.6	162	1.7	2.0	2419

Average intakes per day (piece/day)
Citrus fruit

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.2	279	0.1	0.2	289	0.2	0.3	273	0.2	0.4	283	0.1	0.2	74	0.1	0.3	1198
Female	0.1	0.2	295	0.2	0.5	277	0.4	0.7	280	0.4	0.5	276	0.3	0.5	88	0.3	0.5	1216
Total	0.1	0.2	574	0.2	0.4	566	0.3	0.6	553	0.3	0.5	559	0.2	0.4	162	0.2	0.4	2414

Average intakes per day (ml/day)
Orange juice

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.5	47.2	279	6.9	23.3	288	4.8	20.2	274	6.5	32.5	284	4.1	23.5	74	7.7	32.2	1199
Female	6.3	18.6	295	7.1	22.8	277	4.5	22.2	280	3.3	12.4	278	5.2	23.7	88	5.3	19.8	1218
Total	9.8	35.6	574	7.0	23.0	565	4.6	21.2	554	4.9	24.7	562	4.7	23.5	162	6.5	26.7	2417