

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 and others
- Vegetables dark green or yellow vegetables
- Fruits
- Mushrooms
- Seaweeds
- Fishes and shellfishes
- Meats
- Eggs
- Milks
- Fats and oils
- Confectioneries
- Beverages
- Seasonings and spices
- Water

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

- Energy
- Water
- Protein
- Lipid
- Carbohydrate
- Ash
- Sodium
- Potassium
- Calcium
- Magnesium
- Phosphorus
- Iron
- Zinc
- Copper
- Manganese
- Retinol
- α -Carotene
- β -Carotene
- Cryptoxanthin
- β -Carotene equivalents
- Retinol equivalents
- Vitamin D
- α -Tocopherols
- β -Tocopherols
- γ -Tocopherols
- δ -Tocopherols
- α -Tocopherols equivalents
- Vitamin K
- Vitamin B1
- Vitamin B2

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

Docosahexaenoic acid
Alcohol

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

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

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

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

[5\) Number of dietary supplement consumed in the previous 1 year](#)

[6\) 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	534.0	143.0	256	516.4	128.3	283	517.7	139.4	280	503.2	132.8	232	454.4	104.3	42	515.7	135.6	1093
Female	383.7	96.4	276	379.2	96.8	266	391.8	88.9	259	387.0	93.6	256	364.7	132.9	50	384.4	96.1	1107
Total	456.0	142.4	532	450.0	133.1	549	457.2	133.5	539	442.3	127.8	488	405.7	128.2	92	449.6	134.5	2200

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	41.3	33.8	256	41.1	37.1	283	46.4	36.8	280	47.6	38.6	232	38.2	30.5	42	43.8	36.4	1093
Female	37.6	34.9	276	41.5	36.6	266	44.2	36.2	259	42.0	36.8	256	49.7	40.9	50	41.6	36.4	1107
Total	39.4	34.4	532	41.3	36.9	549	45.4	36.5	539	44.7	37.7	488	44.4	36.8	92	42.7	36.4	2200

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.1	7.3	256	8.4	8.9	283	9.3	9.5	280	9.3	7.5	232	8.2	6.4	42	8.5	8.4	1093
Female	8.0	7.8	276	8.2	8.8	266	10.0	9.4	259	8.6	8.1	256	9.1	7.7	50	8.7	8.5	1107

Total	7.6	7.6	532	8.3	8.8	549	9.7	9.4	539	8.9	7.8	488	8.7	7.1	92	8.6	8.4	2200
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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	63.1	77.8	256	70.2	54.4	283	77.6	52.1	280	81.5	60.9	232	60.7	37.0	42	72.5	61.3	1093
Female	58.8	60.2	276	70.8	63.8	266	67.9	49.6	259	66.5	54.0	256	78.1	70.7	50	66.4	58.1	1107
Total	60.9	69.2	532	70.5	59.1	549	72.9	51.1	539	73.6	57.8	488	70.2	58.2	92	69.4	59.8	2200

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	2.5	5.6	256	4.0	7.9	283	3.2	5.1	280	3.1	5.6	232	2.5	5.5	42	3.2	6.2	1093
Female	4.3	8.2	276	3.3	5.8	266	4.6	7.7	259	3.7	7.4	256	8.3	21.4	50	4.2	8.5	1107
Total	3.5	7.1	532	3.7	7.0	549	3.8	6.5	539	3.4	6.6	488	5.7	16.4	92	3.7	7.5	2200

Vegetables others (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	178.2	91.2	256	196.4	94.9	283	219.8	105.7	280	201.1	97.0	232	168.6	98.3	42	198.1	98.6	1093
Female	154.6	69.2	276	186.8	87.1	266	195.5	85.2	259	186.1	82.4	256	179.2	87.2	50	180.3	82.7	1107
Total	166.0	81.3	532	191.7	91.3	549	208.1	97.1	539	193.2	89.9	488	174.4	92.1	92	189.1	91.4	2200

Vegetables dark green or yellow vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	82.7	58.0	256	100.0	67.3	283	125.4	70.1	280	123.6	77.2	232	97.3	71.4	42	107.3	70.5	1093
Female	82.6	53.3	276	106.0	64.8	266	131.9	74.9	259	123.3	71.0	256	107.2	71.6	50	110.3	69.0	1107
Total	82.6	55.6	532	102.9	66.1	549	128.5	72.5	539	123.5	73.9	488	102.7	71.3	92	108.8	69.7	2200

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	91.6	97.3	256	109.4	107.3	283	136.3	123.8	280	146.4	116.2	232	149.5	97.0	42	121.5	113.0	1093
Female	107.5	97.1	276	130.0	99.8	266	161.6	111.5	259	187.6	133.1	256	174.6	176.5	50	147.1	118.4	1107
Total	99.8	97.5	532	119.4	104.1	549	148.5	118.6	539	168.0	126.9	488	163.1	145.5	92	134.4	116.5	2200

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	11.9	12.3	256	12.0	12.7	283	13.4	14.0	280	10.8	12.6	232	11.8	18.5	42	12.1	13.2	1093
Female	10.8	11.9	276	12.4	13.2	266	13.3	14.3	259	12.0	13.4	256	10.3	10.6	50	12.0	13.1	1107
Total	11.3	12.1	532	12.2	12.9	549	13.4	14.2	539	11.4	13.0	488	11.0	14.7	92	12.0	13.2	2200

Seaweeds (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	15.2	16.8	256	19.0	19.3	283	21.8	21.6	280	23.0	28.1	232	18.8	17.9	42	19.7	21.7	1093
Female	14.5	27.9	276	18.7	25.0	266	23.1	24.6	259	21.3	22.6	256	20.6	19.2	50	19.4	25.1	1107
Total	14.9	23.2	532	18.9	22.2	549	22.4	23.1	539	22.1	25.4	488	19.8	18.6	92	19.5	23.4	2200

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	87.1	54.2	256	111.0	60.4	283	115.6	58.8	280	105.0	54.9	232	101.6	54.7	42	104.9	58.1	1093
Female	68.6	37.2	276	85.9	43.5	266	81.6	41.6	259	86.6	44.2	256	70.1	46.0	50	80.0	42.4	1107
Total	77.5	47.0	532	98.9	54.3	549	99.3	54.0	539	95.4	50.4	488	84.5	52.3	92	92.4	52.3	2200

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	97.1	49.8	256	82.3	40.9	283	68.0	39.2	280	54.4	34.3	232	45.3	32.0	42	74.7	44.2	1093
Female	70.7	36.7	276	57.4	34.1	266	50.3	31.6	259	42.7	27.9	256	40.0	25.2	50	54.9	34.1	1107
Total	83.4	45.4	532	70.2	39.7	549	59.5	36.8	539	48.3	31.6	488	42.4	28.4	92	64.7	40.7	2200

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	44.7	26.9	256	49.4	28.7	283	46.3	27.6	280	47.2	26.6	232	34.2	25.3	42	46.4	27.5	1093
Female	40.0	22.5	276	37.8	23.5	266	38.3	23.7	259	41.5	26.2	256	41.2	27.1	50	39.5	24.1	1107
Total	42.2	24.8	532	43.8	26.9	549	42.5	26.1	539	44.2	26.5	488	38.0	26.4	92	42.9	26.1	2200

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	128.5	128.5	256	124.8	117.0	283	143.1	136.6	280	152.2	131.8	232	170.1	138.0	42	137.9	129.2	1093
Female	159.9	111.8	276	152.2	112.4	266	167.8	119.5	259	160.5	119.8	256	167.1	124.4	50	160.3	116.2	1107
Total	144.8	121.0	532	138.1	115.5	549	155.0	129.2	539	156.5	125.6	488	168.5	130.0	92	149.2	123.3	2200

Fats and oils (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.1	6.1	256	11.4	6.4	283	9.6	6.0	280	7.9	5.2	232	7.9	5.1	42	10.2	6.1	1093
Female	10.8	5.5	276	9.8	5.2	266	8.7	5.5	259	7.5	5.1	256	7.0	5.0	50	9.1	5.5	1107
Total	11.4	5.8	532	10.7	5.9	549	9.2	5.8	539	7.7	5.2	488	7.4	5.0	92	9.7	5.8	2200

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	34.4	36.8	256	27.2	31.4	283	29.5	40.2	280	28.5	34.4	232	28.6	32.2	42	29.8	35.8	1093
Female	53.9	42.2	276	49.7	39.5	266	40.3	34.8	259	43.3	43.2	256	42.2	36.6	50	46.7	40.2	1107
Total	44.5	40.8	532	38.1	37.3	549	34.7	38.1	539	36.3	39.9	488	36.0	35.1	92	38.3	39.0	2200

Male	66.2	17.0	256	63.6	15.4	283	57.2	15.4	280	51.5	13.9	232	48.7	12.7	42	59.4	16.5	1093
Female	60.6	14.5	276	54.3	13.2	266	50.5	13.4	259	46.9	12.2	256	44.0	12.5	50	52.8	14.3	1107
Total	63.3	16.0	532	59.1	15.1	549	54.0	14.8	539	49.1	13.2	488	46.2	12.7	92	56.1	15.8	2200

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	311.9	62.6	256	306.4	58.6	283	312.5	63.6	280	303.6	60.1	232	282.1	47.3	42	307.7	61.0	1093
Female	258.0	48.8	276	257.7	47.2	266	268.9	48.6	259	263.8	45.8	256	258.0	62.6	50	261.8	48.6	1107
Total	283.9	62.0	532	282.8	58.6	549	291.5	60.9	539	282.7	56.7	488	269.0	57.2	92	284.6	59.7	2200

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.7	3.4	256	19.8	3.8	283	21.0	4.1	280	20.3	3.8	232	18.5	4.1	42	19.9	3.9	1093
Female	16.7	2.8	276	17.9	3.2	266	18.4	3.3	259	18.2	3.4	256	17.2	3.5	50	17.8	3.3	1107
Total	17.7	3.2	532	18.9	3.6	549	19.7	3.9	539	19.2	3.8	488	17.8	3.8	92	18.8	3.7	2200

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	4569	858	256	4747	953	283	4925	1045	280	4751	981	232	4359	984	42	4737	973	1093
Female	3979	727	276	4156	779	266	4198	775	259	4249	840	256	3874	740	50	4130	786	1107
Total	4263	845	532	4460	921	549	4576	994	539	4488	943	488	4095	889	92	4432	934	2200

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	2601	595	256	2750	655	283	3001	713	280	2890	685	232	2592	729	42	2803	683	1093
Female	2381	543	276	2612	590	266	2779	640	259	2678	622	256	2632	797	50	2610	625	1107
Total	2487	579	532	2683	627	549	2895	687	539	2779	661	488	2614	763	92	2706	661	2200

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	555.3	196.3	256	598.2	196.1	283	663.1	230.8	280	647.0	229.7	232	620.7	228.1	42	616.0	217.6	1093
Female	559.2	171.2	276	577.1	185.3	266	627.4	213.4	259	614.6	210.1	256	618.7	216.1	50	595.0	197.9	1107
Total	557.3	183.5	532	588.0	191.1	549	646.0	223.1	539	630.0	220.0	488	619.6	220.4	92	605.4	208.1	2200

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	287.3	67.9	256	309.2	68.7	283	328.8	72.6	280	312.6	72.9	232	277.2	68.1	42	308.6	72.1	1093
Female	253.8	55.3	276	273.6	60.6	266	286.6	62.7	259	277.1	60.5	256	267.7	75.8	50	272.3	61.6	1107
Total	269.9	63.9	532	291.9	67.3	549	308.5	71.1	539	294.0	69.0	488	272.0	72.2	92	290.3	69.4	2200

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	1179	231	256	1232	253	283	1279	277	280	1221	267	232	1117	240	42	1225	260	1093
Female	1042	195	276	1064	214	266	1091	233	259	1074	231	256	1031	237	50	1066	220	1107
Total	1108	224	532	1150	249	549	1189	274	539	1144	259	488	1070	241	92	1145	253	2200

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	8.9	2.4	256	9.7	2.4	283	10.3	2.6	280	10.0	2.5	232	8.8	2.5	42	9.7	2.5	1093
Female	8.0	2.1	276	8.6	2.1	266	9.2	2.3	259	9.1	2.2	256	9.3	2.7	50	8.8	2.2	1107
Total	8.4	2.3	532	9.2	2.3	549	9.8	2.5	539	9.5	2.4	488	9.1	2.6	92	9.2	2.4	2200

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	1.9	256	9.6	2.2	283	9.7	2.1	280	9.1	2.0	232	8.6	1.8	42	9.4	2.0	1093
Female	8.0	1.8	276	7.9	1.7	266	8.0	1.6	259	7.8	1.6	256	8.0	2.1	50	7.9	1.7	1107
Total	8.7	1.9	532	8.7	2.1	549	8.9	2.1	539	8.5	1.9	488	8.2	1.9	92	8.7	2.0	2200

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	1.32	0.30	256	1.41	0.35	283	1.48	0.33	280	1.42	0.30	232	1.30	0.29	42	1.40	0.33	1093
Female	1.15	0.31	276	1.21	0.27	266	1.27	0.26	259	1.26	0.26	256	1.27	0.34	50	1.23	0.28	1107
Total	1.23	0.31	532	1.32	0.33	549	1.38	0.32	539	1.34	0.29	488	1.28	0.32	92	1.31	0.32	2200

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	4.20	1.39	256	4.50	1.41	283	4.70	1.39	280	4.58	1.34	232	4.15	1.48	42	4.48	1.40	1093
Female	3.47	1.23	276	4.07	1.32	266	4.41	1.80	259	4.25	1.21	256	4.32	1.47	50	4.05	1.45	1107
Total	3.82	1.36	532	4.29	1.38	549	4.56	1.60	539	4.40	1.28	488	4.24	1.47	92	4.27	1.44	2200

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	247	455	256	337	691	283	380	968	280	323	977	232	269	393	42	321	788	1093
Female	270	760	276	208	349	266	249	462	259	357	985	256	295	647	50	271	684	1107
Total	259	631	532	275	556	549	317	770	539	340	981	488	283	543	92	296	738	2200

α -Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	432	323	256	399	320	283	433	326	280	429	441	232	379	363	42	421	353	1093
Female	356	302	276	337	254	266	462	387	259	386	308	256	341	269	50	383	317	1107
Total	392	314	532	369	291	549	447	356	539	407	377	488	358	314	92	402	336	2200

β -Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2977	1787	256	3105	1747	283	3793	1932	280	3700	2085	232	3330	2203	42	3386	1927	1093
Female	2830	1706	276	3230	1743	266	3920	2089	259	3610	1761	256	3082	1785	50	3373	1868	1107
Total	2901	1745	532	3165	1745	549	3854	2008	539	3653	1920	488	3195	1980	92	3379	1897	2200

Cryptoxanthin (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	243	609	256	381	718	283	444	939	280	394	727	232	626	928	42	377	773	1093
Female	447	688	276	436	758	266	537	892	259	654	1066	256	466	779	50	514	859	1107
Total	349	659	532	408	738	549	489	917	539	531	928	488	539	849	92	446	820	2200

 β -Carotene equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3325	2034	256	3508	1980	283	4258	2140	280	4167	2293	232	3905	2549	42	3812	2159	1093
Female	3277	1915	275	3665	1901	265	4478	2296	259	4181	2029	256	3482	1892	49	3870	2081	1104
Total	3300	1971	531	3584	1942	548	4364	2217	539	4174	2156	488	3677	2217	91	3842	2120	2197

Retinol activity equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	550	516	256	645	724	283	749	983	280	679	980	232	612	449	42	655	813	1093
Female	563	799	276	539	410	266	641	501	259	720	1008	256	613	726	50	614	721	1107
Total	557	677	532	594	595	549	697	790	539	701	994	488	613	612	92	635	768	2200

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	8.0	6.4	256	9.6	6.2	283	10.3	6.4	280	10.1	6.6	232	10.8	6.9	42	9.6	6.5	1093
Female	6.4	4.3	276	7.6	4.7	266	8.1	5.6	259	8.8	6.1	256	8.2	6.4	50	7.7	5.3	1107
Total	7.2	5.4	532	8.6	5.6	549	9.3	6.1	539	9.4	6.4	488	9.4	6.7	92	8.6	6.0	2200

 α -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.8	2.4	256	8.2	2.4	283	8.2	2.5	280	7.6	2.4	232	7.5	2.9	42	8.0	2.5	1093
Female	7.5	2.2	276	7.5	2.0	266	7.7	2.3	259	7.4	2.4	256	7.0	2.3	50	7.5	2.2	1107
Total	7.6	2.3	532	7.9	2.3	549	8.0	2.4	539	7.5	2.4	488	7.2	2.6	92	7.7	2.4	2200

 β -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.2	256	0.5	0.1	283	0.5	0.2	280	0.5	0.2	232	0.4	0.2	42	0.5	0.2	1093

Female	0.5	0.1	276	0.4	0.1	266	0.4	0.2	259	0.4	0.2	256	0.4	0.1	50	0.4	0.2	1107
Total	0.5	0.2	532	0.4	0.1	549	0.4	0.2	539	0.4	0.2	488	0.4	0.2	92	0.4	0.2	2200

γ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.0	4.4	256	13.0	4.0	283	11.8	3.9	280	11.0	4.1	232	10.0	3.7	42	12.1	4.2	1093
Female	11.8	3.6	276	10.9	3.5	266	10.7	3.7	259	10.1	3.4	256	10.5	3.9	50	10.9	3.6	1107
Total	12.4	4.1	532	12.0	3.9	549	11.3	3.8	539	10.5	3.8	488	10.3	3.8	92	11.5	3.9	2200

δ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	1.3	256	3.3	1.1	283	3.2	1.2	280	3.1	1.3	232	2.8	1.3	42	3.2	1.2	1093
Female	2.9	1.1	276	2.8	1.0	266	2.8	1.1	259	2.8	1.1	256	2.8	1.3	50	2.8	1.1	1107
Total	3.0	1.2	532	3.0	1.1	549	3.0	1.1	539	2.9	1.2	488	2.8	1.3	92	3.0	1.1	2200

α -Tocopherol equivalents (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	2.8	256	10.1	2.8	283	9.9	2.8	280	9.1	2.7	232	8.9	3.2	42	9.7	2.8	1093
Female	9.1	2.5	276	9.0	2.3	266	9.1	2.6	259	8.8	2.7	256	8.4	2.4	50	9.0	2.5	1107
Total	9.3	2.7	532	9.5	2.6	549	9.5	2.8	539	9.0	2.7	488	8.6	2.8	92	9.3	2.7	2200

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	209	124	256	240	126	283	284	140	280	265	130	232	233	133	42	249	133	1093
Female	196	92	276	223	113	266	251	128	259	236	116	256	217	147	50	226	116	1107
Total	203	108	532	232	120	549	268	135	539	250	123	488	224	140	92	237	125	2200

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	0.26	256	1.01	0.45	283	1.23	3.37	280	1.06	1.66	232	0.88	0.25	42	1.07	1.89	1093
Female	0.85	0.20	276	0.86	0.24	266	0.93	0.57	259	0.85	0.24	256	0.82	0.29	50	0.87	0.34	1107
Total	0.92	0.25	532	0.94	0.37	549	1.09	2.46	539	0.95	1.16	488	0.85	0.27	92	0.97	1.36	2200

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	1.38	0.36	256	1.46	0.38	283	1.51	0.44	280	1.43	0.38	232	1.34	0.40	42	1.44	0.40	1093
Female	1.26	0.34	276	1.31	0.34	266	1.34	0.37	259	1.34	0.36	256	1.29	0.39	50	1.31	0.36	1107
Total	1.32	0.36	532	1.39	0.37	549	1.43	0.41	539	1.38	0.37	488	1.31	0.39	92	1.38	0.38	2200

Niacin (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	19.2	5.7	256	20.2	6.3	283	19.6	5.9	280	17.9	5.2	232	16.6	6.5	42	19.2	5.9	1093
Female	15.6	4.3	276	16.0	4.3	266	15.6	4.4	259	14.6	4.3	256	12.7	3.9	50	15.3	4.4	1107
Total	17.3	5.3	532	18.1	5.8	549	17.7	5.6	539	16.1	5.0	488	14.5	5.6	92	17.2	5.5	2200

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	1.28	0.36	256	1.41	0.41	283	1.47	0.38	280	1.42	0.38	232	1.28	0.42	42	1.39	0.39	1093
Female	1.09	0.29	276	1.17	0.31	266	1.26	0.32	259	1.21	0.32	256	1.18	0.38	50	1.18	0.32	1107
Total	1.18	0.34	532	1.29	0.38	549	1.37	0.37	539	1.31	0.37	488	1.22	0.40	92	1.29	0.37	2200

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	7.5	5.9	256	9.6	6.1	283	10.7	7.1	280	8.7	5.9	232	9.1	5.4	42	9.2	6.4	1093
Female	6.5	5.3	276	7.2	4.4	266	7.2	4.4	259	8.5	6.6	256	6.7	5.0	50	7.3	5.3	1107
Total	7.0	5.6	532	8.5	5.5	549	9.0	6.2	539	8.6	6.3	488	7.8	5.3	92	8.2	5.9	2200

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	316	106	256	361	125	283	403	135	280	386	131	232	348	121	42	366	129	1093
Female	300	114	276	341	103	266	379	120	259	372	136	256	372	141	50	348	124	1107
Total	308	111	532	351	115	549	392	129	539	379	134	488	361	132	92	357	126	2200

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	6.38	1.37	256	6.51	1.55	283	6.74	1.67	280	6.38	1.52	232	5.90	1.54	42	6.49	1.54	1093
Female	5.56	1.36	276	5.56	1.23	266	5.85	1.33	259	5.78	1.41	256	5.59	1.55	50	5.68	1.35	1107
Total	5.95	1.42	532	6.05	1.48	549	6.31	1.58	539	6.06	1.49	488	5.73	1.54	92	6.08	1.50	2200

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	132.0	143.6	256	140.4	132.1	283	141.8	95.3	280	128.2	82.9	232	118.5	68.5	42	135.4	115.4	1093
Female	108.6	74.2	276	126.5	89.9	266	142.0	95.7	259	138.7	81.3	256	124.2	63.3	50	128.4	85.5	1107
Total	119.9	113.5	532	133.7	113.7	549	141.9	95.4	539	133.7	82.1	488	121.6	65.4	92	131.9	101.5	2200

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	388.4	137.3	256	415.1	146.9	283	394.1	142.4	280	373.7	133.6	232	319.5	137.2	42	391.0	141.6	1093
Female	343.4	119.3	276	329.3	115.5	266	315.1	116.8	259	331.2	128.0	256	312.0	131.6	50	329.1	120.7	1107
Total	365.0	130.1	532	373.5	139.3	549	356.2	136.5	539	351.4	132.3	488	315.4	133.5	92	359.9	135.1	2200

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	3.7	1.2	256	3.9	1.4	283	4.3	1.6	280	4.1	1.4	232	3.7	1.7	42	4.0	1.5	1093
Female	3.5	1.0	276	3.6	1.1	266	4.0	1.1	259	3.9	1.1	256	3.9	1.4	50	3.7	1.1	1107
Total	3.6	1.1	532	3.8	1.3	549	4.2	1.4	539	4.0	1.3	488	3.8	1.5	92	3.9	1.3	2200

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	10.5	3.1	256	11.2	3.3	283	12.7	3.5	280	12.5	3.6	232	11.3	4.0	42	11.7	3.5	1093
Female	9.9	2.8	276	10.9	2.9	266	12.3	3.1	259	11.8	2.9	256	11.7	4.0	50	11.2	3.1	1107
Total	10.2	2.9	532	11.1	3.1	549	12.5	3.3	539	12.1	3.3	488	11.5	4.0	92	11.5	3.3	2200

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	14.7	4.1	256	15.7	4.5	283	18.0	5.0	280	17.4	4.9	232	15.7	5.5	42	16.4	4.9	1093
Female	13.9	3.8	276	15.3	4.0	266	17.3	4.4	259	16.5	3.9	256	16.4	5.2	50	15.8	4.3	1107
Total	14.3	4.0	532	15.5	4.3	549	17.7	4.7	539	17.0	4.4	488	16.0	5.3	92	16.1	4.6	2200

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.5	2.2	256	11.9	2.4	283	12.4	2.6	280	11.9	2.5	232	11.0	2.5	42	11.9	2.5	1093
Female	10.0	1.8	276	10.4	2.0	266	10.5	2.0	259	10.7	2.1	256	9.7	1.9	50	10.4	2.0	1107
Total	10.7	2.1	532	11.2	2.3	549	11.5	2.5	539	11.3	2.4	488	10.3	2.2	92	11.1	2.4	2200

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	11.5	2.3	256	11.8	2.5	283	11.8	2.5	280	11.3	2.3	232	10.0	2.0	42	11.6	2.4	1093
Female	9.7	1.9	276	9.8	2.0	266	9.8	2.0	259	9.4	2.0	256	8.9	1.9	50	9.6	2.0	1107
Total	10.5	2.3	532	10.8	2.5	549	10.9	2.5	539	10.3	2.3	488	9.4	2.0	92	10.6	2.4	2200

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	3571	699	256	3718	762	283	3734	789	280	3553	698	232	3243	639	42	3635	744	1093
Female	3059	577	276	3094	614	266	3103	613	259	3039	619	256	2828	579	50	3063	606	1107
Total	3305	688	532	3416	761	549	3431	776	539	3283	706	488	3018	639	92	3347	736	2200

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	6270	1199	256	6491	1300	283	6512	1353	280	6198	1197	232	5670	1085	42	6351	1274	1093
Female	5396	1007	276	5419	1057	266	5426	1054	259	5306	1060	256	4939	987	50	5367	1045	1107

Total	5817	1186	532	5972	1303	549	5990	1333	539	5730	1211	488	5273	1090	92	5856	1264	2200
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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	4997	1173	256	5273	1295	283	5344	1305	280	5059	1192	232	4609	1135	42	5155	1253	1093
Female	4220	931	276	4340	1014	266	4375	1012	259	4320	1035	256	3999	963	50	4298	998	1107
Total	4594	1122	532	4821	1256	549	4878	1268	539	4671	1171	488	4277	1083	92	4724	1210	2200

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	1886	395	256	1973	435	283	1963	439	280	1858	386	232	1702	360	42	1915	418	1093
Female	1587	317	276	1605	337	266	1601	341	259	1576	348	256	1443	307	50	1586	335	1107
Total	1731	386	532	1795	432	549	1790	434	539	1710	393	488	1561	355	92	1749	413	2200

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	1315	233	256	1346	239	283	1345	255	280	1283	214	232	1147	191	42	1317	238	1093
Female	1128	188	276	1124	194	266	1122	197	259	1096	195	256	1019	196	50	1113	195	1107
Total	1218	230	532	1238	245	549	1238	254	539	1185	224	488	1078	203	92	1215	240	2200

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	3185	603	256	3302	653	283	3291	678	280	3124	580	232	2828	529	42	3216	636	1093
Female	2700	488	276	2715	515	266	2708	520	259	2656	529	256	2445	487	50	2684	514	1107
Total	2933	597	532	3018	659	549	3011	673	539	2878	600	488	2620	539	92	2948	636	2200

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	3618	665	256	3740	716	283	3758	745	280	3593	660	232	3270	569	42	3667	702	1093
Female	3122	556	276	3136	582	266	3152	583	259	3074	582	256	2868	556	50	3110	577	1107
Total	3361	659	532	3447	720	549	3466	737	539	3321	672	488	3051	594	92	3386	700	2200

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	2712	527	256	2826	580	283	2847	592	280	2712	530	232	2475	477	42	2767	563	1093
Female	2323	444	276	2352	465	266	2372	478	259	2321	476	256	2174	457	50	2335	466	1107
Total	2511	523	532	2596	578	549	2619	589	539	2507	538	488	2312	488	92	2549	560	2200

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	6341	1189	256	6575	1292	283	6612	1331	280	6310	1186	232	5736	1048	42	6441	1261	1093
Female	5448	996	276	5493	1046	266	5526	1051	259	5398	1052	256	5041	1011	50	5447	1038	1107
Total	5878	1180	532	6051	1297	549	6090	1320	539	5832	1206	488	5358	1080	92	5941	1256	2200

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	3125	631	256	3271	699	283	3281	713	280	3114	629	232	2841	571	42	3190	675	1093
Female	2653	514	276	2701	549	266	2706	547	259	2655	559	256	2458	521	50	2669	543	1107
Total	2880	620	532	2995	692	549	3005	700	539	2873	635	488	2633	574	92	2928	665	2200

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	953	183	256	991	199	283	998	203	280	954	182	232	868	162	42	971	193	1093
Female	817	151	276	826	159	266	834	161	259	816	160	256	764	155	50	821	158	1107
Total	882	180	532	911	198	549	919	202	539	882	184	488	811	166	92	895	192	2200

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	4224	805	256	4385	884	283	4418	912	280	4212	813	232	3860	748	42	4299	862	1093
Female	3622	678	276	3650	712	266	3684	719	259	3611	717	256	3375	678	50	3629	706	1107
Total	3912	800	532	4029	885	549	4065	902	539	3897	820	488	3596	747	92	3962	855	2200

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	2587	665	256	2734	759	283	2697	717	280	2582	642	232	2365	669	42	2644	703	1093
Female	2142	486	276	2194	530	266	2214	555	259	2142	560	256	1898	471	50	2161	533	1107
Total	2356	620	532	2472	711	549	2465	688	539	2351	639	488	2111	613	92	2401	669	2200

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	4697	948	256	4938	1061	283	4926	1032	280	4670	932	232	4219	804	42	4794	1004	1093
Female	3888	768	276	3995	816	266	4012	802	259	3955	811	256	3702	840	50	3950	803	1107
Total	4277	949	532	4481	1060	549	4486	1034	539	4295	940	488	3938	859	92	4369	1002	2200

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	3947	813	256	4152	913	283	4153	907	280	3924	804	232	3596	771	42	4035	871	1093
Female	3285	648	276	3359	692	266	3361	680	259	3322	703	256	3089	671	50	3320	682	1107
Total	3604	803	532	3768	904	549	3773	898	539	3608	810	488	3320	758	92	3675	859	2200

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	7215	1479	256	7654	1697	283	7740	1658	280	7378	1507	232	6677	1327	42	7477	1604	1093
Female	6085	1208	276	6287	1302	266	6397	1294	259	6313	1314	256	6005	1360	50	6256	1287	1107
Total	6629	1458	532	6992	1664	549	7095	1637	539	6819	1505	488	6311	1379	92	6863	1576	2200

Glutamic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.11	2.81	256	15.22	2.72	283	15.26	3.08	280	14.48	2.62	232	13.13	2.21	42	14.97	2.84	1093
Female	13.27	2.25	276	13.14	2.34	266	12.99	2.37	259	12.46	2.35	256	11.36	1.99	50	12.90	2.35	1107
Total	14.15	2.70	532	14.21	2.75	549	14.17	2.99	539	13.42	2.67	488	12.17	2.26	92	13.93	2.80	2200

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	3439	730	256	3586	783	283	3555	785	280	3350	708	232	3038	604	42	3473	759	1093
Female	2865	580	276	2928	616	266	2878	592	259	2826	608	256	2621	560	50	2863	599	1107
Total	3141	716	532	3267	779	549	3230	776	539	3075	707	488	2811	614	92	3166	748	2200

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	4929	1044	256	4845	946	283	4811	1091	280	4584	954	232	4202	863	42	4776	1019	1093
Female	4497	839	276	4331	846	266	4221	874	259	4012	855	256	3640	691	50	4242	873	1107
Total	4705	967	532	4596	934	549	4527	1035	539	4284	947	488	3897	819	92	4507	985	2200

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	3559	663	256	3693	721	283	3699	747	280	3531	652	232	3211	580	42	3610	703	1093
Female	3089	553	276	3099	580	266	3106	594	259	3045	587	256	2851	566	50	3074	579	1107
Total	3315	652	532	3405	720	549	3414	739	539	3276	664	488	3015	597	92	3341	697	2200

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.32	15.22	256	55.12	13.73	283	49.11	13.50	280	44.13	12.34	232	41.51	11.21	42	51.24	14.64	1093
Female	52.55	12.94	276	46.73	11.57	266	43.52	12.05	259	40.18	10.73	256	37.87	10.94	50	45.52	12.74	1107
Total	54.85	14.27	532	51.05	13.40	549	46.42	13.11	539	42.06	11.68	488	39.53	11.15	92	48.36	14.01	2200

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	18.53	5.86	256	17.28	5.35	283	15.66	5.58	280	14.22	4.83	232	13.73	4.64	42	16.37	5.64	1093
Female	18.08	5.31	276	15.60	5.00	266	14.34	4.78	259	13.08	4.43	256	12.62	4.01	50	15.20	5.22	1107

Total	18.29	5.58	532	16.46	5.24	549	15.03	5.25	539	13.62	4.66	488	13.13	4.32	92	15.78	5.46	2200
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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	24.19	7.23	256	22.99	6.39	283	19.90	6.01	280	17.45	5.54	232	16.39	5.19	42	21.05	6.84	1093
Female	21.61	5.92	276	18.97	5.08	266	17.26	5.38	259	15.81	4.73	256	14.41	4.86	50	18.29	5.75	1107
Total	22.85	6.70	532	21.04	6.13	549	18.63	5.86	539	16.59	5.19	488	15.31	5.08	92	19.66	6.46	2200

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.49	3.91	256	14.75	3.61	283	13.45	3.51	280	12.37	3.50	232	11.30	3.33	42	13.72	3.76	1093
Female	12.73	3.20	276	12.05	2.99	266	11.84	3.41	259	11.21	3.07	256	10.75	3.52	50	11.92	3.24	1107
Total	13.58	3.66	532	13.44	3.58	549	12.67	3.55	539	11.76	3.33	488	11.00	3.42	92	12.81	3.62	2200

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.69	10.37	256	37.74	9.25	283	33.35	8.81	280	29.82	8.45	232	27.69	7.66	42	34.77	9.89	1093
Female	34.35	8.50	276	31.03	7.39	266	29.10	8.25	259	27.03	7.14	256	25.17	7.77	50	30.21	8.34	1107
Total	36.43	9.68	532	34.49	9.04	549	31.31	8.80	539	28.36	7.91	488	26.32	7.78	92	32.48	9.42	2200

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	11.85	3.29	256	11.81	3.02	283	10.65	2.88	280	9.74	2.87	232	8.79	2.67	42	10.97	3.15	1093
Female	10.50	2.66	276	9.74	2.53	266	9.52	2.92	259	8.91	2.59	256	8.76	3.01	50	9.64	2.75	1107
Total	11.15	3.05	532	10.81	2.98	549	10.11	2.95	539	9.30	2.75	488	8.78	2.84	92	10.30	3.03	2200

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.61	1.02	256	2.90	1.16	283	2.76	1.03	280	2.59	1.23	232	2.48	1.03	42	2.71	1.11	1093
Female	2.21	0.84	276	2.28	0.83	266	2.28	0.86	259	2.26	0.86	256	1.96	0.93	50	2.24	0.85	1107
Total	2.40	0.95	532	2.60	1.06	549	2.53	0.98	539	2.42	1.07	488	2.20	1.00	92	2.48	1.02	2200

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	197.2	176.1	256	168.7	155.6	283	187.6	173.6	280	185.9	165.5	232	202.0	173.9	42	185.1	168.1	1093
Female	274.1	176.6	276	225.7	163.7	266	224.8	186.2	259	205.6	174.5	256	215.9	166.3	50	232.5	176.5	1107
Total	237.1	180.3	532	196.3	162.0	549	205.5	180.6	539	196.2	170.4	488	209.5	169.0	92	209.0	173.9	2200

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	126.6	112.5	256	109.7	101.1	283	120.9	112.2	280	120.7	107.7	232	131.3	112.3	42	119.7	108.5	1093
Female	175.9	114.6	276	144.5	104.9	266	143.5	118.8	259	132.2	112.5	256	136.4	104.7	50	148.9	113.4	1107
Total	152.2	116.2	532	126.5	104.3	549	131.8	115.9	539	126.7	110.3	488	134.1	107.7	92	134.4	112.0	2200

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.1	256	0.9	1.0	283	1.0	1.2	280	1.0	1.1	232	1.2	1.2	42	1.0	1.1	1093
Female	1.3	1.1	276	1.1	1.1	266	1.2	1.2	259	1.1	1.1	256	1.4	1.3	50	1.2	1.1	1107
Total	1.1	1.1	532	1.0	1.1	549	1.1	1.2	539	1.1	1.1	488	1.3	1.3	92	1.1	1.1	2200

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.1	256	0.9	1.0	283	1.0	1.2	280	1.0	1.1	232	1.2	1.2	42	1.0	1.1	1093
Female	1.3	1.1	276	1.1	1.1	266	1.2	1.2	259	1.1	1.1	256	1.4	1.3	50	1.2	1.1	1107
Total	1.1	1.1	532	1.0	1.1	549	1.1	1.2	539	1.1	1.1	488	1.3	1.3	92	1.1	1.1	2200

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	196.1	157.1	256	169.8	135.3	283	180.8	157.5	280	176.3	148.3	232	182.9	144.5	42	180.7	149.5	1093
Female	254.0	151.5	276	210.7	143.1	266	203.6	160.6	259	185.8	145.0	256	187.5	136.8	50	213.0	151.5	1107
Total	226.1	156.8	532	189.6	140.5	549	191.8	159.3	539	181.3	146.5	488	185.4	139.6	92	197.0	151.4	2200

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	423.4	520.0	256	376.0	429.7	283	375.8	447.2	280	361.1	437.5	232	322.3	279.8	42	381.8	453.9	1093
Female	482.1	382.2	276	423.0	436.4	266	365.8	408.5	259	325.6	286.1	256	281.2	188.7	50	395.4	381.2	1107
Total	453.9	454.3	532	398.8	433.2	549	371.0	428.7	539	342.5	366.0	488	300.0	234.3	92	388.7	418.9	2200

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.9	3.4	256	2.6	3.1	283	3.0	3.7	280	3.0	3.4	232	3.6	3.7	42	2.9	3.4	1093
Female	3.8	3.3	276	3.2	3.2	266	3.8	4.1	259	3.3	3.3	256	4.7	6.6	50	3.6	3.7	1107
Total	3.4	3.4	532	2.9	3.2	549	3.4	3.9	539	3.2	3.3	488	4.2	5.5	92	3.2	3.6	2200

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	1261.4	647.9	256	1206.0	605.5	283	1181.8	654.1	280	1121.9	624.1	232	1137.3	597.7	42	1192.3	632.6	1093
Female	1381.7	621.1	276	1216.6	583.3	266	1147.5	612.0	259	1073.3	585.0	256	1009.2	539.0	50	1199.1	609.0	1107
Total	1323.8	636.4	532	1211.1	594.4	549	1165.3	633.9	539	1096.4	603.8	488	1067.7	567.0	92	1195.7	620.7	2200

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	116.7	63.9	256	114.6	65.7	283	112.5	64.4	280	106.9	60.1	232	112.3	65.7	42	112.8	63.8	1093
Female	135.2	65.6	276	116.6	58.0	266	111.8	61.7	259	105.9	60.5	256	99.3	54.0	50	116.9	62.2	1107
Total	126.3	65.4	532	115.6	62.1	549	112.2	63.0	539	106.4	60.3	488	105.2	59.7	92	114.9	63.0	2200

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.3	24.4	256	24.2	22.0	283	27.6	25.9	280	27.0	23.7	232	30.3	26.0	42	26.9	24.1	1093
Female	38.5	23.8	276	32.4	23.5	266	32.1	26.8	259	29.9	25.2	256	31.5	24.1	50	33.2	25.0	1107
Total	33.6	24.6	532	28.2	23.1	549	29.8	26.4	539	28.5	24.5	488	30.9	24.8	92	30.1	24.7	2200

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	11.146	3.160	256	10.436	3.000	283	9.354	2.935	280	8.447	2.543	232	8.071	2.516	42	9.812	3.090	1093
Female	10.500	2.825	276	9.125	2.657	266	8.339	2.461	259	7.644	2.318	256	7.357	2.211	50	8.862	2.782	1107
Total	10.811	3.006	532	9.801	2.911	549	8.866	2.762	539	8.026	2.458	488	7.683	2.369	92	9.334	2.976	2200

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.1	19.4	256	16.7	18.8	283	17.5	18.3	280	16.6	21.8	232	17.1	17.2	42	17.2	19.4	1093
Female	24.7	21.2	276	20.7	17.6	266	18.1	16.4	259	16.6	15.5	256	16.4	13.6	50	19.9	17.9	1107
Total	21.5	20.6	532	18.7	18.3	549	17.8	17.4	539	16.6	18.7	488	16.7	15.3	92	18.6	18.7	2200

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	167.3	68.1	256	169.1	77.4	283	147.2	64.9	280	133.1	55.2	232	137.5	72.0	42	154.2	69.0	1093
Female	161.9	67.8	276	141.0	59.1	266	131.4	50.8	259	120.9	51.8	256	113.5	42.2	50	138.0	59.4	1107
Total	164.5	68.0	532	155.5	70.5	549	139.6	59.0	539	126.7	53.7	488	124.4	58.6	92	146.1	64.9	2200

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.6	23.3	256	23.7	21.0	283	26.9	24.9	280	26.4	22.8	232	29.2	25.0	42	26.2	23.1	1093
Female	37.6	22.7	276	31.5	22.2	266	31.0	25.5	259	28.8	23.9	256	30.2	23.0	50	32.2	23.7	1107
Total	32.7	23.5	532	27.5	21.9	549	28.9	25.2	539	27.6	23.4	488	29.7	23.8	92	29.2	23.6	2200

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	4.384	1.485	256	4.035	1.308	283	3.534	1.294	280	3.147	1.111	232	3.007	1.051	42	3.760	1.383	1093
Female	4.180	1.331	276	3.544	1.155	266	3.215	1.087	259	2.870	0.960	256	2.842	0.926	50	3.438	1.236	1107
Total	4.278	1.409	532	3.797	1.259	549	3.381	1.209	539	3.002	1.043	488	2.917	0.983	92	3.598	1.321	2200

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	192.3	76.0	256	188.5	68.2	283	165.9	53.8	280	147.0	53.8	232	142.3	46.7	42	173.0	65.8	1093
Female	177.4	52.1	276	156.7	45.3	266	151.4	57.7	259	135.2	45.0	256	130.1	49.8	50	154.5	52.6	1107
Total	184.6	65.1	532	173.1	60.3	549	158.9	56.1	539	140.8	49.7	488	135.7	48.5	92	163.7	60.2	2200

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	100.5	74.5	256	109.3	88.1	283	93.8	61.5	280	83.4	62.5	232	76.5	43.8	42	96.5	72.6	1093
Female	94.2	65.4	276	82.0	45.7	266	88.3	78.5	259	78.2	55.1	256	64.7	31.5	50	84.9	61.6	1107
Total	97.3	69.9	532	96.1	72.0	549	91.2	70.1	539	80.7	58.7	488	70.1	37.9	92	90.7	67.5	2200

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	42.9	38.2	256	46.6	46.7	283	38.8	32.2	280	33.4	32.0	232	31.3	23.5	42	40.3	37.8	1093
Female	40.6	33.7	276	34.0	23.8	266	36.0	40.2	259	31.6	28.7	256	23.8	12.5	50	35.1	31.8	1107
Total	41.7	36.0	532	40.5	37.9	549	37.5	36.3	539	32.4	30.3	488	27.3	18.6	92	37.7	35.0	2200

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.6	14.2	256	14.3	12.8	283	15.6	14.3	280	15.5	13.9	232	16.8	14.4	42	15.6	13.8	1093
Female	22.6	14.6	276	18.4	13.4	266	18.4	15.2	259	17.0	14.2	256	17.5	13.4	50	19.1	14.4	1107
Total	19.7	14.7	532	16.3	13.2	549	17.0	14.8	539	16.3	14.1	488	17.2	13.8	92	17.3	14.2	2200

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	100.1	66.1	256	95.8	78.3	283	85.1	66.5	280	79.2	55.9	232	84.7	71.5	42	90.1	68.2	1093
Female	115.2	69.2	276	93.5	63.7	266	83.4	56.6	259	78.1	56.2	256	76.8	42.3	50	92.2	62.6	1107
Total	108.0	68.1	532	94.7	71.5	549	84.3	61.9	539	78.6	56.0	488	80.4	57.3	92	91.2	65.5	2200

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	20.4	256	1.3	22.2	283	0.8	13.9	280	1.6	24.5	232	0.0	0.0	42	1.2	20.0	1093
Female	1.0	16.9	276	1.1	17.2	266	2.4	39.1	259	3.3	30.3	256	0.6	4.1	50	1.9	26.7	1107
Total	1.1	18.6	532	1.2	19.9	549	1.6	28.9	539	2.5	27.7	488	0.3	3.0	92	1.5	23.6	2200

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	1027.5	460.3	256	988.3	422.1	283	884.8	388.6	280	799.7	329.0	232	756.4	370.6	42	922.0	412.9	1093
Female	845.4	339.9	276	766.1	299.3	266	713.6	270.7	259	678.3	267.8	256	627.4	330.2	50	747.0	305.2	1107
Total	933.0	412.2	532	880.7	383.9	549	802.5	347.5	539	736.0	304.3	488	686.3	353.2	92	834.0	373.0	2200

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	111.1	49.9	256	113.5	59.5	283	96.9	51.1	280	85.2	40.2	232	87.0	55.0	42	101.7	52.4	1093
Female	101.9	51.3	276	89.0	45.4	266	82.8	45.4	259	74.6	37.0	256	77.4	66.6	50	86.9	47.4	1107
Total	106.3	50.8	532	101.7	54.5	549	90.1	48.9	539	79.6	38.9	488	81.8	61.4	92	94.2	50.5	2200

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.00	6.67	256	20.66	5.93	283	17.76	5.48	280	15.48	5.07	232	14.60	4.74	42	18.90	6.33	1093
Female	19.73	5.46	276	17.18	4.67	266	15.54	4.96	259	14.15	4.40	256	13.12	4.46	50	16.55	5.33	1107
Total	20.82	6.17	532	18.97	5.63	549	16.69	5.35	539	14.78	4.77	488	13.79	4.63	92	17.72	5.96	2200

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	576.8	406.9	256	639.8	422.4	283	588.4	434.6	280	541.5	461.5	232	479.8	379.4	42	584.9	430.2	1093
Female	483.6	323.0	276	487.1	341.9	266	469.9	352.6	259	449.0	325.9	256	330.8	240.2	50	466.3	333.3	1107
Total	528.5	368.4	532	565.8	392.6	549	531.5	401.3	539	493.0	398.4	488	398.8	318.6	92	525.2	388.9	2200

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	352.6	546.2	256	450.2	572.2	283	445.2	611.4	280	409.1	624.2	232	331.7	499.5	42	412.8	585.9	1093
Female	307.7	460.0	276	337.5	481.1	266	330.0	481.5	259	334.1	470.4	256	180.6	263.8	50	320.4	466.2	1107
Total	329.3	503.4	532	395.6	532.5	549	389.9	555.3	539	369.7	549.6	488	249.6	394.5	92	366.3	530.9	2200

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	45.0	39.1	256	57.4	43.0	283	55.8	42.1	280	51.6	47.3	232	52.0	38.0	42	52.7	42.9	1093
Female	37.7	32.2	276	42.3	33.9	266	44.0	37.3	259	43.4	32.9	256	30.8	33.8	50	41.3	34.2	1107
Total	41.2	35.9	532	50.1	39.5	549	50.1	40.3	539	47.3	40.6	488	40.5	37.1	92	46.9	39.2	2200

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	14.7	256	10.9	15.2	283	11.6	12.9	280	10.8	16.3	232	10.2	8.8	42	10.5	14.6	1093
Female	6.5	8.0	276	8.4	9.7	266	7.7	9.4	259	8.4	10.4	256	6.5	13.1	50	7.7	9.6	1107
Total	7.6	11.8	532	9.7	12.9	549	9.7	11.5	539	9.5	13.6	488	8.2	11.4	92	9.1	12.4	2200

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	6.1	10.3	256	7.9	9.7	283	10.0	11.5	280	9.5	12.2	232	8.4	7.7	42	8.4	10.9	1093
Female	5.1	6.1	276	7.4	8.6	266	6.8	7.1	259	7.6	8.2	256	6.0	11.9	50	6.7	7.8	1107
Total	5.6	8.4	532	7.6	9.2	549	8.5	9.8	539	8.5	10.3	488	7.1	10.2	92	7.5	9.5	2200

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	10.5	256	8.0	11.1	283	9.7	12.2	280	9.1	15.3	232	8.4	9.4	42	8.4	12.2	1093
Female	5.2	7.2	276	7.1	8.7	266	6.6	8.3	259	7.1	9.6	256	4.8	9.1	50	6.4	8.5	1107
Total	5.9	9.0	532	7.5	10.0	549	8.2	10.6	539	8.1	12.7	488	6.5	9.4	92	7.4	10.6	2200

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.57	3.24	256	11.51	3.00	283	10.36	2.84	280	9.47	2.85	232	8.55	2.67	42	10.68	3.11	1093
Female	10.27	2.63	276	9.54	2.54	266	9.30	2.91	259	8.68	2.57	256	8.59	3.05	50	9.42	2.74	1107
Total	10.89	3.01	532	10.55	2.95	549	9.85	2.92	539	9.06	2.73	488	8.57	2.87	92	10.05	3.00	2200

α -Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1647.8	557.8	256	1634.5	516.8	283	1465.4	500.1	280	1351.9	517.9	232	1269.6	478.6	42	1520.3	536.0	1093
Female	1420.0	470.6	276	1342.3	513.4	266	1305.2	486.6	259	1229.9	427.4	256	1201.4	498.8	50	1320.6	481.4	1107
Total	1529.6	526.4	532	1492.9	535.0	549	1388.4	499.7	539	1287.9	476.0	488	1232.5	488.2	92	1419.8	518.8	2200

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	4.1	4.9	256	5.0	5.9	283	5.6	5.4	280	5.5	8.0	232	5.4	4.1	42	5.1	6.1	1093
Female	3.8	4.0	276	4.5	4.3	266	4.1	4.0	259	4.7	5.0	256	2.9	3.5	50	4.2	4.3	1107
Total	3.9	4.5	532	4.8	5.2	549	4.9	4.9	539	5.1	6.6	488	4.1	4.0	92	4.6	5.3	2200

Octadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	77.0	95.0	256	101.3	122.3	283	103.4	111.7	280	99.1	139.7	232	83.5	76.5	42	95.0	116.7	1093
Female	63.4	75.9	276	77.3	89.8	266	76.6	82.3	259	81.8	92.7	256	51.3	65.5	50	73.5	84.8	1107
Total	69.9	85.8	532	89.6	108.4	549	90.5	99.5	539	90.0	117.6	488	66.0	72.1	92	84.2	102.4	2200

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	68.6	32.6	256	62.8	28.2	283	53.9	26.0	280	46.2	24.3	232	38.2	19.9	42	57.4	29.1	1093
Female	53.2	24.2	276	47.4	23.3	266	43.4	22.0	259	38.0	18.9	256	35.5	19.5	50	45.2	22.8	1107
Total	60.6	29.5	532	55.3	27.0	549	48.9	24.7	539	41.9	22.0	488	36.8	19.6	92	51.3	26.8	2200

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.9	10.9	256	31.2	11.4	283	29.2	11.2	280	27.2	9.1	232	24.7	10.0	42	29.7	10.9	1093
Female	28.7	10.8	276	25.9	9.5	266	25.0	9.3	259	24.3	8.9	256	22.4	7.7	50	25.8	9.7	1107
Total	30.2	11.0	532	28.7	10.8	549	27.1	10.5	539	25.7	9.1	488	23.5	8.9	92	27.8	10.5	2200

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	34.7	256	43.3	39.3	283	42.7	34.4	280	41.7	42.1	232	40.9	36.8	42	40.5	37.7	1093
Female	26.5	25.3	276	31.7	29.3	266	32.1	28.0	259	35.0	30.3	256	27.0	38.3	50	31.0	28.9	1107
Total	29.9	30.4	532	37.7	35.2	549	37.6	31.9	539	38.2	36.5	488	33.3	38.1	92	35.7	33.9	2200

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	176.5	58.2	256	187.8	69.1	283	175.4	60.9	280	166.5	57.6	232	147.9	61.9	42	175.9	62.5	1093
Female	155.2	53.8	276	150.9	56.1	266	145.5	54.6	259	147.9	57.9	256	130.6	55.4	50	149.1	55.7	1107
Total	165.5	56.9	532	169.9	65.7	549	161.0	59.8	539	156.7	58.4	488	138.5	58.8	92	162.4	60.7	2200

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	268.7	238.5	256	365.1	299.5	283	374.7	251.2	280	356.9	313.7	232	367.8	250.3	42	343.3	278.4	1093
Female	220.4	194.9	276	272.4	212.6	266	283.8	214.0	259	298.7	208.6	256	221.4	241.8	50	265.9	211.0	1107
Total	243.6	218.1	532	320.2	264.9	549	331.0	238.2	539	326.4	265.2	488	288.2	255.1	92	304.4	249.7	2200

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.4	9.1	256	8.9	12.3	283	9.9	11.6	280	9.5	15.9	232	8.4	7.5	42	8.7	12.2	1093
Female	5.4	6.8	276	7.1	8.7	266	6.8	8.1	259	7.3	9.2	256	4.4	7.3	50	6.5	8.2	1107
Total	5.9	8.0	532	8.0	10.7	549	8.4	10.2	539	8.3	12.8	488	6.2	7.6	92	7.6	10.5	2200

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.3	256	0.1	0.3	283	0.1	0.2	280	0.1	0.3	232	0.0	0.1	42	0.1	0.3	1093
Female	0.1	0.3	276	0.1	0.2	266	0.1	0.2	259	0.1	0.3	256	0.1	0.3	50	0.1	0.3	1107
Total	0.1	0.3	532	0.1	0.3	549	0.1	0.2	539	0.1	0.3	488	0.0	0.2	92	0.1	0.3	2200

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.6	5.7	256	12.7	5.8	283	11.5	5.4	280	10.5	5.4	232	8.5	4.0	42	11.7	5.6	1093
Female	10.3	4.9	276	9.4	4.5	266	9.1	4.8	259	8.5	4.5	256	7.5	3.6	50	9.3	4.7	1107
Total	11.4	5.4	532	11.1	5.5	549	10.3	5.3	539	9.5	5.0	488	8.0	3.8	92	10.5	5.3	2200

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	87.1	74.9	256	107.7	81.5	283	107.6	73.4	280	106.7	85.9	232	104.7	79.1	42	102.5	79.2	1093
Female	68.8	54.6	276	80.9	61.3	266	83.5	60.8	259	88.0	64.6	256	68.5	79.2	50	79.6	61.6	1107
Total	77.6	65.8	532	94.7	73.6	549	96.0	68.6	539	96.9	76.0	488	85.0	80.7	92	91.0	71.8	2200

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	9.3	256	12.3	12.5	283	13.2	12.2	280	12.7	13.4	232	11.4	8.4	42	12.0	11.9	1093
Female	7.9	7.0	276	10.4	8.7	266	9.6	8.7	259	10.7	9.6	256	6.8	8.8	50	9.5	8.6	1107
Total	8.7	8.2	532	11.4	10.9	549	11.5	10.8	539	11.6	11.6	488	8.9	8.9	92	10.7	10.4	2200

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	505.3	379.8	256	662.6	493.3	283	668.5	414.0	280	639.2	488.4	232	613.2	392.8	42	620.4	448.1	1093

Female	420.3	313.5	276	493.6	346.7	266	512.0	355.9	259	538.2	341.6	256	396.6	380.8	50	485.6	344.1	1107
Total	461.2	349.3	532	580.7	436.5	549	593.3	394.7	539	586.2	420.5	488	495.5	399.2	92	552.5	404.7	2200

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.8	19.2	256	19.0	23.5	283	18.7	24.3	280	11.1	14.8	232	6.7	10.0	42	15.8	21.0	1093
Female	4.3	8.7	276	3.2	7.6	266	2.2	4.5	259	1.6	4.4	256	1.0	2.3	50	2.7	6.6	1107
Total	9.3	15.6	532	11.3	19.4	549	10.8	19.6	539	6.1	11.7	488	3.6	7.5	92	9.2	16.9	2200

3) 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	2321.2	393.6	256	2309.3	368.3	283	2266.2	388.5	280	2107.6	372.5	232	1925.3	289.1	42	2243.5	390.8	1093
Female	1915.5	314.3	276	1845.3	292.4	266	1847.3	301.0	259	1778.0	272.9	256	1706.8	324.2	50	1841.4	301.9	1107
Total	2110.7	408.3	532	2084.5	406.2	549	2064.9	406.9	539	1934.7	363.3	488	1806.5	326.0	92	2041.2	402.6	2200

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	2330.4	639.1	256	2333.4	625.5	283	2441.9	626.3	280	2227.0	592.5	232	1917.0	559.8	42	2321.9	628.2	1093
Female	1957.6	530.8	276	2071.2	512.4	266	2195.5	604.9	259	2060.0	521.1	256	1979.5	560.5	50	2065.2	549.6	1107
Total	2137.0	613.8	532	2206.4	587.8	549	2323.5	627.8	539	2139.4	561.8	488	1951.0	558.0	92	2192.8	603.6	2200

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	83.0	15.6	256	85.9	16.9	283	86.2	17.5	280	81.8	15.2	232	74.1	13.9	42	84.0	16.5	1093
Female	70.8	12.8	276	71.7	13.4	266	72.0	13.1	259	70.1	13.5	256	65.1	12.8	50	70.9	13.3	1107
Total	76.7	15.4	532	79.0	16.9	549	79.4	17.1	539	75.7	15.5	488	69.2	14.0	92	77.4	16.3	2200

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.2	17.0	256	63.7	15.4	283	57.3	15.5	280	51.5	13.9	232	48.7	12.7	42	59.5	16.5	1093
Female	60.7	14.5	276	54.4	13.2	266	50.7	13.5	259	47.0	12.2	256	44.1	12.5	50	52.9	14.3	1107
Total	63.3	16.0	532	59.2	15.1	549	54.2	14.9	539	49.2	13.2	488	46.2	12.7	92	56.2	15.8	2200

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	312.0	62.7	256	306.4	58.6	283	312.6	63.6	280	303.6	60.1	232	282.1	47.3	42	307.8	61.1	1093
Female	258.1	48.9	276	257.9	47.2	266	269.4	48.6	259	263.9	45.8	256	258.1	62.7	50	262.0	48.6	1107
Total	284.1	62.1	532	282.9	58.6	549	291.8	60.8	539	282.8	56.7	488	269.1	57.2	92	284.8	59.7	2200

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.7	3.4	256	19.8	3.8	283	21.0	4.1	280	20.3	3.9	232	18.5	4.1	42	19.9	3.9	1093
Female	16.7	2.8	276	17.9	3.2	266	18.4	3.3	259	18.4	4.3	256	17.2	3.5	50	17.8	3.5	1107
Total	17.7	3.2	532	18.9	3.6	549	19.7	3.9	539	19.3	4.2	488	17.8	3.8	92	18.8	3.8	2200

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	4571	859	256	4749	953	283	4929	1044	280	4756	988	232	4359	985	42	4740	974	1093
Female	3982	727	276	4158	778	266	4205	773	259	4253	839	256	3875	741	50	4134	785	1107
Total	4265	846	532	4463	921	549	4581	991	539	4492	946	488	4096	889	92	4435	934	2200

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	2604	594	256	2752	656	283	3003	714	280	2893	689	232	2594	728	42	2805	684	1093
Female	2383	544	276	2614	591	266	2784	638	259	2681	622	256	2633	798	50	2613	625	1107
Total	2489	579	532	2685	628	549	2898	687	539	2781	663	488	2615	763	92	2708	662	2200

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	560.4	199.6	256	607.8	205.5	283	671.1	236.2	280	654.6	238.1	232	623.9	227.6	42	623.5	224.0	1093
Female	571.9	183.3	276	596.9	209.3	266	649.4	221.9	259	623.4	220.9	256	634.4	208.2	50	610.8	210.6	1107
Total	566.4	191.2	532	602.5	207.2	549	660.7	229.5	539	638.2	229.6	488	629.6	216.2	92	617.1	217.4	2200

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	288.4	68.4	256	309.3	68.8	283	330.0	73.7	280	313.7	74.3	232	278.8	67.1	42	309.5	72.7	1093
Female	258.4	61.0	276	277.8	66.5	266	289.4	63.2	259	279.6	62.6	256	271.3	75.6	50	275.8	64.8	1107
Total	272.8	66.3	532	294.1	69.4	549	310.5	71.7	539	295.8	70.4	488	274.7	71.6	92	292.5	70.9	2200

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	1180	232	256	1232	252	283	1280	278	280	1223	269	232	1117	240	42	1226	260	1093
Female	1043	196	276	1064	214	266	1092	232	259	1076	233	256	1031	236	50	1067	220	1107
Total	1109	225	532	1151	249	549	1190	273	539	1146	261	488	1070	241	92	1146	254	2200

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	2.6	256	9.7	2.5	283	10.4	2.7	280	10.1	2.6	232	8.9	2.5	42	9.8	2.6	1093

Female	8.4	2.8	276	8.8	2.4	266	9.4	2.4	259	9.3	2.5	256	9.3	2.7	50	9.0	2.6	1107
Total	8.7	2.7	532	9.3	2.5	549	9.9	2.6	539	9.7	2.6	488	9.1	2.6	92	9.4	2.6	2200

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	1.9	256	9.6	2.2	283	9.7	2.1	280	9.2	2.1	232	8.6	1.8	42	9.4	2.1	1093
Female	8.1	2.0	276	8.0	2.1	266	8.2	2.0	259	7.9	1.6	256	8.0	2.1	50	8.1	1.9	1107
Total	8.7	2.0	532	8.8	2.3	549	9.0	2.2	539	8.5	2.0	488	8.2	1.9	92	8.7	2.1	2200

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	1.32	0.30	256	1.41	0.35	283	1.48	0.33	280	1.43	0.32	232	1.30	0.29	42	1.41	0.33	1093
Female	1.16	0.32	276	1.22	0.28	266	1.28	0.26	259	1.27	0.26	256	1.27	0.34	50	1.23	0.29	1107
Total	1.24	0.32	532	1.32	0.33	549	1.38	0.32	539	1.35	0.30	488	1.28	0.32	92	1.32	0.32	2200

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	4.20	1.39	256	4.50	1.41	283	4.70	1.39	280	4.58	1.34	232	4.15	1.48	42	4.48	1.40	1093
Female	3.51	1.28	276	4.10	1.35	266	4.43	1.80	259	4.26	1.23	256	4.32	1.47	50	4.08	1.47	1107
Total	3.84	1.38	532	4.31	1.40	549	4.57	1.60	539	4.41	1.29	488	4.24	1.47	92	4.28	1.45	2200

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	247	455	256	344	696	283	381	968	280	323	977	232	269	393	42	323	789	1093
Female	285	771	276	213	351	266	253	462	259	360	986	256	301	646	50	278	687	1107
Total	267	638	532	281	560	549	320	769	539	342	981	488	287	543	92	301	740	2200

α -Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3016	1839	256	3105	1747	283	3793	1932	280	3700	2085	232	3330	2203	42	3395	1936	1093
Female	2871	1754	276	3839	9959	266	3925	2091	259	3610	1761	256	3082	1785	50	3531	5156	1107
Total	2941	1795	532	3461	7048	549	3856	2009	539	3653	1920	488	3195	1980	92	3463	3904	2200

β -Carotene (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2761	1696	256	2937	1645	283	3643	1868	280	3665	2072	232	3172	2024	42	3240	1866	1093
Female	2665	1592	275	2981	1589	265	3751	1974	259	3497	1674	256	2916	1620	49	3200	1757	1104
Total	2711	1642	531	2958	1617	548	3695	1919	539	3577	1873	488	3034	1812	91	3220	1811	2197

Cryptoxanthin (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	243	609	256	381	718	283	444	939	280	394	727	232	626	928	42	377	773	1093
Female	447	688	276	436	758	266	537	892	259	654	1066	256	466	779	50	514	859	1107
Total	349	659	532	408	738	549	489	917	539	531	928	488	539	849	92	446	820	2200

β -Carotene equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3445	2151	256	3539	1953	283	4286	2124	280	4159	2302	232	3969	2546	42	3856	2171	1093
Female	3385	1992	276	3715	1939	266	4510	2307	259	4279	2087	256	3640	2041	50	3946	2125	1107
Total	3414	2068	532	3624	1946	549	4394	2215	539	4222	2190	488	3790	2278	92	3901	2148	2200

Retinol activity equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	575	527	256	660	738	283	766	987	280	685	981	232	618	449	42	671	819	1093
Female	598	814	276	605	926	266	655	501	259	745	1016	256	627	723	50	649	832	1107
Total	587	690	532	634	834	549	713	793	539	716	999	488	623	610	92	660	825	2200

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	8.1	6.4	256	9.7	6.3	283	10.4	6.5	280	10.1	6.6	232	10.9	6.9	42	9.7	6.5	1093
Female	6.7	4.5	276	7.8	4.8	266	8.4	5.9	259	9.0	6.3	256	8.3	6.4	50	8.0	5.5	1107
Total	7.4	5.5	532	8.8	5.7	549	9.5	6.3	539	9.5	6.5	488	9.5	6.8	92	8.8	6.1	2200

α -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8	3	256	8	2	283	8	3	280	8	2	232	8	3	42	8	3	1093
Female	8	3	276	9	25	266	8	2	259	7	3	256	8	8	50	8	12	1107
Total	8	3	532	9	17	549	8	3	539	8	2	488	8	6	92	8	9	2200

β -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0	0	256	0	0	283	0	0	280	0	0	232	0	0	42	0	0	1093
Female	0	0	276	0	0	266	0	0	259	0	0	256	0	0	50	0	0	1107
Total	0	0	532	0	0	549	0	0	539	0	0	488	0	0	92	0	0	2200

γ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13	4	256	13	4	283	12	4	280	11	4	232	10	4	42	12	4	1093
Female	12	4	276	11	3	266	11	4	259	10	3	256	11	4	50	11	4	1107
Total	12	4	532	12	4	549	11	4	539	10	4	488	10	4	92	12	4	2200

δ-Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3	1	256	3	1	283	3	1	280	3	1	232	3	1	42	3	1	1093
Female	3	1	276	3	1	266	3	1	259	3	1	256	3	1	50	3	1	1107
Total	3	1	532	3	1	549	3	1	539	3	1	488	3	1	92	3	1	2200

α-Tocopherol equivalents (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12	16	256	12	26	283	14	29	280	15	29	232	17	36	42	14	26	1093
Female	15	30	276	17	40	266	15	26	259	15	28	256	11	11	50	15	31	1107
Total	14	24	532	15	34	549	15	27	539	15	29	488	14	25	92	14	29	2200

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	209	124	256	240	126	283	284	140	280	265	130	232	233	133	42	249	133	1093
Female	197	92	276	224	113	266	367	1872	259	237	116	256	217	147	50	253	912	1107
Total	203	109	532	232	120	549	324	1301	539	250	124	488	224	140	92	251	653	2200

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	2.31	11.84	256	1.92	5.90	283	3.10	11.08	280	4.46	13.02	232	3.01	9.79	42	2.90	10.65	1093
Female	1.44	2.68	276	1.73	5.05	266	2.67	8.25	259	5.00	16.62	256	4.55	18.94	50	2.76	10.26	1107
Total	1.86	8.44	532	1.83	5.50	549	2.89	9.82	539	4.74	15.00	488	3.85	15.39	92	2.83	10.46	2200

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	1.68	1.25	256	1.85	2.99	283	2.02	3.81	280	2.96	16.95	232	1.83	2.20	42	2.09	8.22	1093
Female	1.74	2.30	276	1.90	2.66	266	1.79	1.49	259	2.49	4.03	256	2.51	3.60	50	2.00	2.82	1107
Total	1.71	1.87	532	1.87	2.83	549	1.91	2.93	539	2.71	12.04	488	2.20	3.05	92	2.04	6.13	2200

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.4	7.7	256	21.8	10.7	283	21.1	9.2	280	20.3	10.5	232	17.6	6.5	42	20.8	9.5	1093
Female	17.2	6.6	276	17.4	7.1	266	17.2	6.2	259	17.6	10.3	256	15.4	10.7	50	17.2	7.9	1107
Total	18.7	7.3	532	19.7	9.4	549	19.2	8.1	539	18.9	10.4	488	16.4	9.1	92	19.0	8.9	2200

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	2.53	10.90	256	2.20	5.73	283	3.17	9.83	280	4.13	11.76	232	1.77	1.88	42	2.92	9.53	1093
Female	1.65	2.51	276	1.98	4.53	266	2.86	8.67	259	4.62	11.86	256	2.77	7.83	50	2.75	7.77	1107

Total	2.07	7.78	532	2.09	5.18	549	3.02	9.28	539	4.39	11.80	488	2.31	5.91	92	2.83	8.69	2200
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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	23.4	172.4	256	16.7	84.7	283	27.1	147.8	280	38.8	182.0	232	48.7	232.7	42	26.8	153.3	1093
Female	9.5	32.1	276	18.8	108.4	266	23.5	130.2	259	42.8	175.2	256	38.5	215.6	50	24.0	127.7	1107
Total	16.2	121.9	532	17.7	96.8	549	25.4	139.5	539	40.9	178.3	488	43.2	222.3	92	25.4	141.0	2200

Folate (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	321	109	256	361	125	283	407	140	280	391	142	232	352	123	42	369	133	1093
Female	310	130	276	350	126	266	385	122	259	382	156	256	372	141	50	356	137	1107
Total	315	120	532	355	125	549	396	132	539	387	149	488	363	133	92	363	135	2200

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	6.60	1.83	256	6.75	2.74	283	7.09	3.74	280	6.50	1.95	232	6.14	2.00	42	6.72	2.70	1093
Female	6.10	2.99	276	6.06	3.53	266	6.50	3.60	259	6.11	2.52	256	6.06	3.20	50	6.19	3.19	1107
Total	6.34	2.51	532	6.42	3.17	549	6.80	3.68	539	6.30	2.27	488	6.09	2.70	92	6.45	2.97	2200

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	150.9	195.0	256	173.0	278.5	283	180.0	257.2	280	140.2	108.9	232	123.1	71.6	42	160.8	220.9	1093
Female	140.0	141.1	276	191.6	291.9	266	187.8	234.2	259	169.5	168.6	256	162.8	175.9	50	171.4	215.6	1107
Total	145.3	169.2	532	182.0	285.0	549	183.8	246.2	539	155.6	144.0	488	144.6	139.2	92	166.1	218.3	2200

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	388.4	137.3	256	415.1	146.9	283	394.1	142.4	280	373.7	133.6	232	319.5	137.2	42	391.0	141.6	1093
Female	343.4	119.3	276	329.3	115.5	266	315.1	116.8	259	331.2	128.0	256	312.0	131.6	50	329.1	120.7	1107
Total	365.0	130.1	532	373.5	139.3	549	356.2	136.5	539	351.4	132.3	488	315.4	133.5	92	359.9	135.1	2200

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	3.7	1.2	256	3.9	1.4	283	4.3	1.6	280	4.1	1.4	232	3.7	1.7	42	4.0	1.5	1093
Female	3.5	1.0	276	3.6	1.1	266	4.0	1.1	259	3.9	1.1	256	3.9	1.4	50	3.7	1.1	1107
Total	3.6	1.1	532	3.8	1.3	549	4.2	1.4	539	4.0	1.3	488	3.8	1.5	92	3.9	1.3	2200

Water insoluble dietary fibers (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	10.5	3.1	256	11.2	3.3	283	12.7	3.5	280	12.5	3.6	232	11.3	4.0	42	11.7	3.5	1093
Female	9.9	2.8	276	10.9	2.9	266	12.3	3.1	259	11.8	2.9	256	11.7	4.0	50	11.2	3.1	1107
Total	10.2	2.9	532	11.1	3.1	549	12.5	3.3	539	12.1	3.3	488	11.5	4.0	92	11.5	3.3	2200

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	14.7	4.1	256	15.7	4.5	283	18.0	5.1	280	17.8	7.3	232	15.7	5.5	42	16.5	5.5	1093
Female	14.0	3.9	276	15.3	4.0	266	17.4	4.4	259	17.1	8.1	256	16.4	5.2	50	15.9	5.5	1107
Total	14.4	4.0	532	15.5	4.3	549	17.7	4.8	539	17.4	7.7	488	16.0	5.3	92	16.2	5.5	2200

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.5	2.2	256	11.9	2.4	283	12.4	2.6	280	11.9	2.5	232	11.0	2.5	42	11.9	2.5	1093
Female	10.0	1.8	276	10.4	2.0	266	10.5	2.0	259	10.7	2.1	256	9.7	1.9	50	10.4	2.0	1107
Total	10.7	2.1	532	11.2	2.3	549	11.5	2.5	539	11.3	2.4	488	10.3	2.2	92	11.1	2.4	2200

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	11.5	2.3	256	11.8	2.5	283	11.8	2.5	280	11.3	2.3	232	10.0	2.0	42	11.6	2.4	1093
Female	9.7	1.9	276	9.8	2.0	266	9.8	2.0	259	9.4	2.0	256	8.9	1.9	50	9.6	2.0	1107
Total	10.5	2.3	532	10.8	2.5	549	10.9	2.5	539	10.3	2.3	488	9.4	2.0	92	10.6	2.4	2200

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	3573	699	256	3719	762	283	3734	789	280	3558	699	232	3243	639	42	3636	744	1093
Female	3064	580	276	3095	615	266	3106	614	259	3039	619	256	2828	579	50	3065	607	1107
Total	3309	688	532	3416	761	549	3432	776	539	3286	707	488	3018	639	92	3349	736	2200

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	6272	1199	256	6492	1300	283	6513	1353	280	6205	1199	232	5670	1085	42	6353	1274	1093
Female	5404	1009	276	5420	1058	266	5430	1056	259	5307	1060	256	4940	988	50	5371	1046	1107
Total	5822	1186	532	5973	1303	549	5993	1333	539	5734	1213	488	5273	1090	92	5859	1264	2200

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	4998	1173	256	5274	1296	283	5345	1305	280	5065	1194	232	4609	1135	42	5157	1254	1093
Female	4229	935	276	4341	1015	266	4378	1013	259	4321	1035	256	3999	963	50	4302	999	1107
Total	4599	1123	532	4822	1257	549	4880	1269	539	4675	1173	488	4277	1083	92	4727	1211	2200

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	1886	395	256	1973	435	283	1964	439	280	1859	386	232	1702	360	42	1916	418	1093
Female	1589	316	276	1605	337	266	1602	341	259	1576	348	256	1444	308	50	1586	335	1107
Total	1732	386	532	1795	432	549	1790	434	539	1711	393	488	1561	355	92	1750	413	2200

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	1315	233	256	1346	239	283	1345	255	280	1283	214	232	1147	191	42	1317	238	1093
Female	1131	191	276	1125	194	266	1124	198	259	1096	194	256	1024	195	50	1115	195	1107
Total	1219	231	532	1239	244	549	1239	254	539	1185	224	488	1081	202	92	1215	240	2200

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	3185	603	256	3302	653	283	3292	678	280	3126	579	232	2828	529	42	3216	636	1093
Female	2703	488	276	2715	515	266	2709	521	259	2656	529	256	2445	487	50	2685	514	1107
Total	2935	597	532	3018	659	549	3012	673	539	2880	600	488	2620	539	92	2949	636	2200

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	3618	666	256	3740	716	283	3758	746	280	3595	661	232	3270	569	42	3667	703	1093
Female	3126	556	276	3137	583	266	3154	584	259	3075	582	256	2868	556	50	3111	577	1107
Total	3363	658	532	3448	720	549	3468	737	539	3322	673	488	3052	594	92	3388	700	2200

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	2712	527	256	2826	580	283	2847	592	280	2712	530	232	2475	477	42	2767	563	1093
Female	2326	445	276	2352	465	266	2374	480	259	2322	476	256	2174	457	50	2336	467	1107
Total	2512	523	532	2596	578	549	2620	590	539	2507	539	488	2312	488	92	2550	560	2200

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	6342	1189	256	6575	1293	283	6614	1332	280	6316	1187	232	5736	1048	42	6443	1261	1093
Female	5456	997	276	5494	1047	266	5530	1055	259	5399	1052	256	5042	1012	50	5451	1039	1107
Total	5882	1179	532	6051	1297	549	6093	1322	539	5835	1207	488	5358	1080	92	5944	1257	2200

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	3125	632	256	3272	699	283	3282	713	280	3117	629	232	2841	571	42	3191	675	1093
Female	2657	515	276	2702	550	266	2708	548	259	2656	559	256	2458	521	50	2671	543	1107

Male	15.110	2.815	256	15.222	2.716	283	15.260	3.085	280	14.477	2.621	232	13.129	2.212	42	14.967	2.837	1093
Female	13.274	2.237	276	13.138	2.344	266	12.994	2.376	259	12.466	2.349	256	11.364	1.990	50	12.903	2.350	1107
Total	14.157	2.690	532	14.212	2.746	549	14.171	2.988	539	13.422	2.676	488	12.170	2.262	92	13.928	2.800	2200

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	3441	731	256	3588	782	283	3556	785	280	3351	709	232	3038	604	42	3474	759	1093
Female	2871	581	276	2931	617	266	2881	593	259	2827	609	256	2623	562	50	2866	601	1107
Total	3145	716	532	3270	779	549	3232	776	539	3076	708	488	2812	615	92	3168	748	2200

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	4930	1045	256	4846	946	283	4812	1092	280	4584	955	232	4202	863	42	4777	1019	1093
Female	4501	836	276	4333	847	266	4224	876	259	4013	856	256	3641	693	50	4244	873	1107
Total	4707	966	532	4598	935	549	4529	1036	539	4285	947	488	3897	820	92	4509	985	2200

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	3560	663	256	3693	721	283	3699	747	280	3532	653	232	3211	580	42	3611	703	1093
Female	3091	550	276	3099	580	266	3108	596	259	3046	587	256	2851	567	50	3076	579	1107
Total	3317	650	532	3405	720	549	3415	740	539	3277	665	488	3015	598	92	3342	697	2200

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.39	15.45	256	55.39	14.62	283	49.12	13.50	280	44.14	12.34	232	41.51	11.21	42	51.33	14.94	1093
Female	52.55	12.94	276	46.73	11.57	266	45.36	27.38	259	40.18	10.73	256	37.88	10.93	50	45.95	17.38	1107
Total	54.88	14.40	532	51.19	13.91	549	47.31	21.39	539	42.06	11.68	488	39.54	11.15	92	48.62	16.44	2200

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	18.53	5.86	256	17.28	5.35	283	15.66	5.58	280	14.22	4.83	232	13.73	4.64	42	16.37	5.64	1093
Female	18.08	5.31	276	15.60	5.00	266	14.34	4.79	259	13.08	4.43	256	12.62	4.01	50	15.20	5.22	1107
Total	18.29	5.58	532	16.46	5.24	549	15.03	5.25	539	13.62	4.66	488	13.13	4.32	92	15.78	5.46	2200

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	24.19	7.23	256	22.99	6.39	283	19.91	6.01	280	17.45	5.54	232	16.39	5.19	42	21.05	6.84	1093
Female	21.61	5.92	276	18.97	5.08	266	17.35	5.74	259	15.81	4.73	256	14.41	4.86	50	18.31	5.83	1107
Total	22.85	6.70	532	21.04	6.13	549	18.68	6.01	539	16.59	5.19	488	15.31	5.08	92	19.67	6.49	2200

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.56	4.22	256	15.02	5.92	283	13.46	3.51	280	12.37	3.50	232	11.30	3.33	42	13.81	4.54	1093
Female	12.74	3.20	276	12.05	2.99	266	13.48	25.05	259	11.22	3.08	256	10.76	3.51	50	12.31	12.43	1107
Total	13.62	3.84	532	13.58	4.95	549	13.47	17.53	539	11.77	3.33	488	11.01	3.42	92	13.05	9.41	2200

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.76	10.63	256	38.01	10.46	283	33.36	8.81	280	29.82	8.45	232	27.69	7.66	42	34.86	10.29	1093
Female	34.35	8.51	276	31.03	7.39	266	30.84	26.07	259	27.03	7.14	256	25.18	7.77	50	30.62	14.55	1107
Total	36.47	9.83	532	34.63	9.74	549	32.15	19.18	539	28.36	7.91	488	26.32	7.78	92	32.73	12.79	2200

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	11.92	3.64	256	11.81	3.02	283	10.65	2.88	280	9.74	2.87	232	8.79	2.67	42	10.98	3.24	1093
Female	10.50	2.66	276	9.74	2.53	266	9.52	2.92	259	8.91	2.59	256	8.76	3.01	50	9.64	2.75	1107
Total	11.18	3.25	532	10.81	2.98	549	10.11	2.95	539	9.30	2.76	488	8.78	2.84	92	10.31	3.08	2200

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.61	1.02	256	3.17	4.68	283	2.76	1.04	280	2.59	1.23	232	2.48	1.03	42	2.79	2.57	1093
Female	2.21	0.84	276	2.28	0.83	266	6.24	44.78	259	2.27	0.87	256	1.97	0.92	50	3.17	21.71	1107
Total	2.40	0.95	532	2.74	3.44	549	4.43	31.07	539	2.42	1.07	488	2.20	1.00	92	2.98	15.50	2200

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	197.2	176.1	256	168.7	155.6	283	187.6	173.6	280	185.9	165.5	232	202.0	173.9	42	185.1	168.1	1093
Female	274.1	176.6	276	225.7	163.7	266	224.8	186.2	259	205.6	174.5	256	215.9	166.3	50	232.5	176.5	1107
Total	237.1	180.3	532	196.3	162.0	549	205.5	180.6	539	196.2	170.4	488	209.5	169.0	92	209.0	173.9	2200

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	126.6	112.5	256	109.7	101.1	283	120.9	112.2	280	120.7	107.7	232	131.3	112.3	42	119.7	108.5	1093
Female	175.9	114.6	276	144.5	104.9	266	143.5	118.8	259	132.2	112.5	256	136.4	104.7	50	148.9	113.4	1107
Total	152.2	116.2	532	126.5	104.3	549	131.8	115.9	539	126.7	110.3	488	134.1	107.7	92	134.4	112.0	2200

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.1	256	0.9	1.0	283	1.0	1.2	280	1.0	1.1	232	1.2	1.2	42	1.0	1.1	1093
Female	1.3	1.1	276	1.1	1.1	266	1.2	1.2	259	1.1	1.1	256	1.4	1.3	50	1.2	1.1	1107
Total	1.1	1.1	532	1.0	1.1	549	1.1	1.2	539	1.1	1.1	488	1.3	1.3	92	1.1	1.1	2200

Male	28.3	24.4	256	24.2	22.0	283	27.6	25.9	280	27.0	23.7	232	30.3	26.0	42	26.9	24.1	1093
Female	38.5	23.8	276	32.4	23.5	266	32.1	26.8	259	29.9	25.2	256	31.5	24.1	50	33.2	25.0	1107
Total	33.6	24.6	532	28.2	23.1	549	29.8	26.4	539	28.5	24.5	488	30.9	24.8	92	30.1	24.7	2200

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	11.146	3.160	256	10.436	3.000	283	9.354	2.935	280	8.447	2.543	232	8.071	2.516	42	9.812	3.090	1093
Female	10.500	2.825	276	9.125	2.657	266	8.339	2.461	259	7.644	2.318	256	7.357	2.211	50	8.862	2.782	1107
Total	10.811	3.006	532	9.801	2.911	549	8.866	2.762	539	8.026	2.458	488	7.683	2.369	92	9.334	2.976	2200

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.1	19.4	256	16.7	18.8	283	17.5	18.3	280	16.6	21.8	232	17.1	17.2	42	17.2	19.4	1093
Female	24.7	21.2	276	20.7	17.6	266	18.1	16.4	259	16.6	15.5	256	16.4	13.6	50	19.9	17.9	1107
Total	21.5	20.6	532	18.7	18.3	549	17.8	17.4	539	16.6	18.7	488	16.7	15.3	92	18.6	18.7	2200

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	167.3	68.1	256	169.1	77.4	283	147.2	64.9	280	133.1	55.2	232	137.5	72.0	42	154.2	69.0	1093
Female	161.9	67.8	276	141.0	59.1	266	131.4	50.8	259	120.9	51.8	256	113.5	42.2	50	138.0	59.4	1107
Total	164.5	68.0	532	155.5	70.5	549	139.6	59.0	539	126.7	53.7	488	124.4	58.6	92	146.1	64.9	2200

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.6	23.3	256	23.7	21.0	283	26.9	24.9	280	26.4	22.8	232	29.2	25.0	42	26.2	23.1	1093
Female	37.6	22.7	276	31.5	22.2	266	31.0	25.5	259	28.8	23.9	256	30.2	23.0	50	32.2	23.7	1107
Total	32.7	23.5	532	27.5	21.9	549	28.9	25.2	539	27.6	23.4	488	29.7	23.8	92	29.2	23.6	2200

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	4.384	1.485	256	4.035	1.308	283	3.534	1.294	280	3.147	1.111	232	3.007	1.051	42	3.760	1.383	1093
Female	4.180	1.331	276	3.544	1.155	266	3.215	1.087	259	2.870	0.960	256	2.842	0.926	50	3.438	1.236	1107
Total	4.278	1.409	532	3.797	1.259	549	3.381	1.209	539	3.002	1.043	488	2.917	0.983	92	3.598	1.321	2200

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	192.3	76.0	256	188.5	68.2	283	165.9	53.8	280	147.1	53.8	232	142.3	46.7	42	173.0	65.8	1093
Female	177.4	52.1	276	156.7	45.3	266	151.4	57.7	259	135.2	45.0	256	130.1	49.8	50	154.5	52.6	1107
Total	184.6	65.1	532	173.1	60.3	549	158.9	56.1	539	140.9	49.7	488	135.7	48.5	92	163.7	60.2	2200

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	100.5	74.5	256	109.3	88.1	283	93.8	61.5	280	83.5	62.5	232	76.5	43.8	42	96.5	72.6	1093
Female	94.2	65.4	276	82.0	45.7	266	88.3	78.5	259	78.2	55.1	256	64.7	31.5	50	84.9	61.6	1107
Total	97.3	69.9	532	96.1	72.0	549	91.2	70.1	539	80.7	58.7	488	70.1	37.9	92	90.7	67.5	2200

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	42.9	38.2	256	46.6	46.7	283	38.8	32.2	280	33.4	32.0	232	31.3	23.5	42	40.3	37.8	1093
Female	40.6	33.7	276	34.0	23.8	266	36.0	40.2	259	31.6	28.7	256	23.8	12.5	50	35.1	31.8	1107
Total	41.7	36.0	532	40.5	37.9	549	37.5	36.3	539	32.4	30.3	488	27.3	18.6	92	37.7	35.0	2200

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.6	14.2	256	14.3	12.8	283	15.6	14.3	280	15.5	13.9	232	16.8	14.4	42	15.6	13.8	1093
Female	22.6	14.6	276	18.4	13.4	266	18.4	15.2	259	17.0	14.2	256	17.5	13.4	50	19.1	14.4	1107
Total	19.7	14.7	532	16.3	13.2	549	17.0	14.8	539	16.3	14.1	488	17.2	13.8	92	17.3	14.2	2200

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	100.1	66.1	256	95.8	78.3	283	85.1	66.5	280	79.2	55.9	232	84.7	71.5	42	90.1	68.2	1093
Female	115.2	69.2	276	93.5	63.7	266	83.4	56.6	259	78.1	56.2	256	76.8	42.3	50	92.2	62.6	1107
Total	108.0	68.1	532	94.7	71.5	549	84.3	61.9	539	78.6	56.0	488	80.4	57.3	92	91.2	65.5	2200

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	20.4	256	1.3	22.2	283	0.8	13.9	280	1.6	24.5	232	0.0	0.0	42	1.2	20.0	1093
Female	1.0	16.9	276	1.1	17.2	266	2.4	39.1	259	3.3	30.3	256	0.6	4.1	49	1.9	26.7	1104
Total	1.1	18.7	531	1.2	19.9	548	1.6	28.9	539	2.5	27.7	488	0.3	3.0	91	1.5	23.6	2197

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	1027.5	460.3	256	988.3	422.1	283	884.8	388.6	280	799.7	329.0	232	756.4	370.6	42	922.0	412.9	1093
Female	845.4	339.9	276	766.1	299.3	266	713.7	270.7	259	678.3	267.8	256	627.4	330.2	50	747.0	305.2	1107
Total	933.0	412.2	532	880.7	383.9	549	802.6	347.5	539	736.0	304.3	488	686.3	353.2	92	834.0	373.0	2200

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	111.1	49.9	256	113.5	59.5	283	96.9	51.1	280	85.2	40.2	232	87.0	55.0	42	101.7	52.4	1093

Female	101.9	51.3	276	89.0	45.4	266	82.8	45.4	259	74.6	37.0	256	77.4	66.6	50	86.9	47.4	1107
Total	106.3	50.8	532	101.7	54.5	549	90.1	48.9	539	79.6	38.9	488	81.8	61.4	92	94.2	50.5	2200

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	21.999	6.665	256	20.659	5.934	283	17.760	5.482	280	15.483	5.068	232	14.597	4.745	42	18.899	6.325	1093
Female	19.731	5.462	276	17.180	4.670	266	15.540	4.965	259	14.151	4.399	256	13.117	4.461	50	16.548	5.335	1107
Total	20.823	6.170	532	18.973	5.630	549	16.693	5.351	539	14.784	4.771	488	13.793	4.627	92	17.716	5.963	2200

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	576.8	406.9	256	639.8	422.4	283	588.4	434.6	280	541.5	461.5	232	479.8	379.4	42	584.9	430.2	1093
Female	483.6	323.0	276	487.1	341.9	266	469.9	352.6	259	449.0	325.9	256	330.8	240.2	50	466.3	333.3	1107
Total	528.5	368.4	532	565.8	392.6	549	531.5	401.3	539	493.0	398.4	488	398.8	318.6	92	525.2	388.9	2200

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	352.6	546.2	256	450.2	572.2	283	445.2	611.4	280	409.1	624.2	232	331.7	499.5	42	412.8	585.9	1093
Female	307.7	460.0	276	337.5	481.1	266	330.0	481.5	259	334.1	470.4	256	180.6	263.8	50	320.4	466.2	1107
Total	329.3	503.4	532	395.6	532.5	549	389.9	555.3	539	369.7	549.6	488	249.6	394.5	92	366.3	530.9	2200

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	45.0	39.1	256	57.4	43.0	283	55.8	42.1	280	51.6	47.3	232	52.0	38.0	42	52.7	42.9	1093
Female	37.7	32.2	276	42.3	33.9	266	44.0	37.3	259	43.4	32.9	256	30.8	33.8	50	41.3	34.2	1107
Total	41.2	35.9	532	50.1	39.5	549	50.1	40.3	539	47.3	40.6	488	40.5	37.1	92	46.9	39.2	2200

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.7	14.7	256	10.9	15.2	283	11.6	12.9	280	10.8	16.3	232	10.2	8.8	42	10.5	14.6	1093
Female	6.5	8.0	276	8.4	9.7	266	7.7	9.4	259	8.4	10.4	256	6.5	13.1	50	7.7	9.6	1107
Total	7.6	11.8	532	9.7	12.9	549	9.7	11.5	539	9.5	13.6	488	8.2	11.4	92	9.1	12.4	2200

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	6.1	10.3	256	7.9	9.7	283	10.0	11.5	280	9.5	12.2	232	8.4	7.7	42	8.4	10.9	1093
Female	5.1	6.1	276	7.4	8.6	266	6.8	7.1	259	7.6	8.2	256	6.0	11.9	50	6.7	7.8	1107
Total	5.6	8.4	532	7.6	9.2	549	8.5	9.8	539	8.5	10.3	488	7.1	10.2	92	7.5	9.5	2200

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	10.5	256	8.0	11.1	283	9.7	12.2	280	9.1	15.3	232	8.4	9.4	42	8.4	12.2	1093
Female	5.2	7.2	276	7.1	8.7	266	6.6	8.3	259	7.1	9.6	256	4.8	9.1	50	6.4	8.5	1107
Total	5.9	9.0	532	7.5	10.0	549	8.2	10.6	539	8.1	12.7	488	6.5	9.4	92	7.4	10.6	2200

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.568	3.242	256	11.505	2.995	283	10.361	2.842	280	9.473	2.850	232	8.550	2.669	42	10.682	3.113	1093
Female	10.269	2.625	276	9.537	2.539	266	9.301	2.906	259	8.679	2.569	256	8.594	3.048	50	9.423	2.740	1107
Total	10.894	3.007	532	10.552	2.950	549	9.852	2.918	539	9.057	2.733	488	8.574	2.866	92	10.049	2.997	2200

α -Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1648.0	558.2	256	1635.2	516.4	283	1465.4	500.1	280	1352.3	517.9	232	1269.6	478.6	42	1520.6	536.0	1093
Female	1420.6	471.7	276	1342.3	513.4	266	1305.5	486.8	259	1230.4	427.8	256	1201.4	498.8	50	1321.0	481.8	1107
Total	1530.0	527.0	532	1493.3	534.9	549	1388.6	499.7	539	1288.3	476.2	488	1232.5	488.2	92	1420.2	519.0	2200

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	4.2	4.9	256	5.0	5.9	283	5.6	5.4	280	5.8	9.6	232	5.4	4.1	42	5.2	6.5	1093
Female	5.5	28.5	276	4.5	4.3	266	4.1	4.0	259	4.7	5.0	256	2.9	3.5	50	4.6	14.7	1107
Total	4.9	20.8	532	4.8	5.2	549	4.9	4.9	539	5.2	7.6	488	4.1	4.0	92	4.9	11.4	2200

Octadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	77.0	95.0	256	101.3	122.3	283	103.4	111.7	280	99.1	139.7	232	83.5	76.5	42	95.0	116.7	1093
Female	63.4	75.9	276	77.3	89.8	266	76.6	82.3	259	81.8	92.7	256	51.3	65.5	50	73.5	84.8	1107
Total	69.9	85.8	532	89.6	108.4	549	90.5	99.5	539	90.0	117.6	488	66.0	72.1	92	84.2	102.4	2200

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	68.6	32.6	256	62.8	28.2	283	53.9	26.0	280	46.2	24.3	232	38.2	19.9	42	57.4	29.1	1093
Female	53.2	24.2	276	47.4	23.3	266	43.4	22.0	259	38.0	18.9	256	35.5	19.5	50	45.2	22.8	1107
Total	60.6	29.5	532	55.3	27.0	549	48.9	24.7	539	41.9	22.0	488	36.8	19.6	92	51.3	26.8	2200

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.9	10.9	256	31.2	11.4	283	29.2	11.2	280	27.2	9.1	232	24.7	10.0	42	29.7	10.9	1093
Female	28.7	10.8	276	25.9	9.5	266	25.0	9.3	259	24.3	8.9	256	22.4	7.7	50	25.8	9.7	1107
Total	30.2	11.0	532	28.7	10.8	549	27.1	10.5	539	25.7	9.1	488	23.5	8.9	92	27.8	10.5	2200

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	34.7	256	43.3	39.3	283	42.7	34.4	280	41.7	42.1	232	40.9	36.8	42	40.5	37.7	1093
Female	26.5	25.3	276	31.7	29.3	266	32.1	28.0	259	35.0	30.3	256	27.0	38.3	50	31.0	28.9	1107
Total	29.9	30.4	532	37.7	35.2	549	37.6	31.9	539	38.2	36.5	488	33.3	38.1	92	35.7	33.9	2200

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	176.5	58.2	256	187.8	69.1	283	175.4	60.9	280	166.5	57.6	232	147.9	61.9	42	175.9	62.5	1093
Female	155.2	53.8	276	150.9	56.1	266	145.5	54.6	259	147.9	57.9	256	130.6	55.4	50	149.1	55.7	1107
Total	165.5	56.9	532	169.9	65.7	549	161.0	59.8	539	156.7	58.4	488	138.5	58.8	92	162.4	60.7	2200

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	268.8	238.9	256	365.1	299.5	283	378.6	258.3	280	357.1	313.7	232	367.8	250.3	42	344.4	280.2	1093
Female	220.8	194.6	276	272.5	212.6	266	291.4	227.1	259	299.1	208.3	256	233.4	246.2	50	268.4	214.3	1107
Total	243.9	218.2	532	320.2	264.9	549	336.7	247.4	539	326.7	265.0	488	294.7	255.7	92	306.2	252.1	2200

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.4	9.1	256	8.9	12.3	283	9.9	11.6	280	9.5	15.9	232	8.4	7.5	42	8.7	12.2	1093
Female	5.4	6.8	276	7.1	8.7	266	6.8	8.1	259	7.3	9.2	256	4.4	7.3	50	6.5	8.2	1107
Total	5.9	8.0	532	8.0	10.7	549	8.4	10.2	539	8.3	12.8	488	6.2	7.6	92	7.6	10.5	2200

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.3	256	0.1	0.3	283	0.1	0.2	280	0.1	0.3	232	0.0	0.1	42	0.1	0.3	1093
Female	0.1	0.3	276	0.1	0.2	266	0.1	0.2	259	0.1	0.3	256	0.1	0.3	50	0.1	0.3	1107
Total	0.1	0.3	532	0.1	0.3	549	0.1	0.2	539	0.1	0.3	488	0.0	0.2	92	0.1	0.3	2200

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.6	5.7	256	12.7	5.8	283	11.5	5.4	280	10.5	5.4	232	8.5	4.0	42	11.7	5.6	1093
Female	10.3	4.9	276	9.4	4.5	266	9.1	4.8	259	8.5	4.5	256	7.5	3.6	50	9.3	4.7	1107
Total	11.4	5.4	532	11.1	5.5	549	10.3	5.3	539	9.5	5.0	488	8.0	3.8	92	10.5	5.3	2200

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	87.1	74.9	256	107.7	81.5	283	107.6	73.4	280	106.7	85.9	232	104.7	79.1	42	102.5	79.2	1093

Female	68.8	54.6	276	80.9	61.3	266	83.5	60.8	259	88.0	64.6	256	68.5	79.2	50	79.6	61.6	1107
Total	77.6	65.8	532	94.7	73.6	549	96.0	68.6	539	96.9	76.0	488	85.0	80.7	92	91.0	71.8	2200

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	9.3	256	12.3	12.5	283	13.2	12.2	280	13.4	17.0	232	11.4	8.4	42	12.1	12.8	1093
Female	7.9	7.0	276	10.4	8.7	266	9.6	8.7	259	10.7	9.6	256	6.8	8.8	50	9.5	8.6	1107
Total	8.7	8.2	532	11.4	10.9	549	11.5	10.8	539	12.0	13.7	488	8.9	8.9	92	10.8	11.0	2200

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	507.9	383.7	256	662.6	493.3	283	671.0	415.3	280	639.4	488.3	232	613.2	392.8	42	621.7	449.1	1093
Female	421.1	313.1	276	494.0	346.6	266	515.5	358.6	259	538.7	341.7	256	396.6	380.8	50	486.8	344.6	1107
Total	462.9	351.2	532	580.9	436.4	549	596.3	396.4	539	586.6	420.5	488	495.5	399.2	92	553.8	405.5	2200

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.8	19.2	256	19.0	23.5	283	18.7	24.3	280	11.1	14.8	232	6.7	10.0	42	15.8	21.0	1093
Female	4.3	8.7	276	3.2	7.6	266	2.2	4.5	259	1.6	4.4	256	1.0	2.3	50	2.7	6.6	1107
Total	9.3	15.6	532	11.3	19.4	549	10.8	19.6	539	6.1	11.7	488	3.6	7.5	92	9.2	16.9	2200

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

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	89	30.3	99	35.0	106	38.8	93	32.6	17	28.8	404	33.8
	Male	111	38.8	150	50.8	156	52.0	120	47.1	22	41.5	559	47.0
	Total	200	34.5	249	43.1	262	45.7	213	39.4	39	34.8	963	40.4
Used	Female	205	69.7	184	65.0	167	61.2	192	67.4	42	71.2	790	66.2
	Male	175	61.2	145	49.2	144	48.0	135	52.9	31	58.5	630	53.0
	Total	380	65.5	329	56.9	311	54.3	327	60.6	73	65.2	1420	59.6

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	212	72.1	211	74.6	207	75.8	173	60.7	38	64.4	841	70.4
	Male	238	83.2	259	87.8	249	83.0	198	77.6	39	73.6	983	82.7
	Total	450	77.6	470	81.3	456	79.6	371	68.7	77	68.8	1824	76.5
Used	Female	82	27.9	72	25.4	66	24.2	112	39.3	21	35.6	353	29.6
	Male	48	16.8	36	12.2	51	17.0	57	22.4	14	26.4	206	17.3
	Total	130	22.4	108	18.7	117	20.4	169	31.3	35	31.3	559	23.5

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	258	87.8	260	91.9	252	92.3	259	90.9	53	89.8	1082	90.6
	Male	275	96.2	286	96.9	289	96.3	241	94.5	49	92.5	1140	95.9
	Total	533	91.9	546	94.5	541	94.4	500	92.6	102	91.1	2222	93.2
Used	Female	36	12.2	23	8.1	21	7.7	26	9.1	6	10.2	112	9.4
	Male	11	3.8	9	3.1	11	3.7	14	5.5	4	7.5	49	4.1
	Total	47	8.1	32	5.5	32	5.6	40	7.4	10	8.9	161	6.8

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	288	98.0	279	98.6	268	98.2	281	98.6	58	98.3	1174	98.3
	Male	284	99.3	294	99.7	299	99.7	251	98.4	53	100.0	1181	99.3
	Total	572	98.6	573	99.1	567	99.0	532	98.5	111	99.1	2355	98.8
Used	Female	6	2.0	4	1.4	5	1.8	4	1.4	1	1.7	20	1.7
	Male	2	0.7	1	0.3	1	0.3	4	1.6	0	0.0	8	0.7
	Total	8	1.4	5	0.9	6	1.0	8	1.5	1	0.9	28	1.2

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	289	98.3	279	98.6	269	98.5	283	99.3	59	100.0	1179	98.7
	Male	271	94.8	291	98.6	296	98.7	254	99.6	53	100.0	1165	98.0
	Total	560	96.6	570	98.6	565	98.6	537	99.4	112	100.0	2344	98.4
Used	Female	5	1.7	4	1.4	4	1.5	2	0.7	0	0.0	15	1.3
	Male	15	5.2	4	1.4	4	1.3	1	0.4	0	0.0	24	2.0
	Total	20	3.4	8	1.4	8	1.4	3	0.6	0	0.0	39	1.6

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	290	98.6	283	100.0	272	99.6	283	99.3	59	100.0	1187	99.4
	Male	286	100.0	295	100.0	298	99.3	255	100.0	53	100.0	1187	99.8
	Total	576	99.3	578	100.0	570	99.5	538	99.6	112	100.0	2374	99.6
Used	Female	4	1.4	0	0.0	1	0.4	2	0.7	0	0.0	7	0.6
	Male	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	Total	4	0.7	0	0.0	3	0.5	2	0.4	0	0.0	9	0.4

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	160	54.4	165	58.3	168	61.5	186	65.3	37	62.7	716	60.0
	Male	210	73.4	233	79.0	229	76.3	202	79.2	46	86.8	920	77.4
	Total	370	63.8	398	68.9	397	69.3	388	71.9	83	74.1	1636	68.7
Used	Female	134	45.6	118	41.7	105	38.5	99	34.7	22	37.3	478	40.0
	Male	76	26.6	62	21.0	71	23.7	53	20.8	7	13.2	269	22.6
	Total	210	36.2	180	31.1	176	30.7	152	28.1	29	25.9	747	31.3

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	238	81.0	224	79.2	217	79.5	228	80.0	44	74.6	951	79.6
	Male	183	64.0	226	76.6	247	82.3	200	78.4	41	77.4	897	75.4
	Total	421	72.6	450	77.9	464	81.0	428	79.3	85	75.9	1848	77.5
Used	Female	56	19.0	59	20.8	56	20.5	57	20.0	15	25.4	243	20.4
	Male	103	36.0	69	23.4	53	17.7	55	21.6	12	22.6	292	24.6
	Total	159	27.4	128	22.1	109	19.0	112	20.7	27	24.1	535	22.5

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	260	88.4	252	89.0	249	91.2	271	95.1	57	96.6	1089	91.2
	Male	259	90.6	273	92.5	273	91.0	244	95.7	51	96.2	1100	92.5
	Total	519	89.5	525	90.8	522	91.1	515	95.4	108	96.4	2189	91.9
Used	Female	34	11.6	31	11.0	24	8.8	14	4.9	2	3.4	105	8.8
	Male	27	9.4	22	7.5	27	9.0	11	4.3	2	3.8	89	7.5
	Total	61	10.5	53	9.2	51	8.9	25	4.6	4	3.6	194	8.1

5) Number of dietary supplement consumed in the previous 1 year

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	111	38.8	150	50.8	156	52.0	120	47.1	22	41.5	559	47.0
	Female	89	30.3	99	35.0	106	38.8	93	32.6	17	28.8	404	33.8
	Total	200	34.5	249	43.1	262	45.7	213	39.4	39	34.8	963	40.4
1	Male	75	26.2	79	26.8	70	23.3	73	28.6	20	37.7	317	26.7
	Female	70	23.8	65	23.0	65	23.8	67	23.5	15	25.4	282	23.6
	Total	145	25.0	144	24.9	135	23.6	140	25.9	35	31.3	599	25.1
2	Male	42	14.7	41	13.9	34	11.3	31	12.2	7	13.2	155	13.0
	Female	45	15.3	45	15.9	33	12.1	59	20.7	14	23.7	196	16.4
	Total	87	15.0	86	14.9	67	11.7	90	16.7	21	18.8	351	14.7
3	Male	28	9.8	15	5.1	21	7.0	13	5.1	4	7.5	81	6.8
	Female	36	12.2	42	14.8	27	9.9	24	8.4	7	11.9	136	11.4
	Total	64	11.0	57	9.9	48	8.4	37	6.9	11	9.8	217	9.1
4	Male	10	3.5	5	1.7	6	2.0	8	3.1	0	0.0	29	2.4
	Female	25	8.5	14	4.9	16	5.9	20	7.0	2	3.4	77	6.4
	Total	35	6.0	19	3.3	22	3.8	28	5.2	2	1.8	106	4.4
5-9	Male	20	7.0	5	1.7	13	4.3	9	3.5	0	0.0	47	4.0
	Female	23	7.8	16	5.7	25	9.2	20	7.0	4	6.8	88	7.4
	Total	43	7.4	21	3.6	38	6.6	29	5.4	4	3.6	135	5.7
10-	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	6	2.0	2	0.7	1	0.4	2	0.7	0	0.0	11	0.9
	Total	6	1.0	2	0.3	1	0.2	3	0.6	0	0.0	12	0.5

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	238	83.2	259	87.8	249	83.0	198	77.6	39	73.6	983	82.7
	Female	212	72.1	211	74.6	207	75.8	173	60.7	38	64.4	841	70.4
	Total	450	77.6	470	81.3	456	79.6	371	68.7	77	68.8	1824	76.5
1	Male	36	12.6	31	10.5	37	12.3	47	18.4	13	24.5	164	13.8
	Female	51	17.3	51	18.0	51	18.7	65	22.8	13	22.0	231	19.3
	Total	87	15.0	82	14.2	88	15.4	112	20.7	26	23.2	395	16.6
2	Male	8	2.8	4	1.4	9	3.0	7	2.7	1	1.9	29	2.4
	Female	23	7.8	14	4.9	11	4.0	30	10.5	5	8.5	83	7.0
	Total	31	5.3	18	3.1	20	3.5	37	6.9	6	5.4	112	4.7
3	Male	3	1.0	0	0.0	5	1.7	0	0.0	0	0.0	8	0.7
	Female	3	1.0	7	2.5	3	1.1	13	4.6	3	5.1	29	2.4
	Total	6	1.0	7	1.2	8	1.4	13	2.4	3	2.7	37	1.6
4	Male	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
	Female	5	1.7	0	0.0	1	0.4	4	1.4	0	0.0	10	0.8
	Total	5	0.9	0	0.0	1	0.2	6	1.1	0	0.0	12	0.5
5-9	Male	1	0.3	1	0.3	0	0.0	1	0.4	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	1	0.2	0	0.0	1	0.2	0	0.0	3	0.1

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	275	96.2	286	96.9	289	96.3	241	94.5	49	92.5	1140	95.9
	Female	258	87.8	260	91.9	252	92.3	259	90.9	53	89.8	1082	90.6
	Total	533	91.9	546	94.5	541	94.4	500	92.6	102	91.1	2222	93.2
1	Male	10	3.5	9	3.1	9	3.0	13	5.1	4	7.5	45	3.8
	Female	27	9.2	19	6.7	21	7.7	24	8.4	6	10.2	97	8.1
	Total	37	6.4	28	4.8	30	5.2	37	6.9	10	8.9	142	6.0
2	Male	1	0.3	0	0.0	2	0.7	0	0.0	0	0.0	3	0.3
	Female	7	2.4	3	1.1	0	0.0	1	0.4	0	0.0	11	0.9
	Total	8	1.4	3	0.5	2	0.3	1	0.2	0	0.0	14	0.6
3	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	1	0.3	1	0.4	0	0.0	1	0.4	0	0.0	3	0.3
	Total	1	0.2	1	0.2	0	0.0	2	0.4	0	0.0	4	0.2
4	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	284	99.3	294	99.7	299	99.7	251	98.4	53	100.0	1181	99.3
	Female	288	98.0	279	98.6	268	98.2	281	98.6	58	98.3	1174	98.3
	Total	572	98.6	573	99.1	567	99.0	532	98.5	111	99.1	2355	98.8
1	Male	2	0.7	1	0.3	1	0.3	3	1.2	0	0.0	7	0.6
	Female	6	2.0	4	1.4	5	1.8	3	1.1	1	1.7	19	1.6
	Total	8	1.4	5	0.9	6	1.0	6	1.1	1	0.9	26	1.1
2	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1

Female	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
Total	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	271	94.8	291	98.6	296	98.7	254	99.6	53	100.0	1165	98.0
	Female	289	98.3	279	98.6	269	98.5	283	99.3	59	100.0	1179	98.7
	Total	560	96.6	570	98.6	565	98.6	537	99.4	112	100.0	2344	98.4
1	Male	13	4.5	4	1.4	4	1.3	1	0.4	0	0.0	22	1.9
	Female	5	1.7	4	1.4	4	1.5	2	0.7	0	0.0	15	1.3
	Total	18	3.1	8	1.4	8	1.4	3	0.6	0	0.0	37	1.6
3	Male	2	0.7	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	2	0.3	0	0.0	0	0.0	0	0.0	0	0.0	2	0.1

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	286	100.0	295	100.0	298	99.3	255	100.0	53	100.0	1187	99.8
	Female	290	98.6	283	100.0	272	99.6	283	99.3	59	100.0	1187	99.4
	Total	576	99.3	578	100.0	570	99.5	538	99.6	112	100.0	2374	99.6
1	Male	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	Female	4	1.4	0	0.0	1	0.4	2	0.7	0	0.0	7	0.6
	Total	4	0.7	0	0.0	3	0.5	2	0.4	0	0.0	9	0.4

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	210	73.4	233	79.0	229	76.3	202	79.2	46	86.8	920	77.4
	Female	160	54.4	165	58.3	168	61.5	186	65.3	37	62.7	716	60.0
	Total	370	63.8	398	68.9	397	69.3	388	71.9	83	74.1	1636	68.7
1	Male	45	15.7	40	13.6	39	13.0	30	11.8	4	7.5	158	13.3
	Female	67	22.8	66	23.3	49	17.9	53	18.6	15	25.4	250	20.9
	Total	112	19.3	106	18.3	88	15.4	83	15.4	19	17.0	408	17.1
2	Male	16	5.6	16	5.4	18	6.0	11	4.3	1	1.9	62	5.2
	Female	31	10.5	27	9.5	27	9.9	25	8.8	6	10.2	116	9.7
	Total	47	8.1	43	7.4	45	7.9	36	6.7	7	6.3	178	7.5
3	Male	5	1.7	4	1.4	7	2.3	5	2.0	2	3.8	23	1.9
	Female	19	6.5	17	6.0	17	6.2	8	2.8	0	0.0	61	5.1
	Total	24	4.1	21	3.6	24	4.2	13	2.4	2	1.8	84	3.5
4	Male	6	2.1	2	0.7	6	2.0	6	2.4	0	0.0	20	1.7
	Female	7	2.4	2	0.7	5	1.8	8	2.8	0	0.0	22	1.8
	Total	13	2.2	4	0.7	11	1.9	14	2.6	0	0.0	42	1.8
5-9	Male	4	1.4	0	0.0	1	0.3	1	0.4	0	0.0	6	0.5
	Female	7	2.4	6	2.1	7	2.6	5	1.8	1	1.7	26	2.2
	Total	11	1.9	6	1.0	8	1.4	6	1.1	1	0.9	32	1.3
10-	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	3	1.0	0	0.0	0	0.0	0	0.0	0	0.0	3	0.3
	Total	3	0.5	0	0.0	0	0.0	0	0.0	0	0.0	3	0.1

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	183	64.0	226	76.6	247	82.3	200	78.4	41	77.4	897	75.4
	Female	238	81.0	224	79.2	217	79.5	228	80.0	44	74.6	951	79.6
	Total	421	72.6	450	77.9	464	81.0	428	79.3	85	75.9	1848	77.5
1	Male	77	26.9	58	19.7	47	15.7	45	17.6	12	22.6	239	20.1
	Female	48	16.3	51	18.0	46	16.8	53	18.6	12	20.3	210	17.6
	Total	125	21.6	109	18.9	93	16.2	98	18.1	24	21.4	449	18.8
2	Male	17	5.9	7	2.4	3	1.0	6	2.4	0	0.0	33	2.8
	Female	6	2.0	7	2.5	8	2.9	4	1.4	3	5.1	28	2.3
	Total	23	4.0	14	2.4	11	1.9	10	1.9	3	2.7	61	2.6
3	Male	9	3.1	4	1.4	3	1.0	3	1.2	0	0.0	19	1.6
	Female	2	0.7	1	0.4	1	0.4	0	0.0	0	0.0	4	0.3
	Total	11	1.9	5	0.9	4	0.7	3	0.6	0	0.0	23	1.0
4	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	0	0.0	0	0.0	1	0.2	1	0.2	0	0.0	2	0.1

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	259	90.6	273	92.5	273	91.0	244	95.7	51	96.2	1100	92.5
	Female	260	88.4	252	89.0	249	91.2	271	95.1	57	96.6	1089	91.2
	Total	519	89.5	525	90.8	522	91.1	515	95.4	108	96.4	2189	91.9
1	Male	25	8.7	20	6.8	23	7.7	8	3.1	1	1.9	77	6.5
	Female	30	10.2	27	9.5	22	8.1	13	4.6	1	1.7	93	7.8
	Total	55	9.5	47	8.1	45	7.9	21	3.9	2	1.8	170	7.1
2	Male	2	0.7	1	0.3	3	1.0	3	1.2	1	1.9	10	0.8
	Female	2	0.7	3	1.1	1	0.4	1	0.4	1	1.7	8	0.7
	Total	4	0.7	4	0.7	4	0.7	4	0.7	2	1.8	18	0.8
3	Male	0	0.0	1	0.3	1	0.3	0	0.0	0	0.0	2	0.2
	Female	2	0.7	1	0.4	1	0.4	0	0.0	0	0.0	4	0.3
	Total	2	0.3	2	0.3	2	0.3	0	0.0	0	0.0	6	0.3

6) Beverage intakes

Frequency of beverage intakes
Japanese sake

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	199	69.6	181	61.4	185	61.9	158	62.0	33	62.3	756	63.6
	Once a month	27	9.4	26	8.8	24	8.0	14	5.5	2	3.8	93	7.8
	2 to 3 times a mo.	16	5.6	22	7.5	10	3.3	12	4.7	3	5.7	63	5.3
	Once a week	17	5.9	22	7.5	20	6.7	12	4.7	1	1.9	72	6.1
	2 to 3 times a week	18	6.3	25	8.5	28	9.4	26	10.2	3	5.7	100	8.4
	4 to 6 times a week	4	1.4	6	2.0	11	3.7	11	4.3	2	3.8	34	2.9
	Once a day	5	1.7	13	4.4	21	7.0	20	7.8	9	17.0	68	5.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2

Female	Never	279	94.9	257	91.1	252	92.3	262	91.9	56	94.9	1106	92.7
	Once a month	7	2.4	14	5.0	7	2.6	6	2.1	2	3.4	36	3.0
	2 to 3 times a mo.	2	0.7	4	1.4	3	1.1	7	2.5	0	0.0	16	1.3
	Once a week	3	1.0	2	0.7	2	0.7	4	1.4	0	0.0	11	0.9
	2 to 3 times a week	2	0.7	3	1.1	6	2.2	3	1.1	0	0.0	14	1.2
	4 to 6 times a week	1	0.3	0	0.0	2	0.7	1	0.4	1	1.7	5	0.4
	Once a day	0	0.0	2	0.7	1	0.4	2	0.7	0	0.0	5	0.4
	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	478	82.4	438	75.9	437	76.4	420	77.8	89	79.5	1862	78.2
	Once a month	34	5.9	40	6.9	31	5.4	20	3.7	4	3.6	129	5.4
	2 to 3 times a mo.	18	3.1	26	4.5	13	2.3	19	3.5	3	2.7	79	3.3
	Once a week	20	3.4	24	4.2	22	3.8	16	3.0	1	0.9	83	3.5
	2 to 3 times a week	20	3.4	28	4.9	34	5.9	29	5.4	3	2.7	114	4.8
	4 to 6 times a week	5	0.9	6	1.0	13	2.3	12	2.2	3	2.7	39	1.6
	Once a day	5	0.9	15	2.6	22	3.8	22	4.1	9	8.0	73	3.1
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1

Frequency of beverage intakes
Japanese distilled alcoholic beverages (Shochu)

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	142	49.7	145	49.2	169	56.5	181	71.0	44	83.0	681	57.3
	Once a month	25	8.7	14	4.7	16	5.4	4	1.6	0	0.0	59	5.0
	2 to 3 times a mo.	25	8.7	11	3.7	7	2.3	6	2.4	0	0.0	49	4.1
	Once a week	21	7.3	26	8.8	18	6.0	7	2.7	0	0.0	72	6.1
	2 to 3 times a week	32	11.2	38	12.9	24	8.0	19	7.5	3	5.7	116	9.8
	4 to 6 times a week	15	5.2	24	8.1	24	8.0	13	5.1	0	0.0	76	6.4
	Once a day	26	9.1	37	12.5	41	13.7	24	9.4	6	11.3	134	11.3
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
Female	Never	223	75.9	247	87.6	248	90.8	267	93.7	56	94.9	1041	87.3
	Once a month	14	4.8	10	3.5	11	4.0	6	2.1	0	0.0	41	3.4
	2 to 3 times a mo.	18	6.1	3	1.1	4	1.5	3	1.1	0	0.0	28	2.3
	Once a week	13	4.4	5	1.8	4	1.5	1	0.4	0	0.0	23	1.9
	2 to 3 times a week	11	3.7	10	3.5	4	1.5	4	1.4	0	0.0	29	2.4
	4 to 6 times a week	7	2.4	2	0.7	0	0.0	2	0.7	0	0.0	11	0.9
	Once a day	8	2.7	5	1.8	2	0.7	2	0.7	3	5.1	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	Never	365	62.9	392	67.9	417	72.9	448	83.0	100	89.3	1722	72.3
	Once a month	39	6.7	24	4.2	27	4.7	10	1.9	0	0.0	100	4.2
	2 to 3 times a mo.	43	7.4	14	2.4	11	1.9	9	1.7	0	0.0	77	3.2
	Once a week	34	5.9	31	5.4	22	3.8	8	1.5	0	0.0	95	4.0
	2 to 3 times a week	43	7.4	48	8.3	28	4.9	23	4.3	3	2.7	145	6.1
	4 to 6 times a week	22	3.8	26	4.5	24	4.2	15	2.8	0	0.0	87	3.7
	Once a day	34	5.9	42	7.3	43	7.5	26	4.8	9	8.0	154	6.5
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0

Frequency of beverage intakes
Regular or draft beer

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	122	42.7	109	36.9	148	49.5	150	58.8	35	66.0	564	47.5
	Once a month	51	17.8	31	10.5	25	8.4	17	6.7	4	7.5	128	10.8
	2 to 3 times a mo.	27	9.4	37	12.5	22	7.4	19	7.5	2	3.8	107	9.0

	Once a week	27	9.4	34	11.5	35	11.7	22	8.6	3	5.7	121	10.2
	2 to 3 times a week	34	11.9	45	15.3	34	11.4	23	9.0	5	9.4	141	11.9
	4 to 6 times a week	8	2.8	15	5.1	14	4.7	11	4.3	1	1.9	49	4.1
	Once a day	17	5.9	24	8.1	21	7.0	11	4.3	3	5.7	76	6.4
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
Female	Never	219	74.5	216	76.6	220	80.6	250	87.7	52	88.1	957	80.2
	Once a month	28	9.5	24	8.5	17	6.2	17	6.0	2	3.4	88	7.4
	2 to 3 times a mo.	16	5.4	6	2.1	9	3.3	4	1.4	3	5.1	38	3.2
	Once a week	11	3.7	7	2.5	12	4.4	5	1.8	1	1.7	36	3.0
	2 to 3 times a week	9	3.1	18	6.4	9	3.3	6	2.1	1	1.7	43	3.6
	4 to 6 times a week	4	1.4	4	1.4	3	1.1	1	0.4	0	0.0	12	1.0
	Once a day	7	2.4	7	2.5	3	1.1	2	0.7	0	0.0	19	1.6
	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	341	58.8	325	56.3	368	64.3	400	74.1	87	77.7	1521	63.9
	Once a month	79	13.6	55	9.5	42	7.3	34	6.3	6	5.4	216	9.1
	2 to 3 times a mo.	43	7.4	43	7.5	31	5.4	23	4.3	5	4.5	145	6.1
	Once a week	38	6.6	41	7.1	47	8.2	27	5.0	4	3.6	157	6.6
	2 to 3 times a week	43	7.4	63	10.9	43	7.5	29	5.4	6	5.4	184	7.7
	4 to 6 times a week	12	2.1	19	3.3	17	3.0	12	2.2	1	0.9	61	2.6
	Once a day	24	4.1	31	5.4	24	4.2	13	2.4	3	2.7	95	4.0
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	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	142	49.7	169	57.3	197	65.9	207	81.2	45	84.9	760	64.0
	Once a month	12	4.2	8	2.7	6	2.0	3	1.2	0	0.0	29	2.4
	2 to 3 times a mo.	12	4.2	9	3.1	10	3.3	7	2.7	0	0.0	38	3.2
	Once a week	20	7.0	17	5.8	22	7.4	10	3.9	4	7.5	73	6.1
	2 to 3 times a week	37	12.9	31	10.5	27	9.0	8	3.1	1	1.9	104	8.8
	4 to 6 times a week	23	8.0	17	5.8	15	5.0	5	2.0	0	0.0	60	5.1
	Once a day	40	14.0	44	14.9	22	7.4	14	5.5	3	5.7	123	10.4
	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
Female	Never	204	69.4	224	79.4	245	89.7	262	91.9	56	94.9	991	83.1
	Once a month	17	5.8	10	3.5	3	1.1	4	1.4	0	0.0	34	2.8
	2 to 3 times a mo.	11	3.7	6	2.1	3	1.1	5	1.8	0	0.0	25	2.1
	Once a week	19	6.5	7	2.5	7	2.6	2	0.7	1	1.7	36	3.0
	2 to 3 times a week	18	6.1	19	6.7	4	1.5	4	1.4	1	1.7	46	3.9
	4 to 6 times a week	6	2.0	1	0.4	7	2.6	2	0.7	0	0.0	16	1.3
	Once a day	18	6.1	15	5.3	4	1.5	6	2.1	1	1.7	44	3.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	4 or more times a day	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
Total	Never	346	59.7	393	68.1	442	77.3	469	86.9	101	90.2	1751	73.5
	Once a month	29	5.0	18	3.1	9	1.6	7	1.3	0	0.0	63	2.6
	2 to 3 times a mo.	23	4.0	15	2.6	13	2.3	12	2.2	0	0.0	63	2.6
	Once a week	39	6.7	24	4.2	29	5.1	12	2.2	5	4.5	109	4.6
	2 to 3 times a week	55	9.5	50	8.7	31	5.4	12	2.2	2	1.8	150	6.3
	4 to 6 times a week	29	5.0	18	3.1	22	3.8	7	1.3	0	0.0	76	3.2
	Once a day	58	10.0	59	10.2	26	4.5	20	3.7	4	3.6	167	7.0
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0
	4 or more times a day	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0

Frequency of beverage intakes
Wine

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	239	83.6	234	79.3	269	90.0	232	91.0	48	90.6	1022	86.0
	Once a month	30	10.5	32	10.8	14	4.7	11	4.3	1	1.9	88	7.4
	2 to 3 times a mo.	7	2.4	11	3.7	8	2.7	3	1.2	1	1.9	30	2.5
	Once a week	5	1.7	11	3.7	5	1.7	5	2.0	1	1.9	27	2.3
	2 to 3 times a week	5	1.7	4	1.4	2	0.7	3	1.2	1	1.9	15	1.3
	4 to 6 times a week	0	0.0	1	0.3	0	0.0	1	0.4	0	0.0	2	0.2
	Once a day	0	0.0	2	0.7	1	0.3	0	0.0	1	1.9	4	0.3
Female	Never	247	84.0	248	87.9	247	90.5	270	94.7	57	96.6	1069	89.6
	Once a month	23	7.8	18	6.4	10	3.7	6	2.1	0	0.0	57	4.8
	2 to 3 times a mo.	10	3.4	9	3.2	4	1.5	4	1.4	0	0.0	27	2.3
	Once a week	9	3.1	0	0.0	5	1.8	3	1.1	0	0.0	17	1.4
	2 to 3 times a week	3	1.0	4	1.4	3	1.1	1	0.4	0	0.0	11	0.9
	4 to 6 times a week	1	0.3	1	0.4	1	0.4	0	0.0	0	0.0	3	0.3
	Once a day	1	0.3	2	0.7	3	1.1	1	0.4	2	3.4	9	0.8
Total	Never	486	83.8	482	83.5	516	90.2	502	93.0	105	93.8	2091	87.8
	Once a month	53	9.1	50	8.7	24	4.2	17	3.1	1	0.9	145	6.1
	2 to 3 times a mo.	17	2.9	20	3.5	12	2.1	7	1.3	1	0.9	57	2.4
	Once a week	14	2.4	11	1.9	10	1.7	8	1.5	1	0.9	44	1.8
	2 to 3 times a week	8	1.4	8	1.4	5	0.9	4	0.7	1	0.9	26	1.1
	4 to 6 times a week	1	0.2	2	0.3	1	0.2	1	0.2	0	0.0	5	0.2
	Once a day	1	0.2	4	0.7	4	0.7	1	0.2	3	2.7	13	0.5

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	247	86.4	245	83.1	259	86.6	212	83.1	50	94.3	1013	85.3
	Once a month	25	8.7	19	6.4	11	3.7	12	4.7	1	1.9	68	5.7
	2 to 3 times a mo.	7	2.4	8	2.7	7	2.3	7	2.7	0	0.0	29	2.4
	Once a week	4	1.4	9	3.1	9	3.0	7	2.7	0	0.0	29	2.4
	2 to 3 times a week	3	1.0	5	1.7	6	2.0	8	3.1	1	1.9	23	1.9
	4 to 6 times a week	0	0.0	3	1.0	1	0.3	1	0.4	0	0.0	5	0.4
	Once a day	0	0.0	6	2.0	5	1.7	8	3.1	1	1.9	20	1.7
	2 to 3 times a day	0	0.0	0	0.0	1	0.3	0	0.0	0	0.0	1	0.1
Female	Never	275	93.5	275	97.5	267	97.8	277	97.2	59	100.0	1153	96.6
	Once a month	9	3.1	4	1.4	1	0.4	2	0.7	0	0.0	16	1.3
	2 to 3 times a mo.	4	1.4	3	1.1	1	0.4	1	0.4	0	0.0	9	0.8
	Once a week	6	2.0	0	0.0	0	0.0	2	0.7	0	0.0	8	0.7
	2 to 3 times a week	0	0.0	0	0.0	3	1.1	0	0.0	0	0.0	3	0.3
	4 to 6 times a week	0	0.0	0	0.0	0	0.0	2	0.7	0	0.0	2	0.2
	Once a day	0	0.0	0	0.0	1	0.4	1	0.4	0	0.0	2	0.2
	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	522	90.0	520	90.1	526	92.0	489	90.6	109	97.3	2166	91.0
	Once a month	34	5.9	23	4.0	12	2.1	14	2.6	1	0.9	84	3.5
	2 to 3 times a mo.	11	1.9	11	1.9	8	1.4	8	1.5	0	0.0	38	1.6
	Once a week	10	1.7	9	1.6	9	1.6	9	1.7	0	0.0	37	1.6
	2 to 3 times a week	3	0.5	5	0.9	9	1.6	8	1.5	1	0.9	26	1.1

4 to 6 times a week	0	0.0	3	0.5	1	0.2	3	0.6	0	0.0	7	0.3
Once a day	0	0.0	6	1.0	6	1.0	9	1.7	1	0.9	22	0.9
2 to 3 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
Regular coffee

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	11	3.8	24	8.1	35	11.7	41	16.1	12	22.6	123	10.4
	Once a month	2	0.7	2	0.7	6	2.0	12	4.7	2	3.8	24	2.0
	2 to 3 times a mo.	8	2.8	9	3.1	7	2.3	15	5.9	1	1.9	40	3.4
	Once a week	7	2.4	11	3.7	14	4.7	12	4.7	3	5.7	47	4.0
	2 to 3 times a week	17	5.9	23	7.8	26	8.7	23	9.0	8	15.1	97	8.2
	4 to 6 times a week	13	4.5	12	4.1	6	2.0	6	2.4	0	0.0	37	3.1
	Once a day	45	15.7	58	19.7	73	24.4	74	29.0	16	30.2	266	22.4
	2 to 3 times a day	128	44.8	111	37.6	97	32.4	55	21.6	9	17.0	400	33.7
	4 or more times a day	55	19.2	45	15.3	35	11.7	17	6.7	2	3.8	154	13.0
Female	Never	20	6.8	18	6.4	36	13.2	44	15.4	17	28.8	135	11.3
	Once a month	7	2.4	6	2.1	8	2.9	15	5.3	4	6.8	40	3.4
	2 to 3 times a mo.	7	2.4	9	3.2	12	4.4	25	8.8	3	5.1	56	4.7
	Once a week	3	1.0	9	3.2	11	4.0	21	7.4	9	15.3	53	4.4
	2 to 3 times a week	14	4.8	27	9.6	23	8.4	30	10.5	7	11.9	101	8.5
	4 to 6 times a week	9	3.1	10	3.5	6	2.2	11	3.9	1	1.7	37	3.1
	Once a day	69	23.5	69	24.5	95	34.8	89	31.2	11	18.6	333	27.9
	2 to 3 times a day	133	45.2	112	39.7	67	24.5	50	17.5	7	11.9	369	30.9
	4 or more times a day	32	10.9	22	7.8	15	5.5	0	0.0	0	0.0	69	5.8
Total	Never	31	5.3	42	7.3	71	12.4	85	15.7	29	25.9	258	10.8
	Once a month	9	1.6	8	1.4	14	2.4	27	5.0	6	5.4	64	2.7
	2 to 3 times a mo.	15	2.6	18	3.1	19	3.3	40	7.4	4	3.6	96	4.0
	Once a week	10	1.7	20	3.5	25	4.4	33	6.1	12	10.7	100	4.2
	2 to 3 times a week	31	5.3	50	8.7	49	8.6	53	9.8	15	13.4	198	8.3
	4 to 6 times a week	22	3.8	22	3.8	12	2.1	17	3.1	1	0.9	74	3.1
	Once a day	114	19.7	127	22.0	168	29.4	163	30.2	27	24.1	599	25.2
	2 to 3 times a day	261	45.0	223	38.6	164	28.7	105	19.4	16	14.3	769	32.3
	4 or more times a day	87	15.0	67	11.6	50	8.7	17	3.1	2	1.8	223	9.4

Frequency of beverage intakes
Decaffeinated coffee

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Not recorded	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Never	283	99.0	295	100.0	298	99.7	255	100.0	52	98.1	1183	99.6
	Once a month	0	0.0	0	0.0	1	0.3	0	0.0	0	0.0	1	0.1
	2 to 3 times a mo.	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Once a week	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	2 to 3 times a week	1	0.3	0	0.0	0	0.0	0	0.0	1	1.9	2	0.2
	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	0	0.0	0	0.0	0	0.0	0	0.0
	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	Not recorded	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Never	293	99.7	278	98.6	272	99.6	283	99.3	59	100.0	1185	99.3
	Once a month	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	2 to 3 times a mo.	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1

	Once a week	0	0.0	0	0.0	0	0.0	2	0.7	0	0.0	2	0.2
	2 to 3 times a week	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	4 to 6 times a week	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Once a day	0	0.0	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	2 to 3 times a day	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
Total	Not recorded	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0
	Never	576	99.3	573	99.3	570	99.7	538	99.6	111	99.1	2368	99.5
	Once a month	1	0.2	0	0.0	1	0.2	0	0.0	0	0.0	2	0.1
	2 to 3 times a mo.	1	0.2	1	0.2	0	0.0	0	0.0	0	0.0	2	0.1
	Once a week	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1
	2 to 3 times a week	1	0.2	1	0.2	0	0.0	0	0.0	1	0.9	3	0.1
	4 to 6 times a week	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
	Once a day	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.0
	2 to 3 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
Black tea

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	188	65.7	226	76.6	239	79.9	184	72.2	42	79.2	879	74.0
	Once a month	22	7.7	13	4.4	14	4.7	16	6.3	4	7.5	69	5.8
	2 to 3 times a mo.	24	8.4	15	5.1	8	2.7	23	9.0	2	3.8	72	6.1
	Once a week	19	6.6	11	3.7	16	5.4	6	2.4	1	1.9	53	4.5
	2 to 3 times a week	13	4.5	15	5.1	8	2.7	11	4.3	3	5.7	50	4.2
	4 to 6 times a week	2	0.7	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2
	Once a day	13	4.5	12	4.1	12	4.0	8	3.1	1	1.9	46	3.9
	2 to 3 times a day	5	1.7	2	0.7	2	0.7	5	2.0	0	0.0	14	1.2
	4 or more times a day	0	0.0	1	0.3	0	0.0	2	0.8	0	0.0	3	0.3
Female	Never	126	42.9	150	53.2	154	56.4	160	56.1	33	55.9	623	52.2
	Once a month	30	10.2	23	8.2	29	10.6	33	11.6	6	10.2	121	10.1
	2 to 3 times a mo.	32	10.9	30	10.6	22	8.1	27	9.5	6	10.2	117	9.8
	Once a week	26	8.8	25	8.9	20	7.3	22	7.7	6	10.2	99	8.3
	2 to 3 times a week	43	14.6	27	9.6	20	7.3	19	6.7	2	3.4	111	9.3
	4 to 6 times a week	13	4.4	3	1.1	7	2.6	3	1.1	0	0.0	26	2.2
	Once a day	19	6.5	22	7.8	13	4.8	13	4.6	6	10.2	73	6.1
	2 to 3 times a day	5	1.7	2	0.7	7	2.6	8	2.8	0	0.0	22	1.8
	4 or more times a day	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
Total	Never	314	54.1	376	65.2	393	68.7	344	63.7	75	67.0	1502	63.1
	Once a month	52	9.0	36	6.2	43	7.5	49	9.1	10	8.9	190	8.0
	2 to 3 times a mo.	56	9.7	45	7.8	30	5.2	50	9.3	8	7.1	189	7.9
	Once a week	45	7.8	36	6.2	36	6.3	28	5.2	7	6.3	152	6.4
	2 to 3 times a week	56	9.7	42	7.3	28	4.9	30	5.6	5	4.5	161	6.8
	4 to 6 times a week	15	2.6	3	0.5	7	1.2	3	0.6	0	0.0	28	1.2
	Once a day	32	5.5	34	5.9	25	4.4	21	3.9	7	6.3	119	5.0
	2 to 3 times a day	10	1.7	4	0.7	9	1.6	13	2.4	0	0.0	36	1.5
	4 or more times a day	0	0.0	1	0.2	1	0.2	2	0.4	0	0.0	4	0.2

Frequency of beverage intakes
Green tea

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	31	10.8	20	6.8	20	6.7	21	8.2	10	18.9	102	8.6

Once a month	2	0.7	4	1.4	1	0.3	3	1.2	0	0.0	10	0.8	
2 to 3 times a mo.	11	3.8	5	1.7	1	0.3	1	0.4	0	0.0	18	1.5	
Once a week	13	4.5	2	0.7	7	2.3	1	0.4	0	0.0	23	1.9	
2 to 3 times a week	13	4.5	2	0.7	6	2.0	3	1.2	0	0.0	24	2.0	
4 to 6 times a week	13	4.5	7	2.4	10	3.3	3	1.2	0	0.0	33	2.8	
Once a day	36	12.6	41	13.9	31	10.4	11	4.3	6	11.3	125	10.5	
2 to 3 times a day	106	37.1	137	46.4	110	36.8	86	33.7	13	24.5	452	38.0	
4 or more times a day	61	21.3	77	26.1	113	37.8	126	49.4	24	45.3	401	33.8	
Female	Never	30	10.2	10	3.5	7	2.6	12	4.2	3	5.1	62	5.2
	Once a month	5	1.7	1	0.4	1	0.4	1	0.4	0	0.0	8	0.7
	2 to 3 times a mo.	10	3.4	3	1.1	4	1.5	3	1.1	1	1.7	21	1.8
	Once a week	9	3.1	8	2.8	3	1.1	4	1.4	2	3.4	26	2.2
	2 to 3 times a week	22	7.5	6	2.1	1	0.4	2	0.7	1	1.7	32	2.7
	4 to 6 times a week	14	4.8	4	1.4	1	0.4	1	0.4	0	0.0	20	1.7
	Once a day	64	21.8	35	12.4	13	4.8	19	6.7	4	6.8	135	11.3
	2 to 3 times a day	97	33.0	116	41.1	97	35.5	88	30.9	13	22.0	411	34.5
	4 or more times a day	43	14.6	99	35.1	146	53.5	155	54.4	35	59.3	478	40.1
Total	Never	61	10.5	30	5.2	27	4.7	33	6.1	13	11.6	164	6.9
	Once a month	7	1.2	5	0.9	2	0.3	4	0.7	0	0.0	18	0.8
	2 to 3 times a mo.	21	3.6	8	1.4	5	0.9	4	0.7	1	0.9	39	1.6
	Once a week	22	3.8	10	1.7	10	1.7	5	0.9	2	1.8	49	2.1
	2 to 3 times a week	35	6.0	8	1.4	7	1.2	5	0.9	1	0.9	56	2.4
	4 to 6 times a week	27	4.7	11	1.9	11	1.9	4	0.7	0	0.0	53	2.2
	Once a day	100	17.2	76	13.2	44	7.7	30	5.6	10	8.9	260	10.9
	2 to 3 times a day	203	35.0	253	43.8	207	36.2	174	32.2	26	23.2	863	36.2
	4 or more times a day	104	17.9	176	30.5	259	45.3	281	52.0	59	52.7	879	36.9

Frequency of beverage intakes
Oolong tea

		40 – 49yr		50 – 59yr		60 – 69yr		70 – 79yr		80yr –		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	34	11.9	59	20.0	78	26.1	79	31.0	29	54.7	279	23.5
	Once a month	10	3.5	6	2.0	13	4.3	7	2.7	2	3.8	38	3.2
	2 to 3 times a mo.	6	2.1	8	2.7	11	3.7	4	1.6	0	0.0	29	2.4
	Once a week	15	5.2	6	2.0	9	3.0	12	4.7	2	3.8	44	3.7
	2 to 3 times a week	16	5.6	22	7.5	17	5.7	18	7.1	4	7.5	77	6.5
	4 to 6 times a week	13	4.5	20	6.8	20	6.7	7	2.7	1	1.9	61	5.1
	Once a day	73	25.5	58	19.7	54	18.1	53	20.8	6	11.3	244	20.5
	2 to 3 times a day	75	26.2	79	26.8	63	21.1	50	19.6	4	7.5	271	22.8
	4 or more times a day	44	15.4	37	12.5	34	11.4	25	9.8	5	9.4	145	12.2
Female	Never	34	11.6	44	15.6	50	18.3	79	27.7	20	33.9	227	19.0
	Once a month	3	1.0	9	3.2	8	2.9	4	1.4	2	3.4	26	2.2
	2 to 3 times a mo.	4	1.4	8	2.8	7	2.6	2	0.7	1	1.7	22	1.8
	Once a week	17	5.8	13	4.6	19	7.0	15	5.3	1	1.7	65	5.4
	2 to 3 times a week	14	4.8	11	3.9	12	4.4	15	5.3	3	5.1	55	4.6
	4 to 6 times a week	17	5.8	19	6.7	27	9.9	26	9.1	3	5.1	92	7.7
	Once a day	58	19.7	66	23.4	55	20.1	37	13.0	12	20.3	228	19.1
	2 to 3 times a day	101	34.4	76	27.0	64	23.4	66	23.2	9	15.3	316	26.5
	4 or more times a day	46	15.6	36	12.8	31	11.4	41	14.4	8	13.6	162	13.6
Total	Never	68	11.7	103	17.9	128	22.4	158	29.3	49	43.8	506	21.3
	Once a month	13	2.2	15	2.6	21	3.7	11	2.0	4	3.6	64	2.7
	2 to 3 times a mo.	10	1.7	16	2.8	18	3.1	6	1.1	1	0.9	51	2.1
	Once a week	32	5.5	19	3.3	28	4.9	27	5.0	3	2.7	109	4.6

2 to 3 times a week	30	5.2	33	5.7	29	5.1	33	6.1	7	6.3	132	5.5
4 to 6 times a week	30	5.2	39	6.8	47	8.2	33	6.1	4	3.6	153	6.4
Once a day	131	22.6	124	21.5	109	19.1	90	16.7	18	16.1	472	19.8
2 to 3 times a day	176	30.3	155	26.9	127	22.2	116	21.5	13	11.6	587	24.7
4 or more times a day	90	15.5	73	12.7	65	11.4	66	12.2	13	11.6	307	12.9

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	161	56.3	201	68.1	242	80.9	208	81.6	42	79.2	854	71.9
	Once a month	37	12.9	27	9.2	17	5.7	15	5.9	4	7.5	100	8.4
	2 to 3 times a mo.	20	7.0	22	7.5	15	5.0	13	5.1	4	7.5	74	6.2
	Once a week	33	11.5	26	8.8	16	5.4	5	2.0	2	3.8	82	6.9
	2 to 3 times a week	23	8.0	12	4.1	6	2.0	11	4.3	1	1.9	53	4.5
	4 to 6 times a week	2	0.7	4	1.4	1	0.3	0	0.0	0	0.0	7	0.6
	Once a day	8	2.8	3	1.0	2	0.7	3	1.2	0	0.0	16	1.3
	2 to 3 times a day	2	0.7	0	0.0	0	0.0	0	0.0	0	0.0	2	0.2
Female	Never	195	66.3	222	78.7	241	88.3	246	86.3	50	84.7	954	80.0
	Once a month	30	10.2	16	5.7	15	5.5	17	6.0	4	6.8	82	6.9
	2 to 3 times a mo.	27	9.2	15	5.3	7	2.6	9	3.2	1	1.7	59	4.9
	Once a week	26	8.8	12	4.3	3	1.1	9	3.2	0	0.0	50	4.2
	2 to 3 times a week	12	4.1	13	4.6	5	1.8	2	0.7	1	1.7	33	2.8
	4 to 6 times a week	1	0.3	3	1.1	1	0.4	1	0.4	0	0.0	6	0.5
	Once a day	3	1.0	1	0.4	0	0.0	1	0.4	3	5.1	8	0.7
	2 to 3 times a day	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
Total	Never	356	61.4	423	73.3	483	84.4	454	84.1	92	82.1	1808	75.9
	Once a month	67	11.6	43	7.5	32	5.6	32	5.9	8	7.1	182	7.6
	2 to 3 times a mo.	47	8.1	37	6.4	22	3.8	22	4.1	5	4.5	133	5.6
	Once a week	59	10.2	38	6.6	19	3.3	14	2.6	2	1.8	132	5.5
	2 to 3 times a week	35	6.0	25	4.3	11	1.9	13	2.4	2	1.8	86	3.6
	4 to 6 times a week	3	0.5	7	1.2	2	0.3	1	0.2	0	0.0	13	0.5
	Once a day	11	1.9	4	0.7	2	0.3	4	0.7	3	2.7	24	1.0
	2 to 3 times a day	2	0.3	0	0.0	1	0.2	0	0.0	0	0.0	3	0.1

Frequency of beverage intakes
Isotonic drink

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	94	32.9	143	48.5	173	57.9	193	75.7	42	79.2	645	54.3
	Once a month	28	9.8	31	10.5	33	11.0	15	5.9	3	5.7	110	9.3
	2 to 3 times a mo.	34	11.9	43	14.6	18	6.0	15	5.9	4	7.5	114	9.6
	Once a week	49	17.1	24	8.1	31	10.4	18	7.1	1	1.9	123	10.4
	2 to 3 times a week	47	16.4	22	7.5	29	9.7	5	2.0	0	0.0	103	8.7
	4 to 6 times a week	8	2.8	15	5.1	2	0.7	4	1.6	0	0.0	29	2.4
	Once a day	18	6.3	13	4.4	6	2.0	3	1.2	2	3.8	42	3.5
	2 to 3 times a day	6	2.1	3	1.0	4	1.3	2	0.8	1	1.9	16	1.3
	4 or more times a day	2	0.7	1	0.3	3	1.0	0	0.0	0	0.0	6	0.5
Female	Never	169	57.5	201	71.3	211	77.3	233	81.8	51	86.4	865	72.5
	Once a month	30	10.2	26	9.2	18	6.6	10	3.5	1	1.7	85	7.1
	2 to 3 times a mo.	25	8.5	23	8.2	11	4.0	15	5.3	1	1.7	75	6.3
	Once a week	36	12.2	12	4.3	7	2.6	11	3.9	4	6.8	70	5.9
	2 to 3 times a week	19	6.5	11	3.9	18	6.6	10	3.5	2	3.4	60	5.0

	4 to 6 times a week	3	1.0	4	1.4	2	0.7	3	1.1	0	0.0	12	1.0
	Once a day	10	3.4	3	1.1	3	1.1	2	0.7	0	0.0	18	1.5
	2 to 3 times a day	2	0.7	2	0.7	3	1.1	1	0.4	0	0.0	8	0.7
	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	263	45.3	344	59.6	384	67.1	426	78.9	93	83.0	1510	63.4
	Once a month	58	10.0	57	9.9	51	8.9	25	4.6	4	3.6	195	8.2
	2 to 3 times a mo.	59	10.2	66	11.4	29	5.1	30	5.6	5	4.5	189	7.9
	Once a week	85	14.7	36	6.2	38	6.6	29	5.4	5	4.5	193	8.1
	2 to 3 times a week	66	11.4	33	5.7	47	8.2	15	2.8	2	1.8	163	6.8
	4 to 6 times a week	11	1.9	19	3.3	4	0.7	7	1.3	0	0.0	41	1.7
	Once a day	28	4.8	16	2.8	9	1.6	5	0.9	2	1.8	60	2.5
	2 to 3 times a day	8	1.4	5	0.9	7	1.2	3	0.6	1	0.9	24	1.0
	4 or more times a day	2	0.3	1	0.2	3	0.5	0	0.0	0	0.0	6	0.3

Average ethanol intakes per day (ml/day)
Japanese sake

	40 - 49yr			50 - 59yr			60 - 69yr			70 - 79yr			80yr -			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.1	9.1	286	5.0	12.6	294	5.9	12.7	299	6.4	13.6	255	7.5	13.9	53	5.2	12.2	1187
Female	0.2	1.5	294	0.5	4.0	282	0.6	3.2	273	0.5	2.8	285	0.4	2.6	59	0.5	3.0	1193
Total	1.7	6.7	580	2.8	9.7	576	3.4	9.8	572	3.3	10.0	540	3.7	10.3	112	2.8	9.2	2380

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	15.9	30.7	286	17.1	28.1	295	15.2	25.9	299	10.4	21.5	255	7.5	18.1	53	14.5	26.7	1188
Female	4.4	14.5	294	2.6	11.3	282	1.8	14.6	273	1.1	6.2	285	2.8	12.4	59	2.5	12.2	1193
Total	10.0	24.6	580	10.0	22.8	577	8.8	22.3	572	5.5	16.1	540	5.0	15.5	112	8.5	21.6	2381

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	4.4	8.3	286	5.4	8.7	295	4.6	8.7	299	3.0	6.4	255	2.2	4.7	53	4.3	8.1	1188
Female	1.3	5.1	294	1.4	4.4	282	0.8	2.6	273	0.4	2.0	285	0.2	0.9	59	1.0	3.7	1193
Total	2.9	7.0	580	3.4	7.2	577	2.8	6.8	572	1.6	4.8	540	1.2	3.4	112	2.6	6.5	2381

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	6.2	9.7	286	6.1	11.1	295	3.6	7.6	299	1.8	5.2	255	1.3	4.1	53	4.3	8.8	1188
Female	2.7	7.5	294	1.7	5.2	282	0.9	3.5	273	0.6	2.8	285	0.4	2.4	59	1.4	5.1	1193
Total	4.4	8.8	580	3.9	9.0	577	2.3	6.1	572	1.2	4.1	540	0.8	3.4	112	2.9	7.3	2381

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	0.5	2.3	286	0.5	1.7	295	0.3	1.2	299	0.2	1.4	255	0.5	2.1	53	0.4	1.7	1188

Female	0.5	2.4	294	0.3	1.7	282	0.4	1.9	273	0.1	0.9	285	0.5	2.6	59	0.3	1.9	1193
Total	0.5	2.3	580	0.4	1.7	577	0.3	1.6	572	0.2	1.2	540	0.5	2.3	112	0.4	1.8	2381

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	0.4	1.9	286	1.6	7.2	295	1.6	10.1	299	1.0	4.0	254	0.4	2.0	53	1.1	6.6	1187
Female	0.1	0.5	294	0.0	0.2	282	0.1	1.1	273	0.1	1.2	285	0.0	0.0	59	0.1	0.8	1193
Total	0.3	1.4	580	0.8	5.2	577	0.9	7.3	572	0.6	2.9	539	0.2	1.4	112	0.6	4.7	2380

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	30.6	37.9	286	35.4	35.1	294	31.1	34.4	299	22.9	27.7	254	19.2	23.4	53	29.8	34.0	1186
Female	9.2	19.5	294	6.6	15.0	282	4.6	17.4	273	2.9	8.5	285	4.4	14.2	59	5.8	15.7	1193
Total	19.8	31.8	580	21.3	30.7	576	18.5	30.6	572	12.3	22.3	539	11.4	20.4	112	17.7	29.1	2379