

IV. Nutritional Examinations

Three days dietary record (3DR)

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

Definition and categories of dietary supplement in NILS-LSA

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

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

Dietary supplement frequency questionnaire (DSFQ)

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

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

Cereals
Potatoes and starches
Sugars and sweeteners
Pulses
Nuts and seeds
Vegetables
Fruits
Mushrooms
Seaweeds
Fishes and shellfishes
Meats
Eggs
Milks
Fats and oils
Confectioneries
Beverages
Seasonings and spices
Prepared foods
Water

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

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
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
Manganese
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
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenoic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

[3\) Nutrition intake from supplements \(3DR\)](#)

Energy
Water
Protein
Lipid
Carbohydrate
Ash

Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
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
Manganese
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
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid

Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

[4\) Nutrition intake from supplements \(3DR\)](#)

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
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
Manganese
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
Dodecanoic acid
Lauric acid

Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenoic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

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

6) Frequency of supplement intake (Frequency questionnaire)

7) 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	519. 4	145. 7	231	497. 6	134. 4	305	508. 8	146. 5	284	482. 7	144. 0	250	425. 9	125. 5	33	499. 5	142. 8	1103
Female	370. 8	96. 8	267	372. 4	103. 5	266	382. 8	90. 8	274	376. 0	108. 1	254	357. 6	125. 4	30	375. 0	100. 6	1091
Total	439. 7	142. 7	498	439. 3	136. 1	571	446. 9	137. 6	558	428. 9	137. 8	504	393. 4	129. 1	63	437. 6	138. 4	2194

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	57.7	44.5	231	57.3	40.6	305	64.4	41.8	284	70.5	49.1	250	47.1	42.6	33	61.9	44.2	1103
Female	56.4	43.9	267	56.4	48.6	266	62.0	44.2	274	60.8	45.8	254	60.1	42.8	30	58.9	45.6	1091
Total	57.0	44.2	498	56.9	44.5	571	63.2	43.0	558	65.6	47.7	504	53.3	42.9	63	60.4	44.9	2194

Sugars and sweeteners (g)

[illegible]

Male	8.8	7.5	231	10.0	8.5	305	10.7	10.1	284	11.1	9.9	250	9.1	7.4	33	10.2	9.1	1103
Female	8.8	7.8	267	11.0	8.7	266	10.2	8.7	274	10.1	9.6	254	8.9	6.7	30	10.0	8.7	1091
Total	8.8	7.7	498	10.5	8.6	571	10.4	9.5	558	10.6	9.7	504	9.0	7.0	63	10.1	8.9	2194

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	70.5	56.3	231	81.3	53.5	305	96.0	99.0	284	83.0	57.1	250	61.1	36.3	33	82.6	69.5	1103
Female	74.5	60.6	267	72.4	50.7	266	80.5	54.8	274	82.5	69.5	254	58.3	38.5	30	76.9	58.8	1091
Total	72.7	58.6	498	77.1	52.4	571	88.4	80.7	558	82.7	63.6	504	59.7	37.1	63	79.8	64.5	2194

Nuts and seeds (g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.3	11.8	231	6.3	11.7	305	5.8	9.1	284	4.5	7.3	250	4.5	9.0	33	5.7	10.1	1103
Female	6.2	9.8	267	6.0	9.3	266	7.1	12.0	274	5.1	7.6	254	3.9	5.2	30	6.1	9.8	1091
Total	6.2	10.8	498	6.2	10.6	571	6.4	10.6	558	4.8	7.4	504	4.3	7.4	63	5.9	9.9	2194

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	242.2	99.3	231	283.9	117.5	305	309.4	116.8	284	300.1	131.0	250	274.5	138.8	33	285.1	120.0	1103
Female	223.9	96.3	267	269.9	104.7	266	298.5	99.9	274	288.6	118.4	254	277.6	99.9	30	270.4	108.4	1091
Total	232.4	98.0	498	277.4	111.8	571	304.1	108.9	558	294.3	124.9	504	276.0	120.9	63	277.8	114.6	2194

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	108.2	117.2	231	121.7	115.1	305	171.4	134.9	284	182.2	133.7	250	161.8	110.2	33	146.6	128.5	1103
Female	132.5	95.5	267	165.9	117.1	266	194.5	114.8	274	187.5	128.4	254	171.4	104.0	30	170.1	116.4	1091
Total	121.2	106.7	498	142.3	118.0	571	182.8	125.9	558	184.9	131.0	504	166.4	106.5	63	158.3	123.2	2194

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	17.0	18.5	231	17.5	16.7	305	19.6	18.1	284	16.1	16.0	250	11.0	11.9	33	17.4	17.2	1103
Female	15.4	14.7	267	18.2	17.3	266	18.4	17.9	274	14.4	12.9	254	15.1	13.0	30	16.6	15.9	1091
Total	16.1	16.6	498	17.8	17.0	571	19.0	18.0	558	15.3	14.5	504	13.0	12.5	63	17.0	16.6	2194

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	11.1	14.5	231	12.3	15.4	305	16.1	17.7	284	13.3	16.6	250	14.5	19.9	33	13.3	16.3	1103
Female	10.0	12.6	267	13.1	21.9	266	13.8	16.7	274	13.3	16.9	254	8.1	6.5	30	12.4	17.2	1091
Total	10.5	13.5	498	12.7	18.7	571	15.0	17.3	558	13.3	16.7	504	11.5	15.3	63	12.9	16.8	2194

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	91.8	47.7	231	117.1	56.7	305	114.0	54.2	284	110.4	52.6	250	92.9	38.4	33	108.8	53.7	1103
Female	76.9	45.9	267	90.0	43.4	266	90.6	39.3	274	88.7	48.5	254	71.7	34.4	30	86.1	44.4	1091
Total	83.8	47.3	498	104.5	52.7	571	102.5	48.9	558	99.5	51.7	504	82.8	37.8	63	97.5	50.6	2194

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	85.6	40.2	231	75.9	39.5	305	64.0	37.2	284	58.4	34.9	250	49.6	30.1	33	70.1	39.2	1103
Female	62.6	31.6	267	61.0	36.2	266	56.6	31.7	274	46.8	28.6	254	44.9	22.1	30	56.5	32.5	1091
Total	73.2	37.6	498	68.9	38.7	571	60.4	34.7	558	52.5	32.4	504	47.4	26.5	63	63.4	36.7	2194

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	59.1	27.1	231	57.4	27.9	305	60.5	27.6	284	59.0	27.4	250	57.8	24.2	33	58.9	27.4	1103
Female	54.6	27.6	267	53.1	26.1	266	52.4	25.4	274	52.9	26.7	254	57.3	17.3	30	53.4	26.2	1091
Total	56.7	27.4	498	55.4	27.1	571	56.5	26.8	558	55.9	27.2	504	57.5	21.0	63	56.2	26.9	2194

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	152.6	141.2	231	142.9	135.6	305	171.6	132.9	284	154.0	135.1	250	168.6	139.0	33	155.6	136.3	1103
Female	164.0	115.2	267	154.0	109.5	266	164.4	113.4	274	157.1	124.5	254	137.3	112.9	30	159.3	115.5	1091
Total	158.7	127.9	498	148.1	124.1	571	168.1	123.6	558	155.6	129.7	504	153.7	127.2	63	157.5	126.3	2194

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	13.8	5.7	231	12.0	5.8	305	10.4	5.9	284	9.4	6.2	250	7.6	4.4	33	11.2	6.1	1103
Female	11.7	5.7	267	10.7	5.4	266	9.8	5.3	274	8.2	4.9	254	7.4	4.5	30	10.0	5.5	1091
Total	12.6	5.8	498	11.4	5.7	571	10.1	5.6	558	8.8	5.6	504	7.5	4.4	63	10.6	5.8	2194

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	44.3	49.4	231	41.8	45.2	305	41.9	48.6	284	35.2	39.0	250	48.9	43.8	33	41.0	45.7	1103
Female	63.0	44.2	267	62.0	47.4	266	49.6	41.6	274	52.4	50.8	254	41.9	34.8	30	56.4	46.1	1091
Total	54.3	47.6	498	51.2	47.3	571	45.7	45.4	558	43.8	46.1	504	45.6	39.6	63	48.7	46.5	2194

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	1064.5	541.1	231	1010.5	485.1	305	918.9	476.0	284	763.7	398.4	250	738.7	315.2	33	934.2	485.7	1103
Female	783.8	404.6	267	818.4	421.2	266	792.4	421.3	274	674.6	326.0	254	658.5	276.8	30	765.5	396.8	1091
Total	914.0	492.7	498	921.0	466.0	571	856.8	454.0	558	718.8	366.1	504	700.5	297.9	63	850.3	451.6	2194

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	60.5	22.9	231	67.1	26.3	305	63.5	21.9	284	59.7	24.1	250	51.3	19.4	33	62.7	24.0	1103
Female	54.3	21.2	267	56.5	26.2	266	54.8	19.0	274	53.6	18.7	254	45.0	10.9	30	54.5	21.4	1091
Total	57.2	22.2	498	62.2	26.7	571	59.2	21.0	558	56.7	21.7	504	48.3	16.1	63	58.6	23.1	2194

Prepared foods (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	66.4	73.3	231	49.3	63.8	305	40.2	58.7	284	38.9	60.2	250	22.1	38.3	33	47.4	64.2	1103
Female	43.5	63.8	267	35.9	51.6	266	23.3	46.9	274	31.0	53.5	254	12.4	28.6	30	32.8	54.2	1091
Total	54.1	69.3	498	43.1	58.8	571	31.9	53.9	558	34.9	57.0	504	17.5	34.1	63	40.1	59.9	2194

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	286.1	286.8	231	289.0	318.2	305	300.9	303.3	284	282.7	296.1	250	175.5	225.4	33	286.6	300.7	1103
Female	289.3	267.4	267	290.8	294.7	266	302.8	280.1	274	276.7	257.7	254	220.4	195.7	30	288.2	273.6	1091
Total	287.8	276.3	498	289.8	307.2	571	301.9	291.9	558	279.7	277.1	504	196.9	211.3	63	287.4	287.5	2194

2) Nutrition intake from foods (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr+			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2402.4	423.9	231	2315.4	356.1	305	2291.8	406.0	284	2118.2	379.5	250	1935.9	303.4	33	2271.5	403.7	1103
Female	1927.3	315.4	267	1910.3	313.8	266	1876.7	305.2	274	1782.8	324.6	254	1670.8	257.7	30	1869.8	319.1	1091
Total	2147.7	438.9	498	2126.7	392.8	571	2088.0	415.4	558	1949.2	390.5	504	1809.7	310.4	63	2071.7	415.8	2194

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	2317.2	621.1	231	2330.3	621.7	305	2372.7	593.6	284	2159.2	587.9	250	1925.5	468.9	33	2287.6	610.2	1103
Female	1962.0	487.0	267	2089.1	567.0	266	2157.4	550.5	274	1970.4	504.5	254	1819.9	398.9	30	2040.1	532.2	1091
Total	2126.8	580.4	498	2217.9	608.3	571	2267.0	582.4	558	2064.0	555.0	504	1875.2	436.7	63	2164.5	585.8	2194

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	84.5	15.8	231	87.6	16.1	305	87.8	16.9	284	82.0	16.7	250	75.2	14.0	33	85.4	16.6	1103
Female	71.5	13.3	267	73.5	13.6	266	73.8	14.1	274	70.8	16.0	254	63.8	10.5	30	72.2	14.3	1091
Total	77.6	15.9	498	81.0	16.6	571	81.0	17.1	558	76.3	17.3	504	69.8	13.6	63	78.8	16.8	2194

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	70.0	17.7	231	62.4	15.2	305	57.5	15.2	284	51.1	15.1	250	47.8	13.2	33	59.7	17.1	1103
Female	60.9	14.4	267	56.2	15.3	266	50.5	12.6	274	46.3	13.2	254	42.7	12.5	30	53.2	15.0	1091
Total	65.1	16.6	498	59.5	15.5	571	54.1	14.4	558	48.7	14.4	504	45.4	13.1	63	56.5	16.4	2194

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	317.5	67.1	231	308.8	61.5	305	320.5	66.7	284	307.3	65.4	250	284.5	53.4	33	312.5	65.0	1103
Female	262.4	49.8	267	268.7	50.3	266	274.8	50.8	274	266.7	53.5	254	253.9	47.7	30	267.8	51.2	1091
Total	288.0	64.5	498	290.1	59.9	571	298.1	63.6	558	286.8	63.0	504	270.0	52.7	63	290.3	62.7	2194

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	19.9	3.9	231	21.0	4.2	305	22.4	4.8	284	20.9	4.6	250	18.6	4.2	33	21.0	4.5	1103
Female	17.8	3.5	267	18.8	4.0	266	19.5	4.1	274	18.9	4.4	254	17.0	2.7	30	18.7	4.0	1091
Total	18.8	3.8	498	20.0	4.2	571	21.0	4.7	558	19.9	4.6	504	17.8	3.6	63	19.9	4.4	2194

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	4721	949	231	4896	1040	305	5014	1073	284	4741	1055	250	4413	960	33	4840	1039	1103
Female	4067	783	267	4182	852	266	4325	933	274	4249	913	254	3865	618	30	4197	872	1091
Total	4370	923	498	4564	1021	571	4676	1063	558	4493	1015	504	4152	854	63	4520	1012	2194

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	2614	629	231	2841	662	305	3079	754	284	2921	732	250	2569	765	33	2865	718	1103
Female	2418	577	267	2639	628	266	2840	644	274	2703	738	254	2479	626	30	2646	665	1091
Total	2509	609	498	2747	654	571	2961	711	558	2811	742	504	2526	698	63	2756	700	2194

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	575.0	194.8	231	603.4	206.3	305	701.2	223.0	284	653.9	254.1	250	659.1	255.0	33	635.7	226.2	1103
Female	574.4	186.7	267	587.3	198.8	266	650.1	217.1	274	623.4	241.8	254	592.9	240.0	30	608.5	214.3	1091
Total	574.7	190.3	498	595.9	202.8	571	676.1	221.4	558	638.5	248.2	504	627.5	248.2	63	622.2	220.7	2194

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	288.2	68.5	231	312.1	72.3	305	334.8	79.9	284	308.1	75.6	250	273.3	74.9	33	310.9	76.2	1103
Female	253.7	60.9	267	271.7	63.0	266	291.1	64.4	274	280.1	75.0	254	253.1	62.5	30	273.6	67.2	1091
Total	269.7	66.8	498	293.3	71.0	571	313.3	75.9	558	294.0	76.5	504	263.7	69.5	63	292.3	74.2	2194

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	1203	253	231	1264	258	305	1320	270	284	1226	275	250	1126	271	33	1253	269	1103
Female	1059	216	267	1087	229	266	1125	241	274	1082	271	254	984	218	30	1086	241	1091
Total	1125	245	498	1182	260	571	1225	274	558	1154	282	504	1058	255	63	1170	268	2194

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	231	9.8	2.2	305	10.8	2.9	284	10.2	2.7	250	9.2	2.4	33	10.0	2.6	1103
Female	8.3	2.2	267	8.9	2.2	266	9.6	2.5	274	9.6	3.1	254	8.9	1.9	30	9.1	2.5	1091
Total	8.8	2.3	498	9.4	2.2	571	10.2	2.8	558	9.9	2.9	504	9.1	2.2	63	9.6	2.6	2194

Zinc (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.5	2.2	231	9.6	2.1	305	9.7	2.1	284	9.1	2.0	250	8.2	1.6	33	9.4	2.1	1103
Female	8.0	2.0	267	8.1	1.8	266	8.2	1.8	274	8.0	1.9	254	7.4	1.6	30	8.1	1.9	1091
Total	8.7	2.2	498	8.9	2.1	571	9.0	2.1	558	8.5	2.0	504	7.8	1.7	63	8.8	2.1	2194

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	1.35	0.38	231	1.45	0.48	305	1.52	0.39	284	1.44	0.37	250	1.24	0.28	33	1.44	0.41	1103
Female	1.15	0.30	267	1.26	0.36	266	1.32	0.29	274	1.28	0.33	254	1.17	0.25	30	1.25	0.33	1091
Total	1.24	0.36	498	1.36	0.44	571	1.42	0.36	558	1.36	0.36	504	1.20	0.27	63	1.34	0.38	2194

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	300	483	231	318	535	305	385	831	284	438	923	250	404	690	33	361	717	1103
Female	373	744	267	253	494	266	338	750	274	338	751	254	251	263	30	324	685	1091
Total	339	637	498	288	517	571	362	792	558	388	841	504	331	533	63	343	702	2194

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	3244	1941	231	3749	2133	305	4424	2235	284	4540	2454	250	4269	2868	33	4012	2275	1103
Female	3278	1858	267	3780	1941	266	4775	2506	274	4628	2522	254	4415	2163	30	4122	2303	1091
Total	3262	1895	498	3764	2044	571	4596	2376	558	4584	2486	504	4339	2537	63	4067	2289	2194

Retinol 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	839	593	231	941	631	305	1122	937	284	1196	1040	250	1123	890	33	1029	833	1103

Female	918	816	267	886	653	266	1132	895	274	1107	837	254	984	480	30	1010	805	1091
Total	882	722	498	915	641	571	1127	916	558	1151	943	504	1057	722	63	1020	819	2194

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	8.5	5.9	231	11.0	6.7	305	11.8	6.9	284	11.1	7.2	250	11.0	7.6	33	10.7	6.8	1103
Female	7.2	4.2	267	8.6	9.6	266	9.3	5.8	274	9.1	6.0	254	7.9	6.1	30	8.6	6.7	1091
Total	7.8	5.1	498	9.9	8.2	571	10.6	6.5	558	10.1	6.7	504	9.5	7.0	63	9.6	6.8	2194

Vitamin E (mg)

	40–49yr			50–59yr			60–69yr			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	2.9	231	9.8	4.6	305	9.8	2.9	284	9.2	3.3	250	8.6	2.3	33	9.6	3.5	1103
Female	8.9	2.6	267	9.5	6.1	266	9.3	2.7	274	8.7	3.3	254	8.2	2.7	30	9.1	3.9	1091
Total	9.2	2.8	498	9.6	5.4	571	9.6	2.8	558	8.9	3.3	504	8.4	2.5	63	9.3	3.7	2194

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	224	136	231	268	161	305	317	174	284	283	166	250	287	194	33	276	165	1103
Female	207	103	267	238	131	266	288	165	274	266	152	254	265	172	30	250	144	1091
Total	215	119	498	254	148	571	303	170	558	275	159	504	276	183	63	263	155	2194

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	1.00	0.28	231	1.01	0.31	305	1.03	0.33	284	1.01	0.71	250	0.96	0.58	33	1.01	0.44	1103
Female	0.85	0.24	267	0.88	0.24	266	0.94	0.31	274	0.87	0.36	254	0.76	0.19	30	0.88	0.29	1091
Total	0.92	0.27	498	0.95	0.29	571	0.98	0.32	558	0.94	0.57	504	0.86	0.45	63	0.95	0.38	2194

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	1.42	0.37	231	1.47	0.37	305	1.54	0.43	284	1.44	0.43	250	1.39	0.41	33	1.47	0.40	1103
Female	1.30	0.32	267	1.34	0.35	266	1.39	0.38	274	1.33	0.37	254	1.24	0.31	30	1.34	0.36	1091
Total	1.36	0.35	498	1.41	0.37	571	1.47	0.41	558	1.39	0.40	504	1.32	0.37	63	1.40	0.39	2194

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	19.3	5.5	231	20.8	6.0	305	19.5	6.1	284	17.8	5.8	250	15.0	4.8	33	19.3	6.0	1103
Female	15.3	4.4	267	16.2	4.5	266	15.6	4.4	274	14.7	4.8	254	12.8	3.3	30	15.4	4.5	1091
Total	17.2	5.3	498	18.7	5.8	571	17.6	5.7	558	16.2	5.5	504	13.9	4.3	63	17.4	5.7	2194

Vitamin B6 (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.25	0.33	231	1.41	0.39	305	1.48	0.42	284	1.40	0.38	250	1.26	0.40	33	1.39	0.39	1103
Female	1.06	0.29	267	1.17	0.30	266	1.27	0.32	274	1.21	0.36	254	1.06	0.26	30	1.17	0.33	1091
Total	1.15	0.32	498	1.30	0.37	571	1.38	0.39	558	1.31	0.38	504	1.16	0.35	63	1.28	0.38	2194

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	8.3	6.2	231	9.8	5.6	305	10.6	7.2	284	9.6	5.9	250	8.2	4.9	33	9.6	6.3	1103
Female	7.3	6.1	267	7.3	5.0	266	8.4	6.3	274	8.3	5.8	254	7.3	5.5	30	7.8	5.8	1091
Total	7.7	6.2	498	8.7	5.4	571	9.5	6.8	558	8.9	5.9	504	7.8	5.2	63	8.7	6.1	2194

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	324	105	231	360	125	305	415	148	284	389	142	250	360	157	33	373	136	1103
Female	303	108	267	346	104	266	390	125	274	378	126	254	337	97	30	354	120	1091
Total	313	107	498	353	116	571	403	137	558	383	134	504	349	132	63	363	129	2194

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	6.27	1.41	231	6.45	1.47	305	6.83	1.75	284	6.34	1.63	250	5.84	1.61	33	6.47	1.59	1103
Female	5.56	1.30	267	5.64	1.29	266	6.00	1.49	274	5.65	1.48	254	5.31	1.05	30	5.71	1.40	1091
Total	5.89	1.40	498	6.07	1.44	571	6.42	1.68	558	5.99	1.59	504	5.59	1.39	63	6.09	1.54	2194

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	108.3	67.4	231	121.9	82.4	305	136.5	81.5	284	127.8	63.1	250	120.8	71.8	33	124.1	75.3	1103
Female	104.3	65.6	267	124.6	64.7	266	144.0	71.0	274	134.4	72.5	254	115.1	44.1	30	126.5	69.4	1091
Total	106.1	66.4	498	123.2	74.6	571	140.2	76.6	558	131.1	68.0	504	118.1	59.8	63	125.3	72.4	2194

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	408.2	136.2	231	420.6	150.9	305	410.1	141.0	284	385.0	145.2	250	375.6	108.3	33	405.9	143.4	1103
Female	372.5	138.1	267	359.7	135.9	266	338.0	119.8	274	326.0	127.3	254	324.8	99.7	30	348.6	130.8	1091
Total	389.0	138.2	498	392.2	147.2	571	374.7	135.8	558	355.3	139.5	504	351.4	106.5	63	377.4	140.2	2194

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	3.3	1.0	231	3.6	1.2	305	4.1	1.4	284	4.0	1.4	250	3.5	1.1	33	3.8	1.3	1103
Female	3.6	2.8	267	3.6	1.1	266	4.0	1.1	274	3.8	1.4	254	3.6	1.2	30	3.8	1.7	1091
Total	3.5	2.2	498	3.6	1.2	571	4.1	1.3	558	3.9	1.4	504	3.6	1.2	63	3.8	1.5	2194

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	10.3	2.9	231	11.5	3.5	305	13.2	4.0	284	12.6	3.9	250	11.3	3.7	33	11.9	3.8	1103
Female	10.1	3.1	267	11.3	3.6	266	12.9	3.5	274	12.1	3.9	254	11.7	3.1	30	11.6	3.6	1091
Total	10.2	3.0	498	11.4	3.5	571	13.0	3.8	558	12.3	3.9	504	11.5	3.4	63	11.8	3.7	2194

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	14.4	4.0	231	16.0	4.8	305	18.3	5.5	284	17.4	5.3	250	15.7	5.3	33	16.6	5.2	1103
Female	14.3	5.1	267	15.7	4.7	266	17.8	4.6	274	17.0	5.3	254	16.1	4.3	30	16.2	5.1	1091
Total	14.3	4.6	498	15.9	4.8	571	18.1	5.1	558	17.2	5.3	504	15.8	4.8	63	16.4	5.1	2194

Salt (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	11.8	2.4	231	12.2	2.6	305	12.5	2.7	284	11.9	2.7	250	11.0	2.4	33	12.1	2.6	1103
Female	10.2	2.0	267	10.5	2.1	266	10.8	2.3	274	10.6	2.3	254	9.7	1.6	30	10.5	2.2	1091
Total	11.0	2.3	498	11.4	2.6	571	11.7	2.7	558	11.2	2.6	504	10.4	2.1	63	11.3	2.5	2194

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	4.10	1.34	231	4.36	1.80	305	4.75	1.50	284	4.46	1.45	250	4.03	1.43	33	4.42	1.56	1103
Female	3.60	1.21	267	4.10	1.28	266	4.44	1.59	274	4.25	1.33	254	4.03	1.44	30	4.10	1.40	1091
Total	3.83	1.30	498	4.24	1.58	571	4.60	1.56	558	4.36	1.39	504	4.03	1.42	63	4.26	1.49	2194

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	11.3	2.3	231	11.6	2.5	305	11.8	2.5	284	11.0	2.6	250	9.8	2.2	33	11.4	2.5	1103
Female	9.4	2.0	267	9.7	2.1	266	9.9	2.0	274	9.4	2.4	254	8.3	1.8	30	9.6	2.1	1091
Total	10.3	2.3	498	10.7	2.5	571	10.9	2.5	558	10.2	2.6	504	9.1	2.1	63	10.5	2.5	2194

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	3534	716	231	3670	747	305	3718	757	284	3466	755	250	3224	643	33	3594	751	1103
Female	3019	614	267	3072	615	266	3125	649	274	2984	765	254	2714	504	30	3042	662	1091
Total	3258	711	498	3392	750	571	3427	766	558	3223	797	504	2981	631	63	3320	760	2194

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	6180	1226	231	6384	1272	305	6475	1295	284	6041	1289	250	5632	1118	33	6265	1282	1103
Female	5288	1059	267	5355	1053	266	5438	1105	274	5183	1294	254	4724	868	30	5302	1129	1091

Total	5702	1223	498	5904	1281	571	5966	1311	558	5609	1360	504	5200	1099	63	5786	1300	2194
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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	5070	1163	231	5420	1284	305	5419	1255	284	5051	1265	250	4695	1089	33	5241	1256	1103
Female	4280	1003	267	4416	1003	266	4530	1074	274	4315	1258	254	3881	833	30	4373	1087	1091
Total	4646	1149	498	4952	1264	571	4983	1251	558	4680	1313	504	4307	1051	63	4809	1252	2194

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	1865	394	231	1958	427	305	1953	406	284	1827	418	250	1705	355	33	1900	415	1103
Female	1567	339	267	1600	331	266	1616	351	274	1541	411	254	1409	279	30	1577	358	1091
Total	1705	394	498	1792	425	571	1787	416	558	1683	438	504	1564	352	63	1739	420	2194

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	1281	235	231	1297	232	305	1323	245	284	1237	235	250	1146	193	33	1282	238	1103
Female	1099	202	267	1109	202	266	1111	197	274	1061	232	254	991	161	30	1092	208	1091
Total	1183	236	498	1210	237	571	1219	247	558	1148	249	504	1072	194	63	1188	243	2194

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	3149	612	231	3260	639	305	3282	632	284	3070	636	250	2856	536	33	3187	635	1103
Female	2671	528	267	2714	519	266	2731	537	274	2608	631	254	2405	428	30	2675	554	1091
Total	2893	616	498	3006	646	571	3011	648	558	2837	674	504	2641	534	63	2932	649	2194

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	3557	677	231	3655	693	305	3738	727	284	3491	706	250	3235	622	33	3606	708	1103
Female	3050	581	267	3093	592	266	3144	607	274	3005	723	254	2747	486	30	3066	627	1091
Total	3285	676	498	3393	706	571	3446	733	558	3246	754	504	3003	609	63	3337	721	2194

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	2713	547	231	2816	567	305	2866	581	284	2661	561	250	2461	495	33	2762	570	1103
Female	2306	464	267	2352	501	266	2399	506	274	2290	577	254	2111	426	30	2331	513	1091
Total	2494	543	498	2600	584	571	2636	593	558	2474	598	504	2294	492	63	2548	583	2194

Aromatic amino acids (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6273	1219	231	6474	1254	305	6606	1301	284	6155	1263	250	5695	1109	33	6370	1272	1103
Female	5358	1039	267	5447	1074	266	5545	1108	274	5298	1297	254	4858	908	30	5399	1131	1091
Total	5782	1214	498	5996	1280	571	6085	1320	558	5723	1349	504	5297	1095	63	5887	1298	2194

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	3088	634	231	3242	681	305	3262	677	284	3044	674	250	2813	583	33	3157	674	1103
Female	2617	548	267	2681	547	266	2729	577	274	2605	677	254	2359	454	30	2651	588	1091
Total	2836	634	498	2981	682	571	3000	684	558	2823	710	504	2597	569	63	2905	682	2194

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	938	185	231	970	192	305	992	197	284	924	193	250	856	167	33	955	193	1103
Female	800	158	267	815	159	266	832	168	274	796	198	254	727	134	30	809	171	1091
Total	864	184	498	897	193	571	913	200	558	859	206	504	794	164	63	882	197	2194

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	4166	822	231	4316	853	305	4398	868	284	4105	864	250	3818	768	33	4243	860	1103
Female	3554	704	267	3611	701	266	3686	746	274	3529	869	254	3223	591	30	3586	756	1091
Total	3838	819	498	3988	860	571	4048	885	558	3815	913	504	3535	747	63	3916	874	2194

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	2591	621	231	2770	738	305	2739	709	284	2575	738	250	2333	611	33	2667	710	1103
Female	2132	508	267	2234	536	266	2251	563	274	2144	668	254	1871	421	30	2182	571	1091
Total	2345	608	498	2520	704	571	2499	686	558	2357	735	504	2113	574	63	2426	689	2194

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	4649	962	231	4873	1011	305	4918	1057	284	4579	975	250	4113	742	33	4748	1012	1103
Female	3845	842	267	3982	839	266	4064	845	274	3927	1001	254	3535	749	30	3944	884	1091
Total	4218	984	498	4458	1034	571	4498	1049	558	4250	1040	504	3838	795	63	4348	1032	2194

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	3941	814	231	4156	881	305	4167	868	284	3885	848	250	3561	731	33	4035	864	1103
Female	3271	703	267	3380	691	266	3442	734	274	3304	837	254	3000	610	30	3341	743	1091
Total	3582	827	498	3795	886	571	3811	882	558	3592	891	504	3294	728	63	3690	877	2194

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	7158	1485	231	7600	1618	305	7754	1656	284	7217	1553	250	6595	1381	33	7430	1603	1103
Female	6045	1292	267	6300	1319	266	6514	1388	274	6277	1654	254	5678	1139	30	6269	1421	1091
Total	6561	1491	498	6995	1620	571	7145	1650	558	6743	1671	504	6158	1343	63	6853	1622	2194

Glutamic 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	14672	2810	231	14738	2680	305	14945	2896	284	14035	2876	250	13160	2632	33	14571	2833	1103
Female	12813	2438	267	12832	2437	266	12782	2347	274	12000	2794	254	11065	1849	30	12572	2521	1091
Total	13675	2774	498	13850	2738	571	13883	2851	558	13009	3010	504	12163	2507	63	13577	2862	2194

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	3358	720	231	3529	762	305	3540	811	284	3284	743	250	2943	565	33	3423	768	1103
Female	2794	637	267	2881	622	266	2901	615	274	2771	709	254	2528	572	30	2829	647	1091
Total	3056	733	498	3227	771	571	3226	789	558	3025	769	504	2745	601	63	3128	770	2194

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	4790	1040	231	4683	986	305	4748	1061	284	4475	1060	250	4288	989	33	4663	1041	1103
Female	4319	914	267	4222	888	266	4130	849	274	3822	954	254	3525	672	30	4110	917	1091
Total	4537	1001	498	4468	969	571	4444	1010	558	4146	1059	504	3925	929	63	4388	1019	2194

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	3546	679	231	3650	697	305	3723	720	284	3484	712	250	3235	597	33	3597	707	1103
Female	3060	589	267	3102	597	266	3135	606	274	3000	718	254	2754	482	30	3067	628	1091
Total	3285	677	498	3395	707	571	3434	728	558	3240	754	504	3006	593	63	3333	720	2194

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	59.45	15.82	231	52.45	13.39	305	48.66	13.57	284	43.19	13.50	250	40.65	11.64	33	50.49	15.10	1103
Female	51.98	13.15	267	47.67	13.57	266	42.92	11.02	274	39.08	11.90	254	36.65	11.40	30	45.23	13.36	1091
Total	55.45	14.91	498	50.22	13.67	571	45.84	12.70	558	41.12	12.87	504	38.75	11.61	63	47.87	14.50	2194

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	18.96	6.15	231	16.34	5.39	305	15.29	4.97	284	13.69	5.08	250	13.85	5.60	33	15.94	5.69	1103
Female	17.64	5.37	267	15.39	5.13	266	13.73	4.12	274	12.37	4.58	254	11.74	4.33	30	14.72	5.20	1091

Total	18.26	5.77	498	15.89	5.29	571	14.52	4.64	558	13.03	4.88	504	12.85	5.11	63	15.33	5.48	2194
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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	24.10	6.94	231	20.93	5.74	305	18.67	5.74	284	16.51	5.76	250	15.12	4.75	33	19.83	6.59	1103
Female	20.65	5.81	267	18.78	5.79	266	16.54	4.78	274	14.86	4.72	254	14.16	4.97	30	17.63	5.74	1091
Total	22.25	6.58	498	19.93	5.86	571	17.62	5.39	558	15.68	5.32	504	14.66	4.84	63	18.74	6.28	2194

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	16.35	4.50	231	15.15	3.85	305	14.65	4.28	284	12.92	4.21	250	11.65	2.88	33	14.66	4.35	1103
Female	13.66	3.81	267	13.46	4.00	266	12.60	3.65	274	11.78	4.17	254	10.71	3.67	30	12.83	3.98	1091
Total	14.91	4.35	498	14.36	4.01	571	13.64	4.11	558	12.35	4.22	504	11.20	3.29	63	13.75	4.27	2194

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	40.37	10.71	231	35.97	8.83	305	33.22	9.42	284	29.35	9.30	250	26.68	7.09	33	34.40	10.26	1103
Female	34.22	8.76	267	32.15	9.21	266	29.04	7.79	274	26.56	8.26	254	24.79	7.77	30	30.37	9.00	1091
Total	37.07	10.18	498	34.19	9.20	571	31.17	8.90	558	27.94	8.89	504	25.78	7.42	63	32.40	9.86	2194

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	12.76	3.68	231	11.41	3.15	305	11.06	3.42	284	9.70	3.42	250	8.82	2.17	33	11.14	3.54	1103
Female	10.60	3.15	267	10.28	3.24	266	9.63	3.06	274	9.04	3.51	254	8.33	3.17	30	9.85	3.29	1091
Total	11.60	3.57	498	10.88	3.24	571	10.36	3.32	558	9.37	3.47	504	8.58	2.68	63	10.50	3.48	2194

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	3.14	1.15	231	3.35	1.25	305	3.20	1.24	284	2.87	1.12	250	2.59	0.93	33	3.14	1.20	1103
Female	2.53	0.90	267	2.70	1.03	266	2.61	0.93	274	2.53	1.09	254	2.27	0.98	30	2.59	0.99	1091
Total	2.81	1.07	498	3.05	1.20	571	2.91	1.14	558	2.70	1.12	504	2.44	0.96	63	2.86	1.14	2194

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	251.9	229.1	231	204.6	191.3	305	216.5	175.3	284	197.6	176.9	250	271.4	261.2	33	218.0	196.1	1103
Female	314.6	196.5	267	244.7	186.2	266	213.0	151.4	274	193.9	170.6	254	184.8	161.5	30	240.4	182.2	1091
Total	285.5	214.3	498	223.3	189.8	571	214.8	163.9	558	195.8	173.6	504	230.2	222.1	63	229.1	189.6	2194

Hexanoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	189.7	172.6	231	160.3	151.1	305	176.9	145.4	284	158.5	145.1	250	205.7	199.0	33	171.7	155.0	1103
Female	237.5	151.1	267	189.9	143.2	266	172.0	124.5	274	158.2	143.1	254	145.4	127.9	30	188.4	143.3	1091
Total	215.3	163.0	498	174.1	148.1	571	174.5	135.5	558	158.3	143.9	504	177.0	170.4	63	180.0	149.5	2194

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	51.0	57.9	231	37.2	46.3	305	33.7	43.4	284	31.1	44.3	250	52.1	84.3	33	38.3	49.8	1103
Female	69.1	58.8	267	49.0	50.8	266	34.0	38.1	274	31.6	40.9	254	36.6	50.8	30	45.8	50.1	1091
Total	60.7	59.0	498	42.7	48.8	571	33.8	40.8	558	31.3	42.5	504	44.7	70.3	63	42.0	50.1	2194

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	207.8	184.3	231	172.2	159.5	305	188.1	152.2	284	168.1	155.2	250	224.4	228.7	33	184.4	165.2	1103
Female	259.9	166.0	267	205.3	152.8	266	182.3	132.0	274	168.1	152.6	254	159.4	143.0	30	202.9	154.8	1091
Total	235.7	176.5	498	187.6	157.2	571	185.2	142.5	558	168.1	153.7	504	193.4	194.0	63	193.6	160.3	2194

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	9.1	9.7	231	6.9	8.3	305	6.3	8.1	284	6.6	9.3	250	10.0	17.0	33	7.2	9.2	1103
Female	12.5	11.7	267	9.1	9.7	266	6.8	7.9	274	6.2	8.7	254	6.5	10.7	30	8.6	9.9	1091
Total	10.9	10.9	498	7.9	9.0	571	6.5	8.0	558	6.4	9.0	504	8.4	14.3	63	7.9	9.6	2194

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	236.7	197.0	231	195.0	173.0	305	206.8	161.3	284	185.7	166.7	250	245.6	251.0	33	206.2	177.5	1103
Female	303.0	193.3	267	233.0	165.1	266	202.8	141.6	274	185.7	163.1	254	179.6	160.0	30	230.1	172.2	1091
Total	272.3	197.6	498	212.7	170.3	571	204.8	151.8	558	185.7	164.7	504	214.2	213.5	63	218.1	175.3	2194

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	1303.0	746.1	231	1206.7	678.9	305	1168.2	613.2	284	1069.1	621.0	250	1216.4	882.5	33	1186.1	675.1	1103
Female	1400.0	676.3	267	1196.4	603.2	266	1078.8	522.7	274	992.7	605.9	254	932.6	565.1	30	1162.0	621.5	1091
Total	1355.0	710.5	498	1201.9	644.2	571	1124.3	571.8	558	1030.6	614.0	504	1081.2	756.1	63	1174.1	649.0	2194

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	96.4	119.0	231	78.4	95.7	305	57.8	72.5	284	50.1	72.2	250	50.6	67.7	33	69.6	91.9	1103
Female	96.3	85.5	267	72.7	76.3	266	55.5	71.9	274	48.1	62.7	254	38.8	44.3	30	67.5	76.3	1091
Total	96.4	102.3	498	75.8	87.2	571	56.7	72.2	558	49.1	67.5	504	44.9	57.6	63	68.6	84.5	2194

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	165.4	139.4	231	151.6	126.3	305	159.6	127.8	284	145.8	119.1	250	173.2	146.9	33	155.9	128.6	1103
Female	193.4	116.7	267	164.6	116.3	266	140.9	99.4	274	142.2	119.4	254	115.5	100.6	30	159.1	114.7	1091
Total	180.4	128.4	498	157.7	121.8	571	150.4	115.0	558	144.0	119.2	504	145.7	129.3	63	157.5	121.9	2194

Pentadecenoic 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	0.46	5.59	231	0.03	0.38	305	0.01	0.13	284	0.15	2.20	250	0.00	0.00	33	0.14	2.77	1103
Female	0.56	4.66	267	0.21	2.18	266	0.62	8.12	274	0.32	3.48	254	1.16	6.33	30	0.45	5.18	1091
Total	0.51	5.11	498	0.11	1.51	571	0.31	5.69	558	0.24	2.91	504	0.55	4.37	63	0.29	4.15	2194

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	11.41	3.39	231	9.78	2.90	305	9.06	2.67	284	8.13	2.72	250	8.05	2.98	33	9.51	3.13	1103
Female	10.19	2.86	267	8.98	2.77	266	8.04	2.28	274	7.22	2.41	254	6.97	2.31	30	8.57	2.81	1091
Total	10.75	3.17	498	9.41	2.87	571	8.56	2.53	558	7.67	2.60	504	7.54	2.72	63	9.04	3.01	2194

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	1255.9	524.6	231	1190.1	491.4	305	1049.2	409.2	284	956.5	389.9	250	882.4	365.1	33	1105.4	468.3	1103
Female	1064.8	417.5	267	995.5	407.8	266	894.3	368.8	274	815.1	370.0	254	760.1	311.2	30	938.6	401.2	1091
Total	1153.4	479.3	498	1099.4	464.2	571	973.2	397.2	558	885.2	386.1	504	824.2	343.3	63	1022.5	444.1	2194

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	0.14	0.43	231	0.18	0.66	305	0.17	0.51	284	0.20	0.73	250	0.14	0.47	33	0.17	0.59	1103
Female	0.14	0.51	267	0.18	0.56	266	0.22	0.81	274	0.23	0.77	254	0.31	1.01	30	0.19	0.68	1091
Total	0.14	0.48	498	0.18	0.62	571	0.19	0.67	558	0.22	0.75	504	0.22	0.77	63	0.18	0.64	2194

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	133.2	77.9	231	126.3	71.2	305	108.2	62.6	284	92.3	59.7	250	84.4	63.9	33	114.1	69.7	1103
Female	123.4	62.1	267	110.9	59.6	266	93.3	55.5	274	85.6	54.8	254	73.8	60.3	30	102.6	60.0	1091
Total	128.0	70.0	498	119.1	66.4	571	100.9	59.6	558	88.9	57.3	504	79.4	62.0	63	108.4	65.3	2194

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	95.9	61.0	231	95.9	57.4	305	80.1	50.6	284	71.0	47.9	250	54.5	40.1	33	85.0	55.2	1103
Female	78.8	48.1	267	74.9	46.8	266	68.5	44.6	274	61.2	44.2	254	50.6	35.0	30	70.4	46.2	1091

Male	217.3	105.8	231	175.1	89.4	305	166.2	96.9	284	152.9	105.0	250	147.0	90.9	33	175.8	101.1	1103
Female	191.5	82.0	267	177.7	91.7	266	148.7	74.3	274	133.6	77.8	254	133.5	67.5	30	162.3	84.4	1091
Total	203.5	94.6	498	176.3	90.4	571	157.6	86.9	558	143.2	92.7	504	140.6	80.3	63	169.1	93.4	2194

Eicosenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	594.3	324.4	231	661.1	448.0	305	513.8	320.5	284	509.9	361.7	250	423.9	312.0	33	567.8	375.2	1103
Female	507.5	325.1	267	516.3	377.2	266	459.9	298.6	274	428.9	322.1	254	428.1	380.7	30	477.2	334.6	1091
Total	547.8	327.3	498	593.7	422.4	571	487.3	310.9	558	469.1	344.3	504	425.9	343.6	63	522.8	358.4	2194

Eicosadienoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.4	26.1	231	27.4	25.1	305	17.9	19.3	284	17.4	22.3	250	10.0	13.2	33	23.4	24.0	1103
Female	21.7	19.1	267	22.0	21.1	266	16.6	17.4	274	13.8	16.9	254	15.3	15.7	30	18.5	18.9	1091
Total	27.1	23.3	498	24.9	23.4	571	17.2	18.4	558	15.6	19.8	504	12.5	14.6	63	21.0	21.7	2194

Eicosatrienoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.2	2.7	231	1.6	4.3	305	1.4	5.9	284	0.9	3.1	250	1.0	1.9	33	1.3	4.2	1103
Female	2.5	6.4	267	2.5	6.5	266	1.8	4.9	274	1.9	6.4	254	0.7	1.7	30	2.1	6.0	1091
Total	1.9	5.1	498	2.0	5.4	571	1.6	5.4	558	1.4	5.1	504	0.9	1.8	63	1.7	5.2	2194

Eicosatetraenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.6	32.5	231	46.2	39.9	305	40.3	38.0	284	40.7	38.4	250	31.9	33.3	33	40.4	37.6	1103
Female	28.0	28.7	267	33.3	31.1	266	32.8	27.5	274	33.4	32.8	254	27.9	32.3	30	31.7	30.2	1091
Total	30.6	30.6	498	40.2	36.6	571	36.6	33.4	558	37.0	35.9	504	30.0	32.7	63	36.1	34.4	2194

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	157.6	59.3	231	167.7	65.6	305	153.5	58.8	284	139.4	60.8	250	132.9	51.5	33	154.5	62.0	1103
Female	131.0	48.4	267	133.4	54.8	266	125.7	48.9	274	120.2	57.2	254	107.5	42.3	30	127.1	52.4	1091
Total	143.3	55.3	498	151.7	63.1	571	139.9	55.9	558	129.7	59.7	504	120.8	48.7	63	140.9	59.0	2194

Eicosapentaenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	331.0	279.9	231	468.1	340.6	305	450.3	321.1	284	423.0	300.9	250	356.1	252.8	33	421.2	315.9	1103
Female	252.8	203.9	267	326.8	268.2	266	346.4	240.1	274	339.5	278.9	254	282.9	224.5	30	315.4	250.7	1091
Total	289.1	245.0	498	402.3	316.6	571	399.3	288.7	558	380.9	292.7	504	321.2	240.6	63	368.6	290.2	2194

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	91.6	85.8	231	84.6	82.5	305	75.9	75.1	284	62.2	69.9	250	45.4	29.0	33	77.6	78.3	1103
Female	65.7	46.9	267	73.8	90.0	266	62.0	54.2	274	57.0	63.2	254	41.5	29.5	30	64.1	65.1	1091
Total	77.7	68.9	498	79.6	86.1	571	69.1	66.0	558	59.6	66.6	504	43.5	29.1	63	70.8	72.3	2194

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	324.0	321.9	231	447.7	473.7	305	308.4	305.2	284	318.1	368.2	250	258.0	271.5	33	350.9	379.4	1103
Female	299.4	329.1	267	324.6	390.2	266	285.6	313.3	274	276.7	332.1	254	288.6	422.4	30	296.5	344.5	1091
Total	310.8	325.7	498	390.4	440.8	571	297.2	309.1	558	297.3	350.7	504	272.6	348.9	63	323.8	363.4	2194

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	0.000	0.000	231	0.007	0.115	305	0.022	0.356	284	0.000	0.000	250	0.000	0.000	33	0.007	0.191	1103
Female	0.001	0.016	267	0.004	0.053	266	0.007	0.081	274	0.000	0.000	254	0.000	0.000	30	0.003	0.049	1091
Total	0.001	0.012	498	0.005	0.091	571	0.015	0.260	558	0.000	0.000	504	0.000	0.000	63	0.005	0.139	2194

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	80.0	74.8	231	116.6	90.9	305	110.6	87.3	284	105.7	84.1	250	91.3	62.4	33	104.2	85.4	1103
Female	64.3	60.0	267	81.9	71.4	266	88.7	68.0	274	88.1	80.6	254	75.6	72.6	30	80.6	70.8	1091
Total	71.6	67.6	498	100.4	84.1	571	99.9	79.1	558	96.9	82.8	504	83.8	67.4	63	92.4	79.4	2194

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	1.2	6.2	231	1.2	6.6	305	1.0	5.6	284	1.0	6.2	250	0.1	0.4	33	1.1	6.1	1103
Female	1.3	6.0	267	1.2	6.5	266	0.3	3.1	274	0.7	3.9	254	0.1	0.3	30	0.8	5.0	1091
Total	1.3	6.1	498	1.2	6.6	571	0.7	4.6	558	0.9	5.1	504	0.1	0.4	63	1.0	5.6	2194

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	665.3	436.0	231	887.7	527.9	305	845.3	495.2	284	782.4	462.9	250	692.3	357.1	33	800.5	488.4	1103
Female	539.2	324.3	267	647.8	422.6	266	646.8	363.5	274	641.1	437.5	254	572.8	446.2	30	617.4	392.5	1091
Total	597.7	385.0	498	776.0	496.0	571	747.9	446.3	558	711.2	455.4	504	635.4	403.2	63	709.4	452.6	2194

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	14.1	40.9	231	16.0	42.6	305	13.8	35.7	284	11.3	33.1	250	3.5	10.6	33	13.6	37.9	1103
Female	6.6	19.3	267	12.7	46.2	266	10.7	25.1	274	8.4	29.4	254	2.6	11.9	30	9.4	31.3	1091
Total	10.1	31.4	498	14.5	44.3	571	12.3	31.0	558	9.8	31.3	504	3.1	11.1	63	11.5	34.8	2194

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	46.0	45.8	231	68.5	60.5	305	59.7	49.6	284	56.4	49.9	250	45.8	38.0	33	58.1	52.4	1103
Female	36.9	38.1	267	48.5	49.4	266	47.5	41.0	274	47.6	46.4	254	43.5	53.3	30	45.0	44.3	1091
Total	41.1	42.1	498	59.2	56.4	571	53.7	45.9	558	52.0	48.3	504	44.7	45.6	63	51.6	49.0	2194

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	17.7	23.0	231	19.9	21.7	305	16.8	22.5	284	12.0	15.0	250	7.6	11.3	33	16.5	20.9	1103
Female	3.5	7.2	267	3.1	7.5	266	2.9	7.2	274	1.2	2.7	254	1.2	2.5	30	2.6	6.5	1091
Total	10.1	18.0	498	12.1	18.7	571	10.0	18.2	558	6.5	12.0	504	4.6	8.9	63	9.6	17.0	2194

3) Nutrition intake from supplements (3DR)

Energy (kcal)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.2	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.1	1103
Female	0.0	0.1	267	0.0	0.3	266	0.0	0.1	274	0.0	0.0	254	0.0	0.0	30	0.0	0.1	1091
Total	0.0	0.1	498	0.0	0.2	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.1	2194

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	0.1	0.8	231	0.1	0.7	305	0.4	4.2	284	0.1	0.9	250	0.1	0.4	33	0.2	2.2	1103
Female	0.6	5.3	267	0.2	1.9	266	0.2	1.3	274	0.1	0.9	254	0.0	0.2	30	0.3	2.9	1091
Total	0.4	3.9	498	0.2	1.4	571	0.3	3.1	558	0.1	0.9	504	0.1	0.3	63	0.2	2.6	2194

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	0.0	0.1	231	0.1	0.4	305	0.2	1.6	284	0.0	0.2	250	0.1	0.4	33	0.1	0.9	1103
Female	0.1	0.6	267	0.1	0.7	266	0.2	1.3	274	0.0	0.1	254	0.0	0.2	30	0.1	0.8	1091
Total	0.1	0.4	498	0.1	0.6	571	0.2	1.5	558	0.0	0.2	504	0.1	0.3	63	0.1	0.8	2194

Carbohydrate (g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	2.9	231	0.1	1.1	305	0.1	0.7	284	0.1	1.4	250	0.0	0.0	33	0.1	1.6	1103
Female	0.2	1.2	267	0.2	1.7	266	0.2	0.6	274	0.0	0.2	254	0.0	0.0	30	0.1	1.1	1091
Total	0.3	2.2	498	0.1	1.4	571	0.1	0.7	558	0.1	1.0	504	0.0	0.0	63	0.1	1.4	2194

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	0.0	0.0	231	0.0	0.3	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.2	1103
Female	0.0	0.1	267	0.0	0.5	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.2	1091
Total	0.0	0.1	498	0.0	0.4	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.2	2194

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	2.8	20.8	231	1.8	11.7	305	6.0	76.8	284	0.9	8.0	250	8.1	45.0	33	3.1	41.5	1103
Female	9.4	71.9	267	4.7	38.6	266	3.0	13.3	274	1.9	14.6	254	37.2	198.5	30	5.7	52.9	1091
Total	6.3	54.6	498	3.2	27.7	571	4.5	55.5	558	1.4	11.8	504	21.9	140.3	63	4.4	47.5	2194

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	2.4	19.0	231	1.1	8.9	305	3.2	19.1	284	3.2	28.1	250	2.9	14.1	33	2.4	19.4	1103
Female	1.9	12.8	267	2.4	17.0	266	2.3	13.6	274	2.2	19.3	254	1.0	5.6	30	2.2	15.6	1091
Total	2.1	16.0	498	1.7	13.3	571	2.8	16.6	558	2.7	24.1	504	2.0	10.9	63	2.3	17.6	2194

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	8.0	47.8	231	4.8	35.4	305	9.0	46.0	284	3.2	29.0	250	24.8	139.2	33	6.8	46.2	1103
Female	20.1	114.8	267	23.5	111.3	266	16.9	70.5	274	15.0	75.5	254	14.8	58.1	30	18.8	94.3	1091
Total	14.5	90.2	498	13.5	80.7	571	12.9	59.4	558	9.2	57.6	504	20.0	107.7	63	12.8	74.4	2194

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	1.0	8.4	231	0.3	2.7	305	1.4	8.9	284	1.3	13.3	250	0.5	2.8	33	1.0	8.8	1103
Female	3.1	15.0	267	3.3	20.5	266	3.3	22.7	274	1.7	15.4	254	0.7	3.7	30	2.8	18.5	1091
Total	2.1	12.4	498	1.7	14.2	571	2.3	17.1	558	1.5	14.4	504	0.6	3.2	63	1.9	14.5	2194

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	1.5	14.0	231	0.7	8.7	305	0.9	8.7	284	2.0	21.5	250	1.9	11.1	33	1.2	13.8	1103
Female	0.1	0.5	267	0.5	4.4	266	0.3	3.3	274	1.1	12.1	254	0.7	3.7	30	0.5	6.5	1091
Total	0.7	9.6	498	0.6	7.1	571	0.6	6.6	558	1.6	17.4	504	1.3	8.4	63	0.9	10.8	2194

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	0.2	1.4	231	0.0	0.4	305	0.1	0.8	284	0.0	0.4	250	0.0	0.0	33	0.1	0.8	1103
Female	0.4	2.2	267	0.1	0.8	266	0.1	0.6	274	0.1	0.8	254	0.0	0.1	30	0.2	1.2	1091
Total	0.3	1.8	498	0.1	0.6	571	0.1	0.7	558	0.1	0.6	504	0.0	0.1	63	0.1	1.0	2194

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	0.1	0.9	231	0.1	0.9	305	0.2	1.9	284	0.0	0.1	250	0.0	0.0	33	0.1	1.2	1103
Female	0.2	1.1	267	0.1	1.1	266	0.1	0.6	274	0.1	0.9	254	0.0	0.0	30	0.1	1.0	1091
Total	0.1	1.0	498	0.1	1.0	571	0.1	1.4	558	0.0	0.7	504	0.0	0.0	63	0.1	1.1	2194

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	0.01	0.14	231	0.00	0.01	305	0.00	0.08	284	0.00	0.00	250	0.00	0.00	33	0.00	0.08	1103
Female	0.02	0.16	267	0.01	0.11	266	0.00	0.05	274	0.00	0.06	254	0.00	0.00	30	0.01	0.10	1091
Total	0.01	0.15	498	0.00	0.08	571	0.00	0.07	558	0.00	0.05	504	0.00	0.00	63	0.01	0.09	2194

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	0.0	0.0	231	0.0	0.0	305	23.4	394.5	284	0.0	0.0	250	0.0	0.0	33	6.0	200.2	1103
Female	0.4	6.7	267	0.0	0.0	266	0.3	5.1	274	19.6	312.9	254	10.9	59.8	30	5.0	151.3	1091
Total	0.2	4.9	498	0.0	0.0	571	12.1	281.5	558	9.9	222.1	504	5.2	41.3	63	5.5	177.6	2194

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	39.6	458.3	231	25.2	383.7	305	16.1	191.0	284	6.2	97.9	250	0.0	0.0	33	20.8	310.1	1103
Female	131.0	1006.9	267	548.5	8186.6	266	89.4	682.0	274	2.7	30.7	254	0.0	0.0	30	188.9	4086.8	1091
Total	88.6	801.2	498	268.9	5595.1	571	52.1	497.8	558	4.4	72.3	504	0.0	0.0	63	104.4	2890.8	2194

Retinol 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	33.2	156.6	231	6.1	66.9	305	44.5	436.6	284	19.1	203.3	250	0.0	0.0	33	24.4	254.7	1103
Female	35.9	185.4	267	125.2	1458.9	266	45.1	274.9	274	48.2	350.3	254	12.6	60.2	30	62.2	758.1	1091
Total	34.7	172.5	498	61.6	997.7	571	44.8	365.9	558	33.8	287.1	504	6.0	41.6	63	43.2	564.4	2194

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	0.2	1.4	231	0.0	0.4	305	0.2	1.6	284	0.0	0.6	250	0.3	1.6	33	0.1	1.1	1103
Female	0.2	1.2	267	0.3	2.5	266	0.4	2.2	274	0.3	1.3	254	0.2	0.9	30	0.3	1.9	1091

Total	0.2	1.3	498	0.2	1.8	571	0.3	1.9	558	0.2	1.0	504	0.2	1.3	63	0.2	1.6	2194
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Vitamin E (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.0	24.0	231	1.5	11.1	305	3.5	18.0	284	3.7	26.1	250	8.4	36.9	33	3.2	20.8	1103
Female	5.8	27.5	267	9.3	44.5	266	8.2	40.0	274	7.3	32.7	254	1.6	6.5	30	7.5	36.3	1091
Total	5.0	25.9	498	5.1	31.7	571	5.8	30.9	558	5.5	29.6	504	5.1	27.1	63	5.4	29.6	2194

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	9.6	142.7	231	0.0	0.1	305	11.5	192.9	284	1.6	25.3	250	0.1	0.7	33	5.3	118.2	1103
Female	0.4	2.5	267	12.3	199.3	266	0.4	4.1	274	0.2	2.6	254	0.0	0.0	30	3.2	98.4	1091
Total	4.7	97.2	498	5.8	136.0	571	6.0	137.6	558	0.9	17.9	504	0.1	0.5	63	4.3	108.8	2194

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	4.34	231	0.81	5.23	305	3.21	13.13	284	2.41	11.47	250	3.71	18.24	33	1.93	9.81	1103
Female	1.19	6.29	267	1.51	8.18	266	2.87	12.21	274	3.17	12.03	254	0.90	3.83	30	2.14	9.90	1091
Total	1.13	5.47	498	1.14	6.77	571	3.04	12.68	558	2.79	11.75	504	2.37	13.44	63	2.04	9.85	2194

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	0.69	2.85	231	0.33	1.91	305	0.83	6.70	284	0.52	2.44	250	0.08	0.32	33	0.57	3.96	1103
Female	0.51	1.81	267	0.32	1.81	266	1.11	4.34	274	1.43	5.55	254	0.32	1.26	30	0.82	3.70	1091
Total	0.59	2.35	498	0.32	1.86	571	0.97	5.66	558	0.98	4.32	504	0.20	0.90	63	0.69	3.83	2194

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	2.5	7.9	231	0.7	3.5	305	1.8	6.7	284	1.9	7.8	250	0.3	1.3	33	1.6	6.5	1103
Female	2.4	7.2	267	1.0	5.5	266	3.2	12.8	274	3.3	11.9	254	1.7	9.1	30	2.4	9.9	1091
Total	2.4	7.5	498	0.9	4.5	571	2.5	10.2	558	2.6	10.1	504	1.0	6.3	63	2.0	8.3	2194

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	1.18	5.66	231	0.51	3.64	305	2.18	11.12	284	1.16	5.95	250	2.42	13.39	33	1.28	7.47	1103
Female	1.13	5.88	267	1.25	7.02	266	2.58	10.46	274	2.62	9.96	254	0.22	1.20	30	1.84	8.45	1091
Total	1.15	5.78	498	0.85	5.49	571	2.37	10.79	558	1.89	8.25	504	1.37	9.72	63	1.56	7.98	2194

Vitamin B12 (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.0	138.2	231	4.1	58.0	305	36.0	244.6	284	17.5	135.7	250	36.9	212.0	33	18.6	160.9	1103
Female	9.1	95.7	267	27.5	204.7	266	23.2	156.9	274	20.0	137.0	254	64.4	273.5	30	21.2	158.2	1091
Total	11.8	117.3	498	15.0	146.3	571	29.7	206.2	558	18.7	136.2	504	50.0	241.6	63	19.9	159.6	2194

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	3.7	30.9	231	0.0	0.7	305	35.9	593.5	284	6.1	51.3	250	0.0	0.0	33	11.4	302.4	1103
Female	7.2	47.3	267	3.4	39.2	266	6.8	49.4	274	3.0	25.2	254	0.0	0.0	30	5.0	41.0	1091
Total	5.6	40.6	498	1.6	26.8	571	21.6	424.7	558	4.5	40.3	504	0.0	0.0	63	8.2	216.3	2194

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	0.24	1.55	231	0.17	1.37	305	0.24	2.08	284	0.13	1.43	250	0.00	0.00	33	0.19	1.61	1103
Female	0.38	2.39	267	0.30	2.20	266	0.76	3.31	274	0.70	3.80	254	0.00	0.00	30	0.52	2.95	1091
Total	0.32	2.04	498	0.23	1.80	571	0.49	2.76	558	0.42	2.89	504	0.00	0.00	63	0.35	2.38	2194

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	25.4	136.4	231	20.0	148.9	305	25.6	154.3	284	13.4	92.2	250	6.7	38.3	33	20.7	134.6	1103
Female	53.3	220.9	267	56.5	334.3	266	52.0	224.9	274	33.0	165.5	254	10.6	40.2	30	47.9	241.4	1091
Total	40.4	186.8	498	37.0	253.2	571	38.6	192.5	558	23.3	134.5	504	8.6	39.0	63	34.2	195.6	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.1	1.0	250	0.0	0.0	33	0.0	0.5	1103
Female	0.0	0.4	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.2	1091
Total	0.0	0.3	498	0.0	0.0	571	0.0	0.0	558	0.0	0.7	504	0.0	0.0	63	0.0	0.4	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.1	231	0.0	0.1	305	0.1	0.9	284	0.0	0.4	250	0.0	0.0	33	0.0	0.5	1103
Female	0.0	0.2	267	0.0	0.1	266	0.0	0.3	274	0.0	0.3	254	0.0	0.0	30	0.0	0.2	1091
Total	0.0	0.2	498	0.0	0.1	571	0.1	0.6	558	0.0	0.3	504	0.0	0.0	63	0.0	0.4	2194

Salt (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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.00	0.00	231	0.00	0.00	305	0.02	0.29	284	0.00	0.01	250	0.00	0.00	33	0.01	0.15	1103
Female	0.00	0.00	267	0.00	0.01	266	0.00	0.01	274	0.02	0.23	254	0.00	0.00	30	0.00	0.11	1091
Total	0.00	0.00	498	0.00	0.01	571	0.01	0.21	558	0.01	0.17	504	0.00	0.00	63	0.00	0.13	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	2.5	18.6	231	0.9	11.5	305	1.2	12.2	284	3.5	35.7	250	2.4	13.9	33	2.0	21.0	1103
Female	14.3	226.4	267	0.7	6.8	266	0.4	4.6	274	0.6	5.1	254	0.1	0.4	30	3.9	112.1	1091
Total	8.9	166.3	498	0.8	9.6	571	0.8	9.3	558	2.0	25.4	504	1.3	10.1	63	2.9	80.4	2194

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	4.9	43.3	231	1.6	19.6	305	2.1	19.7	284	5.6	56.5	250	3.9	22.3	33	3.4	36.5	1103
Female	25.8	410.0	267	1.2	10.6	266	0.9	10.4	274	0.9	8.1	254	0.2	0.8	30	7.0	203.0	1091
Total	16.1	301.6	498	1.4	16.1	571	1.5	15.8	558	3.2	40.3	504	2.1	16.1	63	5.2	145.5	2194

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	0.7	7.1	231	1.3	15.6	305	2.3	21.3	284	5.5	56.3	250	4.4	25.1	33	2.5	30.5	1103
Female	20.0	318.2	267	1.2	11.3	266	0.7	8.1	274	1.1	9.2	254	0.2	0.9	30	5.6	157.6	1091

Total	11.1	233.1	498	1.3	13.7	571	1.5	16.2	558	3.3	40.2	504	2.4	18.1	63	4.0	113.2	2194
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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	0.2	1.6	231	1.1	13.9	305	0.5	4.8	284	0.8	10.4	250	1.0	5.6	33	0.7	9.2	1103
Female	5.1	79.6	267	0.3	2.5	266	0.2	2.3	274	0.3	2.4	254	0.1	0.4	30	1.5	39.4	1091
Total	2.8	58.3	498	0.7	10.3	571	0.4	3.8	558	0.5	7.5	504	0.5	4.0	63	1.1	28.6	2194

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	0.1	1.2	231	0.1	2.4	305	0.2	1.9	284	0.1	1.3	250	0.5	2.8	33	0.1	1.8	1103
Female	8.3	79.1	267	4.4	52.8	266	7.2	70.8	274	5.8	90.4	254	0.0	0.0	30	6.2	73.2	1091
Total	4.5	58.0	498	2.1	36.1	571	3.6	49.7	558	3.0	64.1	504	0.3	2.0	63	3.2	51.7	2194

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	0.3	2.7	231	0.7	8.4	305	0.7	6.2	284	2.0	20.7	250	1.5	8.4	33	0.9	11.4	1103
Female	8.6	134.7	267	0.8	9.3	266	0.4	4.6	274	0.4	3.3	254	0.1	0.4	30	2.5	66.8	1091
Total	4.8	98.6	498	0.8	8.8	571	0.5	5.5	558	1.2	14.8	504	0.8	6.0	63	1.7	47.8	2194

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	0.5	5.7	231	0.8	10.1	305	1.2	11.6	284	2.1	27.3	250	2.4	13.9	33	1.2	15.6	1103
Female	16.1	257.0	267	0.7	6.4	266	0.5	5.8	274	0.5	5.0	254	0.1	0.5	30	4.4	127.2	1091
Total	8.9	188.2	498	0.8	8.6	571	0.8	9.2	558	1.3	19.5	504	1.3	10.1	63	2.8	90.4	2194

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	0.3	3.5	231	0.5	7.6	305	0.4	4.9	284	0.2	3.8	250	1.5	8.4	33	0.4	5.5	1103
Female	12.5	202.0	267	0.2	1.9	266	0.4	4.6	274	0.3	3.0	254	0.0	0.1	30	3.3	99.9	1091
Total	6.8	147.9	498	0.3	5.7	571	0.4	4.7	558	0.3	3.4	504	0.8	6.0	63	1.8	70.6	2194

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	0.9	10.3	231	1.5	20.2	305	2.0	19.3	284	5.4	53.0	250	4.8	27.9	33	2.5	29.9	1103
Female	32.8	526.3	267	1.0	9.6	266	0.8	10.4	274	1.1	10.0	254	0.1	0.6	30	8.7	260.5	1091
Total	18.0	385.4	498	1.3	16.2	571	1.4	15.5	558	3.2	38.0	504	2.6	20.2	63	5.6	184.9	2194

Threonine (mg)

[illegible]

Male	0.3	3.5	231	0.9	11.4	305	1.3	13.2	284	3.4	35.2	250	2.9	16.7	33	1.5	19.3	1103
Female	12.2	195.8	267	0.8	7.9	266	0.5	5.8	274	0.6	5.9	254	0.1	0.5	30	3.5	97.0	1091
Total	6.7	143.4	498	0.9	10.0	571	0.9	10.3	558	2.0	25.1	504	1.6	12.1	63	2.5	69.8	2194

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	0.1	1.2	231	0.2	2.9	305	0.4	4.2	284	1.1	10.8	250	1.0	5.6	33	0.5	5.9	1103
Female	4.2	67.3	267	0.2	2.2	266	0.2	2.3	274	0.2	2.0	254	0.0	0.0	30	1.2	33.4	1091
Total	2.3	49.3	498	0.2	2.6	571	0.3	3.4	558	0.6	7.8	504	0.5	4.0	63	0.8	23.9	2194

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	3.2	33.7	231	1.1	12.7	305	1.6	15.6	284	4.1	41.8	250	3.4	19.5	33	2.4	27.4	1103
Female	15.5	244.8	267	0.9	8.0	266	0.6	6.9	274	0.7	6.9	254	0.1	0.7	30	4.3	121.3	1091
Total	9.8	180.7	498	1.0	10.7	571	1.1	12.2	558	2.4	29.9	504	1.8	14.1	63	3.4	87.7	2194

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	0.5	4.0	231	0.7	5.9	305	0.8	6.8	284	1.9	19.1	250	1.5	8.4	33	1.0	10.5	1103
Female	8.4	128.5	267	1.1	6.2	266	0.4	3.4	274	0.4	3.3	254	0.4	2.4	30	2.5	63.7	1091
Total	4.7	94.1	498	0.9	6.0	571	0.6	5.4	558	1.1	13.7	504	1.0	6.3	63	1.7	45.5	2194

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	2.7	19.7	231	0.8	9.7	305	1.5	14.5	284	0.9	9.1	250	2.9	16.7	33	1.5	13.7	1103
Female	21.1	324.4	267	1.0	5.8	266	0.9	8.4	274	1.2	7.3	254	0.3	1.8	30	5.9	160.6	1091
Total	12.6	237.9	498	0.9	8.1	571	1.2	11.9	558	1.0	8.2	504	1.7	12.1	63	3.7	113.7	2194

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	0.7	5.4	231	1.6	18.7	305	1.1	12.1	284	0.6	10.1	250	3.9	22.3	33	1.1	13.3	1103
Female	12.7	195.8	267	1.1	7.0	266	1.0	10.7	274	0.9	8.1	254	0.4	2.4	30	3.9	97.2	1091
Total	7.1	143.5	498	1.4	14.5	571	1.1	11.4	558	0.8	9.1	504	2.2	16.2	63	2.5	69.2	2194

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	1.6	14.0	231	2.3	26.8	305	2.4	23.4	284	1.0	15.2	250	5.8	33.4	33	2.0	21.6	1103
Female	32.6	526.3	267	1.6	11.3	266	2.2	20.2	274	1.1	11.8	254	0.3	1.5	30	9.2	260.6	1091
Total	18.2	385.5	498	2.0	21.1	571	2.3	21.9	558	1.1	13.6	504	3.2	24.2	63	5.6	184.4	2194

Glutamic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	23.3	231	2.0	29.6	305	1.9	20.8	284	1.1	17.7	250	6.8	39.0	33	2.0	24.1	1103
Female	58.1	936.3	267	1.6	10.7	266	1.3	14.2	274	1.5	14.0	254	0.6	3.1	30	15.3	463.3	1091
Total	32.3	685.7	498	1.8	22.8	571	1.6	17.9	558	1.3	15.9	504	3.8	28.3	63	8.6	327.2	2194

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	0.9	6.7	231	2.3	25.5	305	1.0	8.7	284	0.4	6.3	250	2.4	13.9	33	1.2	14.9	1103
Female	13.0	183.8	267	2.1	12.3	266	1.1	9.1	274	0.7	6.0	254	1.0	5.7	30	4.2	91.3	1091
Total	7.4	134.7	498	2.2	20.4	571	1.0	8.9	558	0.6	6.1	504	1.8	10.8	63	2.7	65.3	2194

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	0.8	6.6	231	0.9	10.5	305	0.7	7.0	284	0.3	5.1	250	1.9	11.1	33	0.7	7.9	1103
Female	19.6	306.0	267	1.3	7.6	266	0.8	6.8	274	0.5	4.5	254	0.6	3.5	30	5.5	151.5	1091
Total	10.9	224.1	498	1.1	9.3	571	0.8	6.9	558	0.4	4.8	504	1.3	8.4	63	3.1	107.0	2194

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	0.5	5.4	231	0.7	10.6	305	0.7	8.1	284	0.5	7.6	250	2.9	16.7	33	0.7	8.7	1103
Female	16.7	269.3	267	0.5	4.1	266	0.4	4.7	274	0.6	5.9	254	0.2	0.9	30	4.5	133.3	1091
Total	9.2	197.2	498	0.6	8.2	571	0.6	6.6	558	0.5	6.8	504	1.6	12.1	63	2.6	94.2	2194

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	0.00	0.01	231	2.57	37.90	305	0.00	0.03	284	0.00	0.03	250	0.00	0.00	33	0.71	19.94	1103
Female	0.12	1.96	267	0.00	0.01	266	0.01	0.07	274	0.01	0.06	254	0.00	0.00	30	0.03	0.97	1091
Total	0.07	1.43	498	1.37	27.71	571	0.00	0.05	558	0.00	0.05	504	0.00	0.00	63	0.37	14.16	2194

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	0.00	0.00	231	0.00	0.00	305	0.00	0.00	284	0.00	0.00	250	0.00	0.00	33	0.00	0.00	1103
Female	0.00	0.00	267	0.00	0.00	266	0.00	0.01	274	0.00	0.01	254	0.00	0.00	30	0.00	0.01	1091
Total	0.00	0.00	498	0.00	0.00	571	0.00	0.01	558	0.00	0.01	504	0.00	0.00	63	0.00	0.00	2194

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	0.00	0.00	231	1.15	20.04	305	0.00	0.01	284	0.00	0.01	250	0.00	0.00	33	0.32	10.54	1103
Female	0.06	0.98	267	0.00	0.00	266	0.00	0.01	274	0.00	0.01	254	0.00	0.00	30	0.02	0.48	1091
Total	0.03	0.72	498	0.61	14.65	571	0.00	0.01	558	0.00	0.01	504	0.00	0.00	63	0.17	7.48	2194

	Mean	SD	Median	Q1	Q3	Min	Max
Polyunsaturated fatty acids (g)	1.1	0.4	1.0	0.7	1.3	0.0	2.5

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.01	231	1.42	18.64	305	0.00	0.02	284	0.00	0.02	250	0.00	0.00	33	0.39	9.81	1103
Female	0.06	0.98	267	0.00	0.01	266	0.00	0.05	274	0.00	0.04	254	0.00	0.00	30	0.02	0.49	1091
Total	0.03	0.72	498	0.76	13.63	571	0.00	0.04	558	0.00	0.03	504	0.00	0.00	63	0.21	6.97	2194

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	0.00	0.01	231	2.57	37.90	305	0.00	0.03	284	0.00	0.03	250	0.00	0.00	33	0.71	19.94	1103
Female	0.12	1.96	267	0.00	0.01	266	0.01	0.06	274	0.00	0.05	254	0.00	0.00	30	0.03	0.97	1091
Total	0.07	1.43	498	1.37	27.71	571	0.00	0.05	558	0.00	0.04	504	0.00	0.00	63	0.37	14.16	2194

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	0.00	0.00	231	0.98	17.18	305	0.00	0.02	284	0.00	0.02	250	0.00	0.00	33	0.27	9.03	1103
Female	0.00	0.00	267	0.00	0.00	266	0.00	0.02	274	0.00	0.04	254	0.00	0.00	30	0.00	0.02	1091
Total	0.00	0.00	498	0.53	12.55	571	0.00	0.02	558	0.00	0.03	504	0.00	0.00	63	0.14	6.40	2194

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	0.00	0.01	231	0.43	7.31	305	0.00	0.00	284	0.00	0.00	250	0.00	0.00	33	0.12	3.84	1103
Female	0.06	0.98	267	0.00	0.01	266	0.00	0.03	274	0.00	0.00	254	0.00	0.00	30	0.02	0.48	1091
Total	0.03	0.72	498	0.23	5.34	571	0.00	0.02	558	0.00	0.00	504	0.00	0.00	63	0.07	2.75	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

Octanoic acid (mg)

[illegible]

Male	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.1	284	0.0	0.1	250	0.0	0.0	33	0.0	0.1	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.1	274	0.0	0.2	254	0.0	0.0	30	0.0	0.1	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.1	558	0.0	0.1	504	0.0	0.0	63	0.0	0.1	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

Pentadecanoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

Pentadecenoic 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	0.00	0.00	231	0.00	0.00	305	0.00	0.00	284	0.00	0.00	250	0.00	0.00	33	0.00	0.00	1103
Female	0.00	0.00	267	0.00	0.00	266	0.00	0.00	274	0.00	0.00	254	0.00	0.00	30	0.00	0.00	1091
Total	0.00	0.00	498	0.00	0.00	571	0.00	0.00	558	0.00	0.00	504	0.00	0.00	63	0.00	0.00	2194

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	0.00	0.00	231	0.00	0.00	305	0.21	3.47	284	0.16	2.47	250	0.00	0.00	33	0.09	2.12	1103
Female	0.00	0.00	267	0.00	0.00	266	0.21	3.53	274	0.54	6.11	254	0.01	0.04	30	0.18	3.44	1091
Total	0.00	0.00	498	0.00	0.00	571	0.21	3.50	558	0.35	4.67	504	0.00	0.03	63	0.13	2.85	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.2	284	0.0	0.1	250	0.0	0.0	33	0.0	0.1	1103
Female	59.9	979.2	267	0.0	0.0	266	0.0	0.2	274	0.0	0.3	254	0.0	0.0	30	14.7	484.4	1091
Total	32.1	717.0	498	0.0	0.0	571	0.0	0.2	558	0.0	0.2	504	0.0	0.0	63	7.3	341.6	2194

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	0.00	0.00	231	0.00	0.00	305	0.00	0.00	284	0.00	0.00	250	0.00	0.00	33	0.00	0.00	1103
Female	0.00	0.00	267	0.00	0.00	266	0.00	0.00	274	0.00	0.00	254	0.00	0.00	30	0.00	0.00	1091
Total	0.00	0.00	498	0.00	0.00	571	0.00	0.00	558	0.00	0.00	504	0.00	0.00	63	0.00	0.00	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.00	0.00	231	0.00	0.00	305	0.05	0.91	284	0.04	0.65	250	0.00	0.00	33	0.02	0.55	1103
Female	0.00	0.00	267	0.00	0.00	266	0.06	0.92	274	0.14	1.60	254	0.00	0.00	30	0.05	0.90	1091
Total	0.00	0.00	498	0.00	0.00	571	0.05	0.92	558	0.09	1.22	504	0.00	0.00	63	0.03	0.75	2194

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	0.11	1.65	231	1147.5	20041	305	0.37	6.30	284	1.14	14.32	250	0.00	0.00	33	317.69	10539	1103
Female	0.09	1.53	267	0.00	0.00	266	0.39	6.42	274	0.98	11.08	254	0.00	0.00	30	0.35	6.29	1091
Total	0.10	1.59	498	612.96	14647	571	0.38	6.35	558	1.06	12.78	504	0.00	0.00	63	159.89	7472.2	2194

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	0.01	0.13	231	983.61	17178	305	1.32	22.32	284	1.23	16.26	250	0.00	0.00	33	272.61	9033.0	1103
Female	0.01	0.12	267	0.00	0.00	266	1.37	22.73	274	3.46	39.27	254	0.00	0.00	30	1.15	22.12	1091
Total	0.01	0.13	498	525.39	12555	571	1.35	22.50	558	2.35	30.13	504	0.00	0.00	63	137.62	6404.8	2194

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	0.0	0.1	231	0.3	5.7	305	0.0	0.2	284	0.0	0.2	250	0.0	0.0	33	0.1	3.0	1103
Female	0.2	3.1	267	0.0	0.0	266	107.2	1772.1	274	0.0	0.4	254	0.0	0.0	30	27.0	888.1	1091
Total	0.1	2.2	498	0.2	4.1	571	52.7	1241.8	558	0.0	0.3	504	0.0	0.0	63	13.5	626.2	2194

γ-Linolenic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	231	0.00	0.00	305	0.00	0.00	284	0.09	1.47	250	0.00	0.00	33	0.02	0.70	1103
Female	0.00	0.00	267	0.00	0.00	266	0.00	0.00	274	0.00	0.00	254	0.00	0.00	30	0.00	0.00	1091
Total	0.00	0.00	498	0.00	0.00	571	0.00	0.00	558	0.05	1.03	504	0.00	0.00	63	0.01	0.50	2194

Octadecatetraenic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.1	284	0.0	0.1	250	0.0	0.0	33	0.0	0.1	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.1	274	0.0	0.2	254	0.0	0.0	30	0.0	0.1	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.1	558	0.0	0.1	504	0.0	0.0	63	0.0	0.1	2194

Eicosenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	231	0.0	0.0	305	0.0	0.2	284	0.0	0.2	250	0.0	0.0	33	0.0	0.1	1103

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.000	0.000	231	0.000	0.000	305	0.000	0.000	284	0.000	0.000	250	0.000	0.000	33	0.000	0.000	1103
Female	0.000	0.000	267	0.000	0.000	266	0.000	0.000	274	0.000	0.000	254	0.000	0.000	30	0.000	0.000	1091
Total	0.000	0.000	498	0.000	0.000	571	0.000	0.000	558	0.000	0.000	504	0.000	0.000	63	0.000	0.000	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.2	3.6	231	368.9	6441.7	305	0.0	0.2	284	0.0	0.1	250	0.0	0.0	33	102.0	3387.4	1103
Female	60.4	979.2	267	0.3	5.5	266	2.2	23.0	274	0.0	0.3	254	0.0	0.0	30	15.4	484.5	1091
Total	32.5	717.0	498	197.2	4708.0	571	1.1	16.1	558	0.0	0.2	504	0.0	0.0	63	59.0	2425.8	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.1	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.1	274	0.0	0.1	254	0.0	0.0	30	0.0	0.1	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.1	558	0.0	0.1	504	0.0	0.0	63	0.0	0.0	2194

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	0.0	0.0	231	0.0	0.0	305	0.0	0.0	284	0.0	0.0	250	0.0	0.0	33	0.0	0.0	1103
Female	0.0	0.0	267	0.0	0.0	266	0.0	0.0	274	0.0	0.0	254	0.0	0.0	30	0.0	0.0	1091
Total	0.0	0.0	498	0.0	0.0	571	0.0	0.0	558	0.0	0.0	504	0.0	0.0	63	0.0	0.0	2194

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

Energy (kcal)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2402.4	423.9	231	2315.4	356.1	305	2291.8	406.0	284	2118.2	379.5	250	1935.9	303.4	33	2271.5	403.7	1103
Female	1927.3	315.4	267	1910.3	313.8	266	1876.7	305.2	274	1782.8	324.6	254	1670.8	257.7	30	1869.8	319.1	1091
Total	2147.7	438.9	498	2126.7	392.8	571	2088.0	415.4	558	1949.2	390.5	504	1809.7	310.4	63	2071.7	415.8	2194

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	2317.2	621.1	231	2330.3	621.7	305	2372.7	593.6	284	2159.2	587.9	250	1925.5	468.9	33	2287.6	610.2	1103
Female	1962.0	487.0	267	2089.1	567.0	266	2157.4	550.5	274	1970.4	504.5	254	1819.9	398.9	30	2040.1	532.2	1091
Total	2126.8	580.4	498	2217.9	608.4	571	2267.0	582.4	558	2064.0	555.0	504	1875.2	436.7	63	2164.5	585.8	2194

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	84.7	15.8	231	87.7	16.2	305	88.2	17.3	284	82.1	16.7	250	75.2	14.0	33	85.6	16.7	1103
Female	72.1	14.2	267	73.7	13.8	266	74.1	14.3	274	70.9	16.1	254	63.9	10.5	30	72.5	14.6	1091
Total	77.9	16.2	498	81.2	16.6	571	81.3	17.4	558	76.5	17.3	504	69.8	13.6	63	79.1	17.0	2194

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	70.0	17.7	231	62.4	15.2	305	57.7	15.3	284	51.1	15.1	250	47.9	13.2	33	59.8	17.1	1103
Female	61.0	14.4	267	56.3	15.3	266	50.7	12.6	274	46.3	13.3	254	42.7	12.5	30	53.3	15.0	1091
Total	65.2	16.6	498	59.6	15.5	571	54.3	14.5	558	48.7	14.4	504	45.4	13.0	63	56.6	16.4	2194

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	317.9	67.0	231	308.8	61.6	305	320.5	66.7	284	307.4	65.5	250	284.5	53.4	33	312.7	65.1	1103
Female	262.6	49.8	267	268.9	50.2	266	275.0	50.9	274	266.7	53.5	254	253.9	47.7	30	268.0	51.1	1091
Total	288.2	64.5	498	290.2	60.0	571	298.2	63.6	558	286.9	63.1	504	270.0	52.7	63	290.5	62.7	2194

Ash (g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.9	3.9	231	21.1	4.2	305	22.4	4.8	284	20.9	4.6	250	18.6	4.2	33	21.0	4.5	1103
Female	17.8	3.5	267	18.9	4.0	266	19.5	4.1	274	18.9	4.4	254	17.0	2.7	30	18.7	4.1	1091
Total	18.8	3.8	498	20.0	4.3	571	21.0	4.7	558	19.9	4.6	504	17.8	3.6	63	19.9	4.4	2194

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	4724	948	231	4898	1040	305	5020	1071	284	4742	1055	250	4421	964	33	4844	1039	1103
Female	4077	786	267	4187	852	266	4328	934	274	4251	914	254	3902	569	30	4202	871	1091
Total	4377	923	498	4567	1020	571	4680	1063	558	4494	1015	504	4174	836	63	4525	1011	2194

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	2616	629	231	2843	661	305	3082	754	284	2924	737	250	2572	764	33	2867	719	1103
Female	2420	578	267	2642	631	266	2842	643	274	2705	740	254	2480	626	30	2648	666	1091
Total	2511	610	498	2749	655	571	2964	711	558	2814	746	504	2528	698	63	2758	702	2194

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	583.0	205.4	231	608.2	205.1	305	710.2	228.5	284	657.2	255.6	250	683.8	298.8	33	642.5	231.3	1103
Female	594.5	215.9	267	610.8	232.0	266	667.0	229.9	274	638.4	247.2	254	607.7	243.7	30	627.2	232.9	1091
Total	589.2	211.0	498	609.4	217.8	571	689.0	230.0	558	647.7	251.3	504	647.6	274.5	63	634.9	232.2	2194

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	289.2	68.8	231	312.3	72.3	305	336.3	80.1	284	309.4	78.5	250	273.9	74.7	33	311.8	77.1	1103
Female	256.8	62.6	267	275.0	67.7	266	294.3	66.0	274	281.9	76.4	254	253.8	61.6	30	276.4	69.4	1091
Total	271.8	67.4	498	295.0	72.6	571	315.7	76.4	558	295.5	78.6	504	264.3	68.9	63	294.2	75.4	2194

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	1204	252	231	1265	258	305	1321	272	284	1228	278	250	1128	271	33	1254	269	1103
Female	1059	216	267	1087	229	266	1125	242	274	1083	272	254	984	217	30	1086	241	1091
Total	1126	244	498	1182	260	571	1225	275	558	1155	284	504	1059	255	63	1171	269	2194

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	9.5	2.6	231	9.8	2.3	305	10.9	3.0	284	10.2	2.7	250	9.2	2.4	33	10.1	2.7	1103
Female	8.7	3.2	267	9.0	2.3	266	9.7	2.5	274	9.8	3.2	254	9.0	1.9	30	9.3	2.8	1091
Total	9.1	3.0	498	9.5	2.3	571	10.3	2.9	558	10.0	3.0	504	9.1	2.2	63	9.7	2.8	2194

Zinc (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.5	2.3	231	9.7	2.3	305	9.9	2.8	284	9.1	2.0	250	8.2	1.6	33	9.5	2.4	1103
Female	8.2	2.3	267	8.2	2.1	266	8.3	1.9	274	8.0	2.1	254	7.4	1.6	30	8.2	2.1	1091
Total	8.8	2.4	498	9.0	2.4	571	9.1	2.5	558	8.6	2.2	504	7.8	1.7	63	8.8	2.4	2194

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	1.36	0.40	231	1.45	0.48	305	1.52	0.40	284	1.44	0.37	250	1.24	0.28	33	1.44	0.42	1103
Female	1.17	0.34	267	1.26	0.37	266	1.32	0.30	274	1.29	0.34	254	1.17	0.25	30	1.26	0.34	1091
Total	1.26	0.38	498	1.36	0.44	571	1.42	0.37	558	1.36	0.36	504	1.21	0.27	63	1.35	0.39	2194

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	300	483	231	318	535	305	409	914	284	438	923	250	404	690	33	367	743	1103
Female	373	744	267	253	494	266	338	750	274	358	809	254	261	266	30	329	701	1091
Total	339	637	498	288	517	571	374	837	558	398	867	504	336	533	63	348	722	2194

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	3283	1962	231	3775	2225	305	4440	2229	284	4546	2460	250	4269	2868	33	4033	2300	1103
Female	3409	2148	267	4328	8418	266	4864	2594	274	4631	2521	254	4415	2163	30	4311	4684	1091
Total	3351	2062	498	4033	5972	571	4649	2422	558	4589	2489	504	4339	2537	63	4171	3686	2194

Retinol 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	872	607	231	947	639	305	1166	1008	284	1215	1060	250	1123	890	33	1054	864	1103
Female	954	830	267	1011	1594	266	1177	925	274	1156	922	254	997	469	30	1072	1101	1091
Total	916	735	498	977	1183	571	1172	967	558	1185	992	504	1063	718	63	1063	989	2194

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	8.7	6.0	231	11.0	6.6	305	11.9	7.2	284	11.2	7.2	250	11.2	7.7	33	10.8	6.9	1103
Female	7.4	4.3	267	9.0	10.0	266	9.7	6.3	274	9.4	6.1	254	8.1	6.3	30	8.9	7.0	1091
Total	8.0	5.2	498	10.1	8.4	571	10.8	6.8	558	10.3	6.7	504	9.7	7.2	63	9.8	7.0	2194

Vitamin E (mg)

	40–49yr			50–59yr			60–69yr			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	24.3	231	11.2	12.3	305	13.3	18.2	284	12.9	26.5	250	17.0	37.3	33	12.8	21.2	1103
Female	14.8	28.3	267	18.9	45.2	266	17.5	40.1	274	15.9	33.0	254	9.8	6.7	30	16.6	36.8	1091

Total	14. 2	26. 5	498	14. 8	32. 4	571	15. 4	31. 0	558	14. 5	30. 0	504	13. 5	27. 4	63	14. 7	30. 1	2194
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Vitamin K (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	234	198	231	268	161	305	329	251	284	285	169	250	287	194	33	281	200	1103
Female	208	103	267	250	233	266	288	166	274	266	152	254	265	172	30	253	172	1091
Total	220	155	498	260	198	571	309	214	558	276	161	504	276	183	63	267	187	2194

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	2. 07	4. 36	231	1. 82	5. 27	305	4. 24	13. 12	284	3. 41	11. 50	250	4. 67	18. 33	33	2. 94	9. 83	1103
Female	2. 04	6. 29	267	2. 39	8. 19	266	3. 80	12. 21	274	4. 04	12. 06	254	1. 66	3. 87	30	3. 03	9. 91	1091
Total	2. 05	5. 48	498	2. 09	6. 79	571	4. 02	12. 67	558	3. 73	11. 78	504	3. 24	13. 51	63	2. 98	9. 87	2194

Vitamin B2 (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2. 11	2. 90	231	1. 79	2. 02	305	2. 37	6. 67	284	1. 96	2. 49	250	1. 47	0. 51	33	2. 04	3. 97	1103
Female	1. 81	1. 87	267	1. 66	1. 84	266	2. 50	4. 36	274	2. 76	5. 57	254	1. 57	1. 27	30	2. 16	3. 73	1091
Total	1. 95	2. 40	498	1. 73	1. 94	571	2. 43	5. 65	558	2. 36	4. 34	504	1. 52	0. 95	63	2. 10	3. 85	2194

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. 8	9. 5	231	21. 5	6. 8	305	21. 3	9. 2	284	19. 7	10. 0	250	15. 3	5. 0	33	20. 9	8. 9	1103
Female	17. 6	8. 7	267	17. 2	7. 1	266	18. 9	13. 7	274	18. 0	13. 2	254	14. 4	9. 0	30	17. 8	11. 0	1091
Total	19. 6	9. 3	498	19. 5	7. 3	571	20. 1	11. 7	558	18. 8	11. 7	504	14. 9	7. 1	63	19. 4	10. 1	2194

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. 43	5. 68	231	1. 93	3. 66	305	3. 65	11. 12	284	2. 56	6. 02	250	3. 67	13. 47	33	2. 67	7. 49	1103
Female	2. 19	5. 89	267	2. 42	7. 09	266	3. 85	10. 46	274	3. 83	9. 99	254	1. 29	1. 16	30	3. 02	8. 48	1091
Total	2. 30	5. 79	498	2. 16	5. 53	571	3. 75	10. 79	558	3. 20	8. 28	504	2. 54	9. 79	63	2. 84	8. 00	2194

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	23. 3	138. 5	231	13. 9	58. 4	305	46. 6	244. 8	284	27. 1	136. 0	250	45. 1	212. 2	33	28. 2	161. 2	1103
Female	16. 4	96. 0	267	34. 8	205. 0	266	31. 6	156. 9	274	28. 2	136. 9	254	71. 7	273. 2	30	29. 0	158. 3	1091
Total	19. 6	117. 5	498	23. 7	146. 5	571	39. 2	206. 3	558	27. 7	136. 3	504	57. 8	241. 5	63	28. 6	159. 7	2194

Folate (micro g)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	327	108	231	360	125	305	451	606	284	395	155	250	360	157	33	384	330	1103
Female	310	120	267	349	110	266	397	133	274	381	130	254	337	97	30	359	127	1091
Total	318	115	498	355	119	571	424	442	558	388	143	504	349	132	63	372	251	2194

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	6.51	2.19	231	6.62	2.09	305	7.07	2.62	284	6.46	2.21	250	5.84	1.61	33	6.65	2.29	1103
Female	5.94	2.70	267	5.95	2.53	266	6.75	3.54	274	6.36	4.06	254	5.31	1.05	30	6.23	3.24	1091
Total	6.21	2.49	498	6.31	2.33	571	6.92	3.11	558	6.41	3.27	504	5.59	1.39	63	6.44	2.81	2194

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	133.6	148.7	231	141.9	168.0	305	162.2	171.9	284	141.1	111.7	250	127.5	78.6	33	144.8	152.0	1103
Female	157.6	227.0	267	181.1	340.6	266	196.0	235.9	274	167.4	184.2	254	125.7	59.8	30	174.4	250.9	1091
Total	146.5	194.9	498	160.2	263.4	571	178.8	206.3	558	154.4	153.0	504	126.7	69.7	63	159.5	207.7	2194

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	408.2	136.2	231	420.6	150.9	305	410.1	141.0	284	385.0	145.3	250	375.6	108.3	33	405.9	143.4	1103
Female	372.5	138.2	267	359.7	135.9	266	338.0	119.8	274	326.0	127.3	254	324.8	99.7	30	348.6	130.8	1091
Total	389.0	138.3	498	392.2	147.2	571	374.7	135.8	558	355.3	139.5	504	351.4	106.5	63	377.4	140.2	2194

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	3.3	1.0	231	3.6	1.2	305	4.1	1.4	284	4.0	1.4	250	3.5	1.1	33	3.8	1.3	1103
Female	3.6	2.8	267	3.6	1.1	266	4.0	1.1	274	3.8	1.4	254	3.6	1.2	30	3.8	1.7	1091
Total	3.5	2.2	498	3.6	1.2	571	4.1	1.3	558	3.9	1.4	504	3.6	1.2	63	3.8	1.5	2194

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	10.3	2.9	231	11.5	3.5	305	13.2	4.0	284	12.6	3.9	250	11.3	3.7	33	11.9	3.8	1103
Female	10.1	3.1	267	11.3	3.6	266	12.9	3.5	274	12.1	3.9	254	11.7	3.1	30	11.6	3.6	1091
Total	10.2	3.0	498	11.4	3.5	571	13.0	3.8	558	12.3	3.9	504	11.5	3.4	63	11.8	3.7	2194

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	14.4	4.0	231	16.0	4.9	305	18.4	5.5	284	17.5	5.4	250	15.7	5.3	33	16.6	5.2	1103
Female	14.3	5.1	267	15.8	4.7	266	17.8	4.7	274	17.0	5.3	254	16.1	4.3	30	16.2	5.1	1091
Total	14.4	4.6	498	15.9	4.8	571	18.1	5.1	558	17.2	5.3	504	15.9	4.8	63	16.4	5.2	2194

Salt (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	11.8	2.4	231	12.2	2.6	305	12.5	2.7	284	11.9	2.7	250	11.0	2.4	33	12.1	2.6	1103
Female	10.2	2.0	267	10.5	2.1	266	10.8	2.3	274	10.6	2.3	254	9.7	1.6	30	10.5	2.2	1091
Total	11.0	2.3	498	11.4	2.6	571	11.7	2.7	558	11.2	2.6	504	10.4	2.1	63	11.3	2.5	2194

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	4.10	1.34	231	4.36	1.80	305	4.77	1.52	284	4.46	1.45	250	4.03	1.43	33	4.42	1.57	1103
Female	3.60	1.21	267	4.10	1.28	266	4.44	1.59	274	4.27	1.35	254	4.03	1.44	30	4.10	1.40	1091
Total	3.83	1.30	498	4.24	1.58	571	4.61	1.57	558	4.37	1.40	504	4.03	1.42	63	4.26	1.50	2194

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	11.3	2.3	231	11.6	2.5	305	11.8	2.5	284	11.0	2.6	250	9.8	2.2	33	11.4	2.5	1103
Female	9.4	2.0	267	9.7	2.1	266	9.9	2.0	274	9.4	2.4	254	8.3	1.8	30	9.6	2.1	1091
Total	10.3	2.3	498	10.7	2.5	571	10.9	2.5	558	10.2	2.6	504	9.1	2.1	63	10.5	2.5	2194

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	3536	717	231	3671	748	305	3720	758	284	3470	757	250	3227	642	33	3596	752	1103
Female	3033	650	267	3073	615	266	3125	650	274	2984	765	254	2714	504	30	3046	670	1091
Total	3267	726	498	3392	751	571	3428	767	558	3225	798	504	2983	631	63	3323	763	2194

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	6185	1229	231	6385	1272	305	6477	1297	284	6047	1292	250	5636	1117	33	6268	1283	1103
Female	5314	1128	267	5356	1053	266	5438	1106	274	5184	1295	254	4725	868	30	5309	1146	1091
Total	5718	1253	498	5906	1282	571	5967	1313	558	5612	1362	504	5202	1099	63	5791	1308	2194

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	5070	1164	231	5421	1285	305	5421	1257	284	5056	1267	250	4699	1087	33	5244	1257	1103
Female	4300	1049	267	4418	1003	266	4531	1076	274	4316	1258	254	3882	833	30	4379	1097	1091
Total	4657	1168	498	4954	1265	571	4984	1253	558	4683	1315	504	4310	1051	63	4813	1257	2194

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	1865	394	231	1960	427	305	1953	407	284	1827	419	250	1706	354	33	1901	416	1103
Female	1573	347	267	1601	332	266	1616	351	274	1541	411	254	1409	279	30	1579	360	1091

Male	938	185	231	970	192	305	992	197	284	926	194	250	857	167	33	955	194	1103
Female	804	170	267	815	159	266	832	168	274	796	198	254	727	134	30	810	174	1091
Total	866	189	498	898	193	571	914	200	558	860	206	504	795	165	63	883	198	2194

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	4169	823	231	4317	853	305	4400	870	284	4109	867	250	3822	767	33	4245	861	1103
Female	3569	742	267	3612	701	266	3686	747	274	3529	870	254	3223	591	30	3590	765	1091
Total	3847	835	498	3989	861	571	4049	886	558	3817	915	504	3537	747	63	3920	878	2194

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	2592	621	231	2770	738	305	2740	709	284	2576	739	250	2335	609	33	2668	711	1103
Female	2140	523	267	2235	536	266	2252	563	274	2144	669	254	1871	422	30	2185	574	1091
Total	2350	613	498	2521	704	571	2500	686	558	2359	736	504	2114	574	63	2428	690	2194

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	4651	964	231	4873	1011	305	4919	1057	284	4580	975	250	4116	741	33	4750	1013	1103
Female	3866	896	267	3983	840	266	4065	846	274	3928	1002	254	3535	749	30	3950	897	1091
Total	4230	1007	498	4459	1035	571	4500	1049	558	4251	1040	504	3840	795	63	4352	1037	2194

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	3942	815	231	4158	881	305	4168	869	284	3886	849	250	3565	730	33	4036	864	1103
Female	3284	727	267	3381	692	266	3443	736	274	3305	837	254	3000	610	30	3345	749	1091
Total	3589	835	498	3796	887	571	3812	883	558	3593	891	504	3296	728	63	3692	879	2194

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	7159	1485	231	7603	1618	305	7757	1656	284	7218	1554	250	6601	1379	33	7432	1603	1103
Female	6077	1392	267	6302	1319	266	6516	1389	274	6278	1655	254	5678	1139	30	6278	1444	1091
Total	6579	1532	498	6997	1621	571	7147	1650	558	6744	1672	504	6161	1343	63	6858	1631	2194

Glutamic 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	14674	2811	231	14740	2682	305	14947	2897	284	14036	2877	250	13167	2630	33	14573	2834	1103
Female	12871	2581	267	12833	2439	266	12784	2349	274	12001	2794	254	11065	1848	30	12588	2558	1091
Total	13707	2834	498	13852	2740	571	13885	2853	558	13011	3011	504	12166	2507	63	13586	2876	2194

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	3359	721	231	3531	763	305	3541	811	284	3284	743	250	2946	564	33	3424	769	1103
Female	2807	660	267	2883	624	266	2902	617	274	2772	709	254	2529	573	30	2834	653	1091
Total	3063	741	498	3229	772	571	3227	789	558	3026	769	504	2747	601	63	3130	772	2194

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	4791	1040	231	4683	987	305	4748	1061	284	4476	1061	250	4290	989	33	4664	1041	1103
Female	4338	954	267	4223	889	266	4131	850	274	3823	954	254	3525	671	30	4116	929	1091
Total	4548	1019	498	4469	970	571	4445	1011	558	4147	1059	504	3926	929	63	4391	1024	2194

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	3547	679	231	3651	698	305	3724	721	284	3484	712	250	3238	596	33	3598	708	1103
Female	3076	643	267	3103	598	266	3135	607	274	3001	718	254	2754	482	30	3071	641	1091
Total	3295	700	498	3396	708	571	3435	729	558	3240	754	504	3007	593	63	3336	725	2194

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	59.45	15.82	231	55.01	39.69	305	48.66	13.57	284	43.20	13.50	250	40.65	11.64	33	51.20	24.84	1103
Female	52.10	13.30	267	47.67	13.57	266	42.93	11.02	274	39.08	11.90	254	36.65	11.40	30	45.26	13.41	1091
Total	55.51	14.97	498	51.59	30.65	571	45.85	12.70	558	41.12	12.87	504	38.75	11.61	63	48.25	20.21	2194

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	18.96	6.15	231	16.34	5.39	305	15.29	4.97	284	13.69	5.08	250	13.85	5.60	33	15.94	5.69	1103
Female	17.64	5.37	267	15.39	5.13	266	13.73	4.12	274	12.37	4.58	254	11.74	4.33	30	14.72	5.20	1091
Total	18.26	5.77	498	15.89	5.29	571	14.52	4.64	558	13.03	4.87	504	12.85	5.11	63	15.33	5.48	2194

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	24.10	6.94	231	22.08	20.59	305	18.67	5.74	284	16.51	5.76	250	15.12	4.75	33	20.15	12.34	1103
Female	20.71	5.90	267	18.78	5.79	266	16.54	4.78	274	14.86	4.72	254	14.16	4.97	30	17.65	5.77	1091
Total	22.28	6.62	498	20.54	15.63	571	17.62	5.39	558	15.68	5.32	504	14.66	4.84	63	18.91	9.73	2194

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	16.36	4.50	231	16.57	18.91	305	14.65	4.28	284	12.92	4.21	250	11.65	2.88	33	15.06	10.69	1103
Female	13.72	3.95	267	13.46	4.00	266	12.60	3.65	274	11.78	4.17	254	10.71	3.67	30	12.84	4.02	1091

Total	14.94	4.41	498	15.12	14.16	571	13.65	4.11	558	12.35	4.23	504	11.20	3.29	63	13.96	8.16	2194
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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	40.37	10.71	231	38.53	38.48	305	33.22	9.42	284	29.35	9.30	250	26.68	7.09	33	35.11	22.26	1103
Female	34.34	9.01	267	32.15	9.21	266	29.05	7.79	274	26.56	8.26	254	24.79	7.77	30	30.40	9.07	1091
Total	37.14	10.27	498	35.56	28.97	571	31.17	8.90	558	27.95	8.89	504	25.78	7.42	63	32.77	17.19	2194

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	12.76	3.68	231	12.39	17.44	305	11.06	3.42	284	9.70	3.42	250	8.82	2.17	33	11.41	9.70	1103
Female	10.60	3.15	267	10.28	3.24	266	9.63	3.06	274	9.05	3.51	254	8.33	3.17	30	9.85	3.29	1091
Total	11.60	3.57	498	11.41	12.97	571	10.36	3.32	558	9.37	3.48	504	8.58	2.68	63	10.64	7.30	2194

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	3.14	1.15	231	3.79	7.34	305	3.20	1.24	284	2.87	1.12	250	2.59	0.93	33	3.26	4.00	1103
Female	2.60	1.32	267	2.70	1.03	266	2.62	0.93	274	2.53	1.09	254	2.27	0.98	30	2.60	1.10	1091
Total	2.85	1.27	498	3.28	5.43	571	2.91	1.14	558	2.70	1.12	504	2.44	0.96	63	2.93	2.95	2194

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	251.9	229.1	231	204.6	191.3	305	216.5	175.3	284	197.6	176.9	250	271.4	261.2	33	218.0	196.1	1103
Female	314.6	196.5	267	244.7	186.2	266	213.0	151.4	274	193.9	170.6	254	184.8	161.5	30	240.4	182.2	1091
Total	285.5	214.3	498	223.3	189.8	571	214.8	163.9	558	195.8	173.6	504	230.2	222.1	63	229.1	189.6	2194

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	189.7	172.6	231	160.3	151.1	305	176.9	145.4	284	158.5	145.1	250	205.7	199.0	33	171.7	155.0	1103
Female	237.5	151.1	267	189.9	143.2	266	172.0	124.5	274	158.2	143.1	254	145.4	127.9	30	188.4	143.3	1091
Total	215.3	163.0	498	174.1	148.1	571	174.5	135.5	558	158.3	143.9	504	177.0	170.4	63	180.0	149.5	2194

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	51.0	57.9	231	37.2	46.3	305	33.7	43.4	284	31.1	44.3	250	52.1	84.3	33	38.3	49.8	1103
Female	69.1	58.8	267	49.0	50.8	266	34.0	38.1	274	31.6	40.9	254	36.6	50.8	30	45.8	50.1	1091
Total	60.7	59.0	498	42.7	48.8	571	33.8	40.8	558	31.3	42.5	504	44.7	70.3	63	42.0	50.1	2194

Decanoic acid (mg)

[illegible]

Male	207.8	184.3	231	172.2	159.5	305	188.1	152.2	284	168.1	155.2	250	224.4	228.7	33	184.4	165.2	1103
Female	259.9	166.0	267	205.3	152.8	266	182.3	132.0	274	168.1	152.6	254	159.4	143.0	30	202.9	154.8	1091
Total	235.7	176.5	498	187.6	157.2	571	185.2	142.5	558	168.1	153.7	504	193.4	194.0	63	193.6	160.3	2194

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	9.1	9.7	231	6.9	8.3	305	6.3	8.1	284	6.6	9.3	250	10.0	17.0	33	7.2	9.2	1103
Female	12.5	11.7	267	9.1	9.7	266	6.8	7.9	274	6.2	8.7	254	6.5	10.7	30	8.6	9.9	1091
Total	10.9	10.9	498	7.9	9.0	571	6.5	8.0	558	6.4	9.0	504	8.4	14.3	63	7.9	9.6	2194

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	236.7	197.0	231	195.0	173.0	305	206.8	161.3	284	185.7	166.7	250	245.6	251.0	33	206.2	177.5	1103
Female	303.0	193.3	267	233.0	165.1	266	202.8	141.6	274	185.7	163.1	254	179.6	160.0	30	230.1	172.2	1091
Total	272.3	197.6	498	212.7	170.3	571	204.8	151.8	558	185.7	164.7	504	214.2	213.5	63	218.1	175.3	2194

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	1303.0	746.1	231	1206.7	678.9	305	1168.2	613.2	284	1069.1	621.0	250	1216.4	882.5	33	1186.1	675.1	1103
Female	1400.0	676.3	267	1196.4	603.2	266	1078.8	522.7	274	992.8	605.9	254	932.6	565.1	30	1162.0	621.5	1091
Total	1355.0	710.5	498	1201.9	644.2	571	1124.3	571.8	558	1030.6	614.0	504	1081.2	756.1	63	1174.1	649.0	2194

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	96.4	119.0	231	78.4	95.7	305	57.8	72.5	284	50.1	72.2	250	50.6	67.7	33	69.6	91.9	1103
Female	96.3	85.5	267	72.7	76.3	266	55.5	71.9	274	48.1	62.7	254	38.8	44.3	30	67.5	76.3	1091
Total	96.4	102.3	498	75.8	87.2	571	56.7	72.2	558	49.1	67.5	504	44.9	57.6	63	68.6	84.5	2194

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	165.4	139.4	231	151.6	126.3	305	159.6	127.8	284	145.8	119.1	250	173.2	146.9	33	155.9	128.6	1103
Female	193.4	116.7	267	164.6	116.3	266	140.9	99.4	274	142.2	119.4	254	115.5	100.6	30	159.1	114.7	1091
Total	180.4	128.4	498	157.7	121.8	571	150.4	115.0	558	144.0	119.2	504	145.7	129.3	63	157.5	121.9	2194

Pentadecenoic 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	0.46	5.59	231	0.03	0.38	305	0.01	0.13	284	0.15	2.20	250	0.00	0.00	33	0.14	2.77	1103
Female	0.56	4.66	267	0.21	2.18	266	0.62	8.12	274	0.32	3.48	254	1.16	6.33	30	0.45	5.18	1091
Total	0.51	5.11	498	0.11	1.51	571	0.31	5.69	558	0.24	2.91	504	0.55	4.37	63	0.29	4.15	2194

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	11.41	3.39	231	9.78	2.90	305	9.26	4.27	284	8.29	3.70	250	8.05	2.98	33	9.60	3.73	1103
Female	10.19	2.86	267	8.98	2.77	266	8.25	4.32	274	7.76	6.54	254	6.98	2.30	30	8.75	4.42	1091
Total	10.75	3.17	498	9.41	2.87	571	8.77	4.32	558	8.02	5.32	504	7.54	2.71	63	9.18	4.11	2194

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	1255.9	524.6	231	1190.1	491.4	305	1049.2	409.2	284	956.5	389.9	250	882.4	365.1	33	1105.4	468.3	1103
Female	1124.7	1062.1	267	995.5	407.8	266	894.3	368.8	274	815.1	370.0	254	760.1	311.2	30	953.2	631.0	1091
Total	1185.6	857.5	498	1099.4	464.2	571	973.2	397.2	558	885.2	386.1	504	824.2	343.3	63	1029.8	560.2	2194

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	0.14	0.43	231	0.18	0.66	305	0.17	0.51	284	0.20	0.73	250	0.14	0.47	33	0.17	0.59	1103
Female	0.14	0.51	267	0.18	0.56	266	0.22	0.81	274	0.23	0.77	254	0.31	1.01	30	0.19	0.68	1091
Total	0.14	0.48	498	0.18	0.62	571	0.19	0.67	558	0.22	0.75	504	0.22	0.77	63	0.18	0.64	2194

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	133.2	77.9	231	126.3	71.2	305	108.2	62.6	284	92.3	59.7	250	84.4	63.9	33	114.1	69.7	1103
Female	123.4	62.1	267	110.9	59.6	266	93.3	55.5	274	85.6	54.8	254	73.8	60.3	30	102.6	60.0	1091
Total	128.0	70.0	498	119.1	66.4	571	100.9	59.6	558	88.9	57.3	504	79.4	62.0	63	108.4	65.3	2194

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	95.9	61.0	231	95.9	57.4	305	80.1	50.6	284	71.0	47.9	250	54.5	40.1	33	85.0	55.2	1103
Female	78.8	48.1	267	74.9	46.8	266	68.5	44.6	274	61.2	44.2	254	50.6	35.0	30	70.4	46.2	1091
Total	86.7	55.1	498	86.1	53.7	571	74.4	48.1	558	66.1	46.3	504	52.7	37.5	63	77.7	51.4	2194

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	4.41	1.49	231	3.69	1.25	305	3.41	1.42	284	3.02	1.36	250	2.80	1.03	33	3.59	1.45	1103
Female	4.01	1.29	267	3.45	1.22	266	3.08	1.40	274	2.86	1.93	254	2.50	0.94	30	3.33	1.53	1091
Total	4.20	1.40	498	3.58	1.24	571	3.25	1.42	558	2.94	1.67	504	2.66	0.99	63	3.46	1.50	2194

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	21.65	6.55	231	1165.7	20041	305	16.76	7.84	284	15.54	15.42	250	13.23	4.11	33	335.10	10538	1103
Female	18.50	5.44	267	16.59	5.33	266	14.93	8.01	274	14.03	11.92	254	12.40	4.62	30	15.93	8.18	1091
Total	19.96	6.18	498	630.38	14647	571	15.86	7.97	558	14.78	13.78	504	12.84	4.34	63	176.39	7472.2	2194

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	12.85	3.70	231	995.01	17178	305	12.41	22.42	284	10.96	16.98	250	8.76	2.28	33	283.77	9033.0	1103
Female	10.79	3.22	267	10.42	3.32	266	11.04	22.90	274	12.42	39.56	254	8.19	3.17	30	11.07	22.38	1091
Total	11.75	3.60	498	536.34	12555	571	11.74	22.65	558	11.70	30.51	504	8.49	2.73	63	148.17	6404.8	2194

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	1940.6	663.8	231	1701.7	567.5	305	1641.4	639.0	284	1412.3	580.4	250	1322.3	467.6	33	1659.3	634.5	1103
Female	1579.2	587.7	267	1519.7	561.2	266	1511.6	1812.4	274	1334.5	553.0	254	1225.6	520.2	30	1481.0	1035.2	1091
Total	1746.8	649.1	498	1616.9	571.4	571	1577.7	1349.7	558	1373.1	567.5	504	1276.3	491.7	63	1570.6	861.9	2194

γ-Linolenic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.07	0.16	231	0.15	0.32	305	0.14	0.30	284	0.29	1.54	250	0.28	0.55	33	0.16	0.78	1103
Female	0.06	0.22	267	0.09	0.22	266	0.11	0.33	274	0.22	0.58	254	0.15	0.31	30	0.12	0.37	1091
Total	0.06	0.19	498	0.12	0.28	571	0.12	0.32	558	0.25	1.16	504	0.22	0.45	63	0.14	0.61	2194

Octadecatetraenic 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	78.7	83.4	231	117.1	114.9	305	97.9	88.9	284	94.7	93.7	250	76.4	71.2	33	97.8	97.2	1103
Female	63.7	75.0	267	81.5	93.2	266	79.6	76.3	274	79.6	85.2	254	72.3	97.0	30	76.0	83.3	1091
Total	70.7	79.3	498	100.5	106.8	571	88.9	83.4	558	87.1	89.8	504	74.4	83.8	63	87.0	91.2	2194

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	217.3	105.8	231	175.1	89.4	305	166.2	96.9	284	152.9	105.0	250	147.0	90.9	33	175.8	101.1	1103
Female	191.5	82.0	267	177.7	91.7	266	148.7	74.3	274	133.6	77.9	254	133.5	67.5	30	162.3	84.4	1091
Total	203.5	94.6	498	176.3	90.4	571	157.6	86.9	558	143.2	92.7	504	140.6	80.3	63	169.1	93.4	2194

Eicosenoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	594.3	324.4	231	661.1	448.0	305	513.8	320.5	284	510.0	361.6	250	423.9	312.0	33	567.8	375.2	1103
Female	507.5	325.1	267	516.3	377.2	266	459.9	298.6	274	429.0	322.1	254	428.1	380.7	30	477.2	334.6	1091
Total	547.8	327.3	498	593.7	422.4	571	487.3	310.9	558	469.1	344.3	504	425.9	343.6	63	522.8	358.4	2194

Eicosadienoic acid (mg)

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.4	26.1	231	27.4	25.1	305	17.9	19.3	284	17.4	22.3	250	10.0	13.2	33	23.4	24.0	1103

	40–49yr			50–59yr			60–69yr			70–79yr			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.000	0.000	231	0.007	0.115	305	0.022	0.356	284	0.000	0.000	250	0.000	0.000	33	0.007	0.191	1103
Female	0.001	0.016	267	0.004	0.053	266	0.007	0.081	274	0.000	0.000	254	0.000	0.000	30	0.003	0.049	1091
Total	0.001	0.012	498	0.005	0.091	571	0.015	0.260	558	0.000	0.000	504	0.000	0.000	63	0.005	0.139	2194

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	80.0	74.8	231	116.6	90.9	305	110.6	87.3	284	105.7	84.1	250	91.3	62.4	33	104.2	85.4	1103
Female	64.3	60.0	267	81.9	71.4	266	88.7	68.0	274	88.1	80.6	254	75.6	72.6	30	80.6	70.8	1091
Total	71.6	67.6	498	100.4	84.1	571	99.9	79.1	558	96.9	82.8	504	83.8	67.4	63	92.4	79.4	2194

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	1.2	6.2	231	1.2	6.6	305	1.0	5.6	284	1.0	6.2	250	0.1	0.4	33	1.1	6.1	1103
Female	1.3	6.0	267	1.2	6.5	266	0.3	3.1	274	0.7	3.9	254	0.1	0.3	30	0.8	5.0	1091
Total	1.3	6.1	498	1.2	6.6	571	0.7	4.6	558	0.9	5.1	504	0.1	0.4	63	1.0	5.6	2194

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	665.5	435.7	231	1256.6	6450.7	305	845.3	495.2	284	782.4	462.9	250	692.3	357.1	33	902.6	3418.4	1103
Female	599.6	1012.8	267	648.2	422.5	266	649.0	363.2	274	641.1	437.5	254	572.8	446.2	30	632.8	614.0	1091
Total	630.2	798.7	498	973.2	4729.5	571	748.9	446.0	558	711.2	455.4	504	635.4	403.2	63	768.4	2465.3	2194

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	14.1	40.9	231	16.0	42.6	305	13.8	35.7	284	11.3	33.1	250	3.5	10.6	33	13.6	37.9	1103
Female	6.6	19.3	267	12.7	46.2	266	10.7	25.1	274	8.4	29.4	254	2.6	11.9	30	9.4	31.3	1091
Total	10.1	31.4	498	14.5	44.3	571	12.3	31.0	558	9.8	31.3	504	3.1	11.1	63	11.5	34.8	2194

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	46.0	45.8	231	68.5	60.5	305	59.7	49.6	284	56.4	49.9	250	45.8	38.0	33	58.1	52.4	1103
Female	36.9	38.1	267	48.5	49.4	266	47.5	41.0	274	47.6	46.3	254	43.5	53.3	30	45.0	44.3	1091
Total	41.1	42.1	498	59.2	56.4	571	53.7	45.9	558	52.0	48.3	504	44.7	45.6	63	51.6	49.0	2194

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	17.7	23.0	231	19.9	21.7	305	16.8	22.5	284	12.0	15.0	250	7.6	11.3	33	16.5	20.9	1103
Female	3.5	7.2	267	3.1	7.5	266	2.9	7.2	274	1.2	2.7	254	1.2	2.5	30	2.6	6.5	1091
Total	10.1	18.0	498	12.1	18.7	571	10.0	18.2	558	6.5	12.0	504	4.6	8.9	63	9.6	17.0	2194

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

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	65	22.1	92	32.3	78	27.3	67	24.4	10	29.4	312	26.6
	Male	87	32.7	144	43.5	119	40.1	121	45.3	21	48.8	492	40.9
	Total	152	27.1	236	38.3	197	33.8	188	34.7	31	40.3	804	33.8
Used	Female	229	77.9	193	67.7	208	72.7	208	75.6	24	70.6	862	73.4
	Male	179	67.3	187	56.5	178	59.9	146	54.7	22	51.2	712	59.1
	Total	408	72.9	380	61.7	386	66.2	354	65.3	46	59.7	1574	66.2

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	183	62.2	201	70.5	190	66.4	143	52.0	21	61.8	738	62.9
	Male	198	74.4	274	82.8	233	78.5	197	73.8	31	72.1	933	77.5
	Total	381	68.0	475	77.1	423	72.6	340	62.7	52	67.5	1671	70.3
Used	Female	111	37.8	84	29.5	96	33.6	132	48.0	13	38.2	436	37.1
	Male	68	25.6	57	17.2	64	21.5	70	26.2	12	27.9	271	22.5
	Total	179	32.0	141	22.9	160	27.4	202	37.3	25	32.5	707	29.7

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	256	87.1	260	91.2	264	92.3	249	90.5	32	94.1	1061	90.4
	Male	251	94.4	324	97.9	281	94.6	255	95.5	40	93.0	1151	95.6
	Total	507	90.5	584	94.8	545	93.5	504	93.0	72	93.5	2212	93.0
Used	Female	38	12.9	25	8.8	22	7.7	26	9.5	2	5.9	113	9.6
	Male	15	5.6	7	2.1	16	5.4	12	4.5	3	7.0	53	4.4
	Total	53	9.5	32	5.2	38	6.5	38	7.0	5	6.5	166	7.0

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	288	98.0	281	98.6	283	99.0	269	97.8	33	97.1	1154	98.3
	Male	260	97.7	330	99.7	295	99.3	265	99.3	43	100.0	1193	99.1
	Total	548	97.9	611	99.2	578	99.1	534	98.5	76	98.7	2347	98.7
Used	Female	6	2.0	4	1.4	3	1.0	6	2.2	1	2.9	20	1.7
	Male	6	2.3	1	0.3	2	0.7	2	0.7	0	0.0	11	0.9
	Total	12	2.1	5	0.8	5	0.9	8	1.5	1	1.3	31	1.3

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	284	96.6	282	98.9	280	97.9	272	98.9	34	100.0	1152	98.1
	Male	254	95.5	327	98.8	291	98.0	267	100.0	43	100.0	1182	98.2

	Total	538	96.1	609	98.9	571	97.9	539	99.4	77	100.0	2334	98.1
Used	Female	10	3.4	3	1.1	6	2.1	3	1.1	0	0.0	22	1.9
	Male	12	4.5	4	1.2	6	2.0	0	0.0	0	0.0	22	1.8
	Total	22	3.9	7	1.1	12	2.1	3	0.6	0	0.0	44	1.9

Dietary fiber supplement

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	292	99.3	285	100.0	285	99.7	273	99.3	34	100.0	1169	99.6
	Male	266	100.0	330	99.7	297	100.0	267	100.0	43	100.0	1203	99.9
	Total	558	99.6	615	99.8	582	99.8	540	99.6	77	100.0	2372	99.7
Used	Female	2	0.7	0	0.0	1	0.3	2	0.7	0	0.0	5	0.4
	Male	0	0.0	1	0.3	0	0.0	0	0.0	0	0.0	1	0.1
	Total	2	0.4	1	0.2	1	0.2	2	0.4	0	0.0	6	0.3

Supplement contained others

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	128	43.5	149	52.3	123	43.0	153	55.6	19	55.9	572	48.7
	Male	133	50.0	198	59.8	157	52.9	169	63.3	29	67.4	686	57.0
	Total	261	46.6	347	56.3	280	48.0	322	59.4	48	62.3	1258	52.9
Used	Female	166	56.5	136	47.7	163	57.0	122	44.4	15	44.1	602	51.3
	Male	133	50.0	133	40.2	140	47.1	98	36.7	14	32.6	518	43.0
	Total	299	53.4	269	43.7	303	52.0	220	40.6	29	37.7	1120	47.1

Drug contained some nutrients

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	190	64.6	215	75.4	242	84.6	249	90.5	33	97.1	929	79.1
	Male	186	69.9	267	80.7	256	86.2	236	88.4	40	93.0	985	81.8
	Total	376	67.1	482	78.2	498	85.4	485	89.5	73	94.8	1914	80.5
Used	Female	104	35.4	70	24.6	44	15.4	26	9.5	1	2.9	245	20.9
	Male	80	30.1	64	19.3	41	13.8	31	11.6	3	7.0	219	18.2
	Total	184	32.9	134	21.8	85	14.6	57	10.5	4	5.2	464	19.5

6) Frequency of dietary supplement intake (DSFQ)

Total supplement (number/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		2.30	2.43	294	1.69	1.81	285	1.94	2.01	286	1.73	1.67	275	1.29	1.22	34	1.90	2.00	1174
Male		1.84	2.13	266	1.13	1.52	331	1.35	1.65	297	1.11	1.42	267	0.91	1.15	43	1.33	1.70	1204
Total		2.08	2.30	560	1.39	1.69	616	1.64	1.85	583	1.43	1.58	542	1.08	1.19	77	1.61	1.87	2378

Vitamin supplement (number/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		0.54	0.84	294	0.42	0.75	285	0.46	0.76	286	0.72	0.90	275	0.53	0.79	34	0.53	0.82	1174

Male	0.35	0.69	266	0.23	0.59	331	0.28	0.60	297	0.34	0.65	267	0.35	0.65	43	0.30	0.63	1204
Total	0.45	0.77	560	0.32	0.67	616	0.37	0.69	583	0.53	0.81	542	0.43	0.72	77	0.41	0.74	2378

Mineral supplement (number/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	0.16	0.44	294	0.09	0.30	285	0.08	0.27	286	0.11	0.34	275	0.09	0.38	34	0.11	0.35	1174
Male	0.08	0.33	266	0.02	0.14	331	0.06	0.25	297	0.04	0.21	267	0.07	0.26	43	0.05	0.24	1204
Total	0.12	0.39	560	0.05	0.23	616	0.07	0.26	583	0.08	0.28	542	0.08	0.31	77	0.08	0.30	2378

Fat supplement (number/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	0.02	0.14	294	0.01	0.12	285	0.01	0.10	286	0.03	0.18	275	0.03	0.17	34	0.02	0.14	1174
Male	0.03	0.18	266	0.00	0.05	331	0.01	0.08	297	0.01	0.09	267	0.00	0.00	43	0.01	0.11	1204
Total	0.02	0.16	560	0.01	0.09	616	0.01	0.09	583	0.02	0.14	542	0.01	0.11	77	0.01	0.12	2378

Protein supplement (number/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	0.03	0.18	294	0.01	0.14	285	0.02	0.14	286	0.01	0.10	275	0.00	0.00	34	0.02	0.14	1174
Male	0.05	0.23	266	0.01	0.11	331	0.02	0.14	297	0.00	0.00	267	0.00	0.00	43	0.02	0.14	1204
Total	0.04	0.21	560	0.01	0.13	616	0.02	0.14	583	0.01	0.07	542	0.00	0.00	77	0.02	0.14	2378

Dietary fiber supplement (number/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	0.01	0.08	294	0.00	0.00	285	0.00	0.06	286	0.01	0.09	275	0.00	0.00	34	0.00	0.07	1174
Male	0.00	0.00	266	0.00	0.05	331	0.00	0.00	297	0.00	0.00	267	0.00	0.00	43	0.00	0.03	1204
Total	0.00	0.06	560	0.00	0.04	616	0.00	0.04	583	0.00	0.06	542	0.00	0.00	77	0.00	0.05	2378

Supplement contained others (number/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	1.12	1.68	294	0.85	1.22	285	1.16	1.55	286	0.77	1.13	275	0.62	0.85	34	0.97	1.42	1174
Male	0.91	1.24	266	0.62	1.01	331	0.81	1.16	297	0.58	0.96	267	0.42	0.70	43	0.72	1.09	1204
Total	1.02	1.49	560	0.73	1.12	616	0.98	1.38	583	0.68	1.05	542	0.51	0.77	77	0.84	1.27	2378

Drug contained some nutrients (number/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	0.42	0.61	294	0.30	0.58	285	0.20	0.51	286	0.10	0.31	275	0.03	0.17	34	0.25	0.52	1174
Male	0.42	0.76	266	0.24	0.53	331	0.17	0.46	297	0.13	0.40	267	0.07	0.26	43	0.23	0.55	1204
Total	0.42	0.69	560	0.27	0.55	616	0.19	0.48	583	0.12	0.36	542	0.05	0.22	77	0.24	0.54	2378

Frequency of beverage intakes
Japanese sake

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	156	58.6	187	56.5	181	60.9	151	56.6	23	53.5	698	58.0
	Once a month	37	13.9	32	9.7	19	6.4	17	6.4	5	11.6	110	9.1
	2 to 3 times a mo.	27	10.2	25	7.6	21	7.1	9	3.4	3	7.0	85	7.1
	Once a week	11	4.1	21	6.3	13	4.4	13	4.9	3	7.0	61	5.1
	2 to 3 times a week	21	7.9	38	11.5	30	10.1	24	9.0	3	7.0	116	9.6
	4 to 6 times a week	9	3.4	14	4.2	15	5.1	16	6.0	2	4.7	56	4.7
	Once a day	5	1.9	14	4.2	17	5.7	34	12.7	4	9.3	74	6.1
	2 to 3 times a day	0	0.0	0	0.0	1	0.3	3	1.1	0	0.0	4	0.3
Female	Never	268	91.2	262	91.9	249	87.1	254	92.4	31	91.2	1064	90.6
	Once a month	15	5.1	9	3.2	12	4.2	6	2.2	1	2.9	43	3.7
	2 to 3 times a mo.	7	2.4	5	1.8	9	3.1	5	1.8	1	2.9	27	2.3
	Once a week	2	0.7	2	0.7	3	1.0	5	1.8	1	2.9	13	1.1
	2 to 3 times a week	2	0.7	5	1.8	7	2.4	1	0.4	0	0.0	15	1.3
	4 to 6 times a week	0	0.0	0	0.0	4	1.4	2	0.7	0	0.0	6	0.5
	Once a day	0	0.0	2	0.7	2	0.7	2	0.7	0	0.0	6	0.5
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	424	75.7	449	72.9	430	73.8	405	74.7	54	70.1	1762	74.1
	Once a month	52	9.3	41	6.7	31	5.3	23	4.2	6	7.8	153	6.4
	2 to 3 times a mo.	34	6.1	30	4.9	30	5.1	14	2.6	4	5.2	112	4.7
	Once a week	13	2.3	23	3.7	16	2.7	18	3.3	4	5.2	74	3.1
	2 to 3 times a week	23	4.1	43	7.0	37	6.3	25	4.6	3	3.9	131	5.5
	4 to 6 times a week	9	1.6	14	2.3	19	3.3	18	3.3	2	2.6	62	2.6
	Once a day	5	0.9	16	2.6	19	3.3	36	6.6	4	5.2	80	3.4
	2 to 3 times a day	0	0.0	0	0.0	1	0.2	3	0.6	0	0.0	4	0.2

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	144	54.1	182	55.0	192	64.6	200	74.9	35	81.4	753	62.5
	Once a month	28	10.5	18	5.4	12	4.0	4	1.5	3	7.0	65	5.4
	2 to 3 times a mo.	13	4.9	22	6.6	9	3.0	11	4.1	1	2.3	56	4.7
	Once a week	16	6.0	19	5.7	15	5.1	5	1.9	0	0.0	55	4.6
	2 to 3 times a week	30	11.3	31	9.4	24	8.1	13	4.9	2	4.7	100	8.3
	4 to 6 times a week	14	5.3	16	4.8	13	4.4	10	3.7	0	0.0	53	4.4
	Once a day	21	7.9	42	12.7	31	10.4	24	9.0	2	4.7	120	10.0
	2 to 3 times a day	0	0.0	1	0.3	1	0.3	0	0.0	0	0.0	2	0.2
Female	Never	242	82.3	256	89.8	263	92.0	256	93.1	31	91.2	1048	89.3
	Once a month	9	3.1	7	2.5	6	2.1	3	1.1	2	5.9	27	2.3
	2 to 3 times a mo.	15	5.1	7	2.5	3	1.0	3	1.1	1	2.9	29	2.5
	Once a week	4	1.4	2	0.7	3	1.0	4	1.5	0	0.0	13	1.1
	2 to 3 times a week	13	4.4	10	3.5	5	1.7	5	1.8	0	0.0	33	2.8
	4 to 6 times a week	5	1.7	0	0.0	2	0.7	3	1.1	0	0.0	10	0.9
	Once a day	6	2.0	3	1.1	4	1.4	1	0.4	0	0.0	14	1.2
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	386	68.9	438	71.1	455	78.0	456	84.1	66	85.7	1801	75.7
	Once a month	37	6.6	25	4.1	18	3.1	7	1.3	5	6.5	92	3.9
	2 to 3 times a mo.	28	5.0	29	4.7	12	2.1	14	2.6	2	2.6	85	3.6

Once a week	20	3.6	21	3.4	18	3.1	9	1.7	0	0.0	68	2.9
2 to 3 times a week	43	7.7	41	6.7	29	5.0	18	3.3	2	2.6	133	5.6
4 to 6 times a week	19	3.4	16	2.6	15	2.6	13	2.4	0	0.0	63	2.6
Once a day	27	4.8	45	7.3	35	6.0	25	4.6	2	2.6	134	5.6
2 to 3 times a day	0	0.0	1	0.2	1	0.2	0	0.0	0	0.0	2	0.1

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	Not recorded	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Never	83	31.2	111	33.5	145	48.8	141	52.8	28	65.1	508	42.2
	Once a month	48	18.0	45	13.6	29	9.8	27	10.1	5	11.6	154	12.8
	2 to 3 times a mo.	33	12.4	38	11.5	30	10.1	19	7.1	2	4.7	122	10.1
	Once a week	37	13.9	31	9.4	30	10.1	32	12.0	1	2.3	131	10.9
	2 to 3 times a week	36	13.5	52	15.7	27	9.1	22	8.2	3	7.0	140	11.6
	4 to 6 times a week	16	6.0	23	6.9	15	5.1	9	3.4	1	2.3	64	5.3
	Once a day	13	4.9	31	9.4	19	6.4	16	6.0	3	7.0	82	6.8
	2 to 3 times a day	0	0.0	0	0.0	2	0.7	1	0.4	0	0.0	3	0.2
Female	Not recorded	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Never	211	71.8	216	75.8	210	73.4	229	83.3	29	85.3	895	76.2
	Once a month	33	11.2	19	6.7	21	7.3	10	3.6	1	2.9	84	7.2
	2 to 3 times a mo.	14	4.8	16	5.6	19	6.6	11	4.0	0	0.0	60	5.1
	Once a week	14	4.8	14	4.9	13	4.5	6	2.2	3	8.8	50	4.3
	2 to 3 times a week	12	4.1	6	2.1	14	4.9	10	3.6	0	0.0	42	3.6
	4 to 6 times a week	4	1.4	10	3.5	4	1.4	4	1.5	0	0.0	22	1.9
	Once a day	6	2.0	4	1.4	5	1.7	4	1.5	1	2.9	20	1.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Not recorded	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0
	Never	294	52.5	327	53.1	355	60.9	370	68.3	57	74.0	1403	59.0
	Once a month	81	14.5	64	10.4	50	8.6	37	6.8	6	7.8	238	10.0
	2 to 3 times a mo.	47	8.4	54	8.8	49	8.4	30	5.5	2	2.6	182	7.7
	Once a week	51	9.1	45	7.3	43	7.4	38	7.0	4	5.2	181	7.6
	2 to 3 times a week	48	8.6	58	9.4	41	7.0	32	5.9	3	3.9	182	7.7
	4 to 6 times a week	20	3.6	33	5.4	19	3.3	13	2.4	1	1.3	86	3.6
	Once a day	19	3.4	35	5.7	24	4.1	20	3.7	4	5.2	102	4.3
	2 to 3 times a day	0	0.0	0	0.0	2	0.3	1	0.2	0	0.0	3	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	124	46.6	195	58.9	189	63.6	216	80.9	34	79.1	758	63.0
	Once a month	16	6.0	4	1.2	5	1.7	3	1.1	1	2.3	29	2.4
	2 to 3 times a mo.	9	3.4	12	3.6	15	5.1	11	4.1	1	2.3	48	4.0
	Once a week	24	9.0	21	6.3	21	7.1	5	1.9	0	0.0	71	5.9
	2 to 3 times a week	41	15.4	39	11.8	36	12.1	12	4.5	5	11.6	133	11.0
	4 to 6 times a week	21	7.9	30	9.1	7	2.4	8	3.0	2	4.7	68	5.6
	Once a day	31	11.7	29	8.8	24	8.1	11	4.1	0	0.0	95	7.9
	2 to 3 times a day	0	0.0	1	0.3	0	0.0	1	0.4	0	0.0	2	0.2
Female	Never	216	73.5	235	82.5	239	83.6	256	93.1	34	100.0	980	83.5

	Once a month	16	5.4	8	2.8	7	2.4	0	0.0	0	0.0	31	2.6
	2 to 3 times a mo.	14	4.8	9	3.2	10	3.5	5	1.8	0	0.0	38	3.2
	Once a week	4	1.4	9	3.2	7	2.4	1	0.4	0	0.0	21	1.8
	2 to 3 times a week	21	7.1	8	2.8	9	3.1	8	2.9	0	0.0	46	3.9
	4 to 6 times a week	8	2.7	6	2.1	8	2.8	2	0.7	0	0.0	24	2.0
	Once a day	15	5.1	10	3.5	6	2.1	3	1.1	0	0.0	34	2.9
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	340	60.7	430	69.8	428	73.4	472	87.1	68	88.3	1738	73.1
	Once a month	32	5.7	12	1.9	12	2.1	3	0.6	1	1.3	60	2.5
	2 to 3 times a mo.	23	4.1	21	3.4	25	4.3	16	3.0	1	1.3	86	3.6
	Once a week	28	5.0	30	4.9	28	4.8	6	1.1	0	0.0	92	3.9
	2 to 3 times a week	62	11.1	47	7.6	45	7.7	20	3.7	5	6.5	179	7.5
	4 to 6 times a week	29	5.2	36	5.8	15	2.6	10	1.8	2	2.6	92	3.9
	Once a day	46	8.2	39	6.3	30	5.1	14	2.6	0	0.0	129	5.4
	2 to 3 times a day	0	0.0	1	0.2	0	0.0	1	0.2	0	0.0	2	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	203	76.3	258	77.9	253	85.2	225	84.3	40	93.0	979	81.3
	Once a month	34	12.8	43	13.0	24	8.1	20	7.5	2	4.7	123	10.2
	2 to 3 times a mo.	16	6.0	16	4.8	12	4.0	10	3.7	0	0.0	54	4.5
	Once a week	7	2.6	8	2.4	4	1.3	4	1.5	1	2.3	24	2.0
	2 to 3 times a week	5	1.9	4	1.2	4	1.3	4	1.5	0	0.0	17	1.4
	4 to 6 times a week	0	0.0	2	0.6	0	0.0	2	0.7	0	0.0	4	0.3
	Once a day	1	0.4	0	0.0	0	0.0	2	0.7	0	0.0	3	0.2
Female	Never	240	81.6	244	85.6	248	86.7	258	93.8	27	79.4	1017	86.6
	Once a month	32	10.9	21	7.4	16	5.6	8	2.9	1	2.9	78	6.6
	2 to 3 times a mo.	12	4.1	8	2.8	10	3.5	2	0.7	1	2.9	33	2.8
	Once a week	5	1.7	5	1.8	5	1.7	4	1.5	1	2.9	20	1.7
	2 to 3 times a week	3	1.0	5	1.8	4	1.4	3	1.1	1	2.9	16	1.4
	4 to 6 times a week	2	0.7	2	0.7	0	0.0	0	0.0	1	2.9	5	0.4
	Once a day	0	0.0	0	0.0	3	1.0	0	0.0	2	5.9	5	0.4
Total	Never	443	79.1	502	81.5	501	85.9	483	89.1	67	87.0	1996	83.9
	Once a month	66	11.8	64	10.4	40	6.9	28	5.2	3	3.9	201	8.5
	2 to 3 times a mo.	28	5.0	24	3.9	22	3.8	12	2.2	1	1.3	87	3.7
	Once a week	12	2.1	13	2.1	9	1.5	8	1.5	2	2.6	44	1.9
	2 to 3 times a week	8	1.4	9	1.5	8	1.4	7	1.3	1	1.3	33	1.4
	4 to 6 times a week	2	0.4	4	0.6	0	0.0	2	0.4	1	1.3	9	0.4
	Once a day	1	0.2	0	0.0	3	0.5	2	0.4	2	2.6	8	0.3

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	212	79.7	262	79.2	245	82.5	222	83.1	39	90.7	980	81.4
	Once a month	22	8.3	22	6.6	21	7.1	11	4.1	1	2.3	77	6.4
	2 to 3 times a mo.	14	5.3	17	5.1	10	3.4	7	2.6	0	0.0	48	4.0
	Once a week	6	2.3	12	3.6	2	0.7	6	2.2	1	2.3	27	2.2
	2 to 3 times a week	4	1.5	7	2.1	5	1.7	8	3.0	0	0.0	24	2.0
	4 to 6 times a week	4	1.5	5	1.5	4	1.3	6	2.2	0	0.0	19	1.6

Female	Once a day	4	1.5	6	1.8	10	3.4	7	2.6	2	4.7	29	2.4
	Never	274	93.2	279	97.9	274	95.8	271	98.5	34	100.0	1132	96.4
	Once a month	13	4.4	3	1.1	4	1.4	1	0.4	0	0.0	21	1.8
	2 to 3 times a mo.	4	1.4	2	0.7	2	0.7	0	0.0	0	0.0	8	0.7
	Once a week	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	2 to 3 times a week	2	0.7	0	0.0	0	0.0	2	0.7	0	0.0	4	0.3
	4 to 6 times a week	1	0.3	0	0.0	1	0.3	1	0.4	0	0.0	3	0.3
	Once a day	0	0.0	1	0.4	3	1.0	0	0.0	0	0.0	4	0.3
Total	Never	486	86.8	541	87.8	519	89.0	493	91.0	73	94.8	2112	88.8
	Once a month	35	6.3	25	4.1	25	4.3	12	2.2	1	1.3	98	4.1
	2 to 3 times a mo.	18	3.2	19	3.1	12	2.1	7	1.3	0	0.0	56	2.4
	Once a week	6	1.1	12	1.9	4	0.7	6	1.1	1	1.3	29	1.2
	2 to 3 times a week	6	1.1	7	1.1	5	0.9	10	1.8	0	0.0	28	1.2
	4 to 6 times a week	5	0.9	5	0.8	5	0.9	7	1.3	0	0.0	22	0.9
	Once a day	4	0.7	7	1.1	13	2.2	7	1.3	2	2.6	33	1.4

Frequency of beverage intakes
Regular coffee

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	8	3.0	27	8.2	30	10.1	39	14.6	8	18.6	112	9.3
	Once a month	1	0.4	6	1.8	15	5.1	15	5.6	2	4.7	39	3.2
	2 to 3 times a mo.	3	1.1	5	1.5	4	1.3	14	5.2	2	4.7	28	2.3
	Once a week	13	4.9	7	2.1	16	5.4	16	6.0	5	11.6	57	4.7
	2 to 3 times a week	14	5.3	18	5.4	36	12.1	25	9.4	6	14.0	99	8.2
	4 to 6 times a week	10	3.8	10	3.0	12	4.0	3	1.1	1	2.3	36	3.0
	Once a day	61	22.9	61	18.4	74	24.9	91	34.1	9	20.9	296	24.6
	2 to 3 times a day	105	39.5	140	42.3	84	28.3	53	19.9	9	20.9	391	32.5
Female	4 or more times a day	51	19.2	57	17.2	26	8.8	11	4.1	1	2.3	146	12.1
	Never	18	6.1	20	7.0	33	11.5	51	18.5	9	26.5	131	11.2
	Once a month	4	1.4	5	1.8	12	4.2	19	6.9	2	5.9	42	3.6
	2 to 3 times a mo.	8	2.7	11	3.9	18	6.3	15	5.5	4	11.8	56	4.8
	Once a week	8	2.7	11	3.9	11	3.8	31	11.3	4	11.8	65	5.5
	2 to 3 times a week	24	8.2	18	6.3	30	10.5	28	10.2	3	8.8	103	8.8
	4 to 6 times a week	10	3.4	10	3.5	14	4.9	16	5.8	3	8.8	53	4.5
	Once a day	52	17.7	69	24.2	98	34.3	75	27.3	6	17.6	300	25.6
Total	2 to 3 times a day	130	44.2	116	40.7	60	21.0	37	13.5	3	8.8	346	29.5
	4 or more times a day	40	13.6	25	8.8	10	3.5	3	1.1	0	0.0	78	6.6
	Never	26	4.6	47	7.6	63	10.8	90	16.6	17	22.1	243	10.2
	Once a month	5	0.9	11	1.8	27	4.6	34	6.3	4	5.2	81	3.4
	2 to 3 times a mo.	11	2.0	16	2.6	22	3.8	29	5.4	6	7.8	84	3.5
	Once a week	21	3.8	18	2.9	27	4.6	47	8.7	9	11.7	122	5.1
	2 to 3 times a week	38	6.8	36	5.8	66	11.3	53	9.8	9	11.7	202	8.5
	4 to 6 times a week	20	3.6	20	3.2	26	4.5	19	3.5	4	5.2	89	3.7
	Once a day	113	20.2	130	21.1	172	29.5	166	30.6	15	19.5	596	25.1
	2 to 3 times a day	235	42.0	256	41.6	144	24.7	90	16.6	12	15.6	737	31.0
	4 or more times a day	91	16.3	82	13.3	36	6.2	14	2.6	1	1.3	224	9.4

Frequency of beverage intakes
Decaffeinated coffee

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
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		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	265	99.6	329	99.4	295	99.3	267	100.0	42	97.7	1198	99.5
	Once a month	0	0.0	1	0.3	0	0.0	0	0.0	0	0.0	1	0.1
	2 to 3 times a mo.	1	0.4	0	0.0	1	0.3	0	0.0	0	0.0	2	0.2
	Once a week	0	0.0	0	0.0	0	0.0	0	0.0	1	2.3	1	0.1
	2 to 3 times a week	0	0.0	1	0.3	0	0.0	0	0.0	0	0.0	1	0.1
	4 to 6 times a week	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Once a day	0	0.0	0	0.0	1	0.3	0	0.0	0	0.0	1	0.1
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Female	Never	293	99.7	283	99.3	282	98.6	275	100.0	33	97.1	1166	99.3
	Once a month	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	2 to 3 times a mo.	0	0.0	0	0.0	1	0.3	0	0.0	0	0.0	1	0.1
	Once a week	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	2 to 3 times a week	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	4 to 6 times a week	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Once a day	0	0.0	1	0.4	1	0.3	0	0.0	0	0.0	2	0.2
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	1	2.9	1	0.1
Total	Never	558	99.6	612	99.4	577	99.0	542	100.0	75	97.4	2364	99.4
	Once a month	0	0.0	2	0.3	0	0.0	0	0.0	0	0.0	2	0.1
	2 to 3 times a mo.	1	0.2	0	0.0	2	0.3	0	0.0	0	0.0	3	0.1
	Once a week	0	0.0	0	0.0	2	0.3	0	0.0	1	1.3	3	0.1
	2 to 3 times a week	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
	4 to 6 times a week	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0
	Once a day	0	0.0	1	0.2	2	0.3	0	0.0	0	0.0	3	0.1
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	1	1.3	1	0.0

Frequency of beverage intakes
Black tea

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	164	61.7	251	75.8	236	79.5	196	73.4	30	69.8	877	72.8
	Once a month	30	11.3	18	5.4	16	5.4	17	6.4	4	9.3	85	7.1
	2 to 3 times a mo.	24	9.0	14	4.2	12	4.0	10	3.7	1	2.3	61	5.1
	Once a week	19	7.1	14	4.2	11	3.7	15	5.6	5	11.6	64	5.3
	2 to 3 times a week	15	5.6	13	3.9	12	4.0	11	4.1	0	0.0	51	4.2
	4 to 6 times a week	2	0.8	4	1.2	3	1.0	5	1.9	1	2.3	15	1.2
	Once a day	10	3.8	14	4.2	4	1.3	9	3.4	2	4.7	39	3.2
	2 to 3 times a day	2	0.8	2	0.6	3	1.0	3	1.1	0	0.0	10	0.8
	4 or more times a day	0	0.0	1	0.3	0	0.0	1	0.4	0	0.0	2	0.2
Female	Never	123	41.8	157	55.1	163	57.0	148	53.8	16	47.1	607	51.7
	Once a month	50	17.0	30	10.5	32	11.2	30	10.9	5	14.7	147	12.5
	2 to 3 times a mo.	24	8.2	22	7.7	25	8.7	23	8.4	4	11.8	98	8.3
	Once a week	30	10.2	23	8.1	15	5.2	30	10.9	3	8.8	101	8.6
	2 to 3 times a week	35	11.9	25	8.8	22	7.7	20	7.3	1	2.9	103	8.8
	4 to 6 times a week	9	3.1	6	2.1	8	2.8	4	1.5	1	2.9	28	2.4
	Once a day	19	6.5	19	6.7	17	5.9	17	6.2	4	11.8	76	6.5
	2 to 3 times a day	4	1.4	3	1.1	4	1.4	2	0.7	0	0.0	13	1.1
	4 or more times a day	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
Total	Never	287	51.3	408	66.2	399	68.4	344	63.5	46	59.7	1484	62.4
	Once a month	80	14.3	48	7.8	48	8.2	47	8.7	9	11.7	232	9.8
	2 to 3 times a mo.	48	8.6	36	5.8	37	6.3	33	6.1	5	6.5	159	6.7
	Once a week	49	8.8	37	6.0	26	4.5	45	8.3	8	10.4	165	6.9
	2 to 3 times a week	50	8.9	38	6.2	34	5.8	31	5.7	1	1.3	154	6.5

4 to 6 times a week	11	2.0	10	1.6	11	1.9	9	1.7	2	2.6	43	1.8
Once a day	29	5.2	33	5.4	21	3.6	26	4.8	6	7.8	115	4.8
2 to 3 times a day	6	1.1	5	0.8	7	1.2	5	0.9	0	0.0	23	1.0
4 or more times a day	0	0.0	1	0.2	0	0.0	2	0.4	0	0.0	3	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	23	8.6	20	6.0	21	7.1	19	7.1	2	4.7	85	7.1
	Once a month	8	3.0	5	1.5	6	2.0	5	1.9	3	7.0	27	2.2
	2 to 3 times a mo.	8	3.0	10	3.0	2	0.7	3	1.1	0	0.0	23	1.9
	Once a week	3	1.1	7	2.1	7	2.4	5	1.9	1	2.3	23	1.9
	2 to 3 times a week	10	3.8	12	3.6	2	0.7	4	1.5	2	4.7	30	2.5
	4 to 6 times a week	18	6.8	6	1.8	4	1.3	4	1.5	1	2.3	33	2.7
	Once a day	51	19.2	52	15.7	35	11.8	15	5.6	3	7.0	156	13.0
	2 to 3 times a day	96	36.1	135	40.8	112	37.7	99	37.1	16	37.2	458	38.0
	4 or more times a day	49	18.4	84	25.4	108	36.4	113	42.3	15	34.9	369	30.6
Female	Never	21	7.1	10	3.5	4	1.4	12	4.4	1	2.9	48	4.1
	Once a month	15	5.1	5	1.8	3	1.0	4	1.5	1	2.9	28	2.4
	2 to 3 times a mo.	10	3.4	2	0.7	1	0.3	1	0.4	0	0.0	14	1.2
	Once a week	11	3.7	5	1.8	5	1.7	2	0.7	0	0.0	23	2.0
	2 to 3 times a week	12	4.1	12	4.2	6	2.1	5	1.8	1	2.9	36	3.1
	4 to 6 times a week	12	4.1	6	2.1	2	0.7	2	0.7	0	0.0	22	1.9
	Once a day	66	22.4	43	15.1	29	10.1	9	3.3	3	8.8	150	12.8
	2 to 3 times a day	105	35.7	102	35.8	105	36.7	100	36.4	9	26.5	421	35.9
	4 or more times a day	42	14.3	100	35.1	131	45.8	140	50.9	19	55.9	432	36.8
Total	Never	44	7.9	30	4.9	25	4.3	31	5.7	3	3.9	133	5.6
	Once a month	23	4.1	10	1.6	9	1.5	9	1.7	4	5.2	55	2.3
	2 to 3 times a mo.	18	3.2	12	1.9	3	0.5	4	0.7	0	0.0	37	1.6
	Once a week	14	2.5	12	1.9	12	2.1	7	1.3	1	1.3	46	1.9
	2 to 3 times a week	22	3.9	24	3.9	8	1.4	9	1.7	3	3.9	66	2.8
	4 to 6 times a week	30	5.4	12	1.9	6	1.0	6	1.1	1	1.3	55	2.3
	Once a day	117	20.9	95	15.4	64	11.0	24	4.4	6	7.8	306	12.9
	2 to 3 times a day	201	35.9	237	38.5	217	37.2	199	36.7	25	32.5	879	37.0
	4 or more times a day	91	16.3	184	29.9	239	41.0	253	46.7	34	44.2	801	33.7

Frequency of beverage intakes
Oolong tea

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	30	11.3	56	16.9	62	20.9	83	31.1	14	32.6	245	20.3
	Once a month	8	3.0	13	3.9	17	5.7	10	3.7	3	7.0	51	4.2
	2 to 3 times a mo.	11	4.1	21	6.3	13	4.4	14	5.2	0	0.0	59	4.9
	Once a week	16	6.0	21	6.3	28	9.4	13	4.9	5	11.6	83	6.9
	2 to 3 times a week	24	9.0	39	11.8	28	9.4	26	9.7	2	4.7	119	9.9
	4 to 6 times a week	23	8.6	19	5.7	25	8.4	20	7.5	6	14.0	93	7.7
	Once a day	63	23.7	64	19.3	55	18.5	46	17.2	4	9.3	232	19.3
	2 to 3 times a day	57	21.4	61	18.4	42	14.1	41	15.4	5	11.6	206	17.1
	4 or more times a day	34	12.8	37	11.2	27	9.1	14	5.2	4	9.3	116	9.6
Female	Never	19	6.5	38	13.3	46	16.1	68	24.7	10	29.4	181	15.4

	Once a month	8	2.7	17	6.0	11	3.8	11	4.0	1	2.9	48	4.1
	2 to 3 times a mo.	11	3.7	13	4.6	14	4.9	4	1.5	1	2.9	43	3.7
	Once a week	16	5.4	13	4.6	9	3.1	14	5.1	1	2.9	53	4.5
	2 to 3 times a week	13	4.4	10	3.5	22	7.7	40	14.5	2	5.9	87	7.4
	4 to 6 times a week	27	9.2	31	10.9	24	8.4	14	5.1	2	5.9	98	8.3
	Once a day	74	25.2	63	22.1	66	23.1	46	16.7	3	8.8	252	21.5
	2 to 3 times a day	89	30.3	65	22.8	61	21.3	46	16.7	10	29.4	271	23.1
	4 or more times a day	37	12.6	35	12.3	33	11.5	32	11.6	4	11.8	141	12.0
Total	Never	49	8.8	94	15.3	108	18.5	151	27.9	24	31.2	426	17.9
	Once a month	16	2.9	30	4.9	28	4.8	21	3.9	4	5.2	99	4.2
	2 to 3 times a mo.	22	3.9	34	5.5	27	4.6	18	3.3	1	1.3	102	4.3
	Once a week	32	5.7	34	5.5	37	6.3	27	5.0	6	7.8	136	5.7
	2 to 3 times a week	37	6.6	49	8.0	50	8.6	66	12.2	4	5.2	206	8.7
	4 to 6 times a week	50	8.9	50	8.1	49	8.4	34	6.3	8	10.4	191	8.0
	Once a day	137	24.5	127	20.6	121	20.8	92	17.0	7	9.1	484	20.4
	2 to 3 times a day	146	26.1	126	20.5	103	17.7	87	16.1	15	19.5	477	20.1
	4 or more times a day	71	12.7	72	11.7	60	10.3	46	8.5	8	10.4	257	10.8

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	140	52.6	229	69.2	233	78.5	216	80.9	34	79.1	852	70.8
	Once a month	28	10.5	35	10.6	26	8.8	20	7.5	3	7.0	112	9.3
	2 to 3 times a mo.	32	12.0	23	6.9	11	3.7	12	4.5	2	4.7	80	6.6
	Once a week	27	10.2	28	8.5	12	4.0	8	3.0	1	2.3	76	6.3
	2 to 3 times a week	30	11.3	8	2.4	10	3.4	8	3.0	2	4.7	58	4.8
	4 to 6 times a week	2	0.8	2	0.6	1	0.3	0	0.0	0	0.0	5	0.4
	Once a day	7	2.6	4	1.2	3	1.0	3	1.1	0	0.0	17	1.4
	2 to 3 times a day	0	0.0	2	0.6	0	0.0	0	0.0	1	2.3	3	0.2
	4 or more times a day	0	0.0	0	0.0	1	0.3	0	0.0	0	0.0	1	0.1
Female	Never	191	65.0	220	77.2	246	86.0	229	83.3	32	94.1	918	78.2
	Once a month	43	14.6	33	11.6	16	5.6	19	6.9	1	2.9	112	9.5
	2 to 3 times a mo.	25	8.5	12	4.2	11	3.8	13	4.7	0	0.0	61	5.2
	Once a week	21	7.1	11	3.9	7	2.4	9	3.3	1	2.9	49	4.2
	2 to 3 times a week	11	3.7	6	2.1	4	1.4	2	0.7	0	0.0	23	2.0
	4 to 6 times a week	2	0.7	2	0.7	0	0.0	1	0.4	0	0.0	5	0.4
	Once a day	1	0.3	1	0.4	2	0.7	1	0.4	0	0.0	5	0.4
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	4 or more times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	331	59.1	449	72.9	479	82.2	445	82.1	66	85.7	1770	74.4
	Once a month	71	12.7	68	11.0	42	7.2	39	7.2	4	5.2	224	9.4
	2 to 3 times a mo.	57	10.2	35	5.7	22	3.8	25	4.6	2	2.6	141	5.9
	Once a week	48	8.6	39	6.3	19	3.3	17	3.1	2	2.6	125	5.3
	2 to 3 times a week	41	7.3	14	2.3	14	2.4	10	1.8	2	2.6	81	3.4
	4 to 6 times a week	4	0.7	4	0.6	1	0.2	1	0.2	0	0.0	10	0.4
	Once a day	8	1.4	5	0.8	5	0.9	4	0.7	0	0.0	22	0.9
	2 to 3 times a day	0	0.0	2	0.3	0	0.0	1	0.2	1	1.3	4	0.2
	4 or more times a day	0	0.0	0	0.0	1	0.2	0	0.0	0	0.0	1	0.0

Frequency of beverage intakes
Isotonic drink

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	89	33.5	166	50.2	175	58.9	206	77.2	35	81.4	671	55.7
	Once a month	32	12.0	44	13.3	33	11.1	19	7.1	4	9.3	132	11.0
	2 to 3 times a mo.	43	16.2	37	11.2	24	8.1	11	4.1	2	4.7	117	9.7
	Once a week	50	18.8	36	10.9	30	10.1	10	3.7	2	4.7	128	10.6
	2 to 3 times a week	30	11.3	29	8.8	19	6.4	12	4.5	0	0.0	90	7.5
	4 to 6 times a week	5	1.9	7	2.1	8	2.7	4	1.5	0	0.0	24	2.0
	Once a day	13	4.9	5	1.5	4	1.3	4	1.5	0	0.0	26	2.2
	2 to 3 times a day	3	1.1	6	1.8	4	1.3	1	0.4	0	0.0	14	1.2
	4 or more times a day	1	0.4	1	0.3	0	0.0	0	0.0	0	0.0	2	0.2
Female	Never	162	55.1	193	67.7	215	75.2	237	86.2	32	94.1	839	71.5
	Once a month	43	14.6	36	12.6	29	10.1	16	5.8	0	0.0	124	10.6
	2 to 3 times a mo.	24	8.2	24	8.4	12	4.2	8	2.9	1	2.9	69	5.9
	Once a week	31	10.5	14	4.9	13	4.5	8	2.9	0	0.0	66	5.6
	2 to 3 times a week	19	6.5	12	4.2	12	4.2	3	1.1	0	0.0	46	3.9
	4 to 6 times a week	4	1.4	5	1.8	0	0.0	2	0.7	0	0.0	11	0.9
	Once a day	7	2.4	1	0.4	1	0.3	0	0.0	1	2.9	10	0.9
	2 to 3 times a day	4	1.4	0	0.0	4	1.4	1	0.4	0	0.0	9	0.8
	4 or more times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	251	44.8	359	58.3	390	66.9	443	81.7	67	87.0	1510	63.5
	Once a month	75	13.4	80	13.0	62	10.6	35	6.5	4	5.2	256	10.8
	2 to 3 times a mo.	67	12.0	61	9.9	36	6.2	19	3.5	3	3.9	186	7.8
	Once a week	81	14.5	50	8.1	43	7.4	18	3.3	2	2.6	194	8.2
	2 to 3 times a week	49	8.8	41	6.7	31	5.3	15	2.8	0	0.0	136	5.7
	4 to 6 times a week	9	1.6	12	1.9	8	1.4	6	1.1	0	0.0	35	1.5
	Once a day	20	3.6	6	1.0	5	0.9	4	0.7	1	1.3	36	1.5
	2 to 3 times a day	7	1.3	6	1.0	8	1.4	2	0.4	0	0.0	23	1.0
	4 or more times a day	1	0.2	1	0.2	0	0.0	0	0.0	0	0.0	2	0.1

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	4.1	9.6	266	6.1	13.6	331	6.3	14.3	297	8.6	17.0	267	5.4	11.3	43	6.3	13.8	1204
Female	0.2	1.0	294	0.5	2.9	285	0.9	3.8	286	0.5	3.0	275	0.2	0.8	34	0.5	2.8	1174
Total	2.1	6.9	560	3.5	10.5	616	3.7	10.9	583	4.5	12.8	542	3.1	8.8	77	3.4	10.4	2378

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	12.9	25.9	266	17.3	34.3	331	11.4	23.4	297	8.1	18.3	267	3.8	12.4	43	12.3	26.4	1204
Female	3.1	10.1	294	1.6	7.1	285	1.6	7.8	286	1.2	6.0	275	0.2	0.9	34	1.8	7.8	1174
Total	7.8	19.9	560	10.0	26.8	616	6.6	18.2	583	4.6	14.0	542	2.2	9.4	77	7.2	20.3	2378

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	5.3	9.0	266	6.0	9.3	331	5.1	11.5	297	3.1	6.8	267	2.1	4.9	43	4.8	9.3	1204

Female	1.2	4.3	294	1.3	4.3	285	1.2	3.6	286	0.8	2.8	274	0.8	3.0	34	1.1	3.8	1173
Total	3.1	7.2	560	3.8	7.8	616	3.2	8.8	583	1.9	5.3	541	1.5	4.2	77	3.0	7.4	2377

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	5.9	9.6	266	5.4	11.8	331	3.1	6.4	297	1.7	5.2	267	1.4	3.2	43	4.0	8.8	1204
Female	2.1	5.7	294	1.4	4.9	285	1.2	4.4	286	0.5	2.4	275	0.0	0.0	34	1.3	4.5	1174
Total	3.9	8.0	560	3.6	9.5	616	2.2	5.6	583	1.1	4.1	542	0.8	2.5	77	2.7	7.2	2378

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	0.7	2.2	266	0.5	1.8	331	0.3	1.3	297	0.4	1.9	267	0.1	0.3	43	0.5	1.8	1204
Female	0.4	1.9	294	0.3	1.2	285	0.4	1.6	286	0.1	0.6	275	1.4	3.7	34	0.3	1.6	1174
Total	0.5	2.1	560	0.4	1.5	616	0.3	1.5	583	0.3	1.4	542	0.6	2.6	77	0.4	1.7	2378

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	1.4	6.2	266	1.6	6.4	331	1.3	5.7	297	1.4	5.7	267	0.7	3.0	43	1.4	5.9	1204
Female	0.1	0.9	294	0.1	0.8	285	0.4	3.5	286	0.1	0.7	275	0.0	0.0	34	0.2	1.8	1174
Total	0.7	4.4	560	0.9	4.8	616	0.9	4.8	583	0.7	4.0	542	0.4	2.2	77	0.8	4.5	2378

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	30.2	34.6	266	36.9	41.2	331	27.5	30.8	297	23.3	27.4	267	13.5	19.4	43	29.3	34.3	1204
Female	7.3	14.1	294	5.2	12.0	285	5.6	13.3	286	3.2	8.8	274	2.6	5.1	34	5.3	12.2	1173
Total	18.2	28.4	560	22.3	35.0	616	16.8	26.3	583	13.1	22.6	541	8.7	15.8	77	17.4	28.5	2377