

## IV. Nutritional Examinations

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods were weighed separately as raw materials with scales before cooked. 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 4th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan. 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).

### [1\) Food intake - Three days dietary record \(3DR\)](#)

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

### [2\) Nutrition intake - Three days dietary record \(3DR\)](#)

- Energy
- Water
- Protein
- Lipid
- Carbohydrate
- Ash
- Sodium
- Potassium
- Calcium
- Magnesium
- Phosphorus
- Iron
- Zinc
- Copper
- Manganese
- Retinol
- $\alpha$ -Carotene
- $\beta$ -Carotene
- Cryptoxanthin
- $\beta$ -Carotene equivalents
- Retinol potency
- Vitamin D
- $\alpha$ -Tocopherols
- $\beta$ -Tocopherols
- $\gamma$ -Tocopherols
- $\delta$ -Tocopherols
- $\alpha$ -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  
Sulfur-containing amino acids  
Phenylalanine  
Tyrosine  
Aromatic amino acids  
Threonine  
Tryptophan  
Valine  
Histidine  
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  
Octanoic acid  
Decanoic acid  
Decenoic acid  
Lauric acid  
Tridecanoic acid  
Myristic acid  
Pentadecanoic acid  
Pentadecenoic acid  
Palmitic acid  
Palmitoleic acid  
Heptadecenoic acid  
Stearic acid  
Arachidic acid  
Behenic acid  
Lignoceric acid  
Pentadecanoic acid  
Decenoic acid  
Myristoleic acid  
Pentadecanoic acid  
Palmitoleic acid  
Heptadecenoic acid  
Oleic acid  
Icosenoic acid  
Docosenoic acid  
Tetracosenoic acid  
Hexadecadienoic acid  
Hexadecatrienoic acid  
Hexadecatetraenoic acid  
Linoleic acid  
 $\alpha$ -Linolenic acid  
 $\gamma$ -Linolenic acid  
Octadecatetraenoic acid  
Icosadienoic acid  
Icosatrienoic acid  
Icosatetraenoic acid  
Arachidic acid  
Icosapentaenoic acid  
Henicosapentaenoic acid  
Docosadienoic acid  
Docosatetraenoic acid  
n-3 docosapentaenoic acid  
n-6 docosapentaenoic acid  
Docosahexaenoic acid  
Alcohol

[3\) State of using supplement in previous 1 year \(Frequency questionnaire\)](#)

[4\) Frequency of supplement intake \(Frequency questionnaire\)](#)

[5\) Beverage intakes](#)

Three days dietary record (3DR)

1) Food intake (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   | 548.6   | 150.1 | 253 | 541.7   | 134.5 | 276 | 539.7   | 149.1 | 279 | 511.0   | 141.3 | 254 | 497.7 | 118.8 | 14 | 535.0 | 144.0 | 1076 |
| Female | 393.4   | 95.4  | 241 | 392.9   | 93.8  | 270 | 401.9   | 103.6 | 265 | 398.3   | 116.8 | 241 | 384.9 | 78.9  | 19 | 396.4 | 102.1 | 1036 |
| Total  | 472.9   | 148.3 | 494 | 468.1   | 137.9 | 546 | 472.6   | 146.1 | 544 | 456.1   | 141.6 | 495 | 432.8 | 111.5 | 33 | 467.0 | 143.1 | 2112 |

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   | 39.4    | 29.9 | 253 | 48.0    | 36.9 | 276 | 50.1    | 40.9 | 279 | 47.2    | 36.8 | 254 | 59.9  | 74.1 | 14 | 46.5  | 37.3 | 1076 |
| Female | 39.8    | 32.7 | 241 | 41.9    | 33.4 | 270 | 46.2    | 37.9 | 265 | 47.8    | 35.9 | 241 | 42.6  | 32.6 | 19 | 43.9  | 35.1 | 1036 |
| Total  | 39.6    | 31.3 | 494 | 45.0    | 35.3 | 546 | 48.2    | 39.4 | 544 | 47.5    | 36.3 | 495 | 49.9  | 53.9 | 33 | 45.2  | 36.3 | 2112 |

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   | 9.6     | 9.0 | 253 | 8.9     | 8.2 | 276 | 9.9     | 10.6 | 279 | 10.2    | 9.5 | 254 | 9.9   | 7.2 | 14 | 9.7   | 9.3 | 1076 |
| Female | 8.2     | 7.1 | 241 | 8.8     | 6.5 | 270 | 9.0     | 7.4  | 265 | 9.6     | 8.1 | 241 | 7.9   | 5.4 | 19 | 8.9   | 7.2 | 1036 |
| Total  | 8.9     | 8.1 | 494 | 8.8     | 7.4 | 546 | 9.5     | 9.2  | 544 | 9.9     | 8.9 | 495 | 8.8   | 6.2 | 33 | 9.3   | 8.4 | 2112 |

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   | 62.2    | 49.0 | 253 | 68.5    | 51.5 | 276 | 80.0    | 57.8 | 279 | 70.5    | 50.8 | 254 | 62.6  | 51.6 | 14 | 70.4  | 52.8 | 1076 |
| Female | 49.5    | 40.9 | 241 | 59.7    | 45.0 | 270 | 67.2    | 46.9 | 265 | 70.3    | 49.8 | 241 | 59.5  | 34.2 | 19 | 61.7  | 46.2 | 1036 |
| Total  | 56.0    | 45.6 | 494 | 64.1    | 48.6 | 546 | 73.8    | 53.1 | 544 | 70.4    | 50.3 | 495 | 60.8  | 41.7 | 33 | 66.1  | 49.8 | 2112 |

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   | 3.1     | 6.0 | 253 | 3.4     | 7.1 | 276 | 4.3     | 7.8 | 279 | 3.7     | 6.2 | 254 | 6.1   | 10.0 | 14 | 3.7   | 6.9 | 1076 |
| Female | 4.2     | 7.5 | 241 | 4.5     | 6.4 | 270 | 4.3     | 6.1 | 265 | 4.0     | 7.1 | 241 | 4.9   | 6.2  | 19 | 4.3   | 6.7 | 1036 |
| Total  | 3.7     | 6.8 | 494 | 3.9     | 6.8 | 546 | 4.3     | 7.0 | 544 | 3.8     | 6.7 | 495 | 5.4   | 7.9  | 33 | 4.0   | 6.8 | 2112 |

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   | 173.2 | 83.1 | 253 | 195.6 | 86.4 | 276 | 206.6 | 93.2 | 279 | 186.1 | 83.9 | 254 | 175.7 | 109.5 | 14 | 190.7 | 87.9 | 1076 |
| Female | 165.3 | 87.0 | 241 | 179.8 | 74.2 | 270 | 192.4 | 79.3 | 265 | 172.1 | 74.2 | 241 | 140.8 | 64.4  | 19 | 177.1 | 79.2 | 1036 |
| Total  | 169.4 | 85.0 | 494 | 187.7 | 80.9 | 546 | 199.7 | 87.0 | 544 | 179.3 | 79.5 | 495 | 155.6 | 86.6  | 33 | 184.0 | 84.0 | 2112 |

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   | 84.5    | 48.1 | 253 | 108.5   | 71.4 | 276 | 130.8   | 75.5 | 279 | 119.8   | 73.4 | 254 | 126.6 | 70.3 | 14 | 111.5 | 70.3 | 1076 |
| Female | 87.3    | 48.8 | 241 | 112.4   | 70.0 | 270 | 127.3   | 70.0 | 265 | 124.1   | 75.5 | 241 | 102.0 | 66.1 | 19 | 112.9 | 68.6 | 1036 |
| Total  | 85.8    | 48.4 | 494 | 110.4   | 70.7 | 546 | 129.1   | 72.8 | 544 | 121.9   | 74.4 | 495 | 112.4 | 67.9 | 33 | 112.2 | 69.5 | 2112 |

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   | 94.2    | 92.5 | 253 | 115.1   | 108.7 | 276 | 167.8   | 145.5 | 279 | 153.2   | 128.2 | 254 | 153.7 | 101.0 | 14 | 133.3 | 123.9 | 1076 |
| Female | 121.1   | 95.8 | 241 | 169.7   | 121.0 | 270 | 178.9   | 128.1 | 265 | 172.9   | 133.0 | 241 | 149.0 | 100.0 | 19 | 161.1 | 122.1 | 1036 |
| Total  | 107.3   | 95.0 | 494 | 142.1   | 118.0 | 546 | 173.2   | 137.3 | 544 | 162.8   | 130.8 | 495 | 151.0 | 98.9  | 33 | 147.0 | 123.8 | 2112 |

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   | 13.6    | 14.1 | 253 | 17.3    | 16.5 | 276 | 14.8    | 16.8 | 279 | 13.3    | 16.0 | 254 | 10.0  | 9.0  | 14 | 14.7  | 15.9 | 1076 |
| Female | 14.5    | 13.9 | 241 | 16.4    | 14.9 | 270 | 14.9    | 14.6 | 265 | 16.2    | 21.4 | 241 | 13.7  | 13.8 | 19 | 15.5  | 16.3 | 1036 |
| Total  | 14.1    | 14.0 | 494 | 16.8    | 15.7 | 546 | 14.8    | 15.8 | 544 | 14.7    | 18.9 | 495 | 12.1  | 11.9 | 33 | 15.1  | 16.1 | 2112 |

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   | 12.0    | 13.8 | 253 | 13.5    | 14.0 | 276 | 17.4    | 20.6 | 279 | 15.0    | 15.3 | 254 | 16.1  | 15.6 | 14 | 14.6  | 16.3 | 1076 |
| Female | 10.0    | 12.0 | 241 | 13.9    | 20.0 | 270 | 16.6    | 24.7 | 265 | 12.9    | 15.8 | 241 | 26.6  | 29.0 | 19 | 13.7  | 19.3 | 1036 |
| Total  | 11.0    | 12.9 | 494 | 13.7    | 17.2 | 546 | 17.0    | 22.6 | 544 | 14.0    | 15.6 | 495 | 22.1  | 24.5 | 33 | 14.1  | 17.9 | 2112 |

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   | 99.1    | 58.8 | 253 | 122.7   | 57.4 | 276 | 114.1   | 54.2 | 279 | 107.7   | 51.2 | 254 | 75.0  | 47.9 | 14 | 110.8 | 56.1 | 1076 |
| Female | 80.7    | 42.3 | 241 | 89.1    | 42.0 | 270 | 87.0    | 44.8 | 265 | 83.1    | 40.3 | 241 | 81.6  | 29.8 | 19 | 85.1  | 42.3 | 1036 |
| Total  | 90.2    | 52.2 | 494 | 106.1   | 53.1 | 546 | 100.9   | 51.6 | 544 | 95.7    | 47.8 | 495 | 78.8  | 38.0 | 33 | 98.2  | 51.4 | 2112 |

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   | 92.2 | 44.2 | 253 | 78.2 | 41.4 | 276 | 61.5 | 36.0 | 279 | 52.7 | 34.2 | 254 | 37.6 | 28.2 | 14 | 70.6 | 41.9 | 1076 |
| Female | 64.6 | 33.8 | 241 | 56.0 | 32.5 | 270 | 50.2 | 30.1 | 265 | 44.2 | 27.9 | 241 | 31.6 | 25.2 | 19 | 53.3 | 32.0 | 1036 |
| Total  | 78.8 | 41.8 | 494 | 67.2 | 38.9 | 546 | 56.0 | 33.7 | 544 | 48.5 | 31.6 | 495 | 34.2 | 26.2 | 33 | 62.1 | 38.3 | 2112 |

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   | 52.1    | 28.5 | 253 | 49.8    | 28.1 | 276 | 49.5    | 28.7 | 279 | 49.0    | 28.1 | 254 | 57.0  | 44.6 | 14 | 50.2  | 28.6 | 1076 |
| Female | 44.7    | 25.9 | 241 | 42.3    | 26.0 | 270 | 44.9    | 26.0 | 265 | 39.9    | 24.2 | 241 | 34.6  | 26.6 | 19 | 42.8  | 25.6 | 1036 |
| Total  | 48.5    | 27.5 | 494 | 46.1    | 27.3 | 546 | 47.3    | 27.5 | 544 | 44.6    | 26.6 | 495 | 44.1  | 36.5 | 33 | 46.6  | 27.4 | 2112 |

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   | 136.9   | 122.7 | 253 | 114.9   | 120.7 | 276 | 158.1   | 134.3 | 279 | 158.2   | 131.0 | 254 | 187.8 | 120.0 | 14 | 142.4 | 128.4 | 1076 |
| Female | 153.6   | 105.9 | 241 | 146.7   | 123.8 | 270 | 161.8   | 121.2 | 265 | 163.8   | 134.3 | 241 | 157.1 | 149.6 | 19 | 156.3 | 122.3 | 1036 |
| Total  | 145.1   | 115.0 | 494 | 130.6   | 123.2 | 546 | 159.9   | 128.0 | 544 | 160.9   | 132.6 | 495 | 170.1 | 136.7 | 33 | 149.3 | 125.6 | 2112 |

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   | 12.4    | 6.0 | 253 | 10.4    | 5.3 | 276 | 9.9     | 6.2 | 279 | 8.1     | 5.5 | 254 | 8.2   | 6.9 | 14 | 10.2  | 6.0 | 1076 |
| Female | 11.0    | 5.4 | 241 | 9.8     | 6.1 | 270 | 7.9     | 5.3 | 265 | 6.3     | 4.4 | 241 | 5.4   | 4.4 | 19 | 8.7   | 5.6 | 1036 |
| Total  | 11.7    | 5.8 | 494 | 10.1    | 5.7 | 546 | 8.9     | 5.9 | 544 | 7.3     | 5.1 | 495 | 6.6   | 5.7 | 33 | 9.5   | 5.9 | 2112 |

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   | 31.5    | 37.4 | 253 | 27.6    | 34.2 | 276 | 28.8    | 35.7 | 279 | 33.9    | 36.4 | 254 | 18.8  | 25.9 | 14 | 30.2  | 35.8 | 1076 |
| Female | 50.4    | 41.2 | 241 | 47.3    | 38.4 | 270 | 43.2    | 40.7 | 265 | 40.5    | 38.7 | 241 | 36.3  | 32.5 | 19 | 45.2  | 39.8 | 1036 |
| Total  | 40.7    | 40.4 | 494 | 37.3    | 37.6 | 546 | 35.8    | 38.9 | 544 | 37.1    | 37.7 | 495 | 28.9  | 30.7 | 33 | 37.5  | 38.5 | 2112 |

Beverages (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   | 993.9   | 495.2 | 253 | 1003.7  | 515.1 | 276 | 925.6   | 489.6 | 279 | 778.6   | 427.9 | 254 | 595.9 | 289.8 | 14 | 922.7 | 490.6 | 1076 |
| Female | 705.0   | 373.7 | 241 | 727.8   | 353.3 | 270 | 686.7   | 385.3 | 265 | 657.4   | 344.5 | 241 | 529.6 | 220.7 | 19 | 692.0 | 363.6 | 1036 |
| Total  | 852.9   | 462.9 | 494 | 867.3   | 463.2 | 546 | 809.2   | 457.4 | 544 | 719.6   | 393.9 | 495 | 557.7 | 250.3 | 33 | 809.5 | 448.0 | 2112 |

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   | 63.3 | 25.5 | 253 | 64.6 | 21.6 | 276 | 62.6 | 24.4 | 279 | 57.7 | 20.1 | 254 | 53.3 | 19.4 | 14 | 62.0 | 23.1 | 1076 |
| Female | 53.8 | 18.3 | 241 | 54.3 | 19.6 | 270 | 54.5 | 19.7 | 265 | 52.1 | 16.8 | 241 | 47.6 | 13.1 | 19 | 53.6 | 18.6 | 1036 |
| Total  | 58.7 | 22.8 | 494 | 59.5 | 21.3 | 546 | 58.7 | 22.5 | 544 | 54.9 | 18.8 | 495 | 50.1 | 16.0 | 33 | 57.9 | 21.4 | 2112 |

2) Nutrition intake from foods (3DR)

Nutrition intake from foods  
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   | 2380.6  | 401.0 | 253 | 2343.4  | 390.4 | 276 | 2313.1  | 373.5 | 279 | 2127.6  | 367.4 | 254 | 1909.8 | 313.0 | 14 | 2287.7 | 395.7 | 1076 |
| Female | 1917.1  | 323.4 | 241 | 1894.6  | 309.9 | 270 | 1862.7  | 323.1 | 265 | 1785.7  | 350.9 | 241 | 1674.5 | 243.5 | 19 | 1862.3 | 329.2 | 1036 |
| Total  | 2154.5  | 432.3 | 494 | 2121.5  | 418.0 | 546 | 2093.7  | 415.8 | 544 | 1961.1  | 397.8 | 495 | 1774.3 | 295.1 | 33 | 2079.0 | 422.1 | 2112 |

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   | 1986.1  | 520.2 | 253 | 2063.0  | 560.8 | 276 | 2088.2  | 573.1 | 279 | 1880.6  | 530.9 | 254 | 1688.0 | 439.4 | 14 | 2003.5 | 552.4 | 1076 |
| Female | 1622.4  | 440.1 | 241 | 1732.7  | 449.4 | 270 | 1766.1  | 502.7 | 265 | 1684.1  | 447.8 | 241 | 1453.9 | 379.0 | 19 | 1699.2 | 463.5 | 1036 |
| Total  | 1808.7  | 515.5 | 494 | 1899.7  | 534.5 | 546 | 1931.3  | 563.0 | 544 | 1784.9  | 501.4 | 495 | 1553.2 | 415.9 | 33 | 1854.2 | 532.8 | 2112 |

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   | 87.1    | 16.9 | 253 | 88.6    | 15.7 | 276 | 87.6    | 16.2 | 279 | 82.3    | 16.6 | 254 | 72.5  | 17.2 | 14 | 86.3  | 16.6 | 1076 |
| Female | 72.5    | 13.4 | 241 | 73.7    | 13.4 | 270 | 73.7    | 14.7 | 265 | 70.6    | 15.1 | 241 | 65.6  | 11.7 | 19 | 72.6  | 14.2 | 1036 |
| Total  | 80.0    | 16.9 | 494 | 81.2    | 16.4 | 546 | 80.9    | 16.9 | 544 | 76.6    | 16.9 | 495 | 68.5  | 14.5 | 33 | 79.6  | 16.9 | 2112 |

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   | 66.8    | 16.6 | 253 | 61.1    | 16.3 | 276 | 58.1    | 15.6 | 279 | 52.1    | 14.6 | 254 | 43.7  | 16.1 | 14 | 59.3  | 16.7 | 1076 |
| Female | 59.9    | 15.7 | 241 | 54.5    | 14.4 | 270 | 49.9    | 13.3 | 265 | 45.9    | 13.9 | 241 | 43.5  | 12.1 | 19 | 52.4  | 15.2 | 1036 |
| Total  | 63.4    | 16.5 | 494 | 57.8    | 15.7 | 546 | 54.1    | 15.1 | 544 | 49.1    | 14.5 | 495 | 43.6  | 13.7 | 33 | 55.9  | 16.3 | 2112 |

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   | 317.2   | 64.0 | 253 | 316.5   | 61.0 | 276 | 326.8   | 62.9 | 279 | 308.5   | 62.5 | 254 | 292.5 | 45.9 | 14 | 317.1 | 62.7 | 1076 |
| Female | 260.9   | 49.0 | 241 | 269.4   | 48.9 | 270 | 273.1   | 53.4 | 265 | 268.1   | 61.6 | 241 | 252.6 | 38.6 | 19 | 267.7 | 53.2 | 1036 |
| Total  | 289.7   | 63.7 | 494 | 293.2   | 60.1 | 546 | 300.7   | 64.3 | 544 | 288.8   | 65.2 | 495 | 269.5 | 45.8 | 33 | 292.9 | 63.2 | 2112 |

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   | 19.5    | 3.7 | 253 | 20.9    | 4.3 | 276 | 21.8    | 4.4 | 279 | 20.4    | 4.5 | 254 | 20.1  | 7.4 | 14 | 20.7  | 4.4 | 1076 |
| Female | 17.5    | 3.5 | 241 | 18.2    | 3.5 | 270 | 18.8    | 4.1 | 265 | 18.4    | 4.0 | 241 | 16.7  | 3.8 | 19 | 18.2  | 3.8 | 1036 |
| Total  | 18.5    | 3.7 | 494 | 19.6    | 4.1 | 546 | 20.4    | 4.5 | 544 | 19.4    | 4.4 | 495 | 18.1  | 5.8 | 33 | 19.5  | 4.3 | 2112 |

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   | 4573    | 959 | 253 | 4816    | 1084 | 276 | 4890    | 1100 | 279 | 4621    | 1152 | 254 | 4663  | 2113 | 14 | 4730  | 1101 | 1076 |
| Female | 3980    | 876 | 241 | 4052    | 880  | 270 | 4135    | 1010 | 265 | 4064    | 954  | 241 | 3652  | 780  | 19 | 4052  | 931  | 1036 |
| Total  | 4283    | 965 | 494 | 4439    | 1059 | 546 | 4522    | 1122 | 544 | 4350    | 1095 | 495 | 4081  | 1554 | 33 | 4397  | 1076 | 2112 |

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   | 2838    | 643 | 253 | 3107    | 746 | 276 | 3348    | 779 | 279 | 3121    | 814 | 254 | 2970  | 925 | 14 | 3108  | 771 | 1076 |
| Female | 2635    | 614 | 241 | 2887    | 650 | 270 | 3010    | 753 | 265 | 2909    | 772 | 241 | 2609  | 728 | 19 | 2860  | 713 | 1036 |
| Total  | 2739    | 636 | 494 | 2998    | 708 | 546 | 3183    | 784 | 544 | 3018    | 800 | 495 | 2762  | 824 | 33 | 2986  | 753 | 2112 |

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   | 585.9   | 184.4 | 253 | 608.5   | 202.2 | 276 | 700.5   | 232.1 | 279 | 665.5   | 221.2 | 254 | 695.2 | 295.6 | 14 | 641.6 | 216.8 | 1076 |
| Female | 566.1   | 185.2 | 241 | 608.2   | 220.8 | 270 | 654.2   | 230.1 | 265 | 664.7   | 270.9 | 241 | 646.2 | 317.1 | 19 | 624.0 | 233.2 | 1036 |
| Total  | 576.2   | 184.8 | 494 | 608.4   | 211.4 | 546 | 677.9   | 232.1 | 544 | 665.1   | 246.4 | 495 | 667.0 | 304.4 | 33 | 633.0 | 225.1 | 2112 |

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   | 310.4   | 68.2 | 253 | 336.6   | 72.7 | 276 | 352.8   | 76.9 | 279 | 326.3   | 82.2 | 254 | 297.0 | 96.6 | 14 | 331.7 | 77.0 | 1076 |
| Female | 268.9   | 56.6 | 241 | 292.1   | 67.8 | 270 | 303.8   | 73.2 | 265 | 291.3   | 74.9 | 241 | 264.6 | 74.5 | 19 | 289.0 | 69.8 | 1036 |
| Total  | 290.2   | 66.1 | 494 | 314.6   | 73.7 | 546 | 328.9   | 78.9 | 544 | 309.2   | 80.6 | 495 | 278.3 | 84.7 | 33 | 310.8 | 76.5 | 2112 |

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   | 1275    | 257 | 253 | 1309    | 251 | 276 | 1337    | 257 | 279 | 1263    | 274 | 254 | 1159  | 331 | 14 | 1295  | 262 | 1076 |
| Female | 1093    | 222 | 241 | 1118    | 225 | 270 | 1153    | 262 | 265 | 1117    | 275 | 241 | 1056  | 276 | 19 | 1120  | 248 | 1036 |
| Total  | 1186    | 257 | 494 | 1215    | 257 | 546 | 1247    | 275 | 544 | 1192    | 284 | 495 | 1099  | 300 | 33 | 1209  | 270 | 2112 |

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   | 9.3     | 2.2 | 253 | 9.9     | 2.4 | 276 | 10.9    | 2.9 | 279 | 10.3    | 2.8 | 254 | 9.9   | 3.2 | 14 | 10.1  | 2.7 | 1076 |
| Female | 8.3     | 2.0 | 241 | 9.2     | 2.5 | 270 | 9.8     | 2.7 | 265 | 9.4     | 2.8 | 241 | 9.0   | 2.7 | 19 | 9.2   | 2.6 | 1036 |
| Total  | 8.8     | 2.2 | 494 | 9.6     | 2.5 | 546 | 10.4    | 2.9 | 544 | 9.9     | 2.8 | 495 | 9.4   | 2.9 | 33 | 9.7   | 2.7 | 2112 |

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   | 10.2    | 2.3 | 253 | 10.1    | 2.2 | 276 | 10.3    | 2.2 | 279 | 9.6     | 2.0 | 254 | 8.4   | 1.8 | 14 | 10.0  | 2.2 | 1076 |
| Female | 8.3     | 1.8 | 241 | 8.4     | 1.6 | 270 | 8.6     | 2.0 | 265 | 8.3     | 1.9 | 241 | 7.7   | 1.6 | 19 | 8.4   | 1.9 | 1036 |
| Total  | 9.3     | 2.3 | 494 | 9.3     | 2.2 | 546 | 9.5     | 2.2 | 544 | 9.0     | 2.1 | 495 | 8.0   | 1.7 | 33 | 9.2   | 2.2 | 2112 |

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   | 1.40    | 0.34 | 253 | 1.48    | 0.36 | 276 | 1.56    | 0.35 | 279 | 1.48    | 0.36 | 254 | 1.40  | 0.37 | 14 | 1.48  | 0.36 | 1076 |
| Female | 1.19    | 0.31 | 241 | 1.27    | 0.27 | 270 | 1.35    | 0.33 | 265 | 1.30    | 0.38 | 241 | 1.22  | 0.28 | 19 | 1.28  | 0.33 | 1036 |
| Total  | 1.30    | 0.34 | 494 | 1.38    | 0.34 | 546 | 1.45    | 0.36 | 544 | 1.39    | 0.38 | 495 | 1.30  | 0.33 | 33 | 1.38  | 0.36 | 2112 |

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   | 4.06    | 1.22 | 253 | 4.58    | 1.93 | 276 | 4.82    | 1.81 | 279 | 4.63    | 1.48 | 254 | 4.15  | 1.01 | 14 | 4.53  | 1.66 | 1076 |
| Female | 3.59    | 1.40 | 241 | 4.06    | 1.17 | 270 | 4.39    | 1.64 | 265 | 4.39    | 2.88 | 241 | 4.05  | 1.11 | 19 | 4.11  | 1.88 | 1036 |
| Total  | 3.83    | 1.33 | 494 | 4.32    | 1.62 | 546 | 4.61    | 1.74 | 544 | 4.51    | 2.27 | 495 | 4.10  | 1.06 | 33 | 4.32  | 1.78 | 2112 |

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   | 383     | 709 | 253 | 305     | 482 | 276 | 475     | 839 | 279 | 375     | 774 | 254 | 839   | 1765 | 14 | 391   | 738 | 1076 |
| Female | 311     | 547 | 241 | 317     | 576 | 270 | 363     | 700 | 265 | 384     | 864 | 241 | 563   | 781  | 19 | 348   | 683 | 1036 |
| Total  | 348     | 635 | 494 | 311     | 530 | 546 | 420     | 776 | 544 | 380     | 818 | 495 | 680   | 1276 | 33 | 370   | 711 | 2112 |

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   | 471     | 367 | 253 | 527     | 477 | 276 | 525     | 421 | 279 | 547     | 522 | 254 | 563   | 536 | 14 | 519   | 452 | 1076 |
| Female | 439     | 310 | 241 | 447     | 361 | 270 | 509     | 443 | 265 | 511     | 420 | 241 | 504   | 402 | 19 | 477   | 389 | 1036 |
| Total  | 456     | 341 | 494 | 488     | 425 | 546 | 517     | 432 | 544 | 529     | 475 | 495 | 529   | 457 | 33 | 498   | 422 | 2112 |

$\beta$ -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   | 2991    | 2016 | 253 | 3573    | 2157 | 276 | 4306    | 2482 | 279 | 4050    | 2297 | 254 | 4717  | 2665 | 14 | 3754  | 2307 | 1076 |
| Female | 3069    | 1828 | 241 | 3600    | 1887 | 270 | 4080    | 2051 | 265 | 3937    | 2172 | 241 | 3297  | 1730 | 19 | 3672  | 2017 | 1036 |
| Total  | 3029    | 1925 | 494 | 3586    | 2026 | 546 | 4196    | 2283 | 544 | 3995    | 2236 | 495 | 3899  | 2253 | 33 | 3714  | 2169 | 2112 |

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   | 302     | 793 | 253 | 471     | 928  | 276 | 608     | 1060 | 279 | 643     | 1198 | 254 | 591   | 842 | 14 | 509   | 1011 | 1076 |
| Female | 414     | 652 | 241 | 666     | 1046 | 270 | 673     | 1020 | 265 | 713     | 1080 | 241 | 407   | 484 | 19 | 615   | 968  | 1036 |
| Total  | 357     | 729 | 494 | 568     | 992  | 546 | 640     | 1040 | 544 | 677     | 1142 | 495 | 485   | 654 | 33 | 561   | 991  | 2112 |

$\beta$ -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   | 3420    | 2229 | 253 | 4104    | 2433 | 276 | 4916    | 2725 | 279 | 4686    | 2619 | 254 | 5420  | 2920 | 14 | 4308  | 2581 | 1076 |
| Female | 3552    | 2016 | 241 | 4215    | 2119 | 270 | 4754    | 2316 | 265 | 4607    | 2495 | 241 | 3818  | 1933 | 19 | 4283  | 2280 | 1036 |
| Total  | 3485    | 2127 | 494 | 4159    | 2282 | 546 | 4837    | 2533 | 544 | 4648    | 2557 | 495 | 4498  | 2492 | 33 | 4296  | 2437 | 2112 |

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   | 687     | 754 | 253 | 658     | 522 | 276 | 902     | 904 | 279 | 780     | 851 | 254 | 1306  | 1906 | 14 | 765   | 801 | 1076 |
| Female | 621     | 586 | 241 | 683     | 617 | 270 | 777     | 733 | 265 | 782     | 904 | 241 | 892   | 791  | 19 | 720   | 722 | 1036 |
| Total  | 655     | 677 | 494 | 671     | 570 | 546 | 841     | 827 | 544 | 781     | 876 | 495 | 1068  | 1368 | 33 | 743   | 763 | 2112 |

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   | 9.1     | 6.2 | 253 | 11.1    | 7.1 | 276 | 11.6    | 8.1 | 279 | 10.6    | 5.6 | 254 | 10.1  | 10.2 | 14 | 10.6  | 6.9 | 1076 |
| Female | 7.5     | 4.9 | 241 | 8.7     | 5.3 | 270 | 9.4     | 6.0 | 265 | 8.4     | 4.9 | 241 | 9.2   | 5.9  | 19 | 8.5   | 5.4 | 1036 |
| Total  | 8.3     | 5.6 | 494 | 9.9     | 6.4 | 546 | 10.5    | 7.2 | 544 | 9.6     | 5.4 | 495 | 9.6   | 7.9  | 33 | 9.6   | 6.3 | 2112 |

$\alpha$ -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   | 8.1     | 2.3 | 253 | 8.3     | 2.4 | 276 | 8.8     | 2.6 | 279 | 8.0     | 2.6 | 254 | 8.0   | 3.0 | 14 | 8.3   | 2.5 | 1076 |
| Female | 7.8     | 2.2 | 241 | 8.1     | 2.2 | 270 | 7.8     | 2.5 | 265 | 7.2     | 2.3 | 241 | 6.8   | 2.5 | 19 | 7.7   | 2.3 | 1036 |
| Total  | 8.0     | 2.3 | 494 | 8.2     | 2.3 | 546 | 8.3     | 2.6 | 544 | 7.6     | 2.5 | 495 | 7.3   | 2.8 | 33 | 8.0   | 2.4 | 2112 |

$\beta$ -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     | 0.1 | 253 | 0.4     | 0.1 | 276 | 0.5     | 0.2 | 279 | 0.4     | 0.2 | 254 | 0.4   | 0.2 | 14 | 0.4   | 0.2 | 1076 |
| Female | 0.4     | 0.2 | 241 | 0.4     | 0.1 | 270 | 0.4     | 0.1 | 265 | 0.4     | 0.2 | 241 | 0.3   | 0.1 | 19 | 0.4   | 0.1 | 1036 |
| Total  | 0.4     | 0.2 | 494 | 0.4     | 0.1 | 546 | 0.4     | 0.2 | 544 | 0.4     | 0.2 | 495 | 0.4   | 0.1 | 33 | 0.4   | 0.2 | 2112 |

$\gamma$ -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    | 4.2 | 253 | 12.3    | 4.1 | 276 | 12.3    | 4.2 | 279 | 10.9    | 4.1 | 254 | 10.5  | 3.2 | 14 | 12.2  | 4.2 | 1076 |
| Female | 11.8    | 3.9 | 241 | 10.9    | 3.6 | 270 | 10.5    | 3.3 | 265 | 10.0    | 3.8 | 241 | 9.4   | 2.7 | 19 | 10.8  | 3.7 | 1036 |
| Total  | 12.6    | 4.1 | 494 | 11.6    | 3.9 | 546 | 11.4    | 3.9 | 544 | 10.5    | 4.0 | 495 | 9.9   | 2.9 | 33 | 11.5  | 4.0 | 2112 |

$\delta$ -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   | 3.2     | 1.1 | 253 | 3.1     | 1.2 | 276 | 3.3     | 1.2 | 279 | 3.1     | 1.3 | 254 | 2.8   | 1.2 | 14 | 3.1   | 1.2 | 1076 |
| Female | 2.7     | 1.0 | 241 | 2.7     | 1.0 | 270 | 2.8     | 1.0 | 265 | 2.8     | 1.1 | 241 | 2.6   | 0.5 | 19 | 2.7   | 1.0 | 1036 |
| Total  | 2.9     | 1.1 | 494 | 2.9     | 1.1 | 546 | 3.0     | 1.2 | 544 | 2.9     | 1.2 | 495 | 2.6   | 0.8 | 33 | 2.9   | 1.1 | 2112 |

$\alpha$ -Tocopherol equivalents (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   | 9.9     | 2.6 | 253 | 10.0    | 2.7 | 276 | 10.5    | 3.0 | 279 | 9.5     | 3.0 | 254 | 9.7   | 3.5 | 14 | 10.0  | 2.8 | 1076 |
| Female | 9.4     | 2.7 | 241 | 9.5     | 2.5 | 270 | 9.4     | 3.5 | 265 | 8.6     | 2.7 | 241 | 7.9   | 2.6 | 19 | 9.2   | 2.9 | 1036 |
| Total  | 9.7     | 2.6 | 494 | 9.8     | 2.6 | 546 | 9.9     | 3.3 | 544 | 9.1     | 2.9 | 495 | 8.7   | 3.1 | 33 | 9.6   | 2.9 | 2112 |

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   | 214     | 104 | 253 | 247     | 122 | 276 | 293     | 150 | 279 | 274     | 146 | 254 | 275   | 177 | 14 | 258   | 135 | 1076 |
| Female | 205     | 106 | 241 | 240     | 121 | 270 | 268     | 128 | 265 | 242     | 135 | 241 | 231   | 109 | 19 | 239   | 124 | 1036 |
| Total  | 209     | 105 | 494 | 244     | 121 | 546 | 281     | 140 | 544 | 259     | 141 | 495 | 250   | 141 | 33 | 249   | 131 | 2112 |

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   | 1.07    | 0.25 | 253 | 1.10    | 0.32 | 276 | 1.12    | 0.33 | 279 | 1.02    | 0.30 | 254 | 0.91  | 0.25 | 14 | 1.08  | 0.30 | 1076 |
| Female | 0.94    | 0.31 | 241 | 0.98    | 0.31 | 270 | 1.00    | 0.32 | 265 | 0.93    | 0.42 | 241 | 0.83  | 0.26 | 19 | 0.96  | 0.34 | 1036 |
| Total  | 1.01    | 0.29 | 494 | 1.04    | 0.32 | 546 | 1.06    | 0.33 | 544 | 0.98    | 0.37 | 495 | 0.87  | 0.26 | 33 | 1.02  | 0.33 | 2112 |

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   | 1.49    | 0.38 | 253 | 1.53    | 0.40 | 276 | 1.62    | 0.44 | 279 | 1.55    | 0.44 | 254 | 1.44  | 0.48 | 14 | 1.55  | 0.42 | 1076 |
| Female | 1.34    | 0.39 | 241 | 1.40    | 0.37 | 270 | 1.46    | 0.44 | 265 | 1.38    | 0.42 | 241 | 1.31  | 0.36 | 19 | 1.39  | 0.41 | 1036 |
| Total  | 1.42    | 0.39 | 494 | 1.47    | 0.39 | 546 | 1.54    | 0.45 | 544 | 1.47    | 0.44 | 495 | 1.37  | 0.41 | 33 | 1.47  | 0.42 | 2112 |

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   | 21.5    | 6.8 | 253 | 23.2    | 6.7 | 276 | 21.3    | 6.4 | 279 | 19.0    | 6.2 | 254 | 15.0  | 4.5 | 14 | 21.2  | 6.7 | 1076 |
| Female | 17.4    | 5.2 | 241 | 17.5    | 4.7 | 270 | 16.9    | 4.9 | 265 | 15.7    | 4.5 | 241 | 14.3  | 4.9 | 19 | 16.9  | 4.9 | 1036 |
| Total  | 19.5    | 6.4 | 494 | 20.4    | 6.4 | 546 | 19.2    | 6.1 | 544 | 17.4    | 5.7 | 495 | 14.6  | 4.7 | 33 | 19.1  | 6.3 | 2112 |

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   | 1.48    | 0.42 | 253 | 1.63    | 0.44 | 276 | 1.67    | 0.43 | 279 | 1.51    | 0.42 | 254 | 1.32  | 0.49 | 14 | 1.57  | 0.44 | 1076 |
| Female | 1.21    | 0.32 | 241 | 1.31    | 0.31 | 270 | 1.40    | 0.38 | 265 | 1.29    | 0.37 | 241 | 1.18  | 0.36 | 19 | 1.31  | 0.35 | 1036 |
| Total  | 1.35    | 0.40 | 494 | 1.48    | 0.41 | 546 | 1.54    | 0.43 | 544 | 1.41    | 0.41 | 495 | 1.24  | 0.42 | 33 | 1.44  | 0.42 | 2112 |

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   | 8.7     | 5.7 | 253 | 10.6    | 6.6 | 276 | 10.9    | 6.8 | 279 | 9.9     | 6.6 | 254 | 8.8   | 9.2 | 14 | 10.0  | 6.5 | 1076 |
| Female | 7.5     | 5.5 | 241 | 7.8     | 4.8 | 270 | 8.4     | 6.0 | 265 | 8.4     | 5.9 | 241 | 7.3   | 4.3 | 19 | 8.0   | 5.5 | 1036 |
| Total  | 8.1     | 5.6 | 494 | 9.2     | 6.0 | 546 | 9.6     | 6.5 | 544 | 9.2     | 6.3 | 495 | 7.9   | 6.7 | 33 | 9.0   | 6.1 | 2112 |

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   | 370     | 116 | 253 | 419     | 145 | 276 | 475     | 163 | 279 | 445     | 156 | 254 | 438   | 239 | 14 | 428   | 153 | 1076 |
| Female | 354     | 128 | 241 | 401     | 127 | 270 | 441     | 153 | 265 | 422     | 173 | 241 | 367   | 141 | 19 | 404   | 149 | 1036 |
| Total  | 362     | 122 | 494 | 410     | 137 | 546 | 458     | 159 | 544 | 434     | 165 | 495 | 397   | 189 | 33 | 417   | 151 | 2112 |

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   | 6.95    | 1.46 | 253 | 7.03    | 1.53 | 276 | 7.47    | 1.70 | 279 | 6.93    | 1.76 | 254 | 6.87  | 2.65 | 14 | 7.10  | 1.65 | 1076 |
| Female | 6.02    | 1.39 | 241 | 6.23    | 1.31 | 270 | 6.47    | 1.53 | 265 | 6.08    | 1.60 | 241 | 5.75  | 1.43 | 19 | 6.20  | 1.47 | 1036 |
| Total  | 6.50    | 1.50 | 494 | 6.64    | 1.48 | 546 | 6.98    | 1.69 | 544 | 6.52    | 1.74 | 495 | 6.22  | 2.07 | 33 | 6.66  | 1.62 | 2112 |

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   | 138.2   | 127.5 | 253 | 137.7   | 87.1 | 276 | 173.1   | 120.5 | 279 | 147.5   | 72.6 | 254 | 137.6 | 64.0 | 14 | 149.3 | 104.9 | 1076 |
| Female | 127.5   | 84.0  | 241 | 154.7   | 95.9 | 270 | 162.3   | 79.0  | 265 | 151.0   | 71.5 | 241 | 121.7 | 61.9 | 19 | 148.8 | 84.0  | 1036 |
| Total  | 132.9   | 108.5 | 494 | 146.1   | 91.8 | 546 | 167.8   | 102.4 | 544 | 149.2   | 72.0 | 495 | 128.4 | 62.3 | 33 | 149.1 | 95.2  | 2112 |

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   | 438.7   | 155.8 | 253 | 428.6   | 150.3 | 276 | 413.4   | 152.6 | 279 | 395.6   | 143.7 | 254 | 378.8 | 178.4 | 14 | 418.6 | 151.7 | 1076 |
| Female | 378.3   | 133.4 | 241 | 362.0   | 130.4 | 270 | 353.2   | 132.7 | 265 | 328.5   | 131.0 | 241 | 306.5 | 138.6 | 19 | 354.7 | 133.0 | 1036 |
| Total  | 409.3   | 148.2 | 494 | 395.7   | 144.6 | 546 | 384.0   | 146.3 | 544 | 362.9   | 141.6 | 495 | 337.2 | 158.3 | 33 | 387.3 | 146.3 | 2112 |

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   | 3.5     | 1.2 | 253 | 3.7     | 1.2 | 276 | 4.2     | 1.3 | 279 | 4.0     | 1.5 | 254 | 4.3   | 1.8 | 14 | 3.8   | 1.3 | 1076 |
| Female | 3.4     | 1.0 | 241 | 3.7     | 1.0 | 270 | 3.9     | 1.2 | 265 | 3.7     | 1.2 | 241 | 3.0   | 0.8 | 19 | 3.7   | 1.1 | 1036 |
| Total  | 3.4     | 1.1 | 494 | 3.7     | 1.1 | 546 | 4.0     | 1.3 | 544 | 3.8     | 1.4 | 495 | 3.6   | 1.5 | 33 | 3.7   | 1.2 | 2112 |

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   | 10.6    | 2.8 | 253 | 11.9    | 3.6 | 276 | 13.5    | 3.9 | 279 | 12.7    | 3.9 | 254 | 12.1  | 3.8 | 14 | 12.2  | 3.7 | 1076 |
| Female | 10.5    | 2.9 | 241 | 11.8    | 3.1 | 270 | 12.6    | 3.6 | 265 | 12.2    | 3.5 | 241 | 11.2  | 3.7 | 19 | 11.8  | 3.4 | 1036 |
| Total  | 10.6    | 2.8 | 494 | 11.9    | 3.3 | 546 | 13.1    | 3.8 | 544 | 12.5    | 3.7 | 495 | 11.6  | 3.7 | 33 | 12.0  | 3.6 | 2112 |

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   | 14.8    | 3.9 | 253 | 16.4    | 4.9 | 276 | 18.7    | 5.4 | 279 | 17.5    | 5.3 | 254 | 16.8  | 5.5 | 14 | 16.9  | 5.1 | 1076 |
| Female | 14.5    | 3.9 | 241 | 16.4    | 4.3 | 270 | 17.3    | 4.8 | 265 | 16.7    | 4.8 | 241 | 15.5  | 4.4 | 19 | 16.3  | 4.6 | 1036 |
| Total  | 14.7    | 3.9 | 494 | 16.4    | 4.6 | 546 | 18.0    | 5.2 | 544 | 17.1    | 5.1 | 495 | 16.0  | 4.9 | 33 | 16.6  | 4.9 | 2112 |

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   | 11.5    | 2.4 | 253 | 12.1    | 2.7 | 276 | 12.3    | 2.8 | 279 | 11.6    | 2.9 | 254 | 11.8  | 5.3 | 14 | 11.9  | 2.8 | 1076 |
| Female | 10.0    | 2.2 | 241 | 10.2    | 2.2 | 270 | 10.4    | 2.6 | 265 | 10.2    | 2.4 | 241 | 9.2   | 2.0 | 19 | 10.2  | 2.4 | 1036 |
| Total  | 10.8    | 2.4 | 494 | 11.2    | 2.7 | 546 | 11.4    | 2.8 | 544 | 11.0    | 2.8 | 495 | 10.3  | 3.9 | 33 | 11.1  | 2.7 | 2112 |

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   | 12.2    | 2.5 | 253 | 12.3    | 2.4 | 276 | 12.2    | 2.3 | 279 | 11.5    | 2.6 | 254 | 10.3  | 2.4 | 14 | 12.0  | 2.5 | 1076 |
| Female | 10.0    | 1.9 | 241 | 10.2    | 2.0 | 270 | 10.2    | 2.3 | 265 | 9.8     | 2.3 | 241 | 9.1   | 2.1 | 19 | 10.0  | 2.1 | 1036 |
| Total  | 11.1    | 2.5 | 494 | 11.2    | 2.5 | 546 | 11.2    | 2.5 | 544 | 10.6    | 2.6 | 495 | 9.6   | 2.3 | 33 | 11.1  | 2.5 | 2112 |

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   | 3797    | 758 | 253 | 3840    | 708 | 276 | 3809    | 740 | 279 | 3590    | 741 | 254 | 3216  | 784 | 14 | 3755  | 745 | 1076 |
| Female | 3157    | 613 | 241 | 3198    | 610 | 270 | 3203    | 693 | 265 | 3092    | 693 | 241 | 2869  | 557 | 19 | 3159  | 653 | 1036 |
| Total  | 3484    | 761 | 494 | 3523    | 735 | 546 | 3514    | 778 | 544 | 3348    | 759 | 495 | 3016  | 674 | 33 | 3462  | 762 | 2112 |

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   | 6615    | 1288 | 253 | 6663    | 1201 | 276 | 6617    | 1256 | 279 | 6249    | 1275 | 254 | 5613  | 1349 | 14 | 6528  | 1268 | 1076 |
| Female | 5527    | 1051 | 241 | 5576    | 1045 | 270 | 5570    | 1185 | 265 | 5379    | 1191 | 241 | 4994  | 954  | 19 | 5507  | 1120 | 1036 |
| Total  | 6084    | 1297 | 494 | 6125    | 1250 | 546 | 6107    | 1328 | 544 | 5826    | 1308 | 495 | 5257  | 1161 | 33 | 6027  | 1302 | 2112 |

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   | 5335    | 1262 | 253 | 5522    | 1187 | 276 | 5434    | 1247 | 279 | 5100    | 1213 | 254 | 4497  | 1293 | 14 | 5342  | 1239 | 1076 |
| Female | 4396    | 1013 | 241 | 4519    | 990  | 270 | 4551    | 1123 | 265 | 4387    | 1115 | 241 | 4107  | 974  | 19 | 4460  | 1061 | 1036 |
| Total  | 4876    | 1238 | 494 | 5026    | 1203 | 546 | 5004    | 1267 | 544 | 4752    | 1218 | 495 | 4272  | 1118 | 33 | 4909  | 1237 | 2112 |

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   | 2002    | 437 | 253 | 2042    | 403 | 276 | 1993    | 410 | 279 | 1878    | 404 | 254 | 1660  | 427 | 14 | 1976  | 419 | 1076 |
| Female | 1648    | 342 | 241 | 1666    | 332 | 270 | 1663    | 372 | 265 | 1590    | 367 | 241 | 1487  | 306 | 19 | 1640  | 354 | 1036 |
| Total  | 1829    | 431 | 494 | 1856    | 415 | 546 | 1832    | 425 | 544 | 1738    | 412 | 495 | 1560  | 367 | 33 | 1811  | 423 | 2112 |

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   | 1385    | 244 | 253 | 1379    | 230 | 276 | 1375    | 233 | 279 | 1296    | 242 | 254 | 1185  | 238 | 14 | 1357  | 240 | 1076 |
| Female | 1162    | 204 | 241 | 1167    | 204 | 270 | 1156    | 222 | 265 | 1105    | 217 | 241 | 1015  | 159 | 19 | 1146  | 213 | 1036 |
| Total  | 1276    | 251 | 494 | 1275    | 242 | 546 | 1269    | 252 | 544 | 1203    | 249 | 495 | 1087  | 211 | 33 | 1254  | 250 | 2112 |

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   | 3368    | 662 | 253 | 3403    | 610 | 276 | 3348    | 623 | 279 | 3156    | 627 | 254 | 2828  | 655 | 14 | 3315  | 639 | 1076 |
| Female | 2794    | 527 | 241 | 2817    | 518 | 270 | 2802    | 581 | 265 | 2679    | 568 | 241 | 2485  | 445 | 19 | 2770  | 550 | 1036 |
| Total  | 3088    | 665 | 494 | 3114    | 638 | 546 | 3082    | 661 | 544 | 2924    | 644 | 495 | 2631  | 561 | 33 | 3047  | 656 | 2112 |

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   | 3814    | 701 | 253 | 3841    | 669 | 276 | 3840    | 695 | 279 | 3630    | 712 | 254 | 3295  | 745 | 14 | 3778  | 701 | 1076 |
| Female | 3196    | 578 | 241 | 3234    | 578 | 270 | 3235    | 663 | 265 | 3126    | 673 | 241 | 2910  | 526 | 19 | 3194  | 624 | 1036 |
| Total  | 3513    | 713 | 494 | 3541    | 695 | 546 | 3545    | 744 | 544 | 3385    | 737 | 495 | 3074  | 647 | 33 | 3492  | 725 | 2112 |

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   | 2885    | 572 | 253 | 2921    | 555 | 276 | 2901    | 559 | 279 | 2745    | 565 | 254 | 2468  | 590 | 14 | 2860  | 568 | 1076 |
| Female | 2391    | 467 | 241 | 2425    | 468 | 270 | 2439    | 523 | 265 | 2369    | 528 | 241 | 2187  | 425 | 19 | 2403  | 497 | 1036 |
| Total  | 2644    | 578 | 494 | 2676    | 570 | 546 | 2676    | 588 | 544 | 2562    | 578 | 495 | 2306  | 513 | 33 | 2636  | 581 | 2112 |

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   | 6695    | 1269 | 253 | 6757    | 1210 | 276 | 6730    | 1246 | 279 | 6362    | 1273 | 254 | 5742  | 1325 | 14 | 6629  | 1261 | 1076 |
| Female | 5575    | 1035 | 241 | 5651    | 1040 | 270 | 5662    | 1179 | 265 | 5483    | 1193 | 241 | 5092  | 957  | 19 | 5587  | 1113 | 1036 |
| Total  | 6149    | 1288 | 494 | 6210    | 1257 | 546 | 6210    | 1325 | 544 | 5934    | 1310 | 495 | 5368  | 1155 | 33 | 6118  | 1300 | 2112 |

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   | 3324    | 692 | 253 | 3398    | 649 | 276 | 3345    | 669 | 279 | 3148    | 668 | 254 | 2798  | 721 | 14 | 3300  | 677 | 1076 |
| Female | 2753    | 551 | 241 | 2799    | 542 | 270 | 2808    | 618 | 265 | 2699    | 614 | 241 | 2510  | 497 | 19 | 2762  | 582 | 1036 |
| Total  | 3046    | 688 | 494 | 3102    | 669 | 546 | 3084    | 698 | 544 | 2929    | 680 | 495 | 2632  | 609 | 33 | 3036  | 687 | 2112 |

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   | 1011    | 194 | 253 | 1021    | 183 | 276 | 1023    | 192 | 279 | 965     | 195 | 254 | 874   | 203 | 14 | 1004  | 193 | 1076 |
| Female | 843     | 159 | 241 | 856     | 160 | 270 | 863     | 181 | 265 | 832     | 184 | 241 | 771   | 141 | 19 | 848   | 171 | 1036 |
| Total  | 929     | 196 | 494 | 939     | 191 | 546 | 945     | 203 | 544 | 900     | 201 | 495 | 815   | 175 | 33 | 927   | 198 | 2112 |

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   | 4476    | 868 | 253 | 4529    | 818 | 276 | 4514    | 851 | 279 | 4265    | 851 | 254 | 3872  | 896 | 14 | 4442  | 855 | 1076 |
| Female | 3731    | 718 | 241 | 3778    | 710 | 270 | 3807    | 806 | 265 | 3672    | 808 | 241 | 3433  | 690 | 19 | 3743  | 762 | 1036 |
| Total  | 4112    | 880 | 494 | 4158    | 853 | 546 | 4169    | 901 | 544 | 3976    | 881 | 495 | 3619  | 802 | 33 | 4099  | 882 | 2112 |

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   | 2722    | 706 | 253 | 2839    | 673 | 276 | 2749    | 691 | 279 | 2568    | 702 | 254 | 2115  | 575 | 14 | 2715  | 700 | 1076 |
| Female | 2223    | 531 | 241 | 2264    | 509 | 270 | 2265    | 587 | 265 | 2154    | 574 | 241 | 2063  | 524 | 19 | 2225  | 551 | 1036 |
| Total  | 2479    | 674 | 494 | 2555    | 663 | 546 | 2513    | 686 | 544 | 2366    | 675 | 495 | 2085  | 538 | 33 | 2475  | 677 | 2112 |

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   | 5029    | 1032 | 253 | 5142    | 1007 | 276 | 5042    | 998  | 279 | 4734    | 977  | 254 | 4201  | 979 | 14 | 4981  | 1016 | 1076 |
| Female | 4034    | 805  | 241 | 4169    | 809  | 270 | 4189    | 902  | 265 | 4042    | 924  | 241 | 3737  | 709 | 19 | 4105  | 861  | 1036 |
| Total  | 4544    | 1052 | 494 | 4661    | 1035 | 546 | 4627    | 1043 | 544 | 4397    | 1012 | 495 | 3934  | 852 | 33 | 4552  | 1040 | 2112 |

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   | 4218    | 894 | 253 | 4341    | 856 | 276 | 4234    | 853 | 279 | 3974    | 835 | 254 | 3483  | 881 | 14 | 4187  | 872 | 1076 |
| Female | 3427    | 701 | 241 | 3509    | 690 | 270 | 3514    | 774 | 265 | 3378    | 754 | 241 | 3153  | 617 | 19 | 3454  | 730 | 1036 |
| Total  | 3832    | 897 | 494 | 3930    | 882 | 546 | 3883    | 891 | 544 | 3684    | 850 | 495 | 3293  | 746 | 33 | 3827  | 885 | 2112 |

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   | 7698    | 1605 | 253 | 7960    | 1557 | 276 | 7910    | 1573 | 279 | 7450    | 1563 | 254 | 6687  | 1710 | 14 | 7749  | 1590 | 1076 |
| Female | 6312    | 1278 | 241 | 6546    | 1289 | 270 | 6659    | 1470 | 265 | 6435    | 1479 | 241 | 6009  | 1230 | 19 | 6485  | 1384 | 1036 |
| Total  | 7022    | 1610 | 494 | 7261    | 1595 | 546 | 7301    | 1646 | 544 | 6956    | 1603 | 495 | 6296  | 1468 | 33 | 7129  | 1621 | 2112 |

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   | 15. 72  | 2. 89 | 253 | 15. 53  | 2. 63 | 276 | 15. 52  | 2. 74 | 279 | 14. 54  | 2. 96 | 254 | 13. 09 | 2. 93 | 14 | 15. 31 | 2. 85 | 1076 |
| Female | 13. 52  | 2. 37 | 241 | 13. 42  | 2. 36 | 270 | 13. 10  | 2. 64 | 265 | 12. 58  | 2. 61 | 241 | 11. 43 | 1. 70 | 19 | 13. 13 | 2. 52 | 1036 |
| Total  | 14. 65  | 2. 87 | 494 | 14. 49  | 2. 71 | 546 | 14. 34  | 2. 95 | 544 | 13. 59  | 2. 96 | 495 | 12. 14 | 2. 41 | 33 | 14. 24 | 2. 90 | 2112 |

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   | 3683    | 810 | 253 | 3756    | 774 | 276 | 3623    | 730 | 279 | 3396    | 753 | 254 | 2968  | 752 | 14 | 3609  | 780 | 1076 |
| Female | 2980    | 622 | 241 | 3053    | 615 | 270 | 3003    | 665 | 265 | 2871    | 663 | 241 | 2687  | 473 | 19 | 2974  | 642 | 1036 |
| Total  | 3340    | 805 | 494 | 3408    | 783 | 546 | 3321    | 764 | 544 | 3140    | 757 | 495 | 2806  | 613 | 33 | 3298  | 783 | 2112 |

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   | 5074    | 1020 | 253 | 4868    | 960 | 276 | 4923    | 983  | 279 | 4609    | 1083 | 254 | 4173  | 1123 | 14 | 4861  | 1026 | 1076 |
| Female | 4520    | 878  | 241 | 4398    | 891 | 270 | 4205    | 955  | 265 | 4042    | 968  | 241 | 3649  | 640  | 19 | 4280  | 939  | 1036 |
| Total  | 4804    | 992  | 494 | 4635    | 955 | 546 | 4573    | 1033 | 544 | 4333    | 1066 | 495 | 3871  | 901  | 33 | 4576  | 1026 | 2112 |

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   | 3774    | 710 | 253 | 3802    | 677 | 276 | 3787    | 693 | 279 | 3579    | 708 | 254 | 3247  | 740 | 14 | 3732  | 704 | 1076 |
| Female | 3184    | 589 | 241 | 3217    | 585 | 270 | 3215    | 666 | 265 | 3097    | 666 | 241 | 2873  | 538 | 19 | 3174  | 628 | 1036 |
| Total  | 3486    | 716 | 494 | 3513    | 697 | 546 | 3508    | 737 | 544 | 3344    | 728 | 495 | 3031  | 648 | 33 | 3458  | 723 | 2112 |

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   | 58.06   | 14.84 | 253 | 52.80   | 14.58 | 276 | 50.11   | 13.95 | 279 | 44.82   | 12.80 | 254 | 37.92 | 14.23 | 14 | 51.26 | 14.88 | 1076 |
| Female | 51.98   | 14.05 | 241 | 47.17   | 12.77 | 270 | 42.68   | 11.75 | 265 | 39.49   | 12.20 | 241 | 37.82 | 10.72 | 19 | 45.18 | 13.49 | 1036 |
| Total  | 55.09   | 14.76 | 494 | 50.02   | 13.99 | 546 | 46.49   | 13.44 | 544 | 42.23   | 12.78 | 495 | 37.87 | 12.12 | 33 | 48.28 | 14.53 | 2112 |

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   | 18.89   | 5.84 | 253 | 16.75   | 5.77 | 276 | 16.13   | 5.48 | 279 | 14.62   | 5.19 | 254 | 12.26 | 5.57 | 14 | 16.53 | 5.78 | 1076 |
| Female | 17.75   | 5.64 | 241 | 15.69   | 5.05 | 270 | 14.11   | 4.92 | 265 | 13.06   | 4.93 | 241 | 12.27 | 4.27 | 19 | 15.09 | 5.41 | 1036 |
| Total  | 18.34   | 5.76 | 494 | 16.23   | 5.44 | 546 | 15.15   | 5.31 | 544 | 13.86   | 5.12 | 495 | 12.27 | 4.78 | 33 | 15.83 | 5.65 | 2112 |

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   | 24.21   | 6.88 | 253 | 21.80   | 6.76 | 276 | 20.10   | 6.32 | 279 | 17.71   | 5.65 | 254 | 14.61 | 5.99 | 14 | 20.87 | 6.85 | 1076 |
| Female | 21.19   | 6.23 | 241 | 19.12   | 5.77 | 270 | 16.90   | 5.03 | 265 | 15.34   | 5.17 | 241 | 15.11 | 4.66 | 19 | 18.08 | 5.96 | 1036 |
| Total  | 22.73   | 6.73 | 494 | 20.47   | 6.43 | 546 | 18.54   | 5.94 | 544 | 16.56   | 5.55 | 495 | 14.90 | 5.18 | 33 | 19.50 | 6.58 | 2112 |

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   | 14.85   | 3.68 | 253 | 14.16   | 3.66 | 276 | 13.78   | 3.66 | 279 | 12.40   | 3.63 | 254 | 10.97 | 3.28 | 14 | 13.76 | 3.76 | 1076 |
| Female | 12.91   | 3.54 | 241 | 12.25   | 3.43 | 270 | 11.58   | 3.20 | 265 | 11.01   | 3.49 | 241 | 10.37 | 2.29 | 19 | 11.91 | 3.47 | 1036 |
| Total  | 13.90   | 3.73 | 494 | 13.21   | 3.67 | 546 | 12.71   | 3.61 | 544 | 11.72   | 3.63 | 495 | 10.62 | 2.72 | 33 | 12.85 | 3.74 | 2112 |

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   | 39.06   | 9.96 | 253 | 35.96   | 9.63 | 276 | 33.88   | 9.29 | 279 | 30.11   | 8.58 | 254 | 25.59 | 9.01 | 14 | 34.64 | 9.94 | 1076 |
| Female | 34.10   | 9.15 | 241 | 31.37   | 8.65 | 270 | 28.48   | 7.65 | 265 | 26.35   | 8.16 | 241 | 25.48 | 6.65 | 19 | 29.99 | 8.86 | 1036 |
| Total  | 36.64   | 9.88 | 494 | 33.69   | 9.44 | 546 | 31.25   | 8.94 | 544 | 28.28   | 8.58 | 495 | 25.52 | 7.61 | 33 | 32.36 | 9.70 | 2112 |

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   | 12.26   | 3.23 | 253 | 11.32   | 3.17 | 276 | 11.00   | 3.09 | 279 | 9.81    | 3.03 | 254 | 9.13  | 2.85 | 14 | 11.08 | 3.24 | 1076 |
| Female | 10.67   | 3.00 | 241 | 9.95    | 2.89 | 270 | 9.37    | 2.63 | 265 | 8.88    | 2.92 | 241 | 8.19  | 2.20 | 19 | 9.69  | 2.92 | 1036 |
| Total  | 11.49   | 3.22 | 494 | 10.64   | 3.11 | 546 | 10.21   | 2.99 | 544 | 9.36    | 3.01 | 495 | 8.59  | 2.50 | 33 | 10.39 | 3.17 | 2112 |

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   | 2.56    | 0.83 | 253 | 2.80    | 0.99 | 276 | 2.73    | 1.02 | 279 | 2.54    | 0.99 | 254 | 1.82  | 0.68 | 14 | 2.65  | 0.97 | 1076 |
| Female | 2.21    | 0.81 | 241 | 2.26    | 0.83 | 270 | 2.17    | 0.91 | 265 | 2.09    | 0.85 | 241 | 2.14  | 0.60 | 19 | 2.19  | 0.85 | 1036 |
| Total  | 2.39    | 0.84 | 494 | 2.53    | 0.95 | 546 | 2.46    | 1.01 | 544 | 2.32    | 0.95 | 495 | 2.00  | 0.65 | 33 | 2.42  | 0.94 | 2112 |

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   | 222.6   | 180.9 | 253 | 164.6   | 153.3 | 276 | 212.0   | 182.5 | 279 | 209.0   | 187.7 | 254 | 204.8 | 204.5 | 14 | 201.5 | 177.7 | 1076 |
| Female | 271.0   | 177.0 | 241 | 230.4   | 180.8 | 270 | 218.5   | 189.0 | 265 | 208.0   | 175.6 | 241 | 183.8 | 131.0 | 19 | 230.7 | 181.4 | 1036 |
| Total  | 246.2   | 180.5 | 494 | 197.1   | 170.5 | 546 | 215.1   | 185.5 | 544 | 208.6   | 181.7 | 495 | 192.7 | 163.6 | 33 | 215.9 | 180.1 | 2112 |

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   | 144.5   | 118.2 | 253 | 107.5   | 99.9  | 276 | 137.7   | 117.6 | 279 | 135.2   | 120.4 | 254 | 131.7 | 128.5 | 14 | 130.9 | 115.0 | 1076 |
| Female | 174.2   | 113.8 | 241 | 148.2   | 116.0 | 270 | 140.4   | 120.7 | 265 | 134.3   | 113.6 | 241 | 119.1 | 83.7  | 19 | 148.5 | 116.5 | 1036 |
| Total  | 159.0   | 116.9 | 494 | 127.7   | 110.0 | 546 | 139.0   | 119.0 | 544 | 134.8   | 117.0 | 495 | 124.5 | 103.4 | 33 | 139.5 | 116.0 | 2112 |

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   | 1.0     | 1.2 | 253 | 0.8     | 1.1 | 276 | 1.1     | 1.2 | 279 | 1.1     | 1.2 | 254 | 1.0   | 1.2 | 14 | 1.0   | 1.2 | 1076 |
| Female | 1.3     | 1.1 | 241 | 1.0     | 1.1 | 270 | 1.1     | 1.0 | 265 | 1.0     | 1.1 | 241 | 0.9   | 0.9 | 19 | 1.1   | 1.1 | 1036 |
| Total  | 1.1     | 1.1 | 494 | 0.9     | 1.1 | 546 | 1.1     | 1.1 | 544 | 1.0     | 1.2 | 495 | 0.9   | 1.0 | 33 | 1.1   | 1.1 | 2112 |

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   | 1.0     | 1.2 | 253 | 0.8     | 1.1 | 276 | 1.1     | 1.2 | 279 | 1.1     | 1.2 | 254 | 1.0   | 1.2 | 14 | 1.0   | 1.2 | 1076 |
| Female | 1.3     | 1.1 | 241 | 1.0     | 1.1 | 270 | 1.1     | 1.0 | 265 | 1.0     | 1.1 | 241 | 0.9   | 0.9 | 19 | 1.1   | 1.1 | 1036 |
| Total  | 1.1     | 1.1 | 494 | 0.9     | 1.1 | 546 | 1.1     | 1.1 | 544 | 1.0     | 1.2 | 495 | 0.9   | 1.0 | 33 | 1.1   | 1.1 | 2112 |

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   | 217.9   | 164.0 | 253 | 168.1   | 145.9 | 276 | 196.3   | 154.1 | 279 | 192.2   | 163.8 | 254 | 181.3 | 164.4 | 14 | 193.0 | 157.6 | 1076 |
| Female | 250.3   | 150.8 | 241 | 217.1   | 152.3 | 270 | 199.2   | 158.1 | 265 | 190.7   | 154.4 | 241 | 167.3 | 106.5 | 19 | 213.2 | 154.7 | 1036 |
| Total  | 233.7   | 158.4 | 494 | 192.3   | 151.0 | 546 | 197.8   | 155.9 | 544 | 191.5   | 159.2 | 495 | 173.2 | 132.0 | 33 | 202.9 | 156.5 | 2112 |

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   | 469.3   | 446.5 | 253 | 396.8   | 550.7 | 276 | 382.8   | 438.2 | 279 | 355.5   | 364.2 | 254 | 270.9 | 223.0 | 14 | 398.8 | 455.7 | 1076 |
| Female | 493.2   | 348.2 | 241 | 443.3   | 375.5 | 270 | 352.4   | 317.8 | 265 | 340.5   | 372.9 | 241 | 301.9 | 209.9 | 19 | 405.2 | 357.2 | 1036 |
| Total  | 481.0   | 401.3 | 494 | 419.8   | 472.4 | 546 | 368.0   | 384.2 | 544 | 348.2   | 368.1 | 495 | 288.8 | 212.6 | 33 | 401.9 | 410.3 | 2112 |

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   | 3.0     | 3.5 | 253 | 2.5     | 3.2 | 276 | 3.4     | 3.7 | 279 | 3.4     | 4.4 | 254 | 3.0   | 3.6 | 14 | 3.1   | 3.7 | 1076 |
| Female | 3.7     | 3.2 | 241 | 3.1     | 3.3 | 270 | 3.4     | 4.1 | 265 | 3.0     | 4.1 | 241 | 2.5   | 2.6 | 19 | 3.3   | 3.7 | 1036 |
| Total  | 3.4     | 3.4 | 494 | 2.8     | 3.3 | 546 | 3.4     | 3.9 | 544 | 3.2     | 4.3 | 495 | 2.7   | 3.0 | 33 | 3.2   | 3.7 | 2112 |

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   | 1312.1  | 661.4 | 253 | 1167.3  | 599.1 | 276 | 1225.2  | 645.5 | 279 | 1160.7  | 642.8 | 254 | 913.4  | 669.3 | 14 | 1211.5 | 639.9 | 1076 |
| Female | 1348.7  | 595.4 | 241 | 1229.5  | 609.8 | 270 | 1116.8  | 645.8 | 265 | 1064.2  | 619.8 | 241 | 1005.2 | 481.1 | 19 | 1185.8 | 624.7 | 1036 |
| Total  | 1329.9  | 629.7 | 494 | 1198.1  | 604.7 | 546 | 1172.4  | 647.3 | 544 | 1113.7  | 632.9 | 495 | 966.3  | 560.6 | 33 | 1198.9 | 632.5 | 2112 |

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   | 124.9   | 66.5 | 253 | 111.5   | 56.9 | 276 | 119.2   | 64.4 | 279 | 114.5   | 64.7 | 254 | 91.7  | 70.7 | 14 | 117.1 | 63.4 | 1076 |
| Female | 132.3   | 62.1 | 241 | 118.5   | 61.5 | 270 | 110.6   | 67.1 | 265 | 104.8   | 62.1 | 241 | 94.6  | 46.9 | 19 | 116.1 | 63.8 | 1036 |
| Total  | 128.5   | 64.4 | 494 | 115.0   | 59.3 | 546 | 115.0   | 65.8 | 544 | 109.8   | 63.6 | 495 | 93.4  | 57.2 | 33 | 116.6 | 63.6 | 2112 |

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   | 30.8    | 25.3 | 253 | 23.2    | 22.5 | 276 | 30.6    | 26.4 | 279 | 30.8    | 27.2 | 254 | 30.2  | 29.6 | 14 | 28.8  | 25.6 | 1076 |
| Female | 37.4    | 24.4 | 241 | 32.2    | 25.8 | 270 | 31.5    | 26.7 | 265 | 30.1    | 25.8 | 241 | 27.0  | 19.7 | 19 | 32.7  | 25.7 | 1036 |
| Total  | 34.0    | 25.1 | 494 | 27.7    | 24.6 | 546 | 31.1    | 26.5 | 544 | 30.5    | 26.5 | 495 | 28.3  | 24.0 | 33 | 30.7  | 25.7 | 2112 |

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   | 11.305  | 3.213 | 253 | 10.117  | 3.162 | 276 | 9.616   | 2.981 | 279 | 8.705   | 2.762 | 254 | 7.221 | 2.846 | 14 | 9.895 | 3.178 | 1076 |
| Female | 10.349  | 3.044 | 241 | 9.242   | 2.759 | 270 | 8.282   | 2.607 | 265 | 7.648   | 2.580 | 241 | 7.117 | 2.293 | 19 | 8.844 | 2.921 | 1036 |
| Total  | 10.839  | 3.165 | 494 | 9.685   | 2.999 | 546 | 8.966   | 2.881 | 544 | 8.191   | 2.724 | 495 | 7.161 | 2.500 | 33 | 9.380 | 3.099 | 2112 |

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   | 20.8    | 19.4 | 253 | 14.8    | 16.7 | 276 | 18.3    | 19.2 | 279 | 18.5    | 27.1 | 254 | 15.3  | 15.3 | 14 | 18.0  | 20.9 | 1076 |
| Female | 24.5    | 19.5 | 241 | 21.4    | 20.3 | 270 | 18.5    | 17.8 | 265 | 17.4    | 16.9 | 241 | 12.9  | 9.5  | 19 | 20.3  | 18.8 | 1036 |
| Total  | 22.6    | 19.5 | 494 | 18.0    | 18.8 | 546 | 18.4    | 18.5 | 544 | 17.9    | 22.7 | 495 | 13.9  | 12.2 | 33 | 19.1  | 19.9 | 2112 |

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   | 170.9   | 70.1 | 253 | 158.8   | 68.0 | 276 | 148.7   | 62.0 | 279 | 134.9   | 56.6 | 254 | 97.9  | 48.2 | 14 | 152.6 | 65.7 | 1076 |
| Female | 156.9   | 63.9 | 241 | 137.1   | 54.0 | 270 | 127.2   | 51.4 | 265 | 116.7   | 51.2 | 241 | 108.5 | 41.5 | 19 | 133.9 | 56.9 | 1036 |
| Total  | 164.1   | 67.5 | 494 | 148.0   | 62.4 | 546 | 138.2   | 58.0 | 544 | 126.0   | 54.7 | 495 | 104.0 | 44.1 | 33 | 143.4 | 62.2 | 2112 |

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   | 30.2    | 24.1 | 253 | 22.6    | 21.5 | 276 | 29.6    | 25.2 | 279 | 30.0    | 25.9 | 254 | 28.9  | 28.4 | 14 | 28.0  | 24.4 | 1076 |
| Female | 36.5    | 23.3 | 241 | 31.4    | 24.8 | 270 | 30.5    | 25.3 | 265 | 29.1    | 24.8 | 241 | 26.3  | 19.1 | 19 | 31.7  | 24.6 | 1036 |
| Total  | 33.3    | 23.9 | 494 | 26.9    | 23.6 | 546 | 30.0    | 25.2 | 544 | 29.6    | 25.3 | 495 | 27.4  | 23.1 | 33 | 29.8  | 24.6 | 2112 |

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   | 4.400   | 1.422 | 253 | 3.888   | 1.443 | 276 | 3.607   | 1.208 | 279 | 3.158   | 1.105 | 254 | 2.688 | 1.141 | 14 | 3.748 | 1.377 | 1076 |
| Female | 4.059   | 1.399 | 241 | 3.449   | 1.171 | 270 | 3.141   | 1.072 | 265 | 2.850   | 1.034 | 241 | 2.746 | 1.024 | 19 | 3.360 | 1.251 | 1036 |
| Total  | 4.234   | 1.420 | 494 | 3.671   | 1.332 | 546 | 3.380   | 1.166 | 544 | 3.008   | 1.081 | 495 | 2.721 | 1.058 | 33 | 3.558 | 1.330 | 2112 |

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   | 188.5   | 61.7 | 253 | 176.1   | 66.0 | 276 | 167.5   | 61.4 | 279 | 149.4   | 55.8 | 254 | 138.4 | 74.8 | 14 | 170.0 | 63.1 | 1076 |
| Female | 173.9   | 57.8 | 241 | 158.0   | 51.3 | 270 | 143.1   | 48.7 | 265 | 131.6   | 50.8 | 241 | 145.6 | 64.4 | 19 | 151.5 | 54.5 | 1036 |
| Total  | 181.4   | 60.2 | 494 | 167.1   | 59.8 | 546 | 155.6   | 56.8 | 544 | 140.7   | 54.1 | 495 | 142.6 | 68.0 | 33 | 160.9 | 59.8 | 2112 |

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   | 101.3   | 70.0 | 253 | 103.1   | 94.8 | 276 | 100.1   | 81.0 | 279 | 89.8    | 66.7 | 254 | 112.3 | 118.4 | 14 | 98.9  | 79.9 | 1076 |
| Female | 89.1    | 52.5 | 241 | 90.6    | 56.2 | 270 | 79.8    | 47.0 | 265 | 73.5    | 50.3 | 241 | 89.0  | 74.5  | 19 | 83.5  | 52.5 | 1036 |
| Total  | 95.4    | 62.3 | 494 | 96.9    | 78.3 | 546 | 90.2    | 67.3 | 544 | 81.9    | 59.8 | 495 | 98.9  | 94.6  | 33 | 91.3  | 68.3 | 2112 |

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   | 44.2    | 36.2 | 253 | 44.9    | 50.5 | 276 | 42.9    | 41.8 | 279 | 38.5    | 34.4 | 254 | 49.6  | 59.4 | 14 | 42.8  | 41.7 | 1076 |
| Female | 38.9    | 26.9 | 241 | 39.2    | 29.0 | 270 | 33.1    | 24.6 | 265 | 29.6    | 24.6 | 241 | 36.5  | 39.4 | 19 | 35.3  | 26.9 | 1036 |
| Total  | 41.6    | 32.1 | 494 | 42.1    | 41.3 | 546 | 38.1    | 34.8 | 544 | 34.2    | 30.3 | 495 | 42.0  | 48.5 | 33 | 39.1  | 35.4 | 2112 |

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   | 18.5    | 15.1 | 253 | 13.8    | 12.5 | 276 | 17.4    | 14.8 | 279 | 17.4    | 15.2 | 254 | 17.2  | 16.4 | 14 | 16.7  | 14.5 | 1076 |
| Female | 21.9    | 14.4 | 241 | 18.9    | 14.8 | 270 | 18.0    | 15.4 | 265 | 17.3    | 14.7 | 241 | 15.2  | 10.9 | 19 | 18.9  | 14.8 | 1036 |
| Total  | 20.1    | 14.8 | 494 | 16.3    | 13.9 | 546 | 17.7    | 15.1 | 544 | 17.3    | 14.9 | 495 | 16.1  | 13.3 | 33 | 17.8  | 14.7 | 2112 |

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   | 113.6   | 72.6 | 253 | 93.3    | 76.0 | 276 | 96.2    | 72.3 | 279 | 91.3    | 72.7 | 254 | 68.0  | 57.5 | 14 | 98.0  | 73.7 | 1076 |
| Female | 112.5   | 71.7 | 241 | 95.1    | 61.9 | 270 | 87.9    | 63.2 | 265 | 83.5    | 60.2 | 241 | 67.3  | 35.2 | 19 | 94.1  | 64.8 | 1036 |
| Total  | 113.0   | 72.1 | 494 | 94.2    | 69.3 | 546 | 92.2    | 68.1 | 544 | 87.5    | 67.0 | 495 | 67.6  | 45.2 | 33 | 96.1  | 69.5 | 2112 |

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   | 1.5     | 23.5 | 253 | 2.2     | 25.9 | 276 | 1.0     | 16.8 | 279 | 0.0     | 0.0 | 254 | 0.0   | 0.0 | 14 | 1.2   | 19.3 | 1076 |
| Female | 3.1     | 45.2 | 241 | 0.0     | 0.0  | 270 | 0.0     | 0.0  | 265 | 0.0     | 0.0 | 241 | 0.0   | 0.0 | 19 | 0.7   | 21.8 | 1036 |
| Total  | 2.3     | 35.7 | 494 | 1.1     | 18.4 | 546 | 0.5     | 12.0 | 544 | 0.0     | 0.0 | 495 | 0.0   | 0.0 | 33 | 1.0   | 20.6 | 2112 |

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   | 1003.2  | 417.1 | 253 | 1003.6  | 421.5 | 276 | 904.3   | 411.7 | 279 | 828.6   | 354.7 | 254 | 517.6 | 231.4 | 14 | 930.1 | 409.6 | 1076 |
| Female | 830.7   | 338.3 | 241 | 800.6   | 314.7 | 270 | 724.9   | 318.9 | 265 | 680.0   | 297.7 | 241 | 770.9 | 447.9 | 19 | 759.6 | 325.1 | 1036 |
| Total  | 919.1   | 390.0 | 494 | 903.2   | 385.8 | 546 | 816.9   | 379.8 | 544 | 756.2   | 336.2 | 495 | 663.4 | 388.2 | 33 | 846.5 | 380.2 | 2112 |

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   | 117.6   | 54.9 | 253 | 108.3   | 57.1 | 276 | 99.3    | 51.9 | 279 | 92.6    | 58.0 | 254 | 58.9  | 34.1 | 14 | 103.8 | 56.1 | 1076 |
| Female | 100.4   | 51.1 | 241 | 87.7    | 44.0 | 270 | 82.9    | 54.4 | 265 | 76.4    | 50.6 | 241 | 70.9  | 25.9 | 19 | 86.5  | 50.5 | 1036 |
| Total  | 109.2   | 53.7 | 494 | 98.1    | 52.0 | 546 | 91.4    | 53.7 | 544 | 84.8    | 55.0 | 495 | 65.8  | 29.8 | 33 | 95.3  | 54.1 | 2112 |

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   | 22.09   | 6.34 | 253 | 19.57   | 6.20 | 276 | 17.98   | 5.72 | 279 | 15.82   | 5.15 | 254 | 13.54 | 5.56 | 14 | 18.79 | 6.30 | 1076 |
| Female | 19.40   | 5.86 | 241 | 17.29   | 5.32 | 270 | 15.25   | 4.57 | 265 | 13.78   | 4.67 | 241 | 13.27 | 4.31 | 19 | 16.37 | 5.52 | 1036 |
| Total  | 20.78   | 6.25 | 494 | 18.45   | 5.89 | 546 | 16.65   | 5.36 | 544 | 14.83   | 5.02 | 495 | 13.38 | 4.80 | 33 | 17.60 | 6.05 | 2112 |

Icosenoic 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   | 557.4   | 363.0 | 253 | 607.1   | 407.9 | 276 | 598.0   | 431.3 | 279 | 515.7   | 373.8 | 254 | 292.0 | 219.1 | 14 | 567.4 | 396.6 | 1076 |
| Female | 471.3   | 293.9 | 241 | 502.1   | 388.1 | 270 | 451.5   | 365.2 | 265 | 417.6   | 364.5 | 241 | 533.4 | 311.5 | 19 | 462.9 | 356.0 | 1036 |
| Total  | 515.4   | 333.5 | 494 | 555.2   | 401.3 | 546 | 526.7   | 406.8 | 544 | 467.9   | 372.2 | 495 | 431.0 | 297.9 | 33 | 516.1 | 380.8 | 2112 |

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   | 295.1   | 468.1 | 253 | 386.2   | 527.4 | 276 | 400.2   | 537.5 | 279 | 334.4   | 470.6 | 254 | 135.2 | 275.6 | 14 | 352.9 | 502.6 | 1076 |
| Female | 261.5   | 381.7 | 241 | 319.8   | 536.8 | 270 | 302.9   | 486.0 | 265 | 279.0   | 476.3 | 241 | 343.7 | 334.7 | 19 | 292.9 | 473.3 | 1036 |
| Total  | 278.7   | 428.0 | 494 | 353.4   | 532.6 | 546 | 352.8   | 514.9 | 544 | 307.4   | 473.7 | 495 | 255.2 | 323.7 | 33 | 323.5 | 489.3 | 2112 |

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   | 41.3    | 32.5 | 253 | 53.6    | 39.0 | 276 | 51.5    | 40.7 | 279 | 46.6    | 36.6 | 254 | 24.4  | 20.9 | 14 | 48.1  | 37.6 | 1076 |
| Female | 36.6    | 29.0 | 241 | 40.4    | 32.7 | 270 | 38.5    | 32.1 | 265 | 35.1    | 29.8 | 241 | 40.2  | 22.8 | 19 | 37.8  | 30.9 | 1036 |
| Total  | 39.0    | 30.9 | 494 | 47.1    | 36.6 | 546 | 45.2    | 37.3 | 544 | 41.0    | 33.9 | 495 | 33.5  | 23.1 | 33 | 43.1  | 34.8 | 2112 |

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   | 9.0     | 15.4 | 253 | 12.6    | 13.8 | 276 | 12.1    | 12.0 | 279 | 11.8    | 11.9 | 254 | 3.9   | 4.6 | 14 | 11.3  | 13.3 | 1076 |
| Female | 7.6     | 9.8  | 241 | 9.2     | 10.9 | 270 | 9.1     | 11.6 | 265 | 8.6     | 10.8 | 241 | 9.5   | 9.4 | 19 | 8.7   | 10.8 | 1036 |
| Total  | 8.3     | 13.0 | 494 | 11.0    | 12.5 | 546 | 10.6    | 11.9 | 544 | 10.2    | 11.5 | 495 | 7.2   | 8.2 | 33 | 10.0  | 12.2 | 2112 |

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   | 5.9     | 6.3 | 253 | 11.0    | 10.9 | 276 | 11.6    | 10.5 | 279 | 12.0    | 12.4 | 254 | 5.4   | 3.6 | 14 | 10.1  | 10.5 | 1076 |
| Female | 6.9     | 8.9 | 241 | 8.4     | 9.0  | 270 | 8.9     | 8.7  | 265 | 8.8     | 9.9  | 241 | 6.5   | 6.5 | 19 | 8.2   | 9.1  | 1036 |
| Total  | 6.4     | 7.7 | 494 | 9.7     | 10.1 | 546 | 10.3    | 9.7  | 544 | 10.5    | 11.3 | 495 | 6.0   | 5.4 | 33 | 9.2   | 9.9  | 2112 |

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   | 5.7     | 6.6 | 253 | 10.2    | 11.5 | 276 | 10.1    | 11.2 | 279 | 10.3    | 12.1 | 254 | 3.3   | 4.1 | 14 | 9.0   | 10.7 | 1076 |
| Female | 5.9     | 8.6 | 241 | 7.4     | 8.7  | 270 | 7.3     | 9.3  | 265 | 7.0     | 9.0  | 241 | 6.8   | 8.4 | 19 | 6.9   | 8.9  | 1036 |
| Total  | 5.8     | 7.6 | 494 | 8.8     | 10.3 | 546 | 8.7     | 10.4 | 544 | 8.7     | 10.8 | 495 | 5.3   | 7.1 | 33 | 8.0   | 9.9  | 2112 |

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   | 11.94   | 3.18 | 253 | 11.01   | 3.13 | 276 | 10.70   | 3.07 | 279 | 9.52    | 2.99 | 254 | 8.90  | 2.80 | 14 | 10.77 | 3.21 | 1076 |
| Female | 10.45   | 3.10 | 241 | 9.69    | 2.84 | 270 | 9.17    | 2.72 | 265 | 8.66    | 2.87 | 241 | 7.96  | 2.16 | 19 | 9.46  | 2.94 | 1036 |
| Total  | 11.21   | 3.23 | 494 | 10.36   | 3.06 | 546 | 9.95    | 3.00 | 544 | 9.10    | 2.96 | 495 | 8.36  | 2.46 | 33 | 10.13 | 3.15 | 2112 |

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   | 1634.9  | 522.8 | 253 | 1501.9  | 487.3 | 276 | 1494.0  | 556.1 | 279 | 1337.7  | 488.9 | 254 | 1191.6 | 403.7 | 14 | 1488.3 | 524.0 | 1076 |
| Female | 1392.9  | 493.3 | 241 | 1290.8  | 438.6 | 270 | 1284.3  | 880.5 | 265 | 1204.5  | 458.2 | 241 | 1094.3 | 297.3 | 19 | 1289.2 | 599.4 | 1036 |
| Total  | 1516.8  | 522.3 | 494 | 1397.5  | 475.3 | 546 | 1391.8  | 739.0 | 544 | 1272.9  | 478.4 | 495 | 1135.6 | 344.0 | 33 | 1390.7 | 570.9 | 2112 |

$\gamma$ -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   | 4.1     | 4.3 | 253 | 5.6     | 5.3 | 276 | 5.9     | 5.6 | 279 | 6.0     | 7.5 | 254 | 2.6   | 2.2 | 14 | 5.4   | 5.8 | 1076 |
| Female | 3.8     | 4.2 | 241 | 4.6     | 4.6 | 270 | 4.8     | 5.1 | 265 | 4.5     | 4.8 | 241 | 5.0   | 5.0 | 19 | 4.5   | 4.7 | 1036 |
| Total  | 4.0     | 4.3 | 494 | 5.1     | 5.0 | 546 | 5.3     | 5.4 | 544 | 5.2     | 6.3 | 495 | 4.0   | 4.2 | 33 | 4.9   | 5.3 | 2112 |

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   | 61.8    | 76.2 | 253 | 90.5    | 91.8 | 276 | 92.1    | 100.7 | 279 | 86.1    | 90.2 | 254 | 35.3  | 50.3 | 14 | 82.4  | 90.9 | 1076 |
| Female | 54.7    | 65.4 | 241 | 71.1    | 86.9 | 270 | 70.0    | 86.8  | 265 | 64.3    | 83.1 | 241 | 76.1  | 56.7 | 19 | 65.5  | 81.1 | 1036 |
| Total  | 58.3    | 71.1 | 494 | 80.9    | 89.8 | 546 | 81.3    | 94.8  | 544 | 75.5    | 87.4 | 495 | 58.8  | 57.1 | 33 | 74.1  | 86.6 | 2112 |

Icosadienoic 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   | 64.0    | 30.1 | 253 | 60.6    | 30.5 | 276 | 51.9    | 25.3 | 279 | 44.6    | 21.3 | 254 | 36.1  | 19.5 | 14 | 55.0  | 28.0 | 1076 |
| Female | 50.4    | 24.4 | 241 | 44.9    | 21.0 | 270 | 41.7    | 19.8 | 265 | 36.5    | 18.1 | 241 | 31.8  | 18.9 | 19 | 43.1  | 21.5 | 1036 |
| Total  | 57.3    | 28.3 | 494 | 52.8    | 27.4 | 546 | 46.9    | 23.4 | 544 | 40.6    | 20.2 | 495 | 33.6  | 19.0 | 33 | 49.2  | 25.7 | 2112 |

Icosatrienoic 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   | 34.1    | 12.4 | 253 | 32.7    | 11.6 | 276 | 31.1    | 11.7 | 279 | 29.5    | 10.8 | 254 | 23.8  | 10.5 | 14 | 31.7  | 11.8 | 1076 |
| Female | 29.7    | 10.1 | 241 | 27.5    | 9.6  | 270 | 26.6    | 10.1 | 265 | 24.3    | 9.7  | 241 | 21.6  | 9.0  | 19 | 26.9  | 10.1 | 1036 |
| Total  | 32.0    | 11.5 | 494 | 30.1    | 11.0 | 546 | 28.9    | 11.2 | 544 | 27.0    | 10.6 | 495 | 22.5  | 9.6  | 33 | 29.4  | 11.2 | 2112 |

Icosatetraenoic 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   | 28.5    | 28.1 | 253 | 39.2    | 33.0 | 276 | 38.9    | 34.3 | 279 | 37.0    | 31.6 | 254 | 16.3  | 16.7 | 14 | 35.8  | 32.1 | 1076 |
| Female | 24.3    | 22.6 | 241 | 31.0    | 27.5 | 270 | 28.0    | 27.7 | 265 | 26.7    | 26.2 | 241 | 39.9  | 32.8 | 19 | 27.9  | 26.4 | 1036 |
| Total  | 26.5    | 25.6 | 494 | 35.2    | 30.6 | 546 | 33.6    | 31.7 | 544 | 32.0    | 29.5 | 495 | 29.9  | 29.3 | 33 | 31.9  | 29.7 | 2112 |

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   | 194.3   | 65.4 | 253 | 199.0   | 67.8 | 276 | 190.9   | 77.4 | 279 | 179.8   | 61.3 | 254 | 151.9 | 76.9 | 14 | 190.6 | 69.0 | 1076 |
| Female | 172.6   | 65.1 | 241 | 163.6   | 57.7 | 270 | 161.7   | 61.4 | 265 | 147.0   | 63.3 | 241 | 139.7 | 62.8 | 19 | 160.9 | 62.4 | 1036 |
| Total  | 183.7   | 66.1 | 494 | 181.5   | 65.4 | 546 | 176.7   | 71.5 | 544 | 163.8   | 64.3 | 495 | 144.9 | 68.2 | 33 | 176.1 | 67.5 | 2112 |

Icosapentaenoic 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   | 250.8   | 187.1 | 253 | 374.7   | 256.1 | 276 | 369.1   | 264.8 | 279 | 356.9   | 239.5 | 254 | 174.3 | 170.3 | 14 | 337.3 | 244.5 | 1076 |
| Female | 230.0   | 183.7 | 241 | 275.7   | 189.5 | 270 | 272.4   | 226.2 | 265 | 260.5   | 189.5 | 241 | 306.0 | 189.6 | 19 | 261.3 | 198.8 | 1036 |
| Total  | 240.7   | 185.6 | 494 | 325.8   | 230.8 | 546 | 322.0   | 251.2 | 544 | 310.0   | 221.7 | 495 | 250.2 | 190.7 | 33 | 300.0 | 226.4 | 2112 |

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   | 5.7     | 7.3 | 253 | 10.0    | 10.5 | 276 | 10.2    | 10.7 | 279 | 9.7     | 10.5 | 254 | 3.7   | 5.0 | 14 | 8.9   | 10.0 | 1076 |
| Female | 5.8     | 7.5 | 241 | 7.4     | 8.9  | 270 | 7.6     | 9.9  | 265 | 7.0     | 8.6  | 241 | 7.6   | 8.7 | 19 | 7.0   | 8.8  | 1036 |
| Total  | 5.7     | 7.4 | 494 | 8.7     | 9.8  | 546 | 8.9     | 10.4 | 544 | 8.4     | 9.7  | 495 | 5.9   | 7.5 | 33 | 7.9   | 9.5  | 2112 |

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   | 0.0     | 0.1 | 253 | 0.1     | 0.3 | 276 | 0.1     | 0.5 | 279 | 0.1     | 0.4 | 254 | 0.0   | 0.1 | 14 | 0.1   | 0.3 | 1076 |
| Female | 0.0     | 0.1 | 241 | 0.1     | 0.2 | 270 | 0.1     | 0.3 | 265 | 0.1     | 0.4 | 241 | 0.1   | 0.2 | 19 | 0.1   | 0.3 | 1036 |
| Total  | 0.0     | 0.1 | 494 | 0.1     | 0.3 | 546 | 0.1     | 0.4 | 544 | 0.1     | 0.4 | 495 | 0.0   | 0.2 | 33 | 0.1   | 0.3 | 2112 |

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   | 14.0    | 5.9 | 253 | 13.9    | 6.2 | 276 | 12.2    | 5.7 | 279 | 11.6    | 5.3 | 254 | 8.9   | 6.7 | 14 | 12.9  | 5.9 | 1076 |
| Female | 11.2    | 4.8 | 241 | 10.9    | 5.1 | 270 | 10.6    | 4.9 | 265 | 9.3     | 4.8 | 241 | 7.9   | 3.3 | 19 | 10.5  | 4.9 | 1036 |
| Total  | 12.7    | 5.6 | 494 | 12.4    | 5.9 | 546 | 11.4    | 5.4 | 544 | 10.5    | 5.2 | 495 | 8.3   | 5.0 | 33 | 11.7  | 5.6 | 2112 |

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   | 87.5    | 67.4 | 253 | 118.0   | 83.7 | 276 | 114.1   | 85.5 | 279 | 107.8   | 78.5 | 254 | 60.3  | 49.2 | 14 | 106.7 | 79.9 | 1076 |
| Female | 75.9    | 56.2 | 241 | 91.4    | 63.3 | 270 | 82.3    | 64.3 | 265 | 79.4    | 62.7 | 241 | 106.4 | 90.1 | 19 | 82.9  | 62.6 | 1036 |
| Total  | 81.8    | 62.4 | 494 | 104.8   | 75.4 | 546 | 98.6    | 77.5 | 544 | 94.0    | 72.6 | 495 | 86.8  | 78.0 | 33 | 95.0  | 72.9 | 2112 |

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   | 8.4     | 7.4 | 253 | 13.0    | 10.6 | 276 | 12.7    | 11.1 | 279 | 12.5    | 11.4 | 254 | 6.4   | 6.9 | 14 | 11.7  | 10.4 | 1076 |
| Female | 8.5     | 7.9 | 241 | 10.0    | 8.5  | 270 | 9.5     | 9.0  | 265 | 9.1     | 8.4  | 241 | 7.9   | 6.6 | 19 | 9.3   | 8.4  | 1036 |
| Total  | 8.4     | 7.6 | 494 | 11.5    | 9.8  | 546 | 11.2    | 10.3 | 544 | 10.8    | 10.2 | 495 | 7.2   | 6.7 | 33 | 10.5  | 9.6  | 2112 |

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   | 506.6   | 343.3 | 253 | 681.1   | 421.0 | 276 | 659.6   | 422.5 | 279 | 622.4   | 392.6 | 254 | 354.8 | 268.4 | 14 | 616.4 | 402.0 | 1076 |
| Female | 447.6   | 303.5 | 241 | 511.4   | 310.3 | 270 | 493.5   | 345.2 | 265 | 467.0   | 307.5 | 241 | 533.5 | 305.4 | 19 | 482.0 | 317.8 | 1036 |
| Total  | 477.8   | 325.5 | 494 | 597.2   | 379.7 | 546 | 578.7   | 395.3 | 544 | 546.7   | 361.9 | 495 | 457.7 | 299.6 | 33 | 550.5 | 369.2 | 2112 |

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   | 17.4    | 21.3 | 253 | 20.1    | 21.7 | 276 | 15.7    | 20.6 | 279 | 10.8    | 13.5 | 254 | 5.9   | 11.4 | 14 | 15.9  | 19.8 | 1076 |
| Female | 3.8     | 6.8  | 241 | 3.0     | 6.9  | 270 | 2.6     | 6.9  | 265 | 1.6     | 2.7  | 241 | 0.7   | 1.1  | 19 | 2.7   | 6.1  | 1036 |
| Total  | 10.7    | 17.4 | 494 | 11.6    | 18.2 | 546 | 9.3     | 16.8 | 544 | 6.3     | 10.8 | 495 | 2.9   | 7.8  | 33 | 9.5   | 16.2 | 2112 |

Nutrition intake from foods and dietary supplements  
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   | 2381.3  | 400.9 | 253 | 2346.1  | 390.5 | 276 | 2314.4  | 373.3 | 279 | 2129.0  | 368.6 | 254 | 1909.8 | 313.0 | 14 | 2289.2 | 396.0 | 1076 |
| Female | 1920.2  | 322.8 | 241 | 1901.4  | 308.4 | 270 | 1864.7  | 322.3 | 265 | 1789.4  | 350.8 | 241 | 1679.3 | 242.0 | 19 | 1866.3 | 328.6 | 1036 |
| Total  | 2156.4  | 431.4 | 494 | 2126.2  | 416.4 | 546 | 2095.4  | 415.3 | 544 | 1963.7  | 397.8 | 495 | 1777.1 | 293.5 | 33 | 2081.8 | 421.3 | 2112 |

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   | 1986.1  | 520.2 | 253 | 2063.0  | 560.8 | 276 | 2088.2  | 573.1 | 279 | 1880.6  | 530.9 | 254 | 1688.0 | 439.4 | 14 | 2003.5 | 552.4 | 1076 |
| Female | 1622.4  | 440.1 | 241 | 1732.7  | 449.4 | 270 | 1766.1  | 502.7 | 265 | 1684.5  | 447.6 | 241 | 1453.9 | 379.0 | 19 | 1699.3 | 463.4 | 1036 |
| Total  | 1808.7  | 515.5 | 494 | 1899.7  | 534.5 | 546 | 1931.3  | 563.0 | 544 | 1785.1  | 501.3 | 495 | 1553.2 | 415.9 | 33 | 1854.3 | 532.8 | 2112 |

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   | 87.2    | 16.9 | 253 | 88.8    | 15.8 | 276 | 87.7    | 16.2 | 279 | 82.4    | 16.6 | 254 | 72.5  | 17.2 | 14 | 86.4  | 16.6 | 1076 |
| Female | 72.7    | 13.4 | 241 | 74.4    | 14.0 | 270 | 73.8    | 14.6 | 265 | 70.6    | 15.2 | 241 | 65.9  | 11.6 | 19 | 72.8  | 14.3 | 1036 |
| Total  | 80.1    | 16.9 | 494 | 81.7    | 16.6 | 546 | 80.9    | 16.9 | 544 | 76.6    | 16.9 | 495 | 68.7  | 14.4 | 33 | 79.7  | 16.9 | 2112 |

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   | 66.8    | 16.6 | 253 | 61.3    | 16.3 | 276 | 58.1    | 15.7 | 279 | 52.1    | 14.6 | 254 | 43.7  | 16.1 | 14 | 59.4  | 16.7 | 1076 |
| Female | 60.0    | 15.7 | 241 | 54.7    | 14.4 | 270 | 49.9    | 13.3 | 265 | 46.0    | 13.9 | 241 | 43.6  | 12.1 | 19 | 52.5  | 15.2 | 1036 |

|       |      |      |     |      |      |     |      |      |     |      |      |     |      |      |    |      |      |      |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|
| Total | 63.5 | 16.5 | 494 | 58.0 | 15.7 | 546 | 54.1 | 15.1 | 544 | 49.2 | 14.6 | 495 | 43.7 | 13.7 | 33 | 56.0 | 16.3 | 2112 |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|

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   | 317.3   | 64.1 | 253 | 316.5   | 61.0 | 276 | 326.8   | 62.9 | 279 | 308.5   | 62.5 | 254 | 292.5 | 45.9 | 14 | 317.2 | 62.7 | 1076 |
| Female | 260.9   | 49.0 | 241 | 269.5   | 48.8 | 270 | 273.2   | 53.4 | 265 | 268.4   | 61.3 | 241 | 253.1 | 38.3 | 19 | 267.9 | 53.1 | 1036 |
| Total  | 289.8   | 63.7 | 494 | 293.3   | 60.1 | 546 | 300.7   | 64.3 | 544 | 289.0   | 65.0 | 495 | 269.8 | 45.5 | 33 | 293.0 | 63.2 | 2112 |

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   | 19.5    | 3.7 | 253 | 20.9    | 4.3 | 276 | 21.8    | 4.4 | 279 | 20.4    | 4.5 | 254 | 20.1  | 7.4 | 14 | 20.7  | 4.4 | 1076 |
| Female | 17.5    | 3.5 | 241 | 18.2    | 3.5 | 270 | 18.8    | 4.1 | 265 | 18.4    | 4.0 | 241 | 16.8  | 3.8 | 19 | 18.2  | 3.8 | 1036 |
| Total  | 18.5    | 3.7 | 494 | 19.6    | 4.1 | 546 | 20.4    | 4.5 | 544 | 19.4    | 4.4 | 495 | 18.2  | 5.7 | 33 | 19.5  | 4.3 | 2112 |

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   | 4575    | 960 | 253 | 4820    | 1084 | 276 | 4891    | 1100 | 279 | 4623    | 1153 | 254 | 4663  | 2113 | 14 | 4732  | 1102 | 1076 |
| Female | 3983    | 875 | 241 | 4061    | 874  | 270 | 4137    | 1009 | 265 | 4067    | 954  | 241 | 3652  | 780  | 19 | 4056  | 929  | 1036 |
| Total  | 4286    | 965 | 494 | 4445    | 1056 | 546 | 4524    | 1121 | 544 | 4352    | 1095 | 495 | 4081  | 1554 | 33 | 4401  | 1075 | 2112 |

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   | 2839    | 642 | 253 | 3110    | 746 | 276 | 3349    | 779 | 279 | 3123    | 815 | 254 | 2970  | 925 | 14 | 3109  | 771 | 1076 |
| Female | 2637    | 612 | 241 | 2897    | 651 | 270 | 3011    | 752 | 265 | 2910    | 772 | 241 | 2611  | 729 | 19 | 2863  | 713 | 1036 |
| Total  | 2740    | 635 | 494 | 3004    | 708 | 546 | 3185    | 784 | 544 | 3019    | 801 | 495 | 2763  | 824 | 33 | 2989  | 753 | 2112 |

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   | 590.7   | 187.9 | 253 | 617.6   | 222.0 | 276 | 706.8   | 234.2 | 279 | 670.4   | 225.0 | 254 | 695.2 | 295.6 | 14 | 647.9 | 223.8 | 1076 |
| Female | 586.3   | 210.4 | 241 | 645.4   | 309.4 | 270 | 663.2   | 235.3 | 265 | 672.4   | 276.7 | 241 | 649.8 | 318.6 | 19 | 642.6 | 264.3 | 1036 |
| Total  | 588.5   | 199.0 | 494 | 631.4   | 268.9 | 546 | 685.6   | 235.5 | 544 | 671.4   | 251.3 | 495 | 669.0 | 305.1 | 33 | 645.3 | 244.5 | 2112 |

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   | 310.8   | 68.2 | 253 | 337.8   | 74.4 | 276 | 353.6   | 77.2 | 279 | 327.2   | 83.0  | 254 | 297.0 | 96.6 | 14 | 332.5 | 77.7  | 1076 |
| Female | 271.7   | 62.1 | 241 | 296.5   | 73.5 | 270 | 305.0   | 74.3 | 265 | 310.7   | 300.1 | 241 | 265.7 | 74.9 | 19 | 295.7 | 157.8 | 1036 |

|       |       |      |     |       |      |     |       |      |     |       |       |     |       |      |    |       |       |      |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|-------|-----|-------|------|----|-------|-------|------|
| Total | 291.8 | 68.1 | 494 | 317.4 | 76.7 | 546 | 329.9 | 79.5 | 544 | 319.2 | 217.6 | 495 | 279.0 | 84.8 | 33 | 314.4 | 125.0 | 2112 |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|-------|-----|-------|------|----|-------|-------|------|

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   | 1276    | 257 | 253 | 1309    | 251 | 276 | 1337    | 258 | 279 | 1263    | 275 | 254 | 1159  | 331 | 14 | 1296  | 262 | 1076 |
| Female | 1093    | 221 | 241 | 1121    | 225 | 270 | 1154    | 263 | 265 | 1117    | 275 | 241 | 1057  | 276 | 19 | 1121  | 248 | 1036 |
| Total  | 1187    | 256 | 494 | 1216    | 256 | 546 | 1248    | 276 | 544 | 1192    | 284 | 495 | 1100  | 300 | 33 | 1210  | 270 | 2112 |

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   | 9.3     | 2.2 | 253 | 10.0    | 2.5 | 276 | 11.0    | 2.9 | 279 | 10.3    | 2.8 | 254 | 9.9   | 3.2 | 14 | 10.2  | 2.7 | 1076 |
| Female | 8.4     | 2.3 | 241 | 9.3     | 2.9 | 270 | 10.0    | 2.9 | 265 | 9.5     | 2.8 | 241 | 9.1   | 2.6 | 19 | 9.3   | 2.8 | 1036 |
| Total  | 8.9     | 2.3 | 494 | 9.7     | 2.8 | 546 | 10.5    | 3.0 | 544 | 9.9     | 2.8 | 495 | 9.5   | 2.9 | 33 | 9.8   | 2.8 | 2112 |

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   | 10.2    | 2.4 | 253 | 10.1    | 2.2 | 276 | 10.3    | 2.2 | 279 | 9.6     | 2.0 | 254 | 8.4   | 1.8 | 14 | 10.0  | 2.2 | 1076 |
| Female | 8.4     | 2.1 | 241 | 8.4     | 1.6 | 270 | 8.6     | 2.0 | 265 | 8.3     | 1.9 | 241 | 7.7   | 1.6 | 19 | 8.4   | 1.9 | 1036 |
| Total  | 9.3     | 2.4 | 494 | 9.3     | 2.2 | 546 | 9.5     | 2.3 | 544 | 9.0     | 2.1 | 495 | 8.0   | 1.7 | 33 | 9.2   | 2.2 | 2112 |

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   | 1.40    | 0.34 | 253 | 1.48    | 0.36 | 276 | 1.56    | 0.35 | 279 | 1.48    | 0.36 | 254 | 1.40  | 0.37 | 14 | 1.48  | 0.36 | 1076 |
| Female | 1.19    | 0.31 | 241 | 1.28    | 0.29 | 270 | 1.36    | 0.34 | 265 | 1.31    | 0.38 | 241 | 1.22  | 0.28 | 19 | 1.28  | 0.33 | 1036 |
| Total  | 1.30    | 0.34 | 494 | 1.38    | 0.35 | 546 | 1.46    | 0.36 | 544 | 1.39    | 0.38 | 495 | 1.30  | 0.33 | 33 | 1.38  | 0.36 | 2112 |

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   | 4.07    | 1.23 | 253 | 4.58    | 1.93 | 276 | 4.83    | 1.81 | 279 | 4.63    | 1.48 | 254 | 4.15  | 1.01 | 14 | 4.53  | 1.66 | 1076 |
| Female | 3.60    | 1.41 | 241 | 4.08    | 1.19 | 270 | 4.41    | 1.67 | 265 | 4.39    | 2.88 | 241 | 4.05  | 1.11 | 19 | 4.12  | 1.89 | 1036 |
| Total  | 3.84    | 1.34 | 494 | 4.33    | 1.63 | 546 | 4.63    | 1.76 | 544 | 4.51    | 2.27 | 495 | 4.10  | 1.06 | 33 | 4.33  | 1.79 | 2112 |

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   | 384     | 709 | 253 | 305     | 482 | 276 | 476     | 839 | 279 | 375     | 774 | 254 | 839   | 1765 | 14 | 391   | 738 | 1076 |
| Female | 312     | 547 | 241 | 317     | 576 | 270 | 374     | 715 | 265 | 384     | 864 | 241 | 571   | 780  | 19 | 351   | 687 | 1036 |

|       |     |     |     |     |     |     |     |     |     |     |     |     |     |      |    |     |     |      |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|----|-----|-----|------|
| Total | 349 | 635 | 494 | 311 | 530 | 546 | 426 | 782 | 544 | 380 | 818 | 495 | 685 | 1275 | 33 | 372 | 713 | 2112 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|----|-----|-----|------|

$\alpha$ -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   | 471     | 367 | 253 | 527     | 477 | 276 | 525     | 421 | 279 | 547     | 522 | 254 | 563   | 536 | 14 | 519   | 452 | 1076 |
| Female | 444     | 318 | 241 | 447     | 361 | 270 | 509     | 443 | 265 | 515     | 425 | 241 | 504   | 402 | 19 | 479   | 391 | 1036 |
| Total  | 458     | 344 | 494 | 488     | 425 | 546 | 517     | 432 | 544 | 531     | 477 | 495 | 529   | 457 | 33 | 499   | 423 | 2112 |

$\beta$ -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   | 2991    | 2016 | 253 | 3573    | 2157 | 276 | 4306    | 2482 | 279 | 4050    | 2297 | 254 | 4717  | 2665 | 14 | 3754  | 2307 | 1076 |
| Female | 3080    | 1837 | 241 | 4193    | 9838 | 270 | 4081    | 2051 | 265 | 3947    | 2180 | 241 | 3297  | 1730 | 19 | 3832  | 5325 | 1036 |
| Total  | 3035    | 1929 | 494 | 3880    | 7086 | 546 | 4196    | 2283 | 544 | 4000    | 2239 | 495 | 3899  | 2253 | 33 | 3792  | 4076 | 2112 |

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   | 302     | 793 | 253 | 471     | 928  | 276 | 608     | 1060 | 279 | 643     | 1198 | 254 | 591   | 842 | 14 | 509   | 1011 | 1076 |
| Female | 414     | 652 | 241 | 666     | 1046 | 270 | 673     | 1020 | 265 | 713     | 1080 | 241 | 407   | 484 | 19 | 615   | 968  | 1036 |
| Total  | 357     | 729 | 494 | 568     | 992  | 546 | 640     | 1040 | 544 | 677     | 1142 | 495 | 485   | 654 | 33 | 561   | 991  | 2112 |

$\beta$ -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   | 3432    | 2231 | 253 | 4136    | 2448 | 276 | 4916    | 2725 | 279 | 4763    | 2757 | 254 | 5420  | 2920 | 14 | 4337  | 2619 | 1076 |
| Female | 3569    | 2045 | 241 | 4276    | 2144 | 270 | 4793    | 2359 | 265 | 4619    | 2497 | 241 | 3818  | 1933 | 19 | 4315  | 2304 | 1036 |
| Total  | 3499    | 2141 | 494 | 4205    | 2302 | 546 | 4856    | 2551 | 544 | 4693    | 2632 | 495 | 4498  | 2492 | 33 | 4326  | 2469 | 2112 |

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   | 701     | 761 | 253 | 666     | 533  | 276 | 914     | 910 | 279 | 801     | 863 | 254 | 1306  | 1906 | 14 | 779   | 809 | 1076 |
| Female | 628     | 588 | 241 | 761     | 1078 | 270 | 807     | 759 | 265 | 800     | 909 | 241 | 900   | 790  | 19 | 753   | 858 | 1036 |
| Total  | 665     | 683 | 494 | 713     | 848  | 546 | 862     | 841 | 544 | 801     | 885 | 495 | 1072  | 1367 | 33 | 766   | 834 | 2112 |

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   | 9.1     | 6.2 | 253 | 11.2    | 7.1 | 276 | 11.6    | 8.1 | 279 | 10.8    | 5.9 | 254 | 10.1  | 10.2 | 14 | 10.7  | 7.0 | 1076 |
| Female | 7.6     | 4.9 | 241 | 8.9     | 5.4 | 270 | 9.6     | 6.4 | 265 | 8.6     | 5.1 | 241 | 9.3   | 6.0  | 19 | 8.7   | 5.6 | 1036 |

|       |     |     |     |      |     |     |      |     |     |     |     |     |     |     |    |     |     |      |
|-------|-----|-----|-----|------|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|
| Total | 8.4 | 5.6 | 494 | 10.1 | 6.4 | 546 | 10.7 | 7.4 | 544 | 9.7 | 5.6 | 495 | 9.7 | 7.9 | 33 | 9.7 | 6.4 | 2112 |
|-------|-----|-----|-----|------|-----|-----|------|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|

$\alpha$ -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  | 253 | 8       | 2  | 276 | 9       | 5  | 279 | 8       | 3  | 254 | 8     | 3  | 14 | 8     | 3  | 1076 |
| Female | 8       | 2  | 241 | 10      | 24 | 270 | 8       | 3  | 265 | 7       | 2  | 241 | 7     | 3  | 19 | 8     | 13 | 1036 |
| Total  | 8       | 2  | 494 | 9       | 17 | 546 | 8       | 4  | 544 | 8       | 3  | 495 | 7     | 3  | 33 | 8     | 9  | 2112 |

$\beta$ -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  | 253 | 0       | 0  | 276 | 0       | 0  | 279 | 0       | 0  | 254 | 0     | 0  | 14 | 0     | 0  | 1076 |
| Female | 0       | 0  | 241 | 0       | 0  | 270 | 0       | 0  | 265 | 0       | 0  | 241 | 0     | 0  | 19 | 0     | 0  | 1036 |
| Total  | 0       | 0  | 494 | 0       | 0  | 546 | 0       | 0  | 544 | 0       | 0  | 495 | 0     | 0  | 33 | 0     | 0  | 2112 |

$\gamma$ -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  | 253 | 12      | 4  | 276 | 12      | 4  | 279 | 11      | 4  | 254 | 11    | 3  | 14 | 12    | 4  | 1076 |
| Female | 12      | 4  | 241 | 11      | 4  | 270 | 10      | 3  | 265 | 10      | 4  | 241 | 9     | 3  | 19 | 11    | 4  | 1036 |
| Total  | 13      | 4  | 494 | 12      | 4  | 546 | 11      | 4  | 544 | 10      | 4  | 495 | 10    | 3  | 33 | 12    | 4  | 2112 |

$\delta$ -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  | 253 | 3       | 1  | 276 | 3       | 1  | 279 | 3       | 1  | 254 | 3     | 1  | 14 | 3     | 1  | 1076 |
| Female | 3       | 1  | 241 | 3       | 1  | 270 | 3       | 1  | 265 | 3       | 1  | 241 | 3     | 1  | 19 | 3     | 1  | 1036 |
| Total  | 3       | 1  | 494 | 3       | 1  | 546 | 3       | 1  | 544 | 3       | 1  | 495 | 3     | 1  | 33 | 3     | 1  | 2112 |

$\alpha$ -Tocopherol equivalents (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   | 11      | 10 | 253 | 11      | 9  | 276 | 16      | 33 | 279 | 13      | 28 | 254 | 24    | 54 | 14 | 13    | 23 | 1076 |
| Female | 15      | 32 | 241 | 18      | 52 | 270 | 17      | 43 | 265 | 15      | 27 | 241 | 14    | 15 | 19 | 16    | 40 | 1036 |
| Total  | 13      | 24 | 494 | 15      | 37 | 546 | 16      | 38 | 544 | 14      | 28 | 495 | 18    | 37 | 33 | 15    | 32 | 2112 |

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   | 214     | 104 | 253 | 247     | 122 | 276 | 293     | 150 | 279 | 275     | 146 | 254 | 275   | 177 | 14 | 258   | 136 | 1076 |
| Female | 205     | 106 | 241 | 241     | 120 | 270 | 269     | 128 | 265 | 242     | 135 | 241 | 231   | 109 | 19 | 240   | 125 | 1036 |

|       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |     |     |      |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|
| Total | 210 | 105 | 494 | 244 | 121 | 546 | 281 | 140 | 544 | 259 | 142 | 495 | 250 | 141 | 33 | 249 | 131 | 2112 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|

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   | 1.81    | 5.01 | 253 | 1.86    | 4.45  | 276 | 4.35    | 21.29 | 279 | 4.14    | 12.43 | 254 | 2.33  | 4.87  | 14 | 3.04  | 12.90 | 1076 |
| Female | 1.52    | 4.00 | 241 | 2.95    | 10.12 | 270 | 3.12    | 7.68  | 265 | 5.71    | 17.01 | 241 | 7.84  | 15.75 | 19 | 3.39  | 10.92 | 1036 |
| Total  | 1.67    | 4.55 | 494 | 2.40    | 7.80  | 546 | 3.75    | 16.16 | 544 | 4.90    | 14.85 | 495 | 5.50  | 12.52 | 33 | 3.21  | 11.97 | 2112 |

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   | 1.69    | 0.89 | 253 | 1.87    | 1.82 | 276 | 2.11    | 2.17 | 279 | 2.02    | 1.88 | 254 | 1.66  | 0.88 | 14 | 1.92  | 1.76 | 1076 |
| Female | 1.75    | 2.38 | 241 | 2.16    | 5.80 | 270 | 2.69    | 5.42 | 265 | 2.41    | 3.41 | 241 | 2.06  | 1.98 | 19 | 2.26  | 4.52 | 1036 |
| Total  | 1.72    | 1.78 | 494 | 2.01    | 4.28 | 546 | 2.39    | 4.10 | 544 | 2.21    | 2.74 | 495 | 1.89  | 1.60 | 33 | 2.09  | 3.41 | 2112 |

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   | 22.5    | 8.5 | 253 | 24.5    | 8.8 | 276 | 23.7    | 10.0 | 279 | 20.5    | 8.2  | 254 | 15.4  | 5.0  | 14 | 22.8  | 9.0 | 1076 |
| Female | 18.2    | 7.4 | 241 | 19.2    | 8.4 | 270 | 19.4    | 9.9  | 265 | 19.3    | 12.1 | 241 | 17.9  | 11.5 | 19 | 19.0  | 9.6 | 1036 |
| Total  | 20.4    | 8.2 | 494 | 21.9    | 9.0 | 546 | 21.6    | 10.2 | 544 | 19.9    | 10.3 | 495 | 16.8  | 9.3  | 33 | 20.9  | 9.5 | 2112 |

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   | 2.07    | 4.58 | 253 | 2.24    | 3.54 | 276 | 3.78    | 14.54 | 279 | 3.24    | 8.38  | 254 | 1.53  | 0.79  | 14 | 2.83  | 8.94 | 1076 |
| Female | 1.98    | 5.11 | 241 | 3.15    | 9.53 | 270 | 3.28    | 6.84  | 265 | 4.87    | 11.89 | 241 | 4.52  | 10.12 | 19 | 3.33  | 8.78 | 1036 |
| Total  | 2.03    | 4.84 | 494 | 2.69    | 7.17 | 546 | 3.53    | 11.45 | 544 | 4.03    | 10.26 | 495 | 3.26  | 7.75  | 33 | 3.08  | 8.86 | 2112 |

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   | 16.1    | 81.7 | 253 | 17.5    | 64.8  | 276 | 32.7    | 189.7 | 279 | 29.2    | 131.8 | 254 | 9.0   | 9.2   | 14 | 23.8  | 126.8 | 1076 |
| Female | 15.3    | 75.3 | 241 | 24.5    | 123.3 | 270 | 16.6    | 62.8  | 265 | 50.4    | 177.7 | 241 | 47.6  | 174.8 | 19 | 26.8  | 119.7 | 1036 |
| Total  | 15.7    | 78.6 | 494 | 21.0    | 98.2  | 546 | 24.8    | 142.9 | 544 | 39.5    | 156.0 | 495 | 31.2  | 132.7 | 33 | 25.2  | 123.4 | 2112 |

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   | 371     | 118 | 253 | 421     | 149 | 276 | 477     | 163 | 279 | 446     | 157 | 254 | 438   | 239 | 14 | 430   | 154 | 1076 |
| Female | 357     | 133 | 241 | 409     | 141 | 270 | 446     | 158 | 265 | 423     | 174 | 241 | 367   | 141 | 19 | 409   | 155 | 1036 |

|       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |     |     |      |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|
| Total | 364 | 126 | 494 | 415 | 145 | 546 | 462 | 161 | 544 | 435 | 166 | 495 | 397 | 189 | 33 | 420 | 155 | 2112 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|

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   | 7.13    | 2.48 | 253 | 7.34    | 3.09 | 276 | 7.62    | 2.38 | 279 | 7.07    | 2.17  | 254 | 6.87  | 2.65 | 14 | 7.30  | 2.57  | 1076 |
| Female | 6.20    | 2.20 | 241 | 6.82    | 4.11 | 270 | 7.03    | 3.51 | 265 | 10.59   | 61.53 | 241 | 5.75  | 1.43 | 19 | 7.59  | 29.83 | 1036 |
| Total  | 6.68    | 2.40 | 494 | 7.08    | 3.64 | 546 | 7.33    | 3.00 | 544 | 8.78    | 42.95 | 495 | 6.22  | 2.07 | 33 | 7.44  | 20.96 | 2112 |

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   | 150.1   | 155.0 | 253 | 168.6   | 345.7 | 276 | 192.4   | 177.2 | 279 | 156.4   | 91.4  | 254 | 137.6 | 64.0 | 14 | 167.2 | 215.9 | 1076 |
| Female | 172.9   | 284.9 | 241 | 253.9   | 826.4 | 270 | 184.7   | 151.8 | 265 | 194.1   | 234.4 | 241 | 136.3 | 76.1 | 19 | 201.3 | 464.9 | 1036 |
| Total  | 161.2   | 227.8 | 494 | 210.8   | 631.8 | 546 | 188.7   | 165.2 | 544 | 174.8   | 177.0 | 495 | 136.9 | 70.2 | 33 | 183.9 | 360.5 | 2112 |

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   | 438.7   | 155.8 | 253 | 428.6   | 150.3 | 276 | 413.4   | 152.6 | 279 | 395.7   | 143.8 | 254 | 378.8 | 178.4 | 14 | 418.6 | 151.7 | 1076 |
| Female | 378.4   | 133.3 | 241 | 362.0   | 130.4 | 270 | 353.2   | 132.7 | 265 | 328.5   | 131.0 | 241 | 306.5 | 138.6 | 19 | 354.8 | 133.0 | 1036 |
| Total  | 409.3   | 148.2 | 494 | 395.7   | 144.6 | 546 | 384.0   | 146.3 | 544 | 363.0   | 141.6 | 495 | 337.2 | 158.3 | 33 | 387.3 | 146.3 | 2112 |

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   | 3.5     | 1.2 | 253 | 3.7     | 1.2 | 276 | 4.2     | 1.3 | 279 | 4.0     | 1.5 | 254 | 4.3   | 1.8 | 14 | 3.8   | 1.3 | 1076 |
| Female | 3.4     | 1.0 | 241 | 3.7     | 1.0 | 270 | 3.9     | 1.2 | 265 | 3.7     | 1.2 | 241 | 3.0   | 0.8 | 19 | 3.7   | 1.1 | 1036 |
| Total  | 3.4     | 1.1 | 494 | 3.7     | 1.1 | 546 | 4.0     | 1.3 | 544 | 3.8     | 1.4 | 495 | 3.6   | 1.5 | 33 | 3.7   | 1.2 | 2112 |

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   | 10.6    | 2.8 | 253 | 11.9    | 3.6 | 276 | 13.5    | 3.9 | 279 | 12.7    | 3.9 | 254 | 12.1  | 3.8 | 14 | 12.2  | 3.7 | 1076 |
| Female | 10.5    | 2.9 | 241 | 11.8    | 3.1 | 270 | 12.6    | 3.6 | 265 | 12.2    | 3.5 | 241 | 11.2  | 3.7 | 19 | 11.8  | 3.4 | 1036 |
| Total  | 10.6    | 2.8 | 494 | 11.9    | 3.3 | 546 | 13.1    | 3.8 | 544 | 12.5    | 3.7 | 495 | 11.6  | 3.7 | 33 | 12.0  | 3.6 | 2112 |

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   | 14.8    | 3.9 | 253 | 16.4    | 4.9 | 276 | 18.7    | 5.4 | 279 | 17.5    | 5.3 | 254 | 16.8  | 5.5 | 14 | 16.9  | 5.1 | 1076 |
| Female | 14.6    | 3.8 | 241 | 16.4    | 4.3 | 270 | 17.4    | 4.9 | 265 | 16.7    | 4.8 | 241 | 15.5  | 4.4 | 19 | 16.3  | 4.6 | 1036 |

|       |       |      |     |       |      |     |       |      |     |       |      |     |       |      |    |       |      |      |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|
| Total | 14. 7 | 3. 9 | 494 | 16. 4 | 4. 6 | 546 | 18. 1 | 5. 2 | 544 | 17. 1 | 5. 1 | 495 | 16. 1 | 4. 9 | 33 | 16. 6 | 4. 9 | 2112 |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|

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. 5   | 2. 4 | 253 | 12. 1   | 2. 7 | 276 | 12. 3   | 2. 8 | 279 | 11. 6   | 2. 9 | 254 | 11. 8 | 5. 3 | 14 | 11. 9 | 2. 8 | 1076 |
| Female | 10. 0   | 2. 2 | 241 | 10. 2   | 2. 2 | 270 | 10. 4   | 2. 6 | 265 | 10. 2   | 2. 4 | 241 | 9. 2  | 2. 0 | 19 | 10. 2 | 2. 4 | 1036 |
| Total  | 10. 8   | 2. 4 | 494 | 11. 2   | 2. 7 | 546 | 11. 4   | 2. 8 | 544 | 11. 0   | 2. 8 | 495 | 10. 3 | 3. 9 | 33 | 11. 1 | 2. 7 | 2112 |

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   | 12. 2   | 2. 5 | 253 | 12. 3   | 2. 4 | 276 | 12. 2   | 2. 3 | 279 | 11. 5   | 2. 6 | 254 | 10. 3 | 2. 4 | 14 | 12. 0 | 2. 5 | 1076 |
| Female | 10. 0   | 1. 9 | 241 | 10. 2   | 2. 0 | 270 | 10. 2   | 2. 3 | 265 | 9. 8    | 2. 3 | 241 | 9. 1  | 2. 1 | 19 | 10. 0 | 2. 1 | 1036 |
| Total  | 11. 1   | 2. 5 | 494 | 11. 2   | 2. 5 | 546 | 11. 2   | 2. 5 | 544 | 10. 6   | 2. 6 | 495 | 9. 6  | 2. 3 | 33 | 11. 1 | 2. 5 | 2112 |

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   | 3797    | 758 | 253 | 3840    | 708 | 276 | 3810    | 740 | 279 | 3591    | 741 | 254 | 3216  | 784 | 14 | 3755  | 745 | 1076 |
| Female | 3157    | 614 | 241 | 3198    | 610 | 270 | 3203    | 693 | 265 | 3092    | 694 | 241 | 2870  | 556 | 19 | 3159  | 654 | 1036 |
| Total  | 3484    | 761 | 494 | 3523    | 735 | 546 | 3514    | 779 | 544 | 3348    | 760 | 495 | 3017  | 674 | 33 | 3463  | 762 | 2112 |

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   | 6616    | 1288 | 253 | 6663    | 1201 | 276 | 6618    | 1256 | 279 | 6251    | 1275 | 254 | 5613  | 1349 | 14 | 6529  | 1268 | 1076 |
| Female | 5527    | 1051 | 241 | 5576    | 1045 | 270 | 5570    | 1185 | 265 | 5380    | 1193 | 241 | 4997  | 953  | 19 | 5507  | 1120 | 1036 |
| Total  | 6085    | 1297 | 494 | 6125    | 1250 | 546 | 6108    | 1329 | 544 | 5827    | 1309 | 495 | 5259  | 1160 | 33 | 6028  | 1302 | 2112 |

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   | 5335    | 1262 | 253 | 5522    | 1188 | 276 | 5435    | 1248 | 279 | 5101    | 1214 | 254 | 4497  | 1293 | 14 | 5343  | 1240 | 1076 |
| Female | 4396    | 1013 | 241 | 4519    | 990  | 270 | 4552    | 1123 | 265 | 4387    | 1115 | 241 | 4110  | 973  | 19 | 4460  | 1062 | 1036 |
| Total  | 4877    | 1238 | 494 | 5026    | 1203 | 546 | 5005    | 1267 | 544 | 4753    | 1219 | 495 | 4274  | 1118 | 33 | 4910  | 1237 | 2112 |

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   | 2002    | 437 | 253 | 2042    | 403 | 276 | 1993    | 410 | 279 | 1879    | 404 | 254 | 1660  | 427 | 14 | 1977  | 419 | 1076 |
| Female | 1648    | 342 | 241 | 1666    | 332 | 270 | 1663    | 372 | 265 | 1590    | 367 | 241 | 1488  | 306 | 19 | 1640  | 354 | 1036 |

|       |      |     |     |      |     |     |      |     |     |      |     |     |      |     |    |      |     |      |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|----|------|-----|------|
| Total | 1829 | 431 | 494 | 1856 | 415 | 546 | 1832 | 425 | 544 | 1738 | 412 | 495 | 1561 | 366 | 33 | 1811 | 423 | 2112 |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|----|------|-----|------|

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   | 1385    | 244 | 253 | 1379    | 230 | 276 | 1375    | 233 | 279 | 1297    | 242 | 254 | 1185  | 238 | 14 | 1358  | 240 | 1076 |
| Female | 1163    | 204 | 241 | 1168    | 204 | 270 | 1157    | 221 | 265 | 1106    | 218 | 241 | 1015  | 158 | 19 | 1147  | 213 | 1036 |
| Total  | 1277    | 251 | 494 | 1275    | 242 | 546 | 1269    | 252 | 544 | 1204    | 249 | 495 | 1087  | 211 | 33 | 1254  | 250 | 2112 |

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   | 3368    | 662 | 253 | 3404    | 610 | 276 | 3348    | 623 | 279 | 3156    | 627 | 254 | 2828  | 655 | 14 | 3315  | 639 | 1076 |
| Female | 2794    | 528 | 241 | 2817    | 518 | 270 | 2802    | 581 | 265 | 2679    | 568 | 241 | 2486  | 445 | 19 | 2770  | 550 | 1036 |
| Total  | 3088    | 665 | 494 | 3114    | 638 | 546 | 3082    | 661 | 544 | 2924    | 644 | 495 | 2631  | 561 | 33 | 3048  | 656 | 2112 |

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   | 3814    | 701 | 253 | 3842    | 669 | 276 | 3841    | 696 | 279 | 3631    | 712 | 254 | 3295  | 745 | 14 | 3778  | 701 | 1076 |
| Female | 3197    | 578 | 241 | 3234    | 578 | 270 | 3235    | 663 | 265 | 3126    | 673 | 241 | 2912  | 525 | 19 | 3195  | 624 | 1036 |
| Total  | 3513    | 713 | 494 | 3541    | 695 | 546 | 3546    | 744 | 544 | 3385    | 737 | 495 | 3075  | 646 | 33 | 3492  | 726 | 2112 |

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   | 2885    | 572 | 253 | 2921    | 555 | 276 | 2901    | 559 | 279 | 2745    | 565 | 254 | 2468  | 590 | 14 | 2860  | 568 | 1076 |
| Female | 2391    | 467 | 241 | 2425    | 468 | 270 | 2439    | 523 | 265 | 2369    | 528 | 241 | 2188  | 425 | 19 | 2403  | 497 | 1036 |
| Total  | 2644    | 578 | 494 | 2676    | 570 | 546 | 2676    | 588 | 544 | 2562    | 578 | 495 | 2307  | 512 | 33 | 2636  | 581 | 2112 |

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   | 6695    | 1269 | 253 | 6757    | 1210 | 276 | 6731    | 1247 | 279 | 6364    | 1273 | 254 | 5742  | 1325 | 14 | 6630  | 1262 | 1076 |
| Female | 5576    | 1035 | 241 | 5651    | 1040 | 270 | 5662    | 1179 | 265 | 5483    | 1194 | 241 | 5096  | 955  | 19 | 5587  | 1114 | 1036 |
| Total  | 6149    | 1288 | 494 | 6210    | 1257 | 546 | 6210    | 1326 | 544 | 5935    | 1310 | 495 | 5370  | 1154 | 33 | 6118  | 1300 | 2112 |

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   | 3324    | 692 | 253 | 3398    | 649 | 276 | 3346    | 670 | 279 | 3149    | 668 | 254 | 2798  | 721 | 14 | 3300  | 678 | 1076 |
| Female | 2754    | 551 | 241 | 2799    | 542 | 270 | 2808    | 618 | 265 | 2699    | 614 | 241 | 2512  | 496 | 19 | 2762  | 582 | 1036 |

|       |      |     |     |      |     |     |      |     |     |      |     |     |      |     |    |      |     |      |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|----|------|-----|------|
| Total | 3046 | 688 | 494 | 3102 | 669 | 546 | 3084 | 698 | 544 | 2930 | 680 | 495 | 2633 | 609 | 33 | 3036 | 687 | 2112 |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|----|------|-----|------|

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   | 1011    | 194 | 253 | 1021    | 183 | 276 | 1023    | 192 | 279 | 966     | 195 | 254 | 874   | 203 | 14 | 1004  | 193 | 1076 |
| Female | 843     | 159 | 241 | 856     | 160 | 270 | 863     | 181 | 265 | 832     | 184 | 241 | 772   | 141 | 19 | 848   | 171 | 1036 |
| Total  | 929     | 196 | 494 | 939     | 191 | 546 | 945     | 203 | 544 | 901     | 201 | 495 | 815   | 175 | 33 | 927   | 199 | 2112 |

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   | 4476    | 868 | 253 | 4529    | 818 | 276 | 4515    | 852 | 279 | 4266    | 852 | 254 | 3872  | 896 | 14 | 4442  | 855 | 1076 |
| Female | 3731    | 718 | 241 | 3778    | 710 | 270 | 3807    | 806 | 265 | 3672    | 809 | 241 | 3436  | 689 | 19 | 3744  | 762 | 1036 |
| Total  | 4112    | 881 | 494 | 4158    | 853 | 546 | 4170    | 901 | 544 | 3977    | 882 | 495 | 3621  | 801 | 33 | 4100  | 883 | 2112 |

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   | 2723    | 706 | 253 | 2839    | 673 | 276 | 2749    | 691 | 279 | 2568    | 702 | 254 | 2115  | 575 | 14 | 2715  | 700 | 1076 |
| Female | 2223    | 531 | 241 | 2264    | 509 | 270 | 2265    | 587 | 265 | 2154    | 574 | 241 | 2064  | 523 | 19 | 2225  | 552 | 1036 |
| Total  | 2479    | 674 | 494 | 2555    | 663 | 546 | 2513    | 686 | 544 | 2367    | 675 | 495 | 2086  | 537 | 33 | 2475  | 677 | 2112 |

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   | 5030    | 1032 | 253 | 5142    | 1007 | 276 | 5044    | 998  | 279 | 4736    | 977  | 254 | 4201  | 979 | 14 | 4982  | 1017 | 1076 |
| Female | 4034    | 805  | 241 | 4170    | 809  | 270 | 4189    | 902  | 265 | 4043    | 926  | 241 | 3739  | 707 | 19 | 4106  | 862  | 1036 |
| Total  | 4544    | 1053 | 494 | 4661    | 1035 | 546 | 4628    | 1043 | 544 | 4399    | 1013 | 495 | 3935  | 851 | 33 | 4552  | 1040 | 2112 |

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   | 4218    | 894 | 253 | 4341    | 856 | 276 | 4235    | 854 | 279 | 3975    | 836 | 254 | 3483  | 881 | 14 | 4187  | 872 | 1076 |
| Female | 3427    | 701 | 241 | 3509    | 690 | 270 | 3514    | 774 | 265 | 3379    | 754 | 241 | 3156  | 616 | 19 | 3455  | 730 | 1036 |
| Total  | 3832    | 897 | 494 | 3930    | 882 | 546 | 3884    | 891 | 544 | 3685    | 850 | 495 | 3295  | 745 | 33 | 3828  | 885 | 2112 |

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   | 7699    | 1605 | 253 | 7960    | 1557 | 276 | 7911    | 1573 | 279 | 7452    | 1563 | 254 | 6687  | 1710 | 14 | 7750  | 1590 | 1076 |
| Female | 6312    | 1278 | 241 | 6547    | 1289 | 270 | 6661    | 1470 | 265 | 6437    | 1479 | 241 | 6013  | 1229 | 19 | 6486  | 1384 | 1036 |

|       |      |      |     |      |      |     |      |      |     |      |      |     |      |      |    |      |      |      |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|
| Total | 7022 | 1610 | 494 | 7262 | 1595 | 546 | 7302 | 1646 | 544 | 6958 | 1604 | 495 | 6299 | 1467 | 33 | 7130 | 1621 | 2112 |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|

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   | 15.718  | 2.895 | 253 | 15.534  | 2.633 | 276 | 15.520  | 2.742 | 279 | 14.545  | 2.956 | 254 | 13.094 | 2.929 | 14 | 15.309 | 2.848 | 1076 |
| Female | 13.521  | 2.366 | 241 | 13.416  | 2.357 | 270 | 13.104  | 2.644 | 265 | 12.578  | 2.612 | 241 | 11.440 | 1.693 | 19 | 13.130 | 2.517 | 1036 |
| Total  | 14.646  | 2.866 | 494 | 14.486  | 2.714 | 546 | 14.343  | 2.951 | 544 | 13.588  | 2.960 | 495 | 12.141 | 2.406 | 33 | 14.240 | 2.902 | 2112 |

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   | 3684    | 811 | 253 | 3756    | 775 | 276 | 3624    | 730 | 279 | 3397    | 754 | 254 | 2968  | 752 | 14 | 3610  | 780 | 1076 |
| Female | 2981    | 622 | 241 | 3053    | 616 | 270 | 3003    | 665 | 265 | 2872    | 664 | 241 | 2689  | 472 | 19 | 2975  | 643 | 1036 |
| Total  | 3341    | 805 | 494 | 3409    | 783 | 546 | 3322    | 765 | 544 | 3141    | 758 | 495 | 2807  | 612 | 33 | 3298  | 783 | 2112 |

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   | 5075    | 1020 | 253 | 4868    | 960 | 276 | 4924    | 984  | 279 | 4610    | 1082 | 254 | 4173  | 1123 | 14 | 4861  | 1027 | 1076 |
| Female | 4520    | 878  | 241 | 4398    | 891 | 270 | 4205    | 955  | 265 | 4043    | 969  | 241 | 3650  | 639  | 19 | 4281  | 939  | 1036 |
| Total  | 4804    | 992  | 494 | 4636    | 955 | 546 | 4573    | 1033 | 544 | 4334    | 1066 | 495 | 3872  | 901  | 33 | 4576  | 1026 | 2112 |

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   | 3774    | 710 | 253 | 3802    | 677 | 276 | 3788    | 693 | 279 | 3580    | 708 | 254 | 3247  | 740 | 14 | 3732  | 704 | 1076 |
| Female | 3184    | 589 | 241 | 3217    | 585 | 270 | 3215    | 666 | 265 | 3097    | 667 | 241 | 2875  | 537 | 19 | 3175  | 628 | 1036 |
| Total  | 3486    | 717 | 494 | 3513    | 697 | 546 | 3509    | 737 | 544 | 3345    | 729 | 495 | 3032  | 647 | 33 | 3459  | 723 | 2112 |

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   | 58.06   | 14.84 | 253 | 52.80   | 14.58 | 276 | 50.12   | 13.95 | 279 | 44.83   | 12.80 | 254 | 37.92 | 14.23 | 14 | 51.27 | 14.88 | 1076 |
| Female | 51.98   | 14.05 | 241 | 47.17   | 12.77 | 270 | 42.68   | 11.75 | 265 | 39.50   | 12.21 | 241 | 37.82 | 10.72 | 19 | 45.18 | 13.49 | 1036 |
| Total  | 55.09   | 14.76 | 494 | 50.02   | 13.99 | 546 | 46.50   | 13.44 | 544 | 42.24   | 12.79 | 495 | 37.87 | 12.12 | 33 | 48.28 | 14.53 | 2112 |

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   | 18.89   | 5.84 | 253 | 16.75   | 5.77 | 276 | 16.13   | 5.48 | 279 | 14.62   | 5.19 | 254 | 12.26 | 5.57 | 14 | 16.53 | 5.78 | 1076 |
| Female | 17.75   | 5.64 | 241 | 15.69   | 5.05 | 270 | 14.11   | 4.92 | 265 | 13.06   | 4.93 | 241 | 12.27 | 4.27 | 19 | 15.09 | 5.41 | 1036 |

|       |       |      |     |       |      |     |       |      |     |       |      |     |       |      |    |       |      |      |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|
| Total | 18.34 | 5.76 | 494 | 16.23 | 5.44 | 546 | 15.15 | 5.31 | 544 | 13.86 | 5.12 | 495 | 12.27 | 4.78 | 33 | 15.83 | 5.65 | 2112 |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|

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   | 24.21   | 6.88 | 253 | 21.80   | 6.76 | 276 | 20.10   | 6.32 | 279 | 17.71   | 5.66 | 254 | 14.61 | 5.99 | 14 | 20.87 | 6.85 | 1076 |
| Female | 21.19   | 6.23 | 241 | 19.12   | 5.77 | 270 | 16.90   | 5.03 | 265 | 15.34   | 5.17 | 241 | 15.11 | 4.66 | 19 | 18.08 | 5.96 | 1036 |
| Total  | 22.73   | 6.73 | 494 | 20.47   | 6.43 | 546 | 18.54   | 5.94 | 544 | 16.56   | 5.55 | 495 | 14.90 | 5.18 | 33 | 19.50 | 6.58 | 2112 |

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   | 14.85   | 3.68 | 253 | 14.16   | 3.66 | 276 | 13.78   | 3.66 | 279 | 12.40   | 3.63 | 254 | 10.97 | 3.28 | 14 | 13.77 | 3.76 | 1076 |
| Female | 12.91   | 3.54 | 241 | 12.25   | 3.43 | 270 | 11.59   | 3.20 | 265 | 11.01   | 3.50 | 241 | 10.37 | 2.29 | 19 | 11.91 | 3.47 | 1036 |
| Total  | 13.90   | 3.73 | 494 | 13.22   | 3.67 | 546 | 12.71   | 3.61 | 544 | 11.73   | 3.63 | 495 | 10.62 | 2.72 | 33 | 12.86 | 3.74 | 2112 |

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   | 39.06   | 9.96 | 253 | 35.96   | 9.63 | 276 | 33.89   | 9.29 | 279 | 30.12   | 8.58 | 254 | 25.59 | 9.01 | 14 | 34.64 | 9.93 | 1076 |
| Female | 34.10   | 9.15 | 241 | 31.37   | 8.65 | 270 | 28.49   | 7.65 | 265 | 26.35   | 8.17 | 241 | 25.48 | 6.65 | 19 | 29.99 | 8.86 | 1036 |
| Total  | 36.64   | 9.88 | 494 | 33.69   | 9.44 | 546 | 31.26   | 8.94 | 544 | 28.29   | 8.58 | 495 | 25.52 | 7.61 | 33 | 32.36 | 9.70 | 2112 |

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   | 12.26   | 3.23 | 253 | 11.32   | 3.17 | 276 | 11.01   | 3.09 | 279 | 9.82    | 3.03 | 254 | 9.13  | 2.85 | 14 | 11.08 | 3.24 | 1076 |
| Female | 10.67   | 3.00 | 241 | 9.95    | 2.89 | 270 | 9.37    | 2.63 | 265 | 8.88    | 2.93 | 241 | 8.19  | 2.20 | 19 | 9.69  | 2.92 | 1036 |
| Total  | 11.49   | 3.22 | 494 | 10.64   | 3.11 | 546 | 10.21   | 2.98 | 544 | 9.36    | 3.02 | 495 | 8.59  | 2.50 | 33 | 10.40 | 3.17 | 2112 |

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   | 2.56    | 0.83 | 253 | 2.80    | 0.99 | 276 | 2.73    | 1.02 | 279 | 2.54    | 0.99 | 254 | 1.82  | 0.68 | 14 | 2.65  | 0.97 | 1076 |
| Female | 2.21    | 0.81 | 241 | 2.27    | 0.83 | 270 | 2.17    | 0.91 | 265 | 2.09    | 0.85 | 241 | 2.14  | 0.60 | 19 | 2.19  | 0.85 | 1036 |
| Total  | 2.39    | 0.84 | 494 | 2.53    | 0.95 | 546 | 2.46    | 1.01 | 544 | 2.32    | 0.95 | 495 | 2.00  | 0.65 | 33 | 2.42  | 0.94 | 2112 |

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   | 222.6   | 180.9 | 253 | 164.6   | 153.3 | 276 | 212.0   | 182.5 | 279 | 209.0   | 187.7 | 254 | 204.8 | 204.5 | 14 | 201.5 | 177.7 | 1076 |
| Female | 271.0   | 177.0 | 241 | 230.4   | 180.8 | 270 | 218.5   | 189.0 | 265 | 208.0   | 175.6 | 241 | 183.8 | 131.0 | 19 | 230.7 | 181.4 | 1036 |

|       |       |       |     |       |       |     |       |       |     |       |       |     |       |       |    |       |       |      |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|-------|-------|------|
| Total | 246.2 | 180.5 | 494 | 197.1 | 170.5 | 546 | 215.1 | 185.5 | 544 | 208.6 | 181.7 | 495 | 192.7 | 163.6 | 33 | 215.9 | 180.1 | 2112 |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|-------|-------|------|

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   | 144.5   | 118.2 | 253 | 107.5   | 99.9  | 276 | 137.7   | 117.6 | 279 | 135.2   | 120.4 | 254 | 131.7 | 128.5 | 14 | 130.9 | 115.0 | 1076 |
| Female | 174.2   | 113.8 | 241 | 148.2   | 116.0 | 270 | 140.4   | 120.7 | 265 | 134.3   | 113.6 | 241 | 119.1 | 83.7  | 19 | 148.5 | 116.5 | 1036 |
| Total  | 159.0   | 116.9 | 494 | 127.7   | 110.0 | 546 | 139.0   | 119.0 | 544 | 134.8   | 117.0 | 495 | 124.5 | 103.4 | 33 | 139.5 | 116.0 | 2112 |

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   | 1.0     | 1.2 | 253 | 0.8     | 1.1 | 276 | 1.1     | 1.2 | 279 | 1.1     | 1.2 | 254 | 1.0   | 1.2 | 14 | 1.0   | 1.2 | 1076 |
| Female | 1.3     | 1.1 | 241 | 1.0     | 1.1 | 270 | 1.1     | 1.0 | 265 | 1.0     | 1.1 | 241 | 0.9   | 0.9 | 19 | 1.1   | 1.1 | 1036 |
| Total  | 1.1     | 1.1 | 494 | 0.9     | 1.1 | 546 | 1.1     | 1.1 | 544 | 1.0     | 1.2 | 495 | 0.9   | 1.0 | 33 | 1.1   | 1.1 | 2112 |

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   | 1.0     | 1.2 | 253 | 0.8     | 1.1 | 276 | 1.1     | 1.2 | 279 | 1.1     | 1.2 | 254 | 1.0   | 1.2 | 14 | 1.0   | 1.2 | 1076 |
| Female | 1.3     | 1.1 | 241 | 1.0     | 1.1 | 270 | 1.1     | 1.0 | 265 | 1.0     | 1.1 | 241 | 0.9   | 0.9 | 19 | 1.1   | 1.1 | 1036 |
| Total  | 1.1     | 1.1 | 494 | 0.9     | 1.1 | 546 | 1.1     | 1.1 | 544 | 1.0     | 1.2 | 495 | 0.9   | 1.0 | 33 | 1.1   | 1.1 | 2112 |

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   | 217.9   | 164.0 | 253 | 168.1   | 145.9 | 276 | 196.3   | 154.1 | 279 | 192.2   | 163.8 | 254 | 181.3 | 164.4 | 14 | 193.0 | 157.6 | 1076 |
| Female | 250.3   | 150.8 | 241 | 217.1   | 152.3 | 270 | 199.2   | 158.1 | 265 | 190.7   | 154.4 | 241 | 167.3 | 106.5 | 19 | 213.2 | 154.7 | 1036 |
| Total  | 233.7   | 158.4 | 494 | 192.3   | 151.0 | 546 | 197.8   | 155.9 | 544 | 191.5   | 159.2 | 495 | 173.2 | 132.0 | 33 | 202.9 | 156.5 | 2112 |

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   | 469.3   | 446.5 | 253 | 396.8   | 550.7 | 276 | 382.8   | 438.2 | 279 | 355.5   | 364.2 | 254 | 270.9 | 223.0 | 14 | 398.8 | 455.7 | 1076 |
| Female | 493.2   | 348.2 | 241 | 443.3   | 375.5 | 270 | 352.4   | 317.8 | 265 | 340.5   | 372.9 | 241 | 301.9 | 209.9 | 19 | 405.2 | 357.2 | 1036 |
| Total  | 481.0   | 401.3 | 494 | 419.8   | 472.4 | 546 | 368.0   | 384.2 | 544 | 348.2   | 368.1 | 495 | 288.8 | 212.6 | 33 | 401.9 | 410.3 | 2112 |

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   | 3.0     | 3.5 | 253 | 2.5     | 3.2 | 276 | 3.4     | 3.7 | 279 | 3.4     | 4.4 | 254 | 3.0   | 3.6 | 14 | 3.1   | 3.7 | 1076 |
| Female | 3.7     | 3.2 | 241 | 3.1     | 3.3 | 270 | 3.4     | 4.1 | 265 | 3.0     | 4.1 | 241 | 2.5   | 2.6 | 19 | 3.3   | 3.7 | 1036 |

|       |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |     |     |      |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|
| Total | 3.4 | 3.4 | 494 | 2.8 | 3.3 | 546 | 3.4 | 3.9 | 544 | 3.2 | 4.3 | 495 | 2.7 | 3.0 | 33 | 3.2 | 3.7 | 2112 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|------|

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   | 1312.1  | 661.4 | 253 | 1167.3  | 599.1 | 276 | 1225.2  | 645.5 | 279 | 1160.7  | 642.8 | 254 | 913.4  | 669.3 | 14 | 1211.5 | 639.9 | 1076 |
| Female | 1348.7  | 595.4 | 241 | 1229.5  | 609.8 | 270 | 1116.8  | 645.8 | 265 | 1064.2  | 619.8 | 241 | 1005.2 | 481.1 | 19 | 1185.8 | 624.7 | 1036 |
| Total  | 1329.9  | 629.7 | 494 | 1198.1  | 604.7 | 546 | 1172.4  | 647.3 | 544 | 1113.7  | 632.9 | 495 | 966.3  | 560.6 | 33 | 1198.9 | 632.5 | 2112 |

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   | 124.9   | 66.5 | 253 | 111.5   | 56.9 | 276 | 119.2   | 64.4 | 279 | 114.5   | 64.7 | 254 | 91.7  | 70.7 | 14 | 117.1 | 63.4 | 1076 |
| Female | 132.3   | 62.1 | 241 | 118.5   | 61.5 | 270 | 110.6   | 67.1 | 265 | 104.8   | 62.1 | 241 | 94.6  | 46.9 | 19 | 116.1 | 63.8 | 1036 |
| Total  | 128.5   | 64.4 | 494 | 115.0   | 59.3 | 546 | 115.0   | 65.8 | 544 | 109.8   | 63.6 | 495 | 93.4  | 57.2 | 33 | 116.6 | 63.6 | 2112 |

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   | 30.8    | 25.3 | 253 | 23.2    | 22.5 | 276 | 30.6    | 26.4 | 279 | 30.8    | 27.2 | 254 | 30.2  | 29.6 | 14 | 28.8  | 25.6 | 1076 |
| Female | 37.4    | 24.4 | 241 | 32.2    | 25.8 | 270 | 31.5    | 26.7 | 265 | 30.1    | 25.8 | 241 | 27.0  | 19.7 | 19 | 32.7  | 25.7 | 1036 |
| Total  | 34.0    | 25.1 | 494 | 27.7    | 24.6 | 546 | 31.1    | 26.5 | 544 | 30.5    | 26.5 | 495 | 28.3  | 24.0 | 33 | 30.7  | 25.7 | 2112 |

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   | 11.305  | 3.213 | 253 | 10.117  | 3.162 | 276 | 9.616   | 2.981 | 279 | 8.706   | 2.762 | 254 | 7.221 | 2.846 | 14 | 9.896 | 3.178 | 1076 |
| Female | 10.349  | 3.044 | 241 | 9.242   | 2.759 | 270 | 8.283   | 2.607 | 265 | 7.649   | 2.581 | 241 | 7.117 | 2.293 | 19 | 8.845 | 2.921 | 1036 |
| Total  | 10.839  | 3.165 | 494 | 9.685   | 2.999 | 546 | 8.967   | 2.881 | 544 | 8.191   | 2.725 | 495 | 7.161 | 2.500 | 33 | 9.380 | 3.099 | 2112 |

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   | 20.8    | 19.4 | 253 | 14.8    | 16.7 | 276 | 18.3    | 19.2 | 279 | 18.5    | 27.1 | 254 | 15.3  | 15.3 | 14 | 18.0  | 20.9 | 1076 |
| Female | 24.5    | 19.5 | 241 | 21.4    | 20.3 | 270 | 18.5    | 17.8 | 265 | 17.4    | 16.9 | 241 | 12.9  | 9.5  | 19 | 20.3  | 18.8 | 1036 |
| Total  | 22.6    | 19.5 | 494 | 18.0    | 18.8 | 546 | 18.4    | 18.5 | 544 | 17.9    | 22.7 | 495 | 13.9  | 12.2 | 33 | 19.1  | 19.9 | 2112 |

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   | 170.9   | 70.1 | 253 | 158.8   | 68.0 | 276 | 148.7   | 62.0 | 279 | 134.9   | 56.6 | 254 | 97.9  | 48.2 | 14 | 152.6 | 65.7 | 1076 |
| Female | 156.9   | 63.9 | 241 | 137.1   | 54.0 | 270 | 127.2   | 51.4 | 265 | 116.7   | 51.2 | 241 | 108.5 | 41.5 | 19 | 133.9 | 56.9 | 1036 |

|       |       |      |     |       |      |     |       |      |     |       |      |     |       |      |    |       |      |      |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|
| Total | 164.1 | 67.5 | 494 | 148.0 | 62.4 | 546 | 138.2 | 58.0 | 544 | 126.0 | 54.7 | 495 | 104.0 | 44.1 | 33 | 143.4 | 62.2 | 2112 |
|-------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|----|-------|------|------|

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   | 30.2    | 24.1 | 253 | 22.6    | 21.5 | 276 | 29.6    | 25.2 | 279 | 30.0    | 25.9 | 254 | 28.9  | 28.4 | 14 | 28.0  | 24.4 | 1076 |
| Female | 36.5    | 23.3 | 241 | 31.4    | 24.8 | 270 | 30.5    | 25.3 | 265 | 29.1    | 24.8 | 241 | 26.3  | 19.1 | 19 | 31.7  | 24.6 | 1036 |
| Total  | 33.3    | 23.9 | 494 | 26.9    | 23.6 | 546 | 30.0    | 25.2 | 544 | 29.6    | 25.3 | 495 | 27.4  | 23.1 | 33 | 29.8  | 24.6 | 2112 |

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   | 4.400   | 1.422 | 253 | 3.888   | 1.443 | 276 | 3.607   | 1.208 | 279 | 3.158   | 1.105 | 254 | 2.688 | 1.141 | 14 | 3.748 | 1.377 | 1076 |
| Female | 4.059   | 1.399 | 241 | 3.449   | 1.171 | 270 | 3.141   | 1.072 | 265 | 2.850   | 1.034 | 241 | 2.746 | 1.024 | 19 | 3.360 | 1.251 | 1036 |
| Total  | 4.234   | 1.420 | 494 | 3.671   | 1.332 | 546 | 3.380   | 1.166 | 544 | 3.008   | 1.081 | 495 | 2.721 | 1.058 | 33 | 3.558 | 1.330 | 2112 |

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   | 188.5   | 61.7 | 253 | 176.1   | 66.0 | 276 | 167.5   | 61.3 | 279 | 149.4   | 55.8 | 254 | 138.4 | 74.8 | 14 | 170.0 | 63.1 | 1076 |
| Female | 173.9   | 57.8 | 241 | 158.0   | 51.3 | 270 | 143.2   | 48.7 | 265 | 131.6   | 50.8 | 241 | 145.6 | 64.4 | 19 | 151.5 | 54.5 | 1036 |
| Total  | 181.4   | 60.2 | 494 | 167.1   | 59.8 | 546 | 155.7   | 56.8 | 544 | 140.7   | 54.1 | 495 | 142.6 | 68.0 | 33 | 160.9 | 59.8 | 2112 |

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   | 101.3   | 70.0 | 253 | 103.1   | 94.8 | 276 | 100.1   | 81.0 | 279 | 89.9    | 66.7 | 254 | 112.3 | 118.4 | 14 | 98.9  | 79.9 | 1076 |
| Female | 89.1    | 52.5 | 241 | 90.6    | 56.2 | 270 | 79.8    | 47.0 | 265 | 73.5    | 50.3 | 241 | 89.0  | 74.5  | 19 | 83.5  | 52.5 | 1036 |
| Total  | 95.4    | 62.3 | 494 | 96.9    | 78.3 | 546 | 90.2    | 67.3 | 544 | 81.9    | 59.8 | 495 | 98.9  | 94.6  | 33 | 91.3  | 68.3 | 2112 |

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   | 44.2    | 36.2 | 253 | 44.9    | 50.5 | 276 | 42.9    | 41.8 | 279 | 38.5    | 34.4 | 254 | 49.6  | 59.4 | 14 | 42.8  | 41.7 | 1076 |
| Female | 38.9    | 26.9 | 241 | 39.2    | 29.0 | 270 | 33.1    | 24.6 | 265 | 29.6    | 24.6 | 241 | 36.5  | 39.4 | 19 | 35.3  | 26.9 | 1036 |
| Total  | 41.6    | 32.1 | 494 | 42.1    | 41.3 | 546 | 38.1    | 34.8 | 544 | 34.2    | 30.3 | 495 | 42.0  | 48.5 | 33 | 39.1  | 35.4 | 2112 |

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   | 18.5    | 15.1 | 253 | 13.8    | 12.5 | 276 | 17.4    | 14.8 | 279 | 17.4    | 15.2 | 254 | 17.2  | 16.4 | 14 | 16.7  | 14.5 | 1076 |
| Female | 21.9    | 14.4 | 241 | 18.9    | 14.8 | 270 | 18.0    | 15.4 | 265 | 17.3    | 14.7 | 241 | 15.2  | 10.9 | 19 | 18.9  | 14.8 | 1036 |

|       |      |      |     |      |      |     |      |      |     |      |      |     |      |      |    |      |      |      |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|
| Total | 20.1 | 14.8 | 494 | 16.3 | 13.9 | 546 | 17.7 | 15.1 | 544 | 17.3 | 14.9 | 495 | 16.1 | 13.3 | 33 | 17.8 | 14.7 | 2112 |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|

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   | 113.6   | 72.6 | 253 | 93.3    | 76.0 | 276 | 96.2    | 72.3 | 279 | 91.3    | 72.7 | 254 | 68.0  | 57.5 | 14 | 98.0  | 73.7 | 1076 |
| Female | 112.5   | 71.7 | 241 | 95.1    | 61.9 | 270 | 87.9    | 63.2 | 265 | 83.5    | 60.2 | 241 | 67.3  | 35.2 | 19 | 94.1  | 64.8 | 1036 |
| Total  | 113.0   | 72.1 | 494 | 94.2    | 69.3 | 546 | 92.2    | 68.1 | 544 | 87.5    | 67.0 | 495 | 67.6  | 45.2 | 33 | 96.1  | 69.5 | 2112 |

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   | 1.5     | 23.5 | 253 | 2.2     | 25.9 | 276 | 1.0     | 16.8 | 279 | 0.0     | 0.0 | 254 | 0.0   | 0.0 | 14 | 1.2   | 19.3 | 1076 |
| Female | 3.1     | 45.2 | 241 | 0.0     | 0.0  | 270 | 0.0     | 0.0  | 265 | 0.0     | 0.0 | 241 | 0.0   | 0.0 | 19 | 0.7   | 21.8 | 1036 |
| Total  | 2.3     | 35.7 | 494 | 1.1     | 18.4 | 546 | 0.5     | 12.0 | 544 | 0.0     | 0.0 | 495 | 0.0   | 0.0 | 33 | 1.0   | 20.6 | 2112 |

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   | 1003.2  | 417.1 | 253 | 1003.6  | 421.5 | 276 | 904.3   | 411.7 | 279 | 828.6   | 354.7 | 254 | 517.6 | 231.4 | 14 | 930.1 | 409.6 | 1076 |
| Female | 830.7   | 338.3 | 241 | 800.6   | 314.7 | 270 | 725.0   | 318.9 | 265 | 680.0   | 297.7 | 241 | 770.9 | 447.9 | 19 | 759.6 | 325.1 | 1036 |
| Total  | 919.1   | 390.0 | 494 | 903.2   | 385.8 | 546 | 817.0   | 379.8 | 544 | 756.3   | 336.2 | 495 | 663.4 | 388.2 | 33 | 846.5 | 380.2 | 2112 |

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   | 117.6   | 54.9 | 253 | 108.3   | 57.1 | 276 | 99.3    | 51.9 | 279 | 92.6    | 58.0 | 254 | 58.9  | 34.1 | 14 | 103.8 | 56.1 | 1076 |
| Female | 100.4   | 51.1 | 241 | 87.7    | 44.0 | 270 | 82.9    | 54.4 | 265 | 76.4    | 50.6 | 241 | 70.9  | 25.9 | 19 | 86.5  | 50.5 | 1036 |
| Total  | 109.2   | 53.7 | 494 | 98.1    | 52.0 | 546 | 91.4    | 53.7 | 544 | 84.8    | 55.0 | 495 | 65.8  | 29.8 | 33 | 95.3  | 54.1 | 2112 |

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   | 22.091  | 6.341 | 253 | 19.573  | 6.205 | 276 | 17.982  | 5.717 | 279 | 15.820  | 5.150 | 254 | 13.535 | 5.560 | 14 | 18.788 | 6.299 | 1076 |
| Female | 19.396  | 5.855 | 241 | 17.293  | 5.321 | 270 | 15.247  | 4.575 | 265 | 13.780  | 4.673 | 241 | 13.271 | 4.310 | 19 | 16.368 | 5.518 | 1036 |
| Total  | 20.776  | 6.250 | 494 | 18.445  | 5.891 | 546 | 16.650  | 5.365 | 544 | 14.827  | 5.024 | 495 | 13.383 | 4.798 | 33 | 17.601 | 6.050 | 2112 |

Icosenoic 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   | 557.4   | 363.0 | 253 | 607.1   | 407.9 | 276 | 598.1   | 431.3 | 279 | 515.7   | 373.8 | 254 | 292.0 | 219.1 | 14 | 567.4 | 396.6 | 1076 |
| Female | 471.3   | 293.9 | 241 | 502.1   | 388.1 | 270 | 451.5   | 365.2 | 265 | 417.6   | 364.6 | 241 | 533.4 | 311.5 | 19 | 462.9 | 356.0 | 1036 |

|       |       |       |     |       |       |     |       |       |     |       |       |     |       |       |    |       |       |      |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|-------|-------|------|
| Total | 515.4 | 333.5 | 494 | 555.2 | 401.3 | 546 | 526.7 | 406.8 | 544 | 467.9 | 372.2 | 495 | 431.0 | 297.9 | 33 | 516.1 | 380.8 | 2112 |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|-------|-------|------|

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   | 295.1   | 468.1 | 253 | 386.2   | 527.4 | 276 | 400.2   | 537.5 | 279 | 334.4   | 470.6 | 254 | 135.2 | 275.6 | 14 | 352.9 | 502.6 | 1076 |
| Female | 261.5   | 381.7 | 241 | 319.8   | 536.8 | 270 | 302.9   | 486.0 | 265 | 279.0   | 476.3 | 241 | 343.7 | 334.7 | 19 | 292.9 | 473.3 | 1036 |
| Total  | 278.7   | 428.0 | 494 | 353.4   | 532.6 | 546 | 352.8   | 514.9 | 544 | 307.4   | 473.7 | 495 | 255.2 | 323.7 | 33 | 323.5 | 489.3 | 2112 |

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   | 41.3    | 32.5 | 253 | 53.6    | 39.0 | 276 | 51.5    | 40.7 | 279 | 46.6    | 36.6 | 254 | 24.4  | 20.9 | 14 | 48.1  | 37.6 | 1076 |
| Female | 36.6    | 29.0 | 241 | 40.4    | 32.7 | 270 | 38.6    | 32.1 | 265 | 35.1    | 29.8 | 241 | 40.2  | 22.8 | 19 | 37.8  | 30.9 | 1036 |
| Total  | 39.0    | 30.9 | 494 | 47.1    | 36.6 | 546 | 45.2    | 37.3 | 544 | 41.0    | 33.9 | 495 | 33.5  | 23.1 | 33 | 43.1  | 34.8 | 2112 |

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   | 9.0     | 15.4 | 253 | 12.6    | 13.8 | 276 | 12.1    | 12.0 | 279 | 11.8    | 11.9 | 254 | 3.9   | 4.6 | 14 | 11.3  | 13.3 | 1076 |
| Female | 7.6     | 9.8  | 241 | 9.2     | 10.9 | 270 | 9.1     | 11.6 | 265 | 8.6     | 10.8 | 241 | 9.5   | 9.4 | 19 | 8.7   | 10.8 | 1036 |
| Total  | 8.3     | 13.0 | 494 | 11.0    | 12.5 | 546 | 10.6    | 11.9 | 544 | 10.2    | 11.5 | 495 | 7.2   | 8.2 | 33 | 10.0  | 12.2 | 2112 |

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   | 5.9     | 6.3 | 253 | 11.0    | 10.9 | 276 | 11.6    | 10.5 | 279 | 12.0    | 12.4 | 254 | 5.4   | 3.6 | 14 | 10.1  | 10.5 | 1076 |
| Female | 6.9     | 8.9 | 241 | 8.4     | 9.0  | 270 | 8.9     | 8.7  | 265 | 8.8     | 9.9  | 241 | 6.5   | 6.5 | 19 | 8.2   | 9.1  | 1036 |
| Total  | 6.4     | 7.7 | 494 | 9.7     | 10.1 | 546 | 10.3    | 9.7  | 544 | 10.5    | 11.3 | 495 | 6.0   | 5.4 | 33 | 9.2   | 9.9  | 2112 |

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   | 5.7     | 6.6 | 253 | 10.2    | 11.5 | 276 | 10.1    | 11.2 | 279 | 10.3    | 12.1 | 254 | 3.3   | 4.1 | 14 | 9.0   | 10.7 | 1076 |
| Female | 5.9     | 8.6 | 241 | 7.4     | 8.7  | 270 | 7.3     | 9.3  | 265 | 7.0     | 9.0  | 241 | 6.8   | 8.4 | 19 | 6.9   | 8.9  | 1036 |
| Total  | 5.8     | 7.6 | 494 | 8.8     | 10.3 | 546 | 8.7     | 10.4 | 544 | 8.7     | 10.8 | 495 | 5.3   | 7.1 | 33 | 8.0   | 9.9  | 2112 |

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   | 11.937  | 3.184 | 253 | 11.013  | 3.127 | 276 | 10.704  | 3.070 | 279 | 9.519   | 2.993 | 254 | 8.896 | 2.804 | 14 | 10.770 | 3.205 | 1076 |
| Female | 10.452  | 3.100 | 241 | 9.689   | 2.842 | 270 | 9.173   | 2.721 | 265 | 8.658   | 2.877 | 241 | 7.965 | 2.161 | 19 | 9.463  | 2.945 | 1036 |

|       |        |       |     |        |       |     |       |       |     |       |       |     |       |       |    |        |       |      |
|-------|--------|-------|-----|--------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|--------|-------|------|
| Total | 11.213 | 3.227 | 494 | 10.359 | 3.059 | 546 | 9.958 | 3.002 | 544 | 9.100 | 2.966 | 495 | 8.360 | 2.458 | 33 | 10.129 | 3.148 | 2112 |
|-------|--------|-------|-----|--------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|----|--------|-------|------|

$\alpha$ -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   | 1634.9  | 522.8  | 253 | 1820.8  | 5371.3 | 276 | 1494.1  | 556.1 | 279 | 1338.3  | 488.6 | 254 | 1191.6 | 403.7 | 14 | 1570.3 | 2759.7 | 1076 |
| Female | 1758.1  | 5706.9 | 241 | 1616.7  | 5344.7 | 270 | 1284.5  | 880.4 | 265 | 1204.6  | 458.3 | 241 | 1094.3 | 297.3 | 19 | 1459.2 | 3908.6 | 1036 |
| Total  | 1695.0  | 3999.8 | 494 | 1719.9  | 5354.2 | 546 | 1392.0  | 739.0 | 544 | 1273.2  | 478.3 | 495 | 1135.6 | 344.0 | 33 | 1515.8 | 3372.2 | 2112 |

$\gamma$ -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   | 4.1     | 4.3 | 253 | 5.6     | 5.3 | 276 | 5.9     | 5.6 | 279 | 6.5     | 10.2 | 254 | 2.6   | 2.2 | 14 | 5.5   | 6.7 | 1076 |
| Female | 3.8     | 4.2 | 241 | 4.6     | 4.6 | 270 | 4.8     | 5.1 | 265 | 4.5     | 4.8  | 241 | 5.0   | 5.0 | 19 | 4.5   | 4.7 | 1036 |
| Total  | 4.0     | 4.3 | 494 | 5.1     | 5.0 | 546 | 5.3     | 5.4 | 544 | 5.5     | 8.1  | 495 | 4.0   | 4.2 | 33 | 5.0   | 5.8 | 2112 |

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   | 61.8    | 76.2 | 253 | 90.5    | 91.8 | 276 | 92.1    | 100.7 | 279 | 86.1    | 90.2 | 254 | 35.3  | 50.3 | 14 | 82.4  | 90.9 | 1076 |
| Female | 54.7    | 65.4 | 241 | 71.1    | 86.9 | 270 | 70.0    | 86.8  | 265 | 64.3    | 83.1 | 241 | 76.1  | 56.7 | 19 | 65.5  | 81.1 | 1036 |
| Total  | 58.3    | 71.1 | 494 | 80.9    | 89.8 | 546 | 81.3    | 94.8  | 544 | 75.5    | 87.4 | 495 | 58.8  | 57.1 | 33 | 74.1  | 86.6 | 2112 |

Icosadienoic 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   | 64.0    | 30.1 | 253 | 60.6    | 30.5 | 276 | 51.9    | 25.3 | 279 | 44.6    | 21.3 | 254 | 36.1  | 19.5 | 14 | 55.0  | 28.0 | 1076 |
| Female | 50.4    | 24.4 | 241 | 44.9    | 21.0 | 270 | 41.7    | 19.8 | 265 | 36.5    | 18.1 | 241 | 31.8  | 18.9 | 19 | 43.1  | 21.5 | 1036 |
| Total  | 57.3    | 28.3 | 494 | 52.8    | 27.4 | 546 | 46.9    | 23.4 | 544 | 40.6    | 20.2 | 495 | 33.6  | 19.0 | 33 | 49.2  | 25.7 | 2112 |

Icosatrienoic 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   | 34.1    | 12.4 | 253 | 32.7    | 11.6 | 276 | 31.1    | 11.7 | 279 | 29.5    | 10.8 | 254 | 23.8  | 10.5 | 14 | 31.7  | 11.8 | 1076 |
| Female | 29.7    | 10.1 | 241 | 27.5    | 9.6  | 270 | 26.6    | 10.1 | 265 | 24.3    | 9.7  | 241 | 21.6  | 9.0  | 19 | 26.9  | 10.1 | 1036 |
| Total  | 32.0    | 11.5 | 494 | 30.1    | 11.0 | 546 | 28.9    | 11.2 | 544 | 27.0    | 10.6 | 495 | 22.5  | 9.6  | 33 | 29.4  | 11.2 | 2112 |

Icosatetraenoic 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   | 28.5    | 28.1 | 253 | 39.2    | 33.0 | 276 | 38.9    | 34.3 | 279 | 37.0    | 31.6 | 254 | 16.3  | 16.7 | 14 | 35.8  | 32.1 | 1076 |
| Female | 24.3    | 22.6 | 241 | 31.0    | 27.5 | 270 | 28.0    | 27.7 | 265 | 26.7    | 26.2 | 241 | 39.9  | 32.8 | 19 | 27.9  | 26.4 | 1036 |

|       |      |      |     |      |      |     |      |      |     |      |      |     |      |      |    |      |      |      |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|
| Total | 26.5 | 25.6 | 494 | 35.2 | 30.6 | 546 | 33.6 | 31.7 | 544 | 32.0 | 29.5 | 495 | 29.9 | 29.3 | 33 | 31.9 | 29.7 | 2112 |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|

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   | 194.3   | 65.4 | 253 | 199.0   | 67.8 | 276 | 190.9   | 77.4 | 279 | 179.8   | 61.3 | 254 | 151.9 | 76.9 | 14 | 190.6 | 69.0 | 1076 |
| Female | 172.6   | 65.1 | 241 | 163.6   | 57.7 | 270 | 161.7   | 61.4 | 265 | 147.0   | 63.3 | 241 | 139.7 | 62.8 | 19 | 160.9 | 62.4 | 1036 |
| Total  | 183.7   | 66.1 | 494 | 181.5   | 65.4 | 546 | 176.7   | 71.5 | 544 | 163.8   | 64.3 | 495 | 144.9 | 68.2 | 33 | 176.1 | 67.5 | 2112 |

Icosapentaenoic 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   | 250.8   | 187.1 | 253 | 374.7   | 256.1 | 276 | 370.4   | 265.8 | 279 | 357.7   | 240.1 | 254 | 174.3 | 170.3 | 14 | 337.8 | 245.0 | 1076 |
| Female | 230.1   | 183.7 | 241 | 276.5   | 189.5 | 270 | 272.8   | 226.3 | 265 | 260.6   | 189.5 | 241 | 306.0 | 189.6 | 19 | 261.6 | 198.8 | 1036 |
| Total  | 240.7   | 185.6 | 494 | 326.2   | 230.7 | 546 | 322.8   | 251.9 | 544 | 310.4   | 222.1 | 495 | 250.2 | 190.7 | 33 | 300.4 | 226.7 | 2112 |

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   | 5.7     | 7.3 | 253 | 10.0    | 10.5 | 276 | 10.2    | 10.7 | 279 | 9.7     | 10.5 | 254 | 3.7   | 5.0 | 14 | 8.9   | 10.0 | 1076 |
| Female | 5.8     | 7.5 | 241 | 7.4     | 8.9  | 270 | 7.6     | 9.9  | 265 | 7.0     | 8.6  | 241 | 7.6   | 8.7 | 19 | 7.0   | 8.8  | 1036 |
| Total  | 5.7     | 7.4 | 494 | 8.7     | 9.8  | 546 | 8.9     | 10.4 | 544 | 8.4     | 9.7  | 495 | 5.9   | 7.5 | 33 | 7.9   | 9.5  | 2112 |

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   | 0.0     | 0.1 | 253 | 0.1     | 0.3 | 276 | 0.1     | 0.5 | 279 | 0.1     | 0.4 | 254 | 0.0   | 0.1 | 14 | 0.1   | 0.3 | 1076 |
| Female | 0.0     | 0.1 | 241 | 0.1     | 0.2 | 270 | 0.1     | 0.3 | 265 | 0.1     | 0.4 | 241 | 0.1   | 0.2 | 19 | 0.1   | 0.3 | 1036 |
| Total  | 0.0     | 0.1 | 494 | 0.1     | 0.3 | 546 | 0.1     | 0.4 | 544 | 0.1     | 0.4 | 495 | 0.0   | 0.2 | 33 | 0.1   | 0.3 | 2112 |

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   | 14.0    | 5.9 | 253 | 13.9    | 6.2 | 276 | 12.2    | 5.7 | 279 | 11.6    | 5.3 | 254 | 8.9   | 6.7 | 14 | 12.9  | 5.9 | 1076 |
| Female | 11.2    | 4.8 | 241 | 10.9    | 5.1 | 270 | 10.6    | 4.9 | 265 | 9.3     | 4.8 | 241 | 7.9   | 3.3 | 19 | 10.5  | 4.9 | 1036 |
| Total  | 12.7    | 5.6 | 494 | 12.4    | 5.9 | 546 | 11.4    | 5.4 | 544 | 10.5    | 5.2 | 495 | 8.3   | 5.0 | 33 | 11.7  | 5.6 | 2112 |

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   | 87.5    | 67.4 | 253 | 118.0   | 83.7 | 276 | 114.1   | 85.5 | 279 | 107.8   | 78.5 | 254 | 60.3  | 49.2 | 14 | 106.7 | 79.9 | 1076 |
| Female | 75.9    | 56.2 | 241 | 91.4    | 63.3 | 270 | 82.3    | 64.3 | 265 | 79.4    | 62.7 | 241 | 106.4 | 90.1 | 19 | 82.9  | 62.6 | 1036 |

|       |      |      |     |       |      |     |      |      |     |      |      |     |      |      |    |      |      |      |
|-------|------|------|-----|-------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|
| Total | 81.8 | 62.4 | 494 | 104.8 | 75.4 | 546 | 98.6 | 77.5 | 544 | 94.0 | 72.6 | 495 | 86.8 | 78.0 | 33 | 95.0 | 72.9 | 2112 |
|-------|------|------|-----|-------|------|-----|------|------|-----|------|------|-----|------|------|----|------|------|------|

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   | 8.4     | 7.4 | 253 | 13.0    | 10.6 | 276 | 12.7    | 11.1 | 279 | 12.8    | 12.1 | 254 | 6.4   | 6.9 | 14 | 11.7  | 10.6 | 1076 |
| Female | 8.8     | 9.0 | 241 | 10.0    | 8.5  | 270 | 9.5     | 9.0  | 265 | 9.1     | 8.4  | 241 | 7.9   | 6.6 | 19 | 9.3   | 8.7  | 1036 |
| Total  | 8.6     | 8.2 | 494 | 11.5    | 9.8  | 546 | 11.2    | 10.3 | 544 | 11.0    | 10.6 | 495 | 7.2   | 6.7 | 33 | 10.6  | 9.8  | 2112 |

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   | 506.8   | 343.3 | 253 | 681.1   | 421.0 | 276 | 660.5   | 422.9 | 279 | 622.8   | 392.8 | 254 | 354.8 | 268.4 | 14 | 616.8 | 402.1 | 1076 |
| Female | 448.3   | 302.9 | 241 | 511.9   | 310.2 | 270 | 493.7   | 345.2 | 265 | 467.2   | 307.4 | 241 | 533.5 | 305.4 | 19 | 482.5 | 317.6 | 1036 |
| Total  | 478.3   | 325.2 | 494 | 597.5   | 379.6 | 546 | 579.3   | 395.5 | 544 | 547.0   | 361.9 | 495 | 457.7 | 299.6 | 33 | 550.9 | 369.2 | 2112 |

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   | 17.4    | 21.3 | 253 | 20.1    | 21.7 | 276 | 15.7    | 20.6 | 279 | 10.8    | 13.5 | 254 | 5.9   | 11.4 | 14 | 15.9  | 19.8 | 1076 |
| Female | 3.8     | 6.8  | 241 | 3.0     | 6.9  | 270 | 2.6     | 6.9  | 265 | 1.6     | 2.7  | 241 | 0.7   | 1.1  | 19 | 2.7   | 6.1  | 1036 |
| Total  | 10.7    | 17.4 | 494 | 11.6    | 18.2 | 546 | 9.3     | 16.8 | 544 | 6.3     | 10.8 | 495 | 2.9   | 7.8  | 33 | 9.5   | 16.2 | 2112 |

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

Total supplement

|          |        | 40–49yr |      | 50–59yr |      | 60–69yr |      | 70–79yr |      | 80yr– |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Female | 87      | 33.3 | 130     | 45.8 | 107     | 39.5 | 98      | 36.4 | 7     | 31.8 | 429   | 38.8 |
|          | Male   | 102     | 37.4 | 133     | 44.9 | 144     | 49.5 | 137     | 49.8 | 8     | 47.1 | 524   | 45.5 |
|          | Total  | 189     | 35.4 | 263     | 45.3 | 251     | 44.7 | 235     | 43.2 | 15    | 38.5 | 953   | 42.2 |
| Used     | Female | 174     | 66.7 | 154     | 54.2 | 164     | 60.5 | 171     | 63.6 | 15    | 68.2 | 678   | 61.2 |
|          | Male   | 171     | 62.6 | 163     | 55.1 | 147     | 50.5 | 138     | 50.2 | 9     | 52.9 | 628   | 54.5 |
|          | Total  | 345     | 64.6 | 317     | 54.7 | 311     | 55.3 | 309     | 56.8 | 24    | 61.5 | 1306  | 57.8 |

Vitamin supplement

|          |        | 40–49yr |      | 50–59yr |      | 60–69yr |      | 70–79yr |      | 80yr– |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Female | 175     | 67.0 | 213     | 75.0 | 194     | 71.6 | 181     | 67.3 | 10    | 45.5 | 773   | 69.8 |
|          | Male   | 208     | 76.2 | 242     | 81.8 | 232     | 79.7 | 192     | 69.8 | 12    | 70.6 | 886   | 76.9 |
|          | Total  | 383     | 71.7 | 455     | 78.4 | 426     | 75.8 | 373     | 68.6 | 22    | 56.4 | 1659  | 73.4 |
| Used     | Female | 86      | 33.0 | 71      | 25.0 | 77      | 28.4 | 88      | 32.7 | 12    | 54.5 | 334   | 30.2 |
|          | Male   | 65      | 23.8 | 54      | 18.2 | 59      | 20.3 | 83      | 30.2 | 5     | 29.4 | 266   | 23.1 |
|          | Total  | 151     | 28.3 | 125     | 21.6 | 136     | 24.2 | 171     | 31.4 | 17    | 43.6 | 600   | 26.6 |

Mineral supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |       | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|-------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %     | N     | %    |
| Not used | Female | 235     | 90.0 | 266     | 93.7 | 253     | 93.4 | 247     | 91.8 | 22    | 100.0 | 1023  | 92.4 |
|          | Male   | 265     | 97.1 | 292     | 98.6 | 283     | 97.3 | 264     | 96.0 | 17    | 100.0 | 1121  | 97.3 |
|          | Total  | 500     | 93.6 | 558     | 96.2 | 536     | 95.4 | 511     | 93.9 | 39    | 100.0 | 2144  | 94.9 |
| Used     | Female | 26      | 10.0 | 18      | 6.3  | 18      | 6.6  | 22      | 8.2  | 0     | 0     | 84    | 7.6  |
|          | Male   | 8       | 2.9  | 4       | 1.4  | 8       | 2.7  | 11      | 4.0  | 0     | 0     | 31    | 2.7  |
|          | Total  | 34      | 6.4  | 22      | 3.8  | 26      | 4.6  | 33      | 6.1  | 0     | 0     | 115   | 5.1  |

Fat supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |       | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|-------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %     | N     | %    |
| Not used | Female | 253     | 96.9 | 282     | 99.3 | 270     | 99.6 | 267     | 99.3 | 22    | 100.0 | 1094  | 98.8 |
|          | Male   | 270     | 98.9 | 294     | 99.3 | 288     | 99.0 | 272     | 98.9 | 17    | 100.0 | 1141  | 99.0 |
|          | Total  | 523     | 97.9 | 576     | 99.3 | 558     | 99.3 | 539     | 99.1 | 39    | 100.0 | 2235  | 98.9 |
| Used     | Female | 8       | 3.1  | 2       | 0.7  | 1       | 0.4  | 2       | 0.7  | 0     | 0     | 13    | 1.2  |
|          | Male   | 3       | 1.1  | 2       | 0.7  | 3       | 1.0  | 3       | 1.1  | 0     | 0     | 11    | 1.0  |
|          | Total  | 11      | 2.1  | 4       | 0.7  | 4       | 0.7  | 5       | 0.9  | 0     | 0     | 24    | 1.1  |

Protein supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |       | 80yr- |       | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|-------|-------|-------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %     | N     | %     | N     | %    |
| Not used | Female | 256     | 98.1 | 277     | 97.5 | 268     | 98.9 | 267     | 99.3  | 22    | 100.0 | 1090  | 98.5 |
|          | Male   | 267     | 97.8 | 291     | 98.3 | 289     | 99.3 | 275     | 100.0 | 17    | 100.0 | 1139  | 98.9 |
|          | Total  | 523     | 97.9 | 568     | 97.9 | 557     | 99.1 | 542     | 99.6  | 39    | 100.0 | 2229  | 98.7 |
| Used     | Female | 5       | 1.9  | 7       | 2.5  | 3       | 1.1  | 2       | 0.7   | 0     | 0     | 17    | 1.5  |
|          | Male   | 6       | 2.2  | 5       | 1.7  | 2       | 0.7  | 0       | 0     | 0     | 0     | 13    | 1.1  |
|          | Total  | 11      | 2.1  | 12      | 2.1  | 5       | 0.9  | 2       | 0.4   | 0     | 0     | 30    | 1.3  |

Dietary fiber supplement

|          |        | 40-49yr |       | 50-59yr |       | 60-69yr |       | 70-79yr |      | 80yr- |       | Total |      |
|----------|--------|---------|-------|---------|-------|---------|-------|---------|------|-------|-------|-------|------|
|          |        | N       | %     | N       | %     | N       | %     | N       | %    | N     | %     | N     | %    |
| Not used | Female | 259     | 99.2  | 283     | 99.6  | 269     | 99.3  | 268     | 99.6 | 22    | 100.0 | 1101  | 99.5 |
|          | Male   | 273     | 100.0 | 296     | 100.0 | 291     | 100.0 | 274     | 99.6 | 17    | 100.0 | 1151  | 99.9 |
|          | Total  | 532     | 99.6  | 579     | 99.8  | 560     | 99.6  | 542     | 99.6 | 39    | 100.0 | 2252  | 99.7 |
| Used     | Female | 2       | 0.8   | 1       | 0.4   | 2       | 0.7   | 1       | 0.4  | 0     | 0     | 6     | 0.5  |
|          | Male   | 0       | 0     | 0       | 0     | 0       | 0     | 1       | 0.4  | 0     | 0     | 1     | 0.1  |
|          | Total  | 2       | 0.4   | 1       | 0.2   | 2       | 0.4   | 2       | 0.4  | 0     | 0     | 7     | 0.3  |

Supplement contained other nutrients

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Female | 132     | 50.6 | 175     | 61.6 | 153     | 56.5 | 151     | 56.1 | 11    | 50.0 | 622   | 56.2 |
|          | Male   | 143     | 52.4 | 171     | 57.8 | 189     | 64.9 | 182     | 66.2 | 12    | 70.6 | 697   | 60.5 |
|          | Total  | 275     | 51.5 | 346     | 59.7 | 342     | 60.9 | 333     | 61.2 | 23    | 59.0 | 1319  | 58.4 |
| Used     | Female | 129     | 49.4 | 109     | 38.4 | 118     | 43.5 | 118     | 43.9 | 11    | 50.0 | 485   | 43.8 |

|       |     |      |     |      |     |      |     |      |    |      |     |      |
|-------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
| Male  | 130 | 47.6 | 125 | 42.2 | 102 | 35.1 | 93  | 33.8 | 5  | 29.4 | 455 | 39.5 |
| Total | 259 | 48.5 | 234 | 40.3 | 220 | 39.1 | 211 | 38.8 | 16 | 41.0 | 940 | 41.6 |

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |       | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|-------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %     | N     | %    |
| Not used | Female | 218     | 83.5 | 260     | 91.5 | 245     | 90.4 | 255     | 94.8 | 22    | 100.0 | 1000  | 90.3 |
|          | Male   | 215     | 78.8 | 267     | 90.2 | 258     | 88.7 | 260     | 94.5 | 14    | 82.4  | 1014  | 88.0 |
|          | Total  | 433     | 81.1 | 527     | 90.9 | 503     | 89.5 | 515     | 94.7 | 36    | 92.3  | 2014  | 89.2 |
| Used     | Female | 43      | 16.5 | 24      | 8.5  | 26      | 9.6  | 14      | 5.2  | 0     | 0     | 107   | 9.7  |
|          | Male   | 58      | 21.2 | 29      | 9.8  | 33      | 11.3 | 15      | 5.5  | 3     | 17.6  | 138   | 12.0 |
|          | Total  | 101     | 18.9 | 53      | 9.1  | 59      | 10.5 | 29      | 5.3  | 3     | 7.7   | 245   | 10.8 |

Total supplement (time/day)

Vitamin supplement (time/day)

Mineral supplement (time/day)

Fat supplement (time/day)

Protein supplement (time/day)

|        |      |      |    |      |      |    |      |      |   |      |      |   |   |   |   |      |      |    |
|--------|------|------|----|------|------|----|------|------|---|------|------|---|---|---|---|------|------|----|
| Female | 0.80 | 0.84 | 5  | 1.43 | 0.98 | 7  | 0.67 | 0.58 | 3 | 1.00 | 0.00 | 2 | . | . | 0 | 1.06 | 0.83 | 17 |
| Male   | 0.63 | 0.45 | 6  | 1.04 | 0.57 | 5  | 0.60 | 0.57 | 2 | .    | .    | 0 | . | . | 0 | 0.78 | 0.51 | 13 |
| Total  | 0.71 | 0.62 | 11 | 1.27 | 0.82 | 12 | 0.64 | 0.50 | 5 | 1.00 | 0.00 | 2 | . | . | 0 | 0.94 | 0.71 | 30 |

Dietary fiber supplement (time/day)

|        | 40-49yr |      |   | 50-59yr |    |   | 60-69yr |      |   | 70-79yr |      |   | 80yr- |    |   | Total |      |   |
|--------|---------|------|---|---------|----|---|---------|------|---|---------|------|---|-------|----|---|-------|------|---|
|        | Mean    | SD   | N | Mean    | SD | N | Mean    | SD   | N | Mean    | SD   | N | Mean  | SD | N | Mean  | SD   | N |
| Female | 1.50    | 2.12 | 2 | 3.00    | .  | 1 | 1.00    | 0.00 | 2 | 2.00    | .    | 1 | .     | .  | 0 | 1.67  | 1.21 | 6 |
| Male   | .       | .    | 0 | .       | .  | 0 | .       | .    | 0 | 1.00    | .    | 1 | .     | .  | 0 | 1.00  | .    | 1 |
| Total  | 1.50    | 2.12 | 2 | 3.00    | .  | 1 | 1.00    | 0.00 | 2 | 1.50    | 0.71 | 2 | .     | .  | 0 | 1.57  | 1.13 | 7 |

Supplement contained other nutrients (time/day)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |    | Total |      |     |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N  | Mean  | SD   | N   |
| Female | 0.45    | 0.63 | 129 | 0.61    | 0.73 | 109 | 0.75    | 0.71 | 118 | 0.77    | 0.80 | 118 | 0.85  | 1.02 | 11 | 0.65  | 0.73 | 485 |
| Male   | 0.30    | 0.51 | 130 | 0.49    | 0.72 | 125 | 0.55    | 0.64 | 102 | 0.81    | 0.86 | 93  | 0.52  | 0.50 | 5  | 0.51  | 0.70 | 455 |
| Total  | 0.37    | 0.58 | 259 | 0.54    | 0.72 | 234 | 0.66    | 0.69 | 220 | 0.79    | 0.82 | 211 | 0.75  | 0.89 | 16 | 0.58  | 0.72 | 940 |

Drug contained some nutrients (time/day)

|        | 40-49yr |      |     | 50-59yr |      |    | 60-69yr |      |    | 70-79yr |      |    | 80yr- |      |   | Total |      |     |
|--------|---------|------|-----|---------|------|----|---------|------|----|---------|------|----|-------|------|---|-------|------|-----|
|        | Mean    | SD   | N   | Mean    | SD   | N  | Mean    | SD   | N  | Mean    | SD   | N  | Mean  | SD   | N | Mean  | SD   | N   |
| Female | 0.04    | 0.18 | 43  | 0.06    | 0.21 | 24 | 0.05    | 0.13 | 26 | 0.39    | 0.62 | 14 | .     | .    | 0 | 0.09  | 0.29 | 107 |
| Male   | 0.04    | 0.14 | 58  | 0.08    | 0.19 | 29 | 0.04    | 0.18 | 33 | 0.31    | 0.58 | 15 | 0.07  | 0.12 | 3 | 0.08  | 0.25 | 138 |
| Total  | 0.04    | 0.16 | 101 | 0.07    | 0.20 | 53 | 0.04    | 0.16 | 59 | 0.34    | 0.59 | 29 | 0.07  | 0.12 | 3 | 0.08  | 0.27 | 245 |

5) Beverage intakes

Frequency of beverage intakes  
Japanese sake

|        |                     | 40 - 49yr |      | 50 - 59yr |      | 60 - 69yr |      | 70 - 79yr |      | 80yr - |       | Total |      |
|--------|---------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|-------|-------|------|
|        |                     | N         | %    | N         | %    | N         | %    | N         | %    | N      | %     | N     | %    |
| Male   | Never               | 120       | 65.6 | 100       | 51.8 | 95        | 60.9 | 102       | 58.3 | 6      | 85.7  | 423   | 59.2 |
|        | Once a month        | 24        | 13.1 | 16        | 8.3  | 7         | 4.5  | 12        | 6.9  | 1      | 14.3  | 60    | 8.4  |
|        | 2 to 3 times a mo.  | 6         | 3.3  | 13        | 6.7  | 7         | 4.5  | 8         | 4.6  | 0      | 0     | 34    | 4.8  |
|        | Once a week         | 8         | 4.4  | 19        | 9.8  | 5         | 3.2  | 7         | 4.0  | 0      | 0     | 39    | 5.5  |
|        | 2 to 3 times a week | 18        | 9.8  | 25        | 13.0 | 21        | 13.5 | 15        | 8.6  | 0      | 0     | 79    | 11.1 |
|        | 4 to 6 times a week | 2         | 1.1  | 6         | 3.1  | 12        | 7.7  | 12        | 6.9  | 0      | 0     | 32    | 4.5  |
|        | Once a day          | 5         | 2.7  | 14        | 7.3  | 9         | 5.8  | 18        | 10.3 | 0      | 0     | 46    | 6.4  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.6  | 0      | 0     | 1     | 0.1  |
| Female | Never               | 145       | 87.9 | 147       | 89.1 | 150       | 86.7 | 150       | 84.3 | 11     | 100.0 | 603   | 87.1 |
|        | Once a month        | 7         | 4.2  | 9         | 5.5  | 10        | 5.8  | 5         | 2.8  | 0      | 0     | 31    | 4.5  |
|        | 2 to 3 times a mo.  | 9         | 5.5  | 3         | 1.8  | 3         | 1.7  | 5         | 2.8  | 0      | 0     | 20    | 2.9  |
|        | Once a week         | 2         | 1.2  | 2         | 1.2  | 4         | 2.3  | 6         | 3.4  | 0      | 0     | 14    | 2.0  |
|        | 2 to 3 times a week | 1         | 0.6  | 2         | 1.2  | 3         | 1.7  | 5         | 2.8  | 0      | 0     | 11    | 1.6  |
|        | 4 to 6 times a week | 1         | 0.6  | 0         | 0    | 1         | 0.6  | 3         | 1.7  | 0      | 0     | 5     | 0.7  |
|        | Once a day          | 0         | 0    | 2         | 1.2  | 2         | 1.2  | 4         | 2.2  | 0      | 0     | 8     | 1.2  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 0         | 0    | 0      | 0     | 0     | 0    |
| Total  | Never               | 265       | 76.1 | 247       | 69.0 | 245       | 74.5 | 252       | 71.4 | 17     | 94.4  | 1026  | 73.0 |
|        | Once a month        | 31        | 8.9  | 25        | 7.0  | 17        | 5.2  | 17        | 4.8  | 1      | 5.6   | 91    | 6.5  |

|                     |    |     |    |     |    |     |    |     |   |   |    |     |
|---------------------|----|-----|----|-----|----|-----|----|-----|---|---|----|-----|
| 2 to 3 times a mo.  | 15 | 4.3 | 16 | 4.5 | 10 | 3.0 | 13 | 3.7 | 0 | 0 | 54 | 3.8 |
| Once a week         | 10 | 2.9 | 21 | 5.9 | 9  | 2.7 | 13 | 3.7 | 0 | 0 | 53 | 3.8 |
| 2 to 3 times a week | 19 | 5.5 | 27 | 7.5 | 24 | 7.3 | 20 | 5.7 | 0 | 0 | 90 | 6.4 |
| 4 to 6 times a week | 3  | 0.9 | 6  | 1.7 | 13 | 4.0 | 15 | 4.2 | 0 | 0 | 37 | 2.6 |
| Once a day          | 5  | 1.4 | 16 | 4.5 | 11 | 3.3 | 22 | 6.2 | 0 | 0 | 54 | 3.8 |
| 2 to 3 times a day  | 0  | 0   | 0  | 0   | 0  | 0   | 1  | 0.3 | 0 | 0 | 1  | 0.1 |

Frequency of beverage intakes  
Japanese distilled alcoholic beverages (Shochu)

|        |                     | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|--------|---------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|        |                     | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male   | Never               | 117       | 63.9 | 124       | 64.2 | 110       | 70.5 | 137       | 78.3 | 6      | 85.7 | 494   | 69.2 |
|        | Once a month        | 20        | 10.9 | 9         | 4.7  | 7         | 4.5  | 4         | 2.3  | 0      | 0    | 40    | 5.6  |
|        | 2 to 3 times a mo.  | 9         | 4.9  | 12        | 6.2  | 7         | 4.5  | 2         | 1.1  | 0      | 0    | 30    | 4.2  |
|        | Once a week         | 8         | 4.4  | 11        | 5.7  | 3         | 1.9  | 10        | 5.7  | 0      | 0    | 32    | 4.5  |
|        | 2 to 3 times a week | 18        | 9.8  | 11        | 5.7  | 8         | 5.1  | 8         | 4.6  | 0      | 0    | 45    | 6.3  |
|        | 4 to 6 times a week | 4         | 2.2  | 11        | 5.7  | 9         | 5.8  | 4         | 2.3  | 0      | 0    | 28    | 3.9  |
|        | Once a day          | 7         | 3.8  | 15        | 7.8  | 12        | 7.7  | 10        | 5.7  | 1      | 14.3 | 45    | 6.3  |
| Female | Never               | 135       | 81.8 | 149       | 90.3 | 155       | 89.6 | 165       | 92.7 | 10     | 90.9 | 614   | 88.7 |
|        | Once a month        | 12        | 7.3  | 5         | 3.0  | 4         | 2.3  | 4         | 2.2  | 0      | 0    | 25    | 3.6  |
|        | 2 to 3 times a mo.  | 9         | 5.5  | 3         | 1.8  | 4         | 2.3  | 3         | 1.7  | 0      | 0    | 19    | 2.7  |
|        | Once a week         | 3         | 1.8  | 4         | 2.4  | 2         | 1.2  | 3         | 1.7  | 1      | 9.1  | 13    | 1.9  |
|        | 2 to 3 times a week | 2         | 1.2  | 3         | 1.8  | 4         | 2.3  | 1         | 0.6  | 0      | 0    | 10    | 1.4  |
|        | 4 to 6 times a week | 2         | 1.2  | 1         | 0.6  | 1         | 0.6  | 0         | 0    | 0      | 0    | 4     | 0.6  |
|        | Once a day          | 2         | 1.2  | 0         | 0    | 3         | 1.7  | 2         | 1.1  | 0      | 0    | 7     | 1.0  |
| Total  | Never               | 252       | 72.4 | 273       | 76.3 | 265       | 80.5 | 302       | 85.6 | 16     | 88.9 | 1108  | 78.8 |
|        | Once a month        | 32        | 9.2  | 14        | 3.9  | 11        | 3.3  | 8         | 2.3  | 0      | 0    | 65    | 4.6  |
|        | 2 to 3 times a mo.  | 18        | 5.2  | 15        | 4.2  | 11        | 3.3  | 5         | 1.4  | 0      | 0    | 49    | 3.5  |
|        | Once a week         | 11        | 3.2  | 15        | 4.2  | 5         | 1.5  | 13        | 3.7  | 1      | 5.6  | 45    | 3.2  |
|        | 2 to 3 times a week | 20        | 5.7  | 14        | 3.9  | 12        | 3.6  | 9         | 2.5  | 0      | 0    | 55    | 3.9  |
|        | 4 to 6 times a week | 6         | 1.7  | 12        | 3.4  | 10        | 3.0  | 4         | 1.1  | 0      | 0    | 32    | 2.3  |
|        | Once a day          | 9         | 2.6  | 15        | 4.2  | 15        | 4.6  | 12        | 3.4  | 1      | 5.6  | 52    | 3.7  |

Frequency of beverage intakes  
Regular or draft beer

|        |                     | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|--------|---------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|        |                     | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male   | Never               | 58        | 31.7 | 48        | 24.9 | 65        | 41.7 | 94        | 53.7 | 5      | 71.4 | 270   | 37.8 |
|        | Once a month        | 27        | 14.8 | 21        | 10.9 | 14        | 9.0  | 21        | 12.0 | 1      | 14.3 | 84    | 11.8 |
|        | 2 to 3 times a mo.  | 13        | 7.1  | 24        | 12.4 | 15        | 9.6  | 14        | 8.0  | 0      | 0    | 66    | 9.2  |
|        | Once a week         | 23        | 12.6 | 22        | 11.4 | 20        | 12.8 | 16        | 9.1  | 0      | 0    | 81    | 11.3 |
|        | 2 to 3 times a week | 33        | 18.0 | 39        | 20.2 | 17        | 10.9 | 14        | 8.0  | 0      | 0    | 103   | 14.4 |
|        | 4 to 6 times a week | 10        | 5.5  | 12        | 6.2  | 10        | 6.4  | 7         | 4.0  | 0      | 0    | 39    | 5.5  |
|        | Once a day          | 19        | 10.4 | 27        | 14.0 | 15        | 9.6  | 8         | 4.6  | 1      | 14.3 | 70    | 9.8  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.6  | 0      | 0    | 1     | 0.1  |
| Female | Never               | 101       | 61.2 | 116       | 70.3 | 130       | 75.1 | 145       | 81.5 | 10     | 90.9 | 502   | 72.5 |
|        | Once a month        | 17        | 10.3 | 14        | 8.5  | 12        | 6.9  | 9         | 5.1  | 1      | 9.1  | 53    | 7.7  |
|        | 2 to 3 times a mo.  | 16        | 9.7  | 8         | 4.8  | 11        | 6.4  | 4         | 2.2  | 0      | 0    | 39    | 5.6  |
|        | Once a week         | 12        | 7.3  | 13        | 7.9  | 7         | 4.0  | 6         | 3.4  | 0      | 0    | 38    | 5.5  |
|        | 2 to 3 times a week | 13        | 7.9  | 11        | 6.7  | 8         | 4.6  | 7         | 3.9  | 0      | 0    | 39    | 5.6  |
|        | 4 to 6 times a week | 3         | 1.8  | 0         | 0    | 3         | 1.7  | 2         | 1.1  | 0      | 0    | 8     | 1.2  |

|       |                     |     |      |     |      |     |      |     |      |    |      |     |      |
|-------|---------------------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|       | Once a day          | 3   | 1.8  | 3   | 1.8  | 2   | 1.2  | 5   | 2.8  | 0  | 0    | 13  | 1.9  |
|       | 2 to 3 times a day  | 0   | 0    | 0   | 0    | 0   | 0    | 0   | 0    | 0  | 0    | 0   | 0    |
| Total | Never               | 159 | 45.7 | 164 | 45.8 | 195 | 59.3 | 239 | 67.7 | 15 | 83.3 | 772 | 54.9 |
|       | Once a month        | 44  | 12.6 | 35  | 9.8  | 26  | 7.9  | 30  | 8.5  | 2  | 11.1 | 137 | 9.7  |
|       | 2 to 3 times a mo.  | 29  | 8.3  | 32  | 8.9  | 26  | 7.9  | 18  | 5.1  | 0  | 0    | 105 | 7.5  |
|       | Once a week         | 35  | 10.1 | 35  | 9.8  | 27  | 8.2  | 22  | 6.2  | 0  | 0    | 119 | 8.5  |
|       | 2 to 3 times a week | 46  | 13.2 | 50  | 14.0 | 25  | 7.6  | 21  | 5.9  | 0  | 0    | 142 | 10.1 |
|       | 4 to 6 times a week | 13  | 3.7  | 12  | 3.4  | 13  | 4.0  | 9   | 2.5  | 0  | 0    | 47  | 3.3  |
|       | Once a day          | 22  | 6.3  | 30  | 8.4  | 17  | 5.2  | 13  | 3.7  | 1  | 5.6  | 83  | 5.9  |
|       | 2 to 3 times a day  | 0   | 0    | 0   | 0    | 0   | 0    | 1   | 0.3  | 0  | 0    | 1   | 0.1  |
|       |                     |     |      |     |      |     |      |     |      |    |      |     |      |

Frequency of beverage intakes  
Light beer

|        |                     | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |       | Total |      |
|--------|---------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|-------|-------|------|
|        |                     | N         | %    | N         | %    | N         | %    | N         | %    | N      | %     | N     | %    |
| Male   | Never               | 103       | 56.3 | 119       | 61.7 | 112       | 71.8 | 145       | 82.9 | 7      | 100.0 | 486   | 68.1 |
|        | Once a month        | 7         | 3.8  | 12        | 6.2  | 4         | 2.6  | 6         | 3.4  | 0      | 0     | 29    | 4.1  |
|        | 2 to 3 times a mo.  | 9         | 4.9  | 5         | 2.6  | 6         | 3.8  | 5         | 2.9  | 0      | 0     | 25    | 3.5  |
|        | Once a week         | 9         | 4.9  | 7         | 3.6  | 12        | 7.7  | 4         | 2.3  | 0      | 0     | 32    | 4.5  |
|        | 2 to 3 times a week | 24        | 13.1 | 25        | 13.0 | 12        | 7.7  | 3         | 1.7  | 0      | 0     | 64    | 9.0  |
|        | 4 to 6 times a week | 12        | 6.6  | 9         | 4.7  | 1         | 0.6  | 3         | 1.7  | 0      | 0     | 25    | 3.5  |
|        | Once a day          | 19        | 10.4 | 16        | 8.3  | 9         | 5.8  | 8         | 4.6  | 0      | 0     | 52    | 7.3  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.6  | 0      | 0     | 1     | 0.1  |
| Female | Never               | 124       | 75.2 | 142       | 86.1 | 158       | 91.3 | 167       | 93.8 | 10     | 90.9  | 601   | 86.8 |
|        | Once a month        | 4         | 2.4  | 4         | 2.4  | 3         | 1.7  | 0         | 0    | 1      | 9.1   | 12    | 1.7  |
|        | 2 to 3 times a mo.  | 5         | 3.0  | 4         | 2.4  | 2         | 1.2  | 3         | 1.7  | 0      | 0     | 14    | 2.0  |
|        | Once a week         | 11        | 6.7  | 2         | 1.2  | 4         | 2.3  | 2         | 1.1  | 0      | 0     | 19    | 2.7  |
|        | 2 to 3 times a week | 9         | 5.5  | 6         | 3.6  | 4         | 2.3  | 2         | 1.1  | 0      | 0     | 21    | 3.0  |
|        | 4 to 6 times a week | 5         | 3.0  | 6         | 3.6  | 0         | 0    | 3         | 1.7  | 0      | 0     | 14    | 2.0  |
|        | Once a day          | 7         | 4.2  | 1         | 0.6  | 2         | 1.2  | 1         | 0.6  | 0      | 0     | 11    | 1.6  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 0         | 0    | 0      | 0     | 0     | 0    |
| Total  | Never               | 227       | 65.2 | 261       | 72.9 | 270       | 82.1 | 312       | 88.4 | 17     | 94.4  | 1087  | 77.3 |
|        | Once a month        | 11        | 3.2  | 16        | 4.5  | 7         | 2.1  | 6         | 1.7  | 1      | 5.6   | 41    | 2.9  |
|        | 2 to 3 times a mo.  | 14        | 4.0  | 9         | 2.5  | 8         | 2.4  | 8         | 2.3  | 0      | 0     | 39    | 2.8  |
|        | Once a week         | 20        | 5.7  | 9         | 2.5  | 16        | 4.9  | 6         | 1.7  | 0      | 0     | 51    | 3.6  |
|        | 2 to 3 times a week | 33        | 9.5  | 31        | 8.7  | 16        | 4.9  | 5         | 1.4  | 0      | 0     | 85    | 6.0  |
|        | 4 to 6 times a week | 17        | 4.9  | 15        | 4.2  | 1         | 0.3  | 6         | 1.7  | 0      | 0     | 39    | 2.8  |
|        | Once a day          | 26        | 7.5  | 17        | 4.7  | 11        | 3.3  | 9         | 2.5  | 0      | 0     | 63    | 4.5  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.3  | 0      | 0     | 1     | 0.1  |

Frequency of beverage intakes  
Wine

|      |                       | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |       | Total |      |
|------|-----------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|-------|-------|------|
|      |                       | N         | %    | N         | %    | N         | %    | N         | %    | N      | %     | N     | %    |
| Male | Never                 | 146       | 79.8 | 138       | 71.5 | 132       | 84.6 | 147       | 84.0 | 7      | 100.0 | 570   | 79.8 |
|      | Once a month          | 18        | 9.8  | 28        | 14.5 | 15        | 9.6  | 10        | 5.7  | 0      | 0     | 71    | 9.9  |
|      | 2 to 3 times a mo.    | 12        | 6.6  | 13        | 6.7  | 6         | 3.8  | 11        | 6.3  | 0      | 0     | 42    | 5.9  |
|      | Once a week           | 4         | 2.2  | 7         | 3.6  | 2         | 1.3  | 2         | 1.1  | 0      | 0     | 15    | 2.1  |
|      | 2 to 3 times a week   | 1         | 0.5  | 5         | 2.6  | 1         | 0.6  | 4         | 2.3  | 0      | 0     | 11    | 1.5  |
|      | 4 to 6 times a week   | 2         | 1.1  | 1         | 0.5  | 0         | 0    | 0         | 0    | 0      | 0     | 3     | 0.4  |
|      | Once a day            | 0         | 0    | 1         | 0.5  | 0         | 0    | 0         | 0    | 0      | 0     | 1     | 0.1  |
|      | 4 or more times a day | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.6  | 0      | 0     | 1     | 0.1  |

|        |                       |     |      |     |      |     |      |     |      |    |       |      |      |
|--------|-----------------------|-----|------|-----|------|-----|------|-----|------|----|-------|------|------|
| Female | Never                 | 131 | 79.4 | 139 | 84.2 | 149 | 86.1 | 159 | 89.3 | 11 | 100.0 | 589  | 85.1 |
|        | Once a month          | 18  | 10.9 | 10  | 6.1  | 18  | 10.4 | 5   | 2.8  | 0  | 0     | 51   | 7.4  |
|        | 2 to 3 times a mo.    | 5   | 3.0  | 7   | 4.2  | 1   | 0.6  | 1   | 0.6  | 0  | 0     | 14   | 2.0  |
|        | Once a week           | 6   | 3.6  | 4   | 2.4  | 2   | 1.2  | 4   | 2.2  | 0  | 0     | 16   | 2.3  |
|        | 2 to 3 times a week   | 2   | 1.2  | 1   | 0.6  | 2   | 1.2  | 3   | 1.7  | 0  | 0     | 8    | 1.2  |
|        | 4 to 6 times a week   | 1   | 0.6  | 1   | 0.6  | 0   | 0    | 2   | 1.1  | 0  | 0     | 4    | 0.6  |
|        | Once a day            | 2   | 1.2  | 3   | 1.8  | 1   | 0.6  | 4   | 2.2  | 0  | 0     | 10   | 1.4  |
|        | 4 or more times a day | 0   | 0    | 0   | 0    | 0   | 0    | 0   | 0    | 0  | 0     | 0    | 0    |
| Total  | Never                 | 277 | 79.6 | 277 | 77.4 | 281 | 85.4 | 306 | 86.7 | 18 | 100.0 | 1159 | 82.4 |
|        | Once a month          | 36  | 10.3 | 38  | 10.6 | 33  | 10.0 | 15  | 4.2  | 0  | 0     | 122  | 8.7  |
|        | 2 to 3 times a mo.    | 17  | 4.9  | 20  | 5.6  | 7   | 2.1  | 12  | 3.4  | 0  | 0     | 56   | 4.0  |
|        | Once a week           | 10  | 2.9  | 11  | 3.1  | 4   | 1.2  | 6   | 1.7  | 0  | 0     | 31   | 2.2  |
|        | 2 to 3 times a week   | 3   | 0.9  | 6   | 1.7  | 3   | 0.9  | 7   | 2.0  | 0  | 0     | 19   | 1.4  |
|        | 4 to 6 times a week   | 3   | 0.9  | 2   | 0.6  | 0   | 0    | 2   | 0.6  | 0  | 0     | 7    | 0.5  |
|        | Once a day            | 2   | 0.6  | 4   | 1.1  | 1   | 0.3  | 4   | 1.1  | 0  | 0     | 11   | 0.8  |
|        | 4 or more times a day | 0   | 0    | 0   | 0    | 0   | 0    | 1   | 0.3  | 0  | 0     | 1    | 0.1  |

Frequency of beverage 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               | 137       | 74.9 | 141       | 73.1 | 117       | 75.0 | 141       | 80.6  | 7      | 100.0 | 543   | 76.1 |
|        | Once a month        | 18        | 9.8  | 24        | 12.4 | 14        | 9.0  | 9         | 5.1   | 0      | 0     | 65    | 9.1  |
|        | 2 to 3 times a mo.  | 7         | 3.8  | 8         | 4.1  | 5         | 3.2  | 6         | 3.4   | 0      | 0     | 26    | 3.6  |
|        | Once a week         | 6         | 3.3  | 7         | 3.6  | 9         | 5.8  | 2         | 1.1   | 0      | 0     | 24    | 3.4  |
|        | 2 to 3 times a week | 7         | 3.8  | 6         | 3.1  | 3         | 1.9  | 3         | 1.7   | 0      | 0     | 19    | 2.7  |
|        | 4 to 6 times a week | 3         | 1.6  | 3         | 1.6  | 3         | 1.9  | 5         | 2.9   | 0      | 0     | 14    | 2.0  |
|        | Once a day          | 5         | 2.7  | 4         | 2.1  | 5         | 3.2  | 8         | 4.6   | 0      | 0     | 22    | 3.1  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.6   | 0      | 0     | 1     | 0.1  |
| Female | Never               | 157       | 95.2 | 159       | 96.4 | 167       | 96.5 | 178       | 100.0 | 11     | 100.0 | 672   | 97.1 |
|        | Once a month        | 3         | 1.8  | 4         | 2.4  | 4         | 2.3  | 0         | 0     | 0      | 0     | 11    | 1.6  |
|        | 2 to 3 times a mo.  | 3         | 1.8  | 0         | 0    | 0         | 0    | 0         | 0     | 0      | 0     | 3     | 0.4  |
|        | Once a week         | 0         | 0    | 0         | 0    | 0         | 0    | 0         | 0     | 0      | 0     | 0     | 0    |
|        | 2 to 3 times a week | 0         | 0    | 2         | 1.2  | 0         | 0    | 0         | 0     | 0      | 0     | 2     | 0.3  |
|        | 4 to 6 times a week | 0         | 0    | 0         | 0    | 1         | 0.6  | 0         | 0     | 0      | 0     | 1     | 0.1  |
|        | Once a day          | 2         | 1.2  | 0         | 0    | 1         | 0.6  | 0         | 0     | 0      | 0     | 3     | 0.4  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 0         | 0     | 0      | 0     | 0     | 0    |
| Total  | Never               | 294       | 84.5 | 300       | 83.8 | 284       | 86.3 | 319       | 90.4  | 18     | 100.0 | 1215  | 86.4 |
|        | Once a month        | 21        | 6.0  | 28        | 7.8  | 18        | 5.5  | 9         | 2.5   | 0      | 0     | 76    | 5.4  |
|        | 2 to 3 times a mo.  | 10        | 2.9  | 8         | 2.2  | 5         | 1.5  | 6         | 1.7   | 0      | 0     | 29    | 2.1  |
|        | Once a week         | 6         | 1.7  | 7         | 2.0  | 9         | 2.7  | 2         | 0.6   | 0      | 0     | 24    | 1.7  |
|        | 2 to 3 times a week | 7         | 2.0  | 8         | 2.2  | 3         | 0.9  | 3         | 0.8   | 0      | 0     | 21    | 1.5  |
|        | 4 to 6 times a week | 3         | 0.9  | 3         | 0.8  | 4         | 1.2  | 5         | 1.4   | 0      | 0     | 15    | 1.1  |
|        | Once a day          | 7         | 2.0  | 4         | 1.1  | 6         | 1.8  | 8         | 2.3   | 0      | 0     | 25    | 1.8  |
|        | 2 to 3 times a day  | 0         | 0    | 0         | 0    | 0         | 0    | 1         | 0.3   | 0      | 0     | 1     | 0.1  |

Frequency of beverage intakes

Regular coffee

|      |       | 40 – 49yr |     | 50 – 59yr |     | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|------|-------|-----------|-----|-----------|-----|-----------|------|-----------|------|--------|------|-------|------|
|      |       | N         | %   | N         | %   | N         | %    | N         | %    | N      | %    | N     | %    |
| Male | Never | 10        | 5.5 | 14        | 7.3 | 17        | 10.9 | 29        | 16.6 | 2      | 28.6 | 72    | 10.1 |

|        |                       |     |      |     |      |    |      |     |      |   |      |     |      |
|--------|-----------------------|-----|------|-----|------|----|------|-----|------|---|------|-----|------|
|        | Once a month          | 1   | 0.5  | 1   | 0.5  | 5  | 3.2  | 7   | 4.0  | 0 | 0    | 14  | 2.0  |
|        | 2 to 3 times a mo.    | 1   | 0.5  | 3   | 1.6  | 5  | 3.2  | 13  | 7.4  | 0 | 0    | 22  | 3.1  |
|        | Once a week           | 5   | 2.7  | 1   | 0.5  | 9  | 5.8  | 7   | 4.0  | 1 | 14.3 | 23  | 3.2  |
|        | 2 to 3 times a week   | 8   | 4.4  | 10  | 5.2  | 11 | 7.1  | 13  | 7.4  | 0 | 0    | 42  | 5.9  |
|        | 4 to 6 times a week   | 6   | 3.3  | 9   | 4.7  | 9  | 5.8  | 4   | 2.3  | 1 | 14.3 | 29  | 4.1  |
|        | Once a day            | 26  | 14.2 | 44  | 22.8 | 42 | 26.9 | 56  | 32.0 | 2 | 28.6 | 170 | 23.8 |
|        | 2 to 3 times a day    | 82  | 44.8 | 80  | 41.5 | 42 | 26.9 | 40  | 22.9 | 1 | 14.3 | 245 | 34.3 |
|        | 4 or more times a day | 44  | 24.0 | 31  | 16.1 | 16 | 10.3 | 6   | 3.4  | 0 | 0    | 97  | 13.6 |
| Female | Never                 | 9   | 5.5  | 8   | 4.8  | 21 | 12.1 | 40  | 22.5 | 1 | 9.1  | 79  | 11.4 |
|        | Once a month          | 3   | 1.8  | 4   | 2.4  | 8  | 4.6  | 10  | 5.6  | 1 | 9.1  | 26  | 3.8  |
|        | 2 to 3 times a mo.    | 4   | 2.4  | 6   | 3.6  | 13 | 7.5  | 17  | 9.6  | 2 | 18.2 | 42  | 6.1  |
|        | Once a week           | 5   | 3.0  | 8   | 4.8  | 8  | 4.6  | 17  | 9.6  | 0 | 0    | 38  | 5.5  |
|        | 2 to 3 times a week   | 9   | 5.5  | 18  | 10.9 | 25 | 14.5 | 20  | 11.2 | 3 | 27.3 | 75  | 10.8 |
|        | 4 to 6 times a week   | 8   | 4.8  | 5   | 3.0  | 6  | 3.5  | 4   | 2.2  | 0 | 0    | 23  | 3.3  |
|        | Once a day            | 26  | 15.8 | 47  | 28.5 | 46 | 26.6 | 45  | 25.3 | 3 | 27.3 | 167 | 24.1 |
|        | 2 to 3 times a day    | 78  | 47.3 | 58  | 35.2 | 41 | 23.7 | 23  | 12.9 | 1 | 9.1  | 201 | 29.0 |
|        | 4 or more times a day | 23  | 13.9 | 11  | 6.7  | 5  | 2.9  | 2   | 1.1  | 0 | 0    | 41  | 5.9  |
| Total  | Never                 | 19  | 5.5  | 22  | 6.1  | 38 | 11.6 | 69  | 19.5 | 3 | 16.7 | 151 | 10.7 |
|        | Once a month          | 4   | 1.1  | 5   | 1.4  | 13 | 4.0  | 17  | 4.8  | 1 | 5.6  | 40  | 2.8  |
|        | 2 to 3 times a mo.    | 5   | 1.4  | 9   | 2.5  | 18 | 5.5  | 30  | 8.5  | 2 | 11.1 | 64  | 4.6  |
|        | Once a week           | 10  | 2.9  | 9   | 2.5  | 17 | 5.2  | 24  | 6.8  | 1 | 5.6  | 61  | 4.3  |
|        | 2 to 3 times a week   | 17  | 4.9  | 28  | 7.8  | 36 | 10.9 | 33  | 9.3  | 3 | 16.7 | 117 | 8.3  |
|        | 4 to 6 times a week   | 14  | 4.0  | 14  | 3.9  | 15 | 4.6  | 8   | 2.3  | 1 | 5.6  | 52  | 3.7  |
|        | Once a day            | 52  | 14.9 | 91  | 25.4 | 88 | 26.7 | 101 | 28.6 | 5 | 27.8 | 337 | 24.0 |
|        | 2 to 3 times a day    | 160 | 46.0 | 138 | 38.5 | 83 | 25.2 | 63  | 17.8 | 2 | 11.1 | 446 | 31.7 |
|        | 4 or more times a day | 67  | 19.3 | 42  | 11.7 | 21 | 6.4  | 8   | 2.3  | 0 | 0    | 138 | 9.8  |

Frequency of beverage intakes  
Decaffeinated coffee

|        |                     | 40 – 49yr |      | 50 – 59yr |       | 60 – 69yr |       | 70 – 79yr |       | 80yr – |       | Total |      |
|--------|---------------------|-----------|------|-----------|-------|-----------|-------|-----------|-------|--------|-------|-------|------|
|        |                     | N         | %    | N         | %     | N         | %     | N         | %     | N      | %     | N     | %    |
| Male   | Never               | 182       | 99.5 | 193       | 100.0 | 155       | 99.4  | 175       | 100.0 | 7      | 100.0 | 712   | 99.7 |
|        | Once a month        | 0         | 0    | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 0     | 0    |
|        | 2 to 3 times a mo.  | 1         | 0.5  | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 1     | 0.1  |
|        | 2 to 3 times a week | 0         | 0    | 0         | 0     | 1         | 0.6   | 0         | 0     | 0      | 0     | 1     | 0.1  |
|        | Once a day          | 0         | 0    | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 0     | 0    |
| Female | Never               | 164       | 99.4 | 164       | 99.4  | 173       | 100.0 | 176       | 98.9  | 10     | 90.9  | 687   | 99.3 |
|        | Once a month        | 0         | 0    | 1         | 0.6   | 0         | 0     | 1         | 0.6   | 1      | 9.1   | 3     | 0.4  |
|        | 2 to 3 times a mo.  | 0         | 0    | 0         | 0     | 0         | 0     | 1         | 0.6   | 0      | 0     | 1     | 0.1  |
|        | 2 to 3 times a week | 0         | 0    | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 0     | 0    |
|        | Once a day          | 1         | 0.6  | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 1     | 0.1  |
| Total  | Never               | 346       | 99.4 | 357       | 99.7  | 328       | 99.7  | 351       | 99.4  | 17     | 94.4  | 1399  | 99.5 |
|        | Once a month        | 0         | 0    | 1         | 0.3   | 0         | 0     | 1         | 0.3   | 1      | 5.6   | 3     | 0.2  |
|        | 2 to 3 times a mo.  | 1         | 0.3  | 0         | 0     | 0         | 0     | 1         | 0.3   | 0      | 0     | 2     | 0.1  |
|        | 2 to 3 times a week | 0         | 0    | 0         | 0     | 1         | 0.3   | 0         | 0     | 0      | 0     | 1     | 0.1  |
|        | Once a day          | 1         | 0.3  | 0         | 0     | 0         | 0     | 0         | 0     | 0      | 0     | 1     | 0.1  |

Frequency of beverage intakes  
Black tea

|      |              | 40 – 49yr |   | 50 – 59yr |   | 60 – 69yr |     | 70 – 79yr |   | 80yr – |   | Total |     |
|------|--------------|-----------|---|-----------|---|-----------|-----|-----------|---|--------|---|-------|-----|
|      |              | N         | % | N         | % | N         | %   | N         | % | N      | % | N     | %   |
| Male | Not recorded | 0         | 0 | 0         | 0 | 1         | 0.6 | 0         | 0 | 0      | 0 | 1     | 0.1 |

|        |                       |     |      |     |      |     |      |     |      |   |      |     |      |
|--------|-----------------------|-----|------|-----|------|-----|------|-----|------|---|------|-----|------|
|        | Never                 | 117 | 63.9 | 140 | 72.5 | 100 | 64.1 | 134 | 76.6 | 2 | 28.6 | 493 | 69.0 |
|        | Once a month          | 11  | 6.0  | 19  | 9.8  | 12  | 7.7  | 5   | 2.9  | 1 | 14.3 | 48  | 6.7  |
|        | 2 to 3 times a mo.    | 16  | 8.7  | 10  | 5.2  | 14  | 9.0  | 9   | 5.1  | 0 | 0    | 49  | 6.9  |
|        | Once a week           | 16  | 8.7  | 5   | 2.6  | 8   | 5.1  | 11  | 6.3  | 4 | 57.1 | 44  | 6.2  |
|        | 2 to 3 times a week   | 5   | 2.7  | 4   | 2.1  | 13  | 8.3  | 6   | 3.4  | 0 | 0    | 28  | 3.9  |
|        | 4 to 6 times a week   | 3   | 1.6  | 3   | 1.6  | 1   | 0.6  | 2   | 1.1  | 0 | 0    | 9   | 1.3  |
|        | Once a day            | 13  | 7.1  | 8   | 4.1  | 6   | 3.8  | 7   | 4.0  | 0 | 0    | 34  | 4.8  |
|        | 2 to 3 times a day    | 2   | 1.1  | 4   | 2.1  | 0   | 0    | 1   | 0.6  | 0 | 0    | 7   | 1.0  |
|        | 4 or more times a day | 0   | 0    | 0   | 0    | 1   | 0.6  | 0   | 0    | 0 | 0    | 1   | 0.1  |
|        | Not recorded          | 0   | 0    | 0   | 0    | 0   | 0    | 0   | 0    | 0 | 0    | 0   | 0    |
| Female | Never                 | 75  | 45.5 | 76  | 46.1 | 82  | 47.4 | 91  | 51.1 | 5 | 45.5 | 329 | 47.5 |
|        | Once a month          | 20  | 12.1 | 22  | 13.3 | 20  | 11.6 | 22  | 12.4 | 2 | 18.2 | 86  | 12.4 |
|        | 2 to 3 times a mo.    | 16  | 9.7  | 14  | 8.5  | 23  | 13.3 | 17  | 9.6  | 0 | 0    | 70  | 10.1 |
|        | Once a week           | 13  | 7.9  | 24  | 14.5 | 12  | 6.9  | 15  | 8.4  | 0 | 0    | 64  | 9.2  |
|        | 2 to 3 times a week   | 19  | 11.5 | 13  | 7.9  | 20  | 11.6 | 16  | 9.0  | 3 | 27.3 | 71  | 10.3 |
|        | 4 to 6 times a week   | 5   | 3.0  | 1   | 0.6  | 2   | 1.2  | 3   | 1.7  | 0 | 0    | 11  | 1.6  |
|        | Once a day            | 14  | 8.5  | 14  | 8.5  | 7   | 4.0  | 12  | 6.7  | 1 | 9.1  | 48  | 6.9  |
|        | 2 to 3 times a day    | 2   | 1.2  | 1   | 0.6  | 7   | 4.0  | 2   | 1.1  | 0 | 0    | 12  | 1.7  |
|        | 4 or more times a day | 1   | 0.6  | 0   | 0    | 0   | 0    | 0   | 0    | 0 | 0    | 1   | 0.1  |
|        | Not recorded          | 0   | 0    | 0   | 0    | 1   | 0.3  | 0   | 0    | 0 | 0    | 1   | 0.1  |
| Total  | Never                 | 192 | 55.2 | 216 | 60.3 | 182 | 55.3 | 225 | 63.7 | 7 | 38.9 | 822 | 58.5 |
|        | Once a month          | 31  | 8.9  | 41  | 11.5 | 32  | 9.7  | 27  | 7.6  | 3 | 16.7 | 134 | 9.5  |
|        | 2 to 3 times a mo.    | 32  | 9.2  | 24  | 6.7  | 37  | 11.2 | 26  | 7.4  | 0 | 0    | 119 | 8.5  |
|        | Once a week           | 29  | 8.3  | 29  | 8.1  | 20  | 6.1  | 26  | 7.4  | 4 | 22.2 | 108 | 7.7  |
|        | 2 to 3 times a week   | 24  | 6.9  | 17  | 4.7  | 33  | 10.0 | 22  | 6.2  | 3 | 16.7 | 99  | 7.0  |
|        | 4 to 6 times a week   | 8   | 2.3  | 4   | 1.1  | 3   | 0.9  | 5   | 1.4  | 0 | 0    | 20  | 1.4  |
|        | Once a day            | 27  | 7.8  | 22  | 6.1  | 13  | 4.0  | 19  | 5.4  | 1 | 5.6  | 82  | 5.8  |
|        | 2 to 3 times a day    | 4   | 1.1  | 5   | 1.4  | 7   | 2.1  | 3   | 0.8  | 0 | 0    | 19  | 1.4  |
|        | 4 or more times a day | 1   | 0.3  | 0   | 0    | 1   | 0.3  | 0   | 0    | 0 | 0    | 2   | 0.1  |
|        | Not recorded          | 0   | 0    | 0   | 0    | 1   | 0.3  | 0   | 0    | 0 | 0    | 1   | 0.1  |

Frequency of beverage intakes  
Green tea

|        |                       | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|--------|-----------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|        |                       | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male   | Never                 | 12        | 6.6  | 11        | 5.7  | 12        | 7.7  | 15        | 8.6  | 1      | 14.3 | 51    | 7.1  |
|        | Once a month          | 1         | 0.5  | 2         | 1.0  | 1         | 0.6  | 1         | 0.6  | 0      | 0    | 5     | 0.7  |
|        | 2 to 3 times a mo.    | 4         | 2.2  | 1         | 0.5  | 3         | 1.9  | 0         | 0    | 0      | 0    | 8     | 1.1  |
|        | Once a week           | 2         | 1.1  | 6         | 3.1  | 1         | 0.6  | 1         | 0.6  | 0      | 0    | 10    | 1.4  |
|        | 2 to 3 times a week   | 7         | 3.8  | 3         | 1.6  | 5         | 3.2  | 4         | 2.3  | 0      | 0    | 19    | 2.7  |
|        | 4 to 6 times a week   | 10        | 5.5  | 2         | 1.0  | 4         | 2.6  | 1         | 0.6  | 0      | 0    | 17    | 2.4  |
|        | Once a day            | 32        | 17.5 | 37        | 19.2 | 17        | 10.9 | 8         | 4.6  | 0      | 0    | 94    | 13.2 |
|        | 2 to 3 times a day    | 77        | 42.1 | 77        | 39.9 | 52        | 33.3 | 59        | 33.7 | 4      | 57.1 | 269   | 37.7 |
|        | 4 or more times a day | 38        | 20.8 | 54        | 28.0 | 61        | 39.1 | 86        | 49.1 | 2      | 28.6 | 241   | 33.8 |
| Female | Never                 | 14        | 8.5  | 8         | 4.8  | 3         | 1.7  | 7         | 3.9  | 0      | 0    | 32    | 4.6  |
|        | Once a month          | 3         | 1.8  | 0         | 0    | 1         | 0.6  | 2         | 1.1  | 0      | 0    | 6     | 0.9  |
|        | 2 to 3 times a mo.    | 3         | 1.8  | 0         | 0    | 2         | 1.2  | 2         | 1.1  | 0      | 0    | 7     | 1.0  |
|        | Once a week           | 10        | 6.1  | 1         | 0.6  | 5         | 2.9  | 2         | 1.1  | 0      | 0    | 18    | 2.6  |
|        | 2 to 3 times a week   | 13        | 7.9  | 3         | 1.8  | 5         | 2.9  | 2         | 1.1  | 1      | 9.1  | 24    | 3.5  |
|        | 4 to 6 times a week   | 9         | 5.5  | 7         | 4.2  | 1         | 0.6  | 5         | 2.8  | 0      | 0    | 22    | 3.2  |
|        | Once a day            | 26        | 15.8 | 13        | 7.9  | 19        | 11.0 | 11        | 6.2  | 1      | 9.1  | 70    | 10.1 |
|        | 2 to 3 times a day    | 59        | 35.8 | 68        | 41.2 | 64        | 37.0 | 56        | 31.5 | 3      | 27.3 | 250   | 36.1 |
|        | 4 or more times a day | 28        | 17.0 | 65        | 39.4 | 73        | 42.2 | 91        | 51.1 | 6      | 54.5 | 263   | 38.0 |
| Total  | Never                 | 26        | 7.5  | 19        | 5.3  | 15        | 4.6  | 22        | 6.2  | 1      | 5.6  | 83    | 5.9  |

|                       |     |      |     |      |     |      |     |      |   |      |     |      |
|-----------------------|-----|------|-----|------|-----|------|-----|------|---|------|-----|------|
| Once a month          | 4   | 1.1  | 2   | 0.6  | 2   | 0.6  | 3   | 0.8  | 0 | 0    | 11  | 0.8  |
| 2 to 3 times a mo.    | 7   | 2.0  | 1   | 0.3  | 5   | 1.5  | 2   | 0.6  | 0 | 0    | 15  | 1.1  |
| Once a week           | 12  | 3.4  | 7   | 2.0  | 6   | 1.8  | 3   | 0.8  | 0 | 0    | 28  | 2.0  |
| 2 to 3 times a week   | 20  | 5.7  | 6   | 1.7  | 10  | 3.0  | 6   | 1.7  | 1 | 5.6  | 43  | 3.1  |
| 4 to 6 times a week   | 19  | 5.5  | 9   | 2.5  | 5   | 1.5  | 6   | 1.7  | 0 | 0    | 39  | 2.8  |
| Once a day            | 58  | 16.7 | 50  | 14.0 | 36  | 10.9 | 19  | 5.4  | 1 | 5.6  | 164 | 11.7 |
| 2 to 3 times a day    | 136 | 39.1 | 145 | 40.5 | 116 | 35.3 | 115 | 32.6 | 7 | 38.9 | 519 | 36.9 |
| 4 or more times a day | 66  | 19.0 | 119 | 33.2 | 134 | 40.7 | 177 | 50.1 | 8 | 44.4 | 504 | 35.8 |

Frequency of beverage intakes  
Oolong tea

|        |                       | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|--------|-----------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|        |                       | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male   | Never                 | 20        | 10.9 | 37        | 19.2 | 36        | 23.1 | 89        | 50.9 | 3      | 42.9 | 185   | 25.9 |
|        | Once a month          | 5         | 2.7  | 6         | 3.1  | 5         | 3.2  | 5         | 2.9  | 0      | 0    | 21    | 2.9  |
|        | 2 to 3 times a mo.    | 3         | 1.6  | 4         | 2.1  | 3         | 1.9  | 8         | 4.6  | 1      | 14.3 | 19    | 2.7  |
|        | Once a week           | 8         | 4.4  | 13        | 6.7  | 4         | 2.6  | 9         | 5.1  | 0      | 0    | 34    | 4.8  |
|        | 2 to 3 times a week   | 21        | 11.5 | 19        | 9.8  | 19        | 12.2 | 6         | 3.4  | 1      | 14.3 | 66    | 9.2  |
|        | 4 to 6 times a week   | 27        | 14.8 | 26        | 13.5 | 13        | 8.3  | 13        | 7.4  | 0      | 0    | 79    | 11.1 |
|        | Once a day            | 40        | 21.9 | 36        | 18.7 | 40        | 25.6 | 23        | 13.1 | 0      | 0    | 139   | 19.5 |
|        | 2 to 3 times a day    | 49        | 26.8 | 42        | 21.8 | 29        | 18.6 | 12        | 6.9  | 1      | 14.3 | 133   | 18.6 |
|        | 4 or more times a day | 10        | 5.5  | 10        | 5.2  | 7         | 4.5  | 10        | 5.7  | 1      | 14.3 | 38    | 5.3  |
| Female | Never                 | 14        | 8.5  | 28        | 17.0 | 34        | 19.7 | 42        | 23.6 | 4      | 36.4 | 122   | 17.6 |
|        | Once a month          | 7         | 4.2  | 5         | 3.0  | 5         | 2.9  | 4         | 2.2  | 0      | 0    | 21    | 3.0  |
|        | 2 to 3 times a mo.    | 2         | 1.2  | 4         | 2.4  | 5         | 2.9  | 6         | 3.4  | 0      | 0    | 17    | 2.5  |
|        | Once a week           | 5         | 3.0  | 11        | 6.7  | 9         | 5.2  | 2         | 1.1  | 0      | 0    | 27    | 3.9  |
|        | 2 to 3 times a week   | 14        | 8.5  | 13        | 7.9  | 15        | 8.7  | 12        | 6.7  | 0      | 0    | 54    | 7.8  |
|        | 4 to 6 times a week   | 15        | 9.1  | 25        | 15.2 | 23        | 13.3 | 17        | 9.6  | 2      | 18.2 | 82    | 11.8 |
|        | Once a day            | 42        | 25.5 | 42        | 25.5 | 34        | 19.7 | 49        | 27.5 | 1      | 9.1  | 168   | 24.3 |
|        | 2 to 3 times a day    | 43        | 26.1 | 25        | 15.2 | 28        | 16.2 | 31        | 17.4 | 4      | 36.4 | 131   | 18.9 |
|        | 4 or more times a day | 23        | 13.9 | 12        | 7.3  | 20        | 11.6 | 15        | 8.4  | 0      | 0    | 70    | 10.1 |
| Total  | Never                 | 34        | 9.8  | 65        | 18.2 | 70        | 21.3 | 131       | 37.1 | 7      | 38.9 | 307   | 21.8 |
|        | Once a month          | 12        | 3.4  | 11        | 3.1  | 10        | 3.0  | 9         | 2.5  | 0      | 0    | 42    | 3.0  |
|        | 2 to 3 times a mo.    | 5         | 1.4  | 8         | 2.2  | 8         | 2.4  | 14        | 4.0  | 1      | 5.6  | 36    | 2.6  |
|        | Once a week           | 13        | 3.7  | 24        | 6.7  | 13        | 4.0  | 11        | 3.1  | 0      | 0    | 61    | 4.3  |
|        | 2 to 3 times a week   | 35        | 10.1 | 32        | 8.9  | 34        | 10.3 | 18        | 5.1  | 1      | 5.6  | 120   | 8.5  |
|        | 4 to 6 times a week   | 42        | 12.1 | 51        | 14.2 | 36        | 10.9 | 30        | 8.5  | 2      | 11.1 | 161   | 11.5 |
|        | Once a day            | 82        | 23.6 | 78        | 21.8 | 74        | 22.5 | 72        | 20.4 | 1      | 5.6  | 307   | 21.8 |
|        | 2 to 3 times a day    | 92        | 26.4 | 67        | 18.7 | 57        | 17.3 | 43        | 12.2 | 5      | 27.8 | 264   | 18.8 |
|        | 4 or more times a day | 33        | 9.5  | 22        | 6.1  | 27        | 8.2  | 25        | 7.1  | 1      | 5.6  | 108   | 7.7  |

Frequency of beverage intakes  
Carbonated beverages (such as cola, soda, etc.)

|      |                     | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|------|---------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|      |                     | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male | Never               | 92        | 50.3 | 132       | 68.4 | 122       | 78.2 | 138       | 78.9 | 4      | 57.1 | 488   | 68.3 |
|      | Once a month        | 41        | 22.4 | 25        | 13.0 | 10        | 6.4  | 13        | 7.4  | 0      | 0    | 89    | 12.5 |
|      | 2 to 3 times a mo.  | 21        | 11.5 | 11        | 5.7  | 9         | 5.8  | 8         | 4.6  | 0      | 0    | 49    | 6.9  |
|      | Once a week         | 15        | 8.2  | 12        | 6.2  | 5         | 3.2  | 8         | 4.6  | 1      | 14.3 | 41    | 5.7  |
|      | 2 to 3 times a week | 6         | 3.3  | 9         | 4.7  | 8         | 5.1  | 7         | 4.0  | 1      | 14.3 | 31    | 4.3  |
|      | 4 to 6 times a week | 4         | 2.2  | 3         | 1.6  | 1         | 0.6  | 1         | 0.6  | 0      | 0    | 9     | 1.3  |

|        |                     |     |      |     |      |     |      |     |      |    |      |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|----|------|------|------|
|        | Once a day          | 4   | 2.2  | 1   | 0.5  | 1   | 0.6  | 0   | 0    | 1  | 14.3 | 7    | 1.0  |
|        | 2 to 3 times a day  | 0   | 0    | 0   | 0    | 0   | 0    | 0   | 0    | 0  | 0    | 0    | 0    |
| Female | Never               | 112 | 67.9 | 133 | 80.6 | 150 | 86.7 | 151 | 84.8 | 10 | 90.9 | 556  | 80.3 |
|        | Once a month        | 16  | 9.7  | 12  | 7.3  | 7   | 4.0  | 11  | 6.2  | 0  | 0    | 46   | 6.6  |
|        | 2 to 3 times a mo.  | 15  | 9.1  | 10  | 6.1  | 11  | 6.4  | 4   | 2.2  | 0  | 0    | 40   | 5.8  |
|        | Once a week         | 12  | 7.3  | 8   | 4.8  | 3   | 1.7  | 7   | 3.9  | 0  | 0    | 30   | 4.3  |
|        | 2 to 3 times a week | 4   | 2.4  | 2   | 1.2  | 2   | 1.2  | 3   | 1.7  | 0  | 0    | 11   | 1.6  |
|        | 4 to 6 times a week | 1   | 0.6  | 0   | 0    | 0   | 0    | 1   | 0.6  | 1  | 9.1  | 3    | 0.4  |
|        | Once a day          | 4   | 2.4  | 0   | 0    | 0   | 0    | 1   | 0.6  | 0  | 0    | 5    | 0.7  |
|        | 2 to 3 times a day  | 1   | 0.6  | 0   | 0    | 0   | 0    | 0   | 0    | 0  | 0    | 1    | 0.1  |
|        |                     |     |      |     |      |     |      |     |      |    |      |      |      |
| Total  | Never               | 204 | 58.6 | 265 | 74.0 | 272 | 82.7 | 289 | 81.9 | 14 | 77.8 | 1044 | 74.3 |
|        | Once a month        | 57  | 16.4 | 37  | 10.3 | 17  | 5.2  | 24  | 6.8  | 0  | 0    | 135  | 9.6  |
|        | 2 to 3 times a mo.  | 36  | 10.3 | 21  | 5.9  | 20  | 6.1  | 12  | 3.4  | 0  | 0    | 89   | 6.3  |
|        | Once a week         | 27  | 7.8  | 20  | 5.6  | 8   | 2.4  | 15  | 4.2  | 1  | 5.6  | 71   | 5.0  |
|        | 2 to 3 times a week | 10  | 2.9  | 11  | 3.1  | 10  | 3.0  | 10  | 2.8  | 1  | 5.6  | 42   | 3.0  |
|        | 4 to 6 times a week | 5   | 1.4  | 3   | 0.8  | 1   | 0.3  | 2   | 0.6  | 1  | 5.6  | 12   | 0.9  |
|        | Once a day          | 8   | 2.3  | 1   | 0.3  | 1   | 0.3  | 1   | 0.3  | 1  | 5.6  | 12   | 0.9  |
|        | 2 to 3 times a day  | 1   | 0.3  | 0   | 0    | 0   | 0    | 0   | 0    | 0  | 0    | 1    | 0.1  |
|        |                     |     |      |     |      |     |      |     |      |    |      |      |      |

Frequency of beverage intakes  
Isotonic drink

|        |                       | 40 – 49yr |      | 50 – 59yr |      | 60 – 69yr |      | 70 – 79yr |      | 80yr – |      | Total |      |
|--------|-----------------------|-----------|------|-----------|------|-----------|------|-----------|------|--------|------|-------|------|
|        |                       | N         | %    | N         | %    | N         | %    | N         | %    | N      | %    | N     | %    |
| Male   | Never                 | 58        | 31.7 | 112       | 58.0 | 100       | 64.1 | 144       | 82.3 | 4      | 57.1 | 418   | 58.5 |
|        | Once a month          | 35        | 19.1 | 25        | 13.0 | 16        | 10.3 | 5         | 2.9  | 1      | 14.3 | 82    | 11.5 |
|        | 2 to 3 times a mo.    | 26        | 14.2 | 22        | 11.4 | 15        | 9.6  | 6         | 3.4  | 0      | 0    | 69    | 9.7  |
|        | Once a week           | 27        | 14.8 | 16        | 8.3  | 10        | 6.4  | 5         | 2.9  | 0      | 0    | 58    | 8.1  |
|        | 2 to 3 times a week   | 20        | 10.9 | 9         | 4.7  | 10        | 6.4  | 9         | 5.1  | 1      | 14.3 | 49    | 6.9  |
|        | 4 to 6 times a week   | 3         | 1.6  | 3         | 1.6  | 0         | 0    | 3         | 1.7  | 0      | 0    | 9     | 1.3  |
|        | Once a day            | 8         | 4.4  | 4         | 2.1  | 2         | 1.3  | 3         | 1.7  | 1      | 14.3 | 18    | 2.5  |
|        | 2 to 3 times a day    | 5         | 2.7  | 1         | 0.5  | 2         | 1.3  | 0         | 0    | 0      | 0    | 8     | 1.1  |
|        | 4 or more times a day | 1         | 0.5  | 1         | 0.5  | 1         | 0.6  | 0         | 0    | 0      | 0    | 3     | 0.4  |
| Female | Never                 | 98        | 59.4 | 121       | 73.3 | 135       | 78.0 | 149       | 83.7 | 10     | 90.9 | 513   | 74.1 |
|        | Once a month          | 22        | 13.3 | 12        | 7.3  | 14        | 8.1  | 11        | 6.2  | 0      | 0    | 59    | 8.5  |
|        | 2 to 3 times a mo.    | 14        | 8.5  | 18        | 10.9 | 5         | 2.9  | 4         | 2.2  | 1      | 9.1  | 42    | 6.1  |
|        | Once a week           | 17        | 10.3 | 6         | 3.6  | 6         | 3.5  | 7         | 3.9  | 0      | 0    | 36    | 5.2  |
|        | 2 to 3 times a week   | 9         | 5.5  | 5         | 3.0  | 7         | 4.0  | 2         | 1.1  | 0      | 0    | 23    | 3.3  |
|        | 4 to 6 times a week   | 2         | 1.2  | 1         | 0.6  | 2         | 1.2  | 2         | 1.1  | 0      | 0    | 7     | 1.0  |
|        | Once a day            | 0         | 0    | 2         | 1.2  | 3         | 1.7  | 3         | 1.7  | 0      | 0    | 8     | 1.2  |
|        | 2 to 3 times a day    | 2         | 1.2  | 0         | 0    | 1         | 0.6  | 0         | 0    | 0      | 0    | 3     | 0.4  |
|        | 4 or more times a day | 1         | 0.6  | 0         | 0    | 0         | 0    | 0         | 0    | 0      | 0    | 1     | 0.1  |
| Total  | Never                 | 156       | 44.8 | 233       | 65.1 | 235       | 71.4 | 293       | 83.0 | 14     | 77.8 | 931   | 66.2 |
|        | Once a month          | 57        | 16.4 | 37        | 10.3 | 30        | 9.1  | 16        | 4.5  | 1      | 5.6  | 141   | 10.0 |
|        | 2 to 3 times a mo.    | 40        | 11.5 | 40        | 11.2 | 20        | 6.1  | 10        | 2.8  | 1      | 5.6  | 111   | 7.9  |
|        | Once a week           | 44        | 12.6 | 22        | 6.1  | 16        | 4.9  | 12        | 3.4  | 0      | 0    | 94    | 6.7  |
|        | 2 to 3 times a week   | 29        | 8.3  | 14        | 3.9  | 17        | 5.2  | 11        | 3.1  | 1      | 5.6  | 72    | 5.1  |
|        | 4 to 6 times a week   | 5         | 1.4  | 4         | 1.1  | 2         | 0.6  | 5         | 1.4  | 0      | 0    | 16    | 1.1  |
|        | Once a day            | 8         | 2.3  | 6         | 1.7  | 5         | 1.5  | 6         | 1.7  | 1      | 5.6  | 26    | 1.8  |
|        | 2 to 3 times a day    | 7         | 2.0  | 1         | 0.3  | 3         | 0.9  | 0         | 0    | 0      | 0    | 11    | 0.8  |
|        | 4 or more times a day | 2         | 0.6  | 1         | 0.3  | 1         | 0.3  | 0         | 0    | 0      | 0    | 4     | 0.3  |

Average ethanol intakes per day (ml/day)

Japanese sake

|        | 40 – 49yr |      |     | 50 – 59yr |      |     | 60 – 69yr |      |     | 70 – 79yr |      |     | 80yr – |     |    | Total |      |      |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|-----|----|-------|------|------|
|        | Mean      | SD   | N   | Mean      | SD   | N   | Mean      | SD   | N   | Mean      | SD   | N   | Mean   | SD  | N  | Mean  | SD   | N    |
| Male   | 3.9       | 10.1 | 183 | 8.1       | 16.6 | 193 | 6.7       | 12.7 | 155 | 7.8       | 16.9 | 175 | 0.1    | 0.4 | 7  | 6.6   | 14.4 | 713  |
| Female | 0.6       | 3.3  | 165 | 0.8       | 5.0  | 165 | 1.0       | 5.1  | 173 | 1.5       | 5.1  | 178 | 0.0    | 0.0 | 11 | 0.9   | 4.7  | 692  |
| Total  | 2.3       | 7.8  | 348 | 4.7       | 13.1 | 358 | 3.7       | 9.9  | 328 | 4.6       | 12.8 | 353 | 0.1    | 0.2 | 18 | 3.8   | 11.1 | 1405 |

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   | 8.1       | 24.8 | 183 | 11.3      | 25.5 | 193 | 8.5       | 18.0 | 156 | 5.8       | 15.3 | 175 | 8.0    | 21.2 | 7  | 8.5   | 21.6 | 714  |
| Female | 2.0       | 8.0  | 165 | 0.9       | 4.3  | 165 | 2.1       | 9.9  | 173 | 1.0       | 6.2  | 178 | 0.7    | 2.4  | 11 | 1.5   | 7.4  | 692  |
| Total  | 5.2       | 19.0 | 348 | 6.6       | 19.6 | 358 | 5.1       | 14.7 | 329 | 3.4       | 11.8 | 353 | 3.6    | 13.2 | 18 | 5.1   | 16.6 | 1406 |

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   | 6.4       | 9.6 | 183 | 8.3       | 11.5 | 193 | 5.5       | 9.6 | 156 | 2.8       | 6.1 | 175 | 2.7    | 6.6 | 7  | 5.8   | 9.6 | 714  |
| Female | 1.7       | 4.1 | 165 | 1.1       | 2.9  | 165 | 1.1       | 4.6 | 173 | 1.0       | 3.3 | 178 | 0.1    | 0.2 | 11 | 1.2   | 3.8 | 692  |
| Total  | 4.2       | 7.9 | 348 | 5.0       | 9.3  | 358 | 3.2       | 7.7 | 329 | 1.9       | 5.0 | 353 | 1.1    | 4.1 | 18 | 3.5   | 7.7 | 1406 |

Average ethanol intakes per day (ml/day)  
Light 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   | 4.5       | 7.6 | 183 | 4.3       | 8.5 | 193 | 2.2       | 6.1 | 156 | 1.9       | 7.6 | 175 | 0.0    | 0.0 | 7  | 3.3   | 7.6 | 714  |
| Female | 2.1       | 5.8 | 165 | 1.0       | 3.7 | 165 | 0.4       | 2.1 | 173 | 0.5       | 2.7 | 178 | 0.1    | 0.2 | 11 | 1.0   | 3.8 | 692  |
| Total  | 3.3       | 6.9 | 348 | 2.8       | 6.9 | 358 | 1.3       | 4.5 | 329 | 1.2       | 5.7 | 353 | 0.0    | 0.1 | 18 | 2.1   | 6.1 | 1406 |

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   | 0.6       | 2.7 | 183 | 0.9       | 3.2 | 193 | 0.3       | 1.0 | 156 | 0.6       | 4.3 | 175 | 0.0    | 0.0 | 7  | 0.6   | 3.1 | 714  |
| Female | 0.7       | 2.4 | 165 | 0.5       | 2.1 | 165 | 0.2       | 1.2 | 173 | 0.6       | 2.4 | 178 | 0.0    | 0.0 | 11 | 0.5   | 2.1 | 692  |
| Total  | 0.6       | 2.6 | 348 | 0.7       | 2.8 | 358 | 0.2       | 1.1 | 329 | 0.6       | 3.5 | 353 | 0.0    | 0.0 | 18 | 0.5   | 2.6 | 1406 |

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   | 1.8       | 6.2 | 183 | 1.6       | 6.4 | 193 | 1.5       | 5.1 | 156 | 1.4       | 4.6 | 175 | 0.0    | 0.0 | 7  | 1.6   | 5.6 | 714  |
| Female | 0.2       | 1.6 | 165 | 0.1       | 0.6 | 165 | 0.2       | 1.9 | 173 | 0.0       | 0.0 | 178 | 0.0    | 0.0 | 11 | 0.1   | 1.2 | 692  |
| Total  | 1.1       | 4.7 | 348 | 0.9       | 4.8 | 358 | 0.8       | 3.8 | 329 | 0.7       | 3.3 | 353 | 0.0    | 0.0 | 18 | 0.9   | 4.2 | 1406 |

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   | 25.2 | 34.8 | 183 | 34.5 | 35.9 | 193 | 24.4 | 27.0 | 155 | 20.4 | 27.0 | 175 | 10.8 | 27.7 | 7  | 26.2 | 32.1 | 713  |
| Female | 7.2  | 12.5 | 165 | 4.4  | 9.8  | 165 | 5.1  | 14.8 | 173 | 4.6  | 9.9  | 178 | 0.8  | 2.4  | 11 | 5.2  | 11.9 | 692  |
| Total  | 16.7 | 28.1 | 348 | 20.7 | 31.0 | 358 | 14.2 | 23.5 | 328 | 12.4 | 21.7 | 353 | 4.7  | 17.3 | 18 | 15.9 | 26.5 | 1405 |