

## 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.

### Dietary supplement frequency questionnaire (DSFQ)

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

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

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

### Questionnaire for beverage and citrus intake

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

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

- Cereals
- Potatoes and starches
- Sugars and sweeteners
- Pulses
- Nuts and seeds
- Vegetables 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
- $\alpha$ -Carotene
- $\beta$ -Carotene
- Cryptoxanthin
- $\beta$ -Carotene equivalents
- Retinol equivalents

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

Tridecanoic acid  
 Myristic acid  
 Pentadecanoic acid  
 Pentadecanoic acid (ant)  
 Palmitic acid  
 Palmitic acid (iso)  
 Heptadecanoic acid  
 Heptadecanoic acid (ant)  
 Stearic acid  
 Arachidic acid  
 Behenic acid  
 Lignoceric acid  
 Decenoic acid  
 Myristoleic acid  
 Palmitoleic acid  
 Heptadecenoic acid  
 Oleic acid  
 Eicosenoic acid  
 Docosenoic acid  
 Tetracosenoic acid  
 Hexadecadienoic acid  
 Hexadecatrienoic acid  
 Hexadecatetraenoic acid  
 Linoleic acid  
 $\alpha$ -Linolenic acid  
 $\gamma$ -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

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

[5\) Frequency of supplement intake \(DSFQ\)](#)

[6\) Beverage and citrus fruits intakes](#)

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

Cereals (g)

|        | 40–49yr |       |     | 50–59yr |       |     | 60–69yr |       |     | 70–79yr |       |     | 80yr– |       |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 529.6   | 139.5 | 229 | 501.6   | 129.7 | 251 | 502.2   | 130.7 | 267 | 485.3   | 128.4 | 246 | 469.7 | 124.3 | 72  | 501.9 | 132.3 | 1065 |
| Female | 369.2   | 96.3  | 247 | 375.1   | 100.1 | 234 | 370.2   | 82.1  | 257 | 370.7   | 96.6  | 234 | 361.8 | 112.7 | 78  | 370.5 | 95.2  | 1050 |
| Total  | 446.4   | 143.5 | 476 | 440.6   | 132.3 | 485 | 437.5   | 127.9 | 524 | 429.4   | 127.5 | 480 | 413.6 | 129.8 | 150 | 436.7 | 132.8 | 2115 |

Potatoes and starches (g)

|        | 40–49yr |      |     | 50–59yr |      |     | 60–69yr |      |     | 70–79yr |      |     | 80yr– |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 58.8    | 46.5 | 229 | 55.0    | 41.8 | 251 | 62.3    | 50.8 | 267 | 62.4    | 50.0 | 246 | 65.7  | 45.8 | 72  | 60.1  | 47.4 | 1065 |
| Female | 49.5    | 37.3 | 247 | 54.8    | 44.1 | 234 | 59.4    | 45.8 | 257 | 62.0    | 48.9 | 234 | 63.3  | 42.8 | 78  | 56.9  | 44.3 | 1050 |
| Total  | 53.9    | 42.2 | 476 | 54.9    | 42.9 | 485 | 60.9    | 48.4 | 524 | 62.2    | 49.4 | 480 | 64.4  | 44.1 | 150 | 58.5  | 45.9 | 2115 |

## 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   | 7.6     | 6.6 | 229 | 8.3     | 7.4 | 251 | 8.6     | 6.7 | 267 | 8.8     | 6.6 | 246 | 9.5   | 10.7 | 72  | 8.4   | 7.2 | 1065 |
| Female | 7.9     | 6.6 | 247 | 7.8     | 6.2 | 234 | 9.4     | 8.1 | 257 | 9.5     | 7.6 | 234 | 9.9   | 8.4  | 78  | 8.7   | 7.3 | 1050 |
| Total  | 7.8     | 6.6 | 476 | 8.1     | 6.8 | 485 | 9.0     | 7.4 | 524 | 9.1     | 7.1 | 480 | 9.7   | 9.6  | 150 | 8.6   | 7.2 | 2115 |

## 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   | 75.2    | 75.1 | 229 | 81.9    | 62.4 | 251 | 88.9    | 59.1 | 267 | 84.3    | 60.4 | 246 | 77.4  | 49.1 | 72  | 82.5  | 63.4 | 1065 |
| Female | 64.9    | 56.2 | 247 | 69.9    | 65.1 | 234 | 76.4    | 60.4 | 257 | 74.7    | 55.5 | 234 | 71.0  | 53.9 | 78  | 71.5  | 59.1 | 1050 |
| Total  | 69.9    | 66.1 | 476 | 76.1    | 64.0 | 485 | 82.7    | 60.0 | 524 | 79.7    | 58.2 | 480 | 74.1  | 51.6 | 150 | 77.0  | 61.5 | 2115 |

## 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   | 4.4     | 10.2 | 229 | 6.0     | 11.4 | 251 | 5.9     | 10.9 | 267 | 5.0     | 8.1  | 246 | 3.6   | 5.7  | 72  | 5.2   | 10.0 | 1065 |
| Female | 4.0     | 7.8  | 247 | 5.5     | 10.4 | 234 | 5.3     | 8.5  | 257 | 5.0     | 12.0 | 234 | 7.9   | 32.2 | 78  | 5.2   | 12.8 | 1050 |
| Total  | 4.2     | 9.0  | 476 | 5.8     | 11.0 | 485 | 5.6     | 9.8  | 524 | 5.0     | 10.1 | 480 | 5.8   | 23.6 | 150 | 5.2   | 11.5 | 2115 |

## 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   | 198.5   | 105.4 | 229 | 207.5   | 98.2 | 251 | 228.6   | 108.2 | 267 | 208.9   | 100.7 | 246 | 184.9 | 89.3 | 72  | 209.6 | 103.0 | 1065 |
| Female | 158.2   | 69.6  | 247 | 182.0   | 84.6 | 234 | 193.0   | 78.5  | 257 | 187.1   | 78.7  | 234 | 176.8 | 85.2 | 78  | 179.8 | 79.4  | 1050 |
| Total  | 177.6   | 90.8  | 476 | 195.2   | 92.7 | 485 | 211.1   | 96.4  | 524 | 198.3   | 91.2  | 480 | 180.7 | 87.0 | 150 | 194.9 | 93.2  | 2115 |

## 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   | 86.8    | 57.8 | 229 | 102.5   | 66.6 | 251 | 120.6   | 75.1 | 267 | 135.9   | 82.5 | 246 | 120.3 | 82.9 | 72  | 112.6 | 74.2 | 1065 |
| Female | 82.1    | 53.4 | 247 | 96.6    | 60.2 | 234 | 130.3   | 70.5 | 257 | 132.3   | 80.5 | 234 | 118.4 | 77.2 | 78  | 111.0 | 70.8 | 1050 |
| Total  | 84.3    | 55.5 | 476 | 99.6    | 63.6 | 485 | 125.4   | 73.0 | 524 | 134.2   | 81.5 | 480 | 119.3 | 79.7 | 150 | 111.8 | 72.5 | 2115 |

## Fruits (g)

|        | 40-49yr |      |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD   | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 96.7    | 97.2 | 229 | 121.5   | 112.3 | 251 | 158.0   | 131.8 | 267 | 171.3   | 121.1 | 246 | 147.0 | 98.5  | 72  | 138.5 | 118.9 | 1065 |
| Female | 122.6   | 90.4 | 247 | 154.3   | 108.6 | 234 | 176.0   | 120.1 | 257 | 180.6   | 116.4 | 234 | 178.3 | 115.3 | 78  | 159.8 | 112.1 | 1050 |
| Total  | 110.1   | 94.5 | 476 | 137.3   | 111.7 | 485 | 166.8   | 126.4 | 524 | 175.9   | 118.8 | 480 | 163.3 | 108.3 | 150 | 149.1 | 116.1 | 2115 |

## 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   | 15.8    | 18.5 | 229 | 16.4    | 16.2 | 251 | 19.6    | 20.3 | 267 | 18.9    | 19.2 | 246 | 16.7  | 14.4 | 72 | 17.7  | 18.4 | 1065 |
| Female | 15.3    | 16.6 | 247 | 16.0    | 15.9 | 234 | 22.6    | 29.1 | 257 | 19.2    | 18.7 | 234 | 13.1  | 14.5 | 78 | 17.9  | 20.8 | 1050 |

|       |      |      |     |      |      |     |      |      |     |      |      |     |      |      |     |      |      |      |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|------|
| Total | 15.5 | 17.5 | 476 | 16.2 | 16.0 | 485 | 21.1 | 25.0 | 524 | 19.0 | 19.0 | 480 | 14.8 | 14.5 | 150 | 17.8 | 19.6 | 2115 |
|-------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|------|

#### Seaweeds (g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 19.0    | 18.9 | 229 | 19.5    | 21.2 | 251 | 22.1    | 20.4 | 267 | 27.3    | 24.3 | 246 | 24.4  | 23.7 | 72  | 22.2  | 21.7 | 1065 |
| Female | 16.8    | 19.0 | 247 | 20.0    | 26.2 | 234 | 26.4    | 27.0 | 257 | 22.2    | 23.4 | 234 | 25.0  | 32.3 | 78  | 21.7  | 25.0 | 1050 |
| Total  | 17.9    | 19.0 | 476 | 19.7    | 23.7 | 485 | 24.2    | 23.9 | 524 | 24.8    | 24.0 | 480 | 24.7  | 28.4 | 150 | 21.9  | 23.4 | 2115 |

#### 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   | 86.1    | 54.5 | 229 | 105.6   | 57.3 | 251 | 117.5   | 54.6 | 267 | 105.7   | 47.9 | 246 | 113.3 | 56.2 | 72  | 104.9 | 54.9 | 1065 |
| Female | 71.6    | 38.5 | 247 | 86.9    | 39.3 | 234 | 90.5    | 42.9 | 257 | 92.3    | 43.1 | 234 | 84.7  | 47.7 | 78  | 85.2  | 42.2 | 1050 |
| Total  | 78.6    | 47.4 | 476 | 96.6    | 50.3 | 485 | 104.3   | 51.0 | 524 | 99.1    | 46.0 | 480 | 98.5  | 53.7 | 150 | 95.1  | 50.0 | 2115 |

#### 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   | 104.7   | 49.0 | 229 | 93.4    | 46.1 | 251 | 88.3    | 47.9 | 267 | 69.5    | 38.2 | 246 | 68.1  | 44.4 | 72  | 87.3  | 47.2 | 1065 |
| Female | 77.0    | 37.9 | 247 | 70.5    | 37.9 | 234 | 64.5    | 32.6 | 257 | 58.1    | 31.0 | 234 | 52.6  | 26.3 | 78  | 66.5  | 35.2 | 1050 |
| Total  | 90.3    | 45.7 | 476 | 82.3    | 43.8 | 485 | 76.6    | 42.8 | 524 | 63.9    | 35.3 | 480 | 60.0  | 36.9 | 150 | 77.0  | 43.0 | 2115 |

#### 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   | 47.9    | 28.6 | 229 | 54.1    | 28.7 | 251 | 55.8    | 30.7 | 267 | 54.9    | 24.8 | 246 | 51.7  | 24.7 | 72  | 53.2  | 28.2 | 1065 |
| Female | 47.6    | 27.1 | 247 | 46.9    | 25.0 | 234 | 48.1    | 25.3 | 257 | 53.2    | 27.9 | 234 | 50.2  | 29.7 | 78  | 49.0  | 26.6 | 1050 |
| Total  | 47.8    | 27.8 | 476 | 50.6    | 27.2 | 485 | 52.0    | 28.4 | 524 | 54.1    | 26.3 | 480 | 50.9  | 27.3 | 150 | 51.1  | 27.5 | 2115 |

#### 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   | 121.8   | 118.7 | 229 | 151.2   | 145.2 | 251 | 151.6   | 134.2 | 267 | 159.5   | 119.6 | 246 | 160.5 | 156.2 | 72  | 147.5 | 132.6 | 1065 |
| Female | 168.0   | 130.2 | 247 | 164.5   | 117.4 | 234 | 162.9   | 113.8 | 257 | 161.8   | 113.5 | 234 | 158.4 | 103.9 | 78  | 163.9 | 117.7 | 1050 |
| Total  | 145.8   | 126.8 | 476 | 157.6   | 132.5 | 485 | 157.1   | 124.6 | 524 | 160.6   | 116.5 | 480 | 159.4 | 131.2 | 150 | 155.6 | 125.7 | 2115 |

#### Fats and oils (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 13.1    | 6.5 | 229 | 11.7    | 5.6 | 251 | 11.0    | 6.4 | 267 | 8.3     | 5.0 | 246 | 7.1   | 4.6 | 72  | 10.7  | 6.1 | 1065 |
| Female | 10.4    | 6.2 | 247 | 10.0    | 5.3 | 234 | 9.3     | 5.2 | 257 | 7.9     | 4.9 | 234 | 7.7   | 4.7 | 78  | 9.3   | 5.5 | 1050 |
| Total  | 11.7    | 6.5 | 476 | 10.9    | 5.5 | 485 | 10.1    | 5.9 | 524 | 8.1     | 5.0 | 480 | 7.4   | 4.6 | 150 | 10.0  | 5.9 | 2115 |

#### 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   | 53.4 | 55.1 | 229 | 52.8 | 52.4 | 251 | 45.3 | 45.4 | 267 | 47.6 | 50.3 | 246 | 43.7 | 42.0 | 72  | 49.2 | 50.2 | 1065 |
| Female | 73.2 | 48.8 | 247 | 60.7 | 42.0 | 234 | 52.3 | 38.2 | 257 | 54.9 | 45.0 | 234 | 52.0 | 42.5 | 78  | 59.7 | 44.2 | 1050 |
| Total  | 63.7 | 52.8 | 476 | 56.6 | 47.8 | 485 | 48.7 | 42.1 | 524 | 51.2 | 47.8 | 480 | 48.0 | 42.3 | 150 | 54.4 | 47.6 | 2115 |

#### Beverages (g)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 1038.4  | 582.6 | 229 | 1062.1  | 565.8 | 251 | 1001.5  | 484.7 | 267 | 840.8   | 398.3 | 246 | 685.5 | 328.3 | 72  | 965.2 | 512.8 | 1065 |
| Female | 793.4   | 440.0 | 247 | 861.9   | 432.2 | 234 | 811.6   | 416.8 | 257 | 714.5   | 359.4 | 234 | 621.0 | 332.1 | 78  | 782.7 | 413.2 | 1050 |
| Total  | 911.3   | 527.5 | 476 | 965.5   | 515.1 | 485 | 908.3   | 462.1 | 524 | 779.2   | 384.7 | 480 | 652.0 | 330.7 | 150 | 874.6 | 474.8 | 2115 |

#### Seasonings and spices (g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 70.8    | 28.4 | 229 | 71.4    | 29.8 | 251 | 74.7    | 24.0 | 267 | 68.7    | 24.5 | 246 | 61.0  | 20.2 | 72  | 70.8  | 26.5 | 1065 |
| Female | 58.0    | 22.6 | 247 | 56.8    | 18.9 | 234 | 62.4    | 21.0 | 257 | 58.4    | 21.8 | 234 | 56.6  | 22.9 | 78  | 58.8  | 21.3 | 1050 |
| Total  | 64.2    | 26.3 | 476 | 64.4    | 26.2 | 485 | 68.7    | 23.4 | 524 | 63.7    | 23.7 | 480 | 58.7  | 21.7 | 150 | 64.8  | 24.8 | 2115 |

#### 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   | 364.0   | 454.4 | 229 | 323.1   | 344.7 | 251 | 376.9   | 395.3 | 267 | 298.8   | 320.6 | 246 | 257.8 | 260.0 | 72  | 335.4 | 375.2 | 1065 |
| Female | 351.3   | 419.5 | 247 | 373.6   | 355.8 | 234 | 412.1   | 373.1 | 257 | 368.5   | 362.5 | 234 | 343.1 | 339.3 | 78  | 374.4 | 376.2 | 1050 |
| Total  | 357.4   | 436.2 | 476 | 347.5   | 350.6 | 485 | 394.2   | 384.6 | 524 | 332.8   | 343.1 | 480 | 302.2 | 305.8 | 150 | 354.7 | 376.1 | 2115 |

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

#### Energy (kcal)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr-  |       |     | Total  |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|-----|--------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean   | SD    | N   | Mean   | SD    | N    |
| Male   | 2262.4  | 443.5 | 229 | 2258.8  | 371.5 | 251 | 2270.9  | 339.7 | 267 | 2057.7  | 353.2 | 246 | 1955.4 | 343.2 | 72  | 2195.6 | 389.4 | 1065 |
| Female | 1845.4  | 326.7 | 247 | 1833.3  | 312.6 | 234 | 1801.3  | 293.4 | 257 | 1742.4  | 302.5 | 234 | 1668.8 | 307.4 | 78  | 1795.8 | 312.6 | 1050 |
| Total  | 2046.0  | 439.6 | 476 | 2053.5  | 404.5 | 485 | 2040.6  | 395.0 | 524 | 1904.0  | 365.0 | 480 | 1806.4 | 354.4 | 150 | 1997.2 | 406.0 | 2115 |

#### 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   | 2281.3  | 727.9 | 229 | 2328.7  | 633.4 | 251 | 2430.9  | 617.0 | 267 | 2209.1  | 601.3 | 246 | 1972.4 | 447.2 | 72  | 2292.4 | 642.8 | 1065 |
| Female | 1952.3  | 628.9 | 247 | 2128.1  | 534.8 | 234 | 2199.0  | 558.6 | 257 | 2060.3  | 593.9 | 234 | 1897.0 | 527.4 | 78  | 2071.8 | 584.4 | 1050 |
| Total  | 2110.6  | 697.3 | 476 | 2231.9  | 595.8 | 485 | 2317.1  | 599.9 | 524 | 2136.6  | 601.7 | 480 | 1933.2 | 490.4 | 150 | 2182.9 | 624.2 | 2115 |

#### 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   | 79.3    | 16.9 | 229 | 81.7    | 15.6 | 251 | 85.5    | 15.4 | 267 | 78.4    | 14.0 | 246 | 77.1  | 17.9 | 72  | 81.1  | 15.9 | 1065 |
| Female | 66.7    | 12.5 | 247 | 68.6    | 12.9 | 234 | 70.3    | 13.2 | 257 | 68.1    | 13.5 | 234 | 63.9  | 13.4 | 78  | 68.1  | 13.1 | 1050 |
| Total  | 72.7    | 16.1 | 476 | 75.4    | 15.8 | 485 | 78.0    | 16.3 | 524 | 73.3    | 14.7 | 480 | 70.2  | 17.0 | 150 | 74.6  | 16.0 | 2115 |





|        |       |      |     |       |      |     |       |      |     |       |      |     |       |      |     |       |      |      |
|--------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|------|
| Male   | 277.2 | 78.4 | 229 | 295.5 | 66.9 | 251 | 321.8 | 72.4 | 267 | 308.1 | 70.5 | 246 | 296.8 | 72.3 | 72  | 301.2 | 73.6 | 1065 |
| Female | 236.7 | 53.4 | 247 | 261.3 | 61.3 | 234 | 278.8 | 60.1 | 257 | 267.7 | 65.3 | 234 | 254.1 | 65.3 | 78  | 260.7 | 62.3 | 1050 |
| Total  | 256.2 | 69.6 | 476 | 279.0 | 66.4 | 485 | 300.7 | 70.0 | 524 | 288.4 | 70.9 | 480 | 274.6 | 71.8 | 150 | 281.1 | 71.2 | 2115 |

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   | 1118    | 249 | 229 | 1174    | 247 | 251 | 1251    | 255 | 267 | 1179    | 238 | 246 | 1161  | 310 | 72  | 1182  | 256 | 1065 |
| Female | 979     | 210 | 247 | 1016    | 211 | 234 | 1060    | 223 | 257 | 1041    | 236 | 234 | 982   | 234 | 78  | 1021  | 223 | 1050 |
| Total  | 1046    | 240 | 476 | 1098    | 243 | 485 | 1157    | 258 | 524 | 1112    | 247 | 480 | 1068  | 287 | 150 | 1102  | 253 | 2115 |

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   | 8.7     | 2.9 | 229 | 9.1     | 2.2 | 251 | 10.0    | 2.3 | 267 | 9.8     | 2.4 | 246 | 9.8   | 2.7 | 72  | 9.4   | 2.5 | 1065 |
| Female | 7.3     | 1.9 | 247 | 8.0     | 2.1 | 234 | 8.9     | 2.3 | 257 | 8.9     | 2.3 | 234 | 8.7   | 2.3 | 78  | 8.3   | 2.2 | 1050 |
| Total  | 8.0     | 2.5 | 476 | 8.6     | 2.2 | 485 | 9.4     | 2.4 | 524 | 9.3     | 2.4 | 480 | 9.2   | 2.5 | 150 | 8.9   | 2.4 | 2115 |

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   | 9.2     | 2.2 | 229 | 9.3     | 1.9 | 251 | 9.5     | 1.9 | 267 | 9.0     | 2.0 | 246 | 8.7   | 2.2 | 72  | 9.2   | 2.0 | 1065 |
| Female | 7.5     | 1.7 | 247 | 7.7     | 1.6 | 234 | 7.8     | 1.6 | 257 | 7.6     | 1.7 | 234 | 7.3   | 1.5 | 78  | 7.6   | 1.6 | 1050 |
| Total  | 8.3     | 2.1 | 476 | 8.5     | 1.9 | 485 | 8.7     | 2.0 | 524 | 8.3     | 2.0 | 480 | 8.0   | 2.0 | 150 | 8.4   | 2.0 | 2115 |

Copper (mg)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 1.29    | 0.36 | 229 | 1.34    | 0.30 | 251 | 1.44    | 0.33 | 267 | 1.39    | 0.33 | 246 | 1.34  | 0.27 | 72  | 1.36  | 0.33 | 1065 |
| Female | 1.04    | 0.25 | 247 | 1.14    | 0.25 | 234 | 1.21    | 0.26 | 257 | 1.20    | 0.27 | 234 | 1.18  | 0.28 | 78  | 1.15  | 0.27 | 1050 |
| Total  | 1.16    | 0.33 | 476 | 1.24    | 0.29 | 485 | 1.33    | 0.32 | 524 | 1.29    | 0.32 | 480 | 1.26  | 0.29 | 150 | 1.26  | 0.32 | 2115 |

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   | 4.42    | 2.62 | 229 | 5.23    | 4.45 | 251 | 5.13    | 3.21 | 267 | 4.80    | 1.91 | 246 | 4.43  | 1.23 | 72  | 4.88  | 3.12 | 1065 |
| Female | 4.11    | 3.39 | 247 | 4.49    | 3.32 | 234 | 4.36    | 1.96 | 257 | 4.44    | 2.04 | 234 | 4.07  | 1.31 | 78  | 4.33  | 2.68 | 1050 |
| Total  | 4.26    | 3.04 | 476 | 4.88    | 3.96 | 485 | 4.75    | 2.70 | 524 | 4.63    | 1.98 | 480 | 4.24  | 1.28 | 150 | 4.60  | 2.92 | 2115 |

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   | 220     | 443 | 229 | 279     | 587 | 251 | 321     | 786 | 267 | 244     | 508 | 246 | 308   | 628 | 72  | 271   | 604 | 1065 |
| Female | 228     | 527 | 247 | 230     | 416 | 234 | 264     | 552 | 257 | 269     | 596 | 234 | 278   | 612 | 78  | 250   | 534 | 1050 |
| Total  | 224     | 488 | 476 | 255     | 512 | 485 | 293     | 681 | 524 | 256     | 552 | 480 | 293   | 618 | 150 | 260   | 570 | 2115 |

$\alpha$ -Carotene (micro g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 434     | 353 | 229 | 468     | 352 | 251 | 496     | 421 | 267 | 474     | 453 | 246 | 446   | 594 | 72  | 468   | 414 | 1065 |
| Female | 376     | 300 | 247 | 378     | 447 | 234 | 440     | 373 | 257 | 395     | 332 | 234 | 409   | 434 | 78  | 399   | 372 | 1050 |
| Total  | 404     | 327 | 476 | 424     | 403 | 485 | 469     | 399 | 524 | 435     | 400 | 480 | 427   | 516 | 150 | 433   | 395 | 2115 |

$\beta$ -Carotene (micro g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 3409    | 2406 | 229 | 3528    | 2095 | 251 | 3742    | 2185 | 267 | 3913    | 2180 | 246 | 3968  | 3394 | 72  | 3675  | 2317 | 1065 |
| Female | 2798    | 1657 | 247 | 3215    | 1970 | 234 | 3802    | 2000 | 257 | 4010    | 2284 | 234 | 3491  | 2083 | 78  | 3458  | 2043 | 1050 |
| Total  | 3092    | 2072 | 476 | 3377    | 2039 | 485 | 3772    | 2095 | 524 | 3960    | 2230 | 480 | 3720  | 2791 | 150 | 3567  | 2187 | 2115 |

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   | 257     | 547 | 229 | 372     | 908 | 251 | 471     | 1341 | 267 | 604     | 1062 | 246 | 401   | 738 | 72  | 428   | 1009 | 1065 |
| Female | 391     | 798 | 247 | 385     | 694 | 234 | 554     | 901  | 257 | 686     | 1189 | 234 | 612   | 890 | 78  | 512   | 917  | 1050 |
| Total  | 327     | 691 | 476 | 378     | 811 | 485 | 512     | 1146 | 524 | 644     | 1125 | 480 | 511   | 824 | 150 | 469   | 965  | 2115 |

$\beta$ -Carotene equivalents (micro g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 3784    | 2576 | 229 | 3965    | 2319 | 251 | 4259    | 2548 | 267 | 4479    | 2507 | 246 | 4435  | 3652 | 72  | 4150  | 2592 | 1065 |
| Female | 3212    | 1880 | 247 | 3630    | 2227 | 234 | 4319    | 2216 | 257 | 4600    | 2513 | 234 | 4055  | 2341 | 78  | 3948  | 2283 | 1050 |
| Total  | 3487    | 2258 | 476 | 3803    | 2279 | 485 | 4289    | 2389 | 524 | 4538    | 2508 | 480 | 4238  | 3037 | 150 | 4050  | 2445 | 2115 |

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   | 592     | 563 | 229 | 645     | 644 | 251 | 701     | 806 | 267 | 631     | 566 | 246 | 697   | 710 | 72  | 648   | 661 | 1065 |
| Female | 519     | 543 | 247 | 568     | 529 | 234 | 641     | 596 | 257 | 680     | 629 | 234 | 628   | 696 | 78  | 604   | 588 | 1050 |
| Total  | 554     | 553 | 476 | 608     | 592 | 485 | 672     | 711 | 524 | 655     | 598 | 480 | 661   | 701 | 150 | 626   | 626 | 2115 |

Vitamin D (micro g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 6.7     | 5.0 | 229 | 8.1     | 5.2 | 251 | 10.1    | 6.3 | 267 | 9.3     | 5.2 | 246 | 8.7   | 5.5 | 72  | 8.6   | 5.6 | 1065 |
| Female | 5.8     | 4.3 | 247 | 6.7     | 4.3 | 234 | 8.4     | 5.2 | 257 | 8.5     | 5.3 | 234 | 7.7   | 4.7 | 78  | 7.4   | 4.9 | 1050 |
| Total  | 6.2     | 4.7 | 476 | 7.4     | 4.8 | 485 | 9.3     | 5.8 | 524 | 8.9     | 5.2 | 480 | 8.1   | 5.1 | 150 | 8.0   | 5.3 | 2115 |

$\alpha$ -Tocopherols (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 7.3     | 2.5 | 229 | 7.7     | 2.3 | 251 | 8.2     | 2.7 | 267 | 7.6     | 2.5 | 246 | 7.3   | 2.5 | 72  | 7.7   | 2.5 | 1065 |
| Female | 6.9     | 2.0 | 247 | 7.2     | 2.2 | 234 | 7.7     | 2.3 | 257 | 7.4     | 2.4 | 234 | 6.8   | 2.8 | 78  | 7.3   | 2.3 | 1050 |
| Total  | 7.1     | 2.3 | 476 | 7.5     | 2.3 | 485 | 8.0     | 2.5 | 524 | 7.5     | 2.5 | 480 | 7.0   | 2.6 | 150 | 7.5   | 2.4 | 2115 |

$\beta$ -Tocopherols (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 0.5     | 0.2 | 229 | 0.5     | 0.1 | 251 | 0.5     | 0.2 | 267 | 0.4     | 0.2 | 246 | 0.5   | 0.2 | 72  | 0.5   | 0.2 | 1065 |
| Female | 0.4     | 0.2 | 247 | 0.4     | 0.1 | 234 | 0.4     | 0.2 | 257 | 0.4     | 0.2 | 234 | 0.4   | 0.1 | 78  | 0.4   | 0.2 | 1050 |
| Total  | 0.4     | 0.2 | 476 | 0.4     | 0.1 | 485 | 0.4     | 0.2 | 524 | 0.4     | 0.2 | 480 | 0.4   | 0.2 | 150 | 0.4   | 0.2 | 2115 |

 $\gamma$ -Tocopherols (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 12.8    | 5.1 | 229 | 12.3    | 4.0 | 251 | 11.6    | 4.0 | 267 | 10.1    | 3.7 | 246 | 10.2  | 3.9 | 72  | 11.6  | 4.3 | 1065 |
| Female | 10.7    | 4.0 | 247 | 10.5    | 3.6 | 234 | 10.3    | 3.8 | 257 | 9.4     | 3.3 | 234 | 9.4   | 3.8 | 78  | 10.2  | 3.7 | 1050 |
| Total  | 11.7    | 4.7 | 476 | 11.4    | 3.9 | 485 | 11.0    | 4.0 | 524 | 9.8     | 3.5 | 480 | 9.7   | 3.9 | 150 | 10.9  | 4.1 | 2115 |

 $\delta$ -Tocopherols (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 3.2     | 1.4 | 229 | 3.1     | 1.1 | 251 | 3.1     | 1.1 | 267 | 2.9     | 1.2 | 246 | 3.0   | 1.2 | 72  | 3.0   | 1.2 | 1065 |
| Female | 2.6     | 1.0 | 247 | 2.6     | 1.0 | 234 | 2.6     | 1.1 | 257 | 2.6     | 1.0 | 234 | 2.5   | 1.0 | 78  | 2.6   | 1.0 | 1050 |
| Total  | 2.9     | 1.3 | 476 | 2.8     | 1.1 | 485 | 2.9     | 1.1 | 524 | 2.7     | 1.1 | 480 | 2.7   | 1.1 | 150 | 2.8   | 1.1 | 2115 |

 $\alpha$ -Tocopherol equivalents (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 9.1     | 3.2 | 229 | 9.5     | 2.7 | 251 | 9.8     | 3.0 | 267 | 9.0     | 2.9 | 246 | 8.6   | 2.7 | 72  | 9.3   | 2.9 | 1065 |
| Female | 8.4     | 2.4 | 247 | 8.7     | 2.5 | 234 | 9.2     | 2.7 | 257 | 8.6     | 2.6 | 234 | 8.1   | 3.1 | 78  | 8.7   | 2.6 | 1050 |
| Total  | 8.7     | 2.8 | 476 | 9.1     | 2.6 | 485 | 9.5     | 2.9 | 524 | 8.8     | 2.8 | 480 | 8.4   | 2.9 | 150 | 9.0   | 2.8 | 2115 |

## 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   | 225     | 145 | 229 | 230     | 122 | 251 | 262     | 133 | 267 | 260     | 133 | 246 | 255   | 146 | 72  | 246   | 135 | 1065 |
| Female | 184     | 88  | 247 | 203     | 109 | 234 | 244     | 116 | 257 | 242     | 126 | 234 | 212   | 103 | 78  | 218   | 113 | 1050 |
| Total  | 204     | 121 | 476 | 217     | 117 | 485 | 253     | 125 | 524 | 251     | 130 | 480 | 232   | 127 | 150 | 232   | 125 | 2115 |

## 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   | 0.98    | 0.28 | 229 | 0.99    | 0.27 | 251 | 1.01    | 0.27 | 267 | 0.95    | 0.27 | 246 | 0.95  | 0.81 | 72  | 0.98  | 0.34 | 1065 |
| Female | 0.83    | 0.22 | 247 | 0.83    | 0.22 | 234 | 0.89    | 0.36 | 257 | 0.85    | 0.27 | 234 | 0.81  | 0.22 | 78  | 0.85  | 0.27 | 1050 |
| Total  | 0.90    | 0.26 | 476 | 0.91    | 0.26 | 485 | 0.95    | 0.32 | 524 | 0.90    | 0.27 | 480 | 0.87  | 0.59 | 150 | 0.91  | 0.31 | 2115 |

## 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    | 0.62 | 229 | 1.49    | 0.50 | 251 | 1.50    | 0.44 | 267 | 1.43    | 0.44 | 246 | 1.37  | 0.48 | 72 | 1.45  | 0.50 | 1065 |

|        |      |      |     |      |      |     |      |      |     |      |      |     |      |      |     |      |      |      |
|--------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|------|
| Female | 1.27 | 0.48 | 247 | 1.34 | 0.54 | 234 | 1.36 | 0.40 | 257 | 1.32 | 0.40 | 234 | 1.26 | 0.39 | 78  | 1.32 | 0.46 | 1050 |
| Total  | 1.33 | 0.56 | 476 | 1.42 | 0.52 | 485 | 1.43 | 0.42 | 524 | 1.38 | 0.43 | 480 | 1.31 | 0.44 | 150 | 1.38 | 0.48 | 2115 |

Niacin (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 18.4    | 5.6 | 229 | 18.9    | 5.9 | 251 | 20.1    | 6.1 | 267 | 17.1    | 4.8 | 246 | 16.9  | 6.4 | 72  | 18.6  | 5.8 | 1065 |
| Female | 14.5    | 4.2 | 247 | 15.8    | 4.4 | 234 | 15.6    | 4.1 | 257 | 14.6    | 4.4 | 234 | 13.2  | 3.8 | 78  | 15.0  | 4.3 | 1050 |
| Total  | 16.4    | 5.3 | 476 | 17.4    | 5.5 | 485 | 17.9    | 5.7 | 524 | 15.9    | 4.8 | 480 | 15.0  | 5.5 | 150 | 16.8  | 5.4 | 2115 |

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   | 1.27    | 0.41 | 229 | 1.36    | 0.35 | 251 | 1.50    | 0.38 | 267 | 1.39    | 0.36 | 246 | 1.32  | 0.39 | 72  | 1.38  | 0.39 | 1065 |
| Female | 1.05    | 0.28 | 247 | 1.17    | 0.33 | 234 | 1.25    | 0.32 | 257 | 1.21    | 0.34 | 234 | 1.16  | 0.34 | 78  | 1.17  | 0.33 | 1050 |
| Total  | 1.15    | 0.36 | 476 | 1.27    | 0.36 | 485 | 1.38    | 0.37 | 524 | 1.30    | 0.36 | 480 | 1.23  | 0.37 | 150 | 1.28  | 0.37 | 2115 |

Vitamin B12 (micro g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 6.7     | 4.8 | 229 | 8.6     | 6.2 | 251 | 9.7     | 6.2 | 267 | 9.1     | 5.8 | 246 | 9.3   | 5.8 | 72  | 8.6   | 5.9 | 1065 |
| Female | 5.8     | 4.1 | 247 | 7.0     | 5.0 | 234 | 7.5     | 5.0 | 257 | 7.6     | 5.9 | 234 | 7.7   | 5.4 | 78  | 7.0   | 5.1 | 1050 |
| Total  | 6.2     | 4.5 | 476 | 7.8     | 5.7 | 485 | 8.6     | 5.7 | 524 | 8.4     | 5.9 | 480 | 8.5   | 5.7 | 150 | 7.8   | 5.6 | 2115 |

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   | 310     | 124 | 229 | 350     | 113 | 251 | 393     | 130 | 267 | 388     | 121 | 246 | 364   | 130 | 72  | 362   | 127 | 1065 |
| Female | 282     | 100 | 247 | 322     | 102 | 234 | 367     | 104 | 257 | 364     | 113 | 234 | 347   | 122 | 78  | 335   | 111 | 1050 |
| Total  | 295     | 113 | 476 | 336     | 109 | 485 | 380     | 119 | 524 | 376     | 118 | 480 | 356   | 126 | 150 | 348   | 120 | 2115 |

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   | 6.05    | 1.53 | 229 | 6.32    | 1.48 | 251 | 6.70    | 1.66 | 267 | 6.28    | 1.40 | 246 | 5.96  | 1.64 | 72  | 6.32  | 1.54 | 1065 |
| Female | 5.28    | 1.25 | 247 | 5.52    | 1.25 | 234 | 5.79    | 1.33 | 257 | 5.60    | 1.37 | 234 | 5.35  | 1.39 | 78  | 5.53  | 1.32 | 1050 |
| Total  | 5.65    | 1.44 | 476 | 5.93    | 1.43 | 485 | 6.25    | 1.57 | 524 | 5.95    | 1.42 | 480 | 5.64  | 1.54 | 150 | 5.93  | 1.49 | 2115 |

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   | 105.0   | 74.7 | 229 | 139.1   | 118.9 | 251 | 139.0   | 111.8 | 267 | 139.5   | 80.4 | 246 | 118.7 | 66.4 | 72  | 130.5 | 98.1 | 1065 |
| Female | 102.0   | 72.7 | 247 | 119.7   | 67.9  | 234 | 146.9   | 87.0  | 257 | 144.5   | 77.8 | 234 | 132.9 | 73.3 | 78  | 128.7 | 78.6 | 1050 |
| Total  | 103.5   | 73.6 | 476 | 129.8   | 98.1  | 485 | 142.9   | 100.4 | 524 | 141.9   | 79.1 | 480 | 126.1 | 70.2 | 150 | 129.6 | 88.9 | 2115 |

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   | 361.4   | 138.6 | 229 | 386.6   | 145.4 | 251 | 398.5   | 146.2 | 267 | 363.6   | 133.9 | 246 | 341.2 | 138.2 | 72  | 375.7 | 141.9 | 1065 |
| Female | 322.2   | 117.6 | 247 | 321.9   | 117.3 | 234 | 322.1   | 123.9 | 257 | 315.1   | 114.0 | 234 | 302.4 | 137.5 | 78  | 319.1 | 119.8 | 1050 |
| Total  | 341.0   | 129.5 | 476 | 355.4   | 136.4 | 485 | 361.0   | 140.9 | 524 | 340.0   | 126.8 | 480 | 321.0 | 138.7 | 150 | 347.6 | 134.4 | 2115 |

Water soluble dietary fibers (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 3.5     | 1.4 | 229 | 3.6     | 1.2 | 251 | 4.1     | 1.3 | 267 | 4.1     | 1.4 | 246 | 3.7   | 1.3 | 72  | 3.8   | 1.3 | 1065 |
| Female | 3.2     | 1.1 | 247 | 3.4     | 1.3 | 234 | 3.9     | 1.4 | 257 | 3.7     | 1.1 | 234 | 3.6   | 1.1 | 78  | 3.6   | 1.2 | 1050 |
| Total  | 3.3     | 1.2 | 476 | 3.5     | 1.2 | 485 | 4.0     | 1.3 | 524 | 3.9     | 1.3 | 480 | 3.7   | 1.2 | 150 | 3.7   | 1.3 | 2115 |

Water insoluble dietary fibers (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 10.3    | 3.6 | 229 | 11.0    | 3.4 | 251 | 12.4    | 3.6 | 267 | 12.7    | 3.6 | 246 | 11.8  | 3.5 | 72  | 11.7  | 3.7 | 1065 |
| Female | 9.3     | 2.7 | 247 | 10.5    | 2.9 | 234 | 11.9    | 3.2 | 257 | 11.9    | 3.3 | 234 | 11.2  | 3.7 | 78  | 10.9  | 3.3 | 1050 |
| Total  | 9.7     | 3.2 | 476 | 10.7    | 3.2 | 485 | 12.2    | 3.4 | 524 | 12.3    | 3.5 | 480 | 11.5  | 3.6 | 150 | 11.3  | 3.5 | 2115 |

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   | 14.3    | 5.0 | 229 | 15.4    | 4.6 | 251 | 17.3    | 4.8 | 267 | 17.7    | 5.0 | 246 | 16.6  | 5.0 | 72  | 16.3  | 5.0 | 1065 |
| Female | 13.0    | 3.7 | 247 | 14.6    | 4.0 | 234 | 16.7    | 4.4 | 257 | 16.4    | 4.6 | 234 | 15.6  | 5.0 | 78  | 15.2  | 4.5 | 1050 |
| Total  | 13.7    | 4.4 | 476 | 15.0    | 4.3 | 485 | 17.0    | 4.6 | 524 | 17.1    | 4.8 | 480 | 16.1  | 5.0 | 150 | 15.7  | 4.8 | 2115 |

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   | 11.0    | 2.6 | 229 | 11.4    | 2.4 | 251 | 12.1    | 2.5 | 267 | 11.4    | 2.7 | 246 | 11.3  | 2.6 | 72  | 11.5  | 2.6 | 1065 |
| Female | 9.2     | 2.0 | 247 | 9.3     | 1.9 | 234 | 10.0    | 2.0 | 257 | 10.0    | 2.3 | 234 | 9.6   | 2.3 | 78  | 9.6   | 2.1 | 1050 |
| Total  | 10.1    | 2.5 | 476 | 10.4    | 2.4 | 485 | 11.1    | 2.5 | 524 | 10.7    | 2.6 | 480 | 10.4  | 2.6 | 150 | 10.6  | 2.5 | 2115 |

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   | 30.6    | 79.8 | 229 | 24.8    | 56.9 | 251 | 20.5    | 33.4 | 267 | 20.3    | 37.9 | 246 | 18.2  | 31.6 | 72  | 23.4  | 53.1 | 1065 |
| Female | 27.8    | 57.7 | 247 | 27.3    | 65.8 | 234 | 20.4    | 38.2 | 257 | 15.2    | 24.1 | 234 | 14.1  | 19.7 | 78  | 22.1  | 47.8 | 1050 |
| Total  | 29.1    | 69.2 | 476 | 26.0    | 61.3 | 485 | 20.4    | 35.8 | 524 | 17.8    | 32.0 | 480 | 16.1  | 26.1 | 150 | 22.8  | 50.5 | 2115 |

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   | 3424    | 756 | 229 | 3528    | 720 | 251 | 3706    | 711 | 267 | 3408    | 634 | 246 | 3400  | 820 | 72  | 3514  | 723 | 1065 |
| Female | 2900    | 585 | 247 | 2967    | 603 | 234 | 3037    | 615 | 257 | 2956    | 615 | 234 | 2783  | 614 | 78  | 2952  | 608 | 1050 |
| Total  | 3152    | 721 | 476 | 3257    | 722 | 485 | 3378    | 745 | 524 | 3188    | 664 | 480 | 3079  | 781 | 150 | 3235  | 725 | 2115 |

## 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   | 5979    | 1287 | 229 | 6158    | 1227 | 251 | 6448    | 1211 | 267 | 5932    | 1088 | 246 | 5909  | 1404 | 72  | 6124  | 1234 | 1065 |
| Female | 5085    | 1011 | 247 | 5190    | 1031 | 234 | 5294    | 1045 | 257 | 5153    | 1047 | 234 | 4847  | 1047 | 78  | 5157  | 1039 | 1050 |
| Total  | 5515    | 1235 | 476 | 5691    | 1235 | 485 | 5882    | 1271 | 524 | 5552    | 1136 | 480 | 5356  | 1338 | 150 | 5644  | 1239 | 2115 |

## 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   | 4745    | 1210 | 229 | 4943    | 1196 | 251 | 5279    | 1185 | 267 | 4805    | 1043 | 246 | 4914  | 1440 | 72  | 4951  | 1196 | 1065 |
| Female | 3956    | 930  | 247 | 4098    | 968  | 234 | 4283    | 1031 | 257 | 4193    | 1017 | 234 | 3944  | 1029 | 78  | 4119  | 997  | 1050 |
| Total  | 4336    | 1143 | 476 | 4535    | 1170 | 485 | 4791    | 1218 | 524 | 4506    | 1074 | 480 | 4410  | 1331 | 150 | 4538  | 1178 | 2115 |

## 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   | 1794    | 417 | 229 | 1860    | 407 | 251 | 1952    | 396 | 267 | 1779    | 353 | 246 | 1783  | 487 | 72  | 1845  | 406 | 1065 |
| Female | 1491    | 319 | 247 | 1533    | 328 | 234 | 1570    | 338 | 257 | 1534    | 338 | 234 | 1442  | 348 | 78  | 1526  | 334 | 1050 |
| Total  | 1637    | 399 | 476 | 1702    | 405 | 485 | 1765    | 415 | 524 | 1660    | 366 | 480 | 1606  | 453 | 150 | 1686  | 404 | 2115 |

## 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   | 1279    | 270 | 229 | 1292    | 234 | 251 | 1339    | 229 | 267 | 1246    | 211 | 246 | 1211  | 229 | 72  | 1285  | 238 | 1065 |
| Female | 1082    | 199 | 247 | 1096    | 199 | 234 | 1107    | 195 | 257 | 1074    | 196 | 234 | 1012  | 196 | 78  | 1084  | 198 | 1050 |
| Total  | 1177    | 255 | 476 | 1197    | 239 | 485 | 1225    | 242 | 524 | 1162    | 221 | 480 | 1107  | 234 | 150 | 1185  | 241 | 2115 |

## 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   | 3063    | 660 | 229 | 3144    | 621 | 251 | 3284    | 604 | 267 | 3019    | 546 | 246 | 2988  | 698 | 72  | 3122  | 622 | 1065 |
| Female | 2565    | 501 | 247 | 2620    | 508 | 234 | 2671    | 519 | 257 | 2603    | 520 | 234 | 2449  | 530 | 78  | 2603  | 516 | 1050 |
| Total  | 2805    | 634 | 476 | 2891    | 626 | 485 | 2984    | 641 | 524 | 2816    | 572 | 480 | 2708  | 671 | 150 | 2865  | 628 | 2115 |

## 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   | 3457    | 730 | 229 | 3548    | 669 | 251 | 3715    | 673 | 267 | 3441    | 610 | 246 | 3403  | 741 | 72  | 3536  | 684 | 1065 |
| Female | 2941    | 561 | 247 | 3000    | 569 | 234 | 3065    | 584 | 257 | 2980    | 579 | 234 | 2813  | 573 | 78  | 2984  | 576 | 1050 |
| Total  | 3189    | 697 | 476 | 3284    | 680 | 485 | 3396    | 709 | 524 | 3216    | 638 | 480 | 3096  | 720 | 150 | 3262  | 690 | 2115 |

## 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 | 2617    | 576 | 229 | 2700    | 554 | 251 | 2843    | 548 | 267 | 2600    | 489 | 246 | 2594  | 612 | 72 | 2688  | 555 | 1065 |

|        |      |     |     |      |     |     |      |     |     |      |     |     |      |     |     |      |     |      |
|--------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Female | 2209 | 448 | 247 | 2259 | 462 | 234 | 2308 | 469 | 257 | 2249 | 473 | 234 | 2118 | 456 | 78  | 2246 | 464 | 1050 |
| Total  | 2405 | 552 | 476 | 2487 | 557 | 485 | 2581 | 576 | 524 | 2429 | 512 | 480 | 2347 | 585 | 150 | 2469 | 557 | 2115 |

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   | 6052    | 1290 | 229 | 6228    | 1213 | 251 | 6544    | 1211 | 267 | 6020    | 1095 | 246 | 5981  | 1355 | 72  | 6205  | 1230 | 1065 |
| Female | 5124    | 997  | 247 | 5233    | 1016 | 234 | 5354    | 1046 | 257 | 5215    | 1042 | 234 | 4918  | 1021 | 78  | 5210  | 1030 | 1050 |
| Total  | 5571    | 1237 | 476 | 5748    | 1227 | 485 | 5960    | 1279 | 524 | 5627    | 1142 | 480 | 5428  | 1303 | 150 | 5711  | 1239 | 2115 |

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   | 2977    | 676 | 229 | 3089    | 652 | 251 | 3262    | 645 | 267 | 2986    | 574 | 246 | 2980  | 753 | 72  | 3077  | 655 | 1065 |
| Female | 2489    | 518 | 247 | 2565    | 534 | 234 | 2650    | 555 | 257 | 2580    | 547 | 234 | 2430  | 548 | 78  | 2561  | 543 | 1050 |
| Total  | 2724    | 646 | 476 | 2836    | 652 | 485 | 2962    | 675 | 524 | 2788    | 596 | 480 | 2694  | 708 | 150 | 2821  | 655 | 2115 |

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   | 929     | 212 | 229 | 949     | 191 | 251 | 992     | 186 | 267 | 920     | 169 | 246 | 911   | 212 | 72  | 946   | 193 | 1065 |
| Female | 786     | 162 | 247 | 803     | 169 | 234 | 818     | 161 | 257 | 795     | 162 | 234 | 750   | 158 | 78  | 797   | 164 | 1050 |
| Total  | 854     | 201 | 476 | 878     | 195 | 485 | 907     | 195 | 524 | 859     | 177 | 480 | 827   | 202 | 150 | 872   | 194 | 2115 |

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   | 4035    | 869 | 229 | 4164    | 828 | 251 | 4375    | 819 | 267 | 4043    | 743 | 246 | 4024  | 964 | 72  | 4152  | 836 | 1065 |
| Female | 3418    | 683 | 247 | 3492    | 694 | 234 | 3583    | 703 | 257 | 3504    | 711 | 234 | 3311  | 711 | 78  | 3486  | 702 | 1050 |
| Total  | 3715    | 837 | 476 | 3840    | 836 | 485 | 3986    | 860 | 524 | 3780    | 775 | 480 | 3653  | 912 | 150 | 3821  | 841 | 2115 |

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   | 2510    | 685 | 229 | 2598    | 671 | 251 | 2744    | 656 | 267 | 2456    | 573 | 246 | 2568  | 897 | 72  | 2581  | 674 | 1065 |
| Female | 2050    | 486 | 247 | 2126    | 503 | 234 | 2170    | 524 | 257 | 2115    | 518 | 234 | 1983  | 512 | 78  | 2106  | 510 | 1050 |
| Total  | 2271    | 632 | 476 | 2370    | 640 | 485 | 2463    | 660 | 524 | 2289    | 572 | 480 | 2264  | 778 | 150 | 2345  | 644 | 2115 |

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   | 4531    | 1007 | 229 | 4661    | 955 | 251 | 4911    | 996  | 267 | 4493    | 873 | 246 | 4443  | 1012 | 72  | 4642  | 976 | 1065 |
| Female | 3665    | 755  | 247 | 3816    | 806 | 234 | 3917    | 819  | 257 | 3828    | 809 | 234 | 3643  | 766  | 78  | 3795  | 800 | 1050 |
| Total  | 4081    | 985  | 476 | 4253    | 981 | 485 | 4424    | 1040 | 524 | 4169    | 905 | 480 | 4027  | 975  | 150 | 4222  | 988 | 2115 |

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   | 3822 | 874 | 229 | 3942 | 825 | 251 | 4150 | 835 | 267 | 3790 | 734 | 246 | 3791 | 944 | 72  | 3923 | 838 | 1065 |
| Female | 3110 | 659 | 247 | 3234 | 678 | 234 | 3322 | 692 | 257 | 3246 | 692 | 234 | 3059 | 681 | 78  | 3216 | 685 | 1050 |
| Total  | 3453 | 848 | 476 | 3600 | 836 | 485 | 3744 | 872 | 524 | 3525 | 763 | 480 | 3410 | 894 | 150 | 3572 | 843 | 2115 |

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   | 6916    | 1603 | 229 | 7212    | 1501 | 251 | 7684    | 1559 | 267 | 7080    | 1381 | 246 | 7076  | 1693 | 72  | 7227  | 1549 | 1065 |
| Female | 5716    | 1205 | 247 | 5993    | 1262 | 234 | 6239    | 1322 | 257 | 6103    | 1316 | 234 | 5794  | 1278 | 78  | 5998  | 1290 | 1050 |
| Total  | 6293    | 1532 | 476 | 6624    | 1517 | 485 | 6975    | 1617 | 524 | 6604    | 1434 | 480 | 6409  | 1620 | 150 | 6617  | 1553 | 2115 |

Glutamic acid (g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 14.46   | 3.08 | 229 | 14.63   | 2.73 | 251 | 15.12   | 2.65 | 267 | 13.94   | 2.46 | 246 | 13.62 | 2.95 | 72  | 14.49 | 2.78 | 1065 |
| Female | 12.65   | 2.38 | 247 | 12.67   | 2.29 | 234 | 12.77   | 2.36 | 257 | 12.20   | 2.37 | 234 | 11.35 | 2.38 | 78  | 12.49 | 2.38 | 1050 |
| Total  | 13.52   | 2.88 | 476 | 13.69   | 2.71 | 485 | 13.97   | 2.77 | 524 | 13.09   | 2.57 | 480 | 12.44 | 2.89 | 150 | 13.50 | 2.78 | 2115 |

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   | 3319    | 772 | 229 | 3391    | 714 | 251 | 3552    | 725 | 267 | 3228    | 682 | 246 | 3189  | 774 | 72  | 3365  | 736 | 1065 |
| Female | 2702    | 585 | 247 | 2819    | 622 | 234 | 2843    | 612 | 257 | 2750    | 598 | 234 | 2583  | 574 | 78  | 2765  | 606 | 1050 |
| Total  | 2999    | 748 | 476 | 3115    | 729 | 485 | 3205    | 759 | 524 | 2995    | 685 | 480 | 2874  | 740 | 150 | 3067  | 738 | 2115 |

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   | 4709    | 1106 | 229 | 4732    | 999 | 251 | 4824    | 977 | 267 | 4435    | 920 | 246 | 4266  | 1087 | 72  | 4650  | 1020 | 1065 |
| Female | 4333    | 923  | 247 | 4274    | 868 | 234 | 4200    | 854 | 257 | 3955    | 860 | 234 | 3650  | 854  | 78  | 4152  | 896  | 1050 |
| Total  | 4514    | 1032 | 476 | 4511    | 965 | 485 | 4518    | 970 | 524 | 4201    | 922 | 480 | 3946  | 1017 | 150 | 4403  | 992  | 2115 |

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   | 3377    | 731 | 229 | 3492    | 683 | 251 | 3650    | 681 | 267 | 3377    | 625 | 246 | 3335  | 753 | 72  | 3469  | 694 | 1065 |
| Female | 2894    | 562 | 247 | 2950    | 572 | 234 | 3025    | 586 | 257 | 2939    | 578 | 234 | 2784  | 584 | 78  | 2940  | 578 | 1050 |
| Total  | 3126    | 692 | 476 | 3230    | 687 | 485 | 3343    | 709 | 524 | 3164    | 641 | 480 | 3049  | 723 | 150 | 3207  | 691 | 2115 |

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   | 55.44   | 16.02 | 229 | 53.57   | 13.45 | 251 | 52.07   | 13.82 | 267 | 43.02   | 12.15 | 246 | 40.70 | 13.66 | 72  | 50.29 | 14.80 | 1065 |
| Female | 50.12   | 13.33 | 247 | 47.57   | 12.66 | 234 | 43.84   | 11.65 | 257 | 39.48   | 11.31 | 234 | 37.04 | 11.39 | 78  | 44.67 | 12.95 | 1050 |
| Total  | 52.68   | 14.91 | 476 | 50.68   | 13.40 | 485 | 48.03   | 13.43 | 524 | 41.30   | 11.87 | 480 | 38.80 | 12.62 | 150 | 47.50 | 14.19 | 2115 |



## 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   | 17.85   | 5.85 | 229 | 17.22   | 5.33 | 251 | 16.78   | 5.42 | 267 | 14.10   | 4.81 | 246 | 13.25 | 5.35 | 72  | 16.25 | 5.58 | 1065 |
| Female | 17.57   | 5.59 | 247 | 16.04   | 5.30 | 234 | 14.40   | 4.59 | 257 | 13.06   | 4.57 | 234 | 12.14 | 4.76 | 78  | 15.04 | 5.32 | 1050 |
| Total  | 17.70   | 5.71 | 476 | 16.65   | 5.34 | 485 | 15.61   | 5.16 | 524 | 13.59   | 4.71 | 480 | 12.68 | 5.06 | 150 | 15.65 | 5.48 | 2115 |

## 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   | 23.25   | 7.33 | 229 | 22.39   | 6.17 | 251 | 21.58   | 6.46 | 267 | 17.12   | 5.45 | 246 | 15.89 | 6.22 | 72  | 20.72 | 6.86 | 1065 |
| Female | 20.52   | 5.93 | 247 | 19.60   | 5.62 | 234 | 17.67   | 5.12 | 257 | 15.77   | 5.12 | 234 | 14.61 | 4.88 | 78  | 18.12 | 5.77 | 1050 |
| Total  | 21.83   | 6.77 | 476 | 21.05   | 6.07 | 485 | 19.66   | 6.16 | 524 | 16.46   | 5.33 | 480 | 15.22 | 5.58 | 150 | 19.43 | 6.47 | 2115 |

## 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   | 14.44   | 4.50 | 229 | 13.98   | 3.64 | 251 | 13.67   | 3.54 | 267 | 11.80   | 3.39 | 246 | 11.55 | 3.42 | 72  | 13.33 | 3.89 | 1065 |
| Female | 12.09   | 3.49 | 247 | 12.00   | 3.29 | 234 | 11.78   | 3.45 | 257 | 10.61   | 3.08 | 234 | 10.25 | 3.22 | 78  | 11.53 | 3.39 | 1050 |
| Total  | 13.22   | 4.17 | 476 | 13.03   | 3.61 | 485 | 12.75   | 3.62 | 524 | 11.22   | 3.29 | 480 | 10.87 | 3.37 | 150 | 12.44 | 3.76 | 2115 |

## 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   | 36.18   | 11.00 | 229 | 35.24   | 9.18 | 251 | 34.48   | 9.22 | 267 | 28.38   | 8.06 | 246 | 26.95 | 9.00 | 72  | 33.11 | 9.93 | 1065 |
| Female | 31.65   | 8.77  | 247 | 30.88   | 8.10 | 234 | 28.90   | 7.89 | 257 | 25.95   | 7.66 | 234 | 24.38 | 7.70 | 78  | 28.99 | 8.44 | 1050 |
| Total  | 33.83   | 10.15 | 476 | 33.14   | 8.94 | 485 | 31.74   | 9.03 | 524 | 27.20   | 7.96 | 480 | 25.61 | 8.42 | 150 | 31.07 | 9.45 | 2115 |

## 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   | 11.76   | 3.78 | 229 | 11.18   | 3.11 | 251 | 10.76   | 3.05 | 267 | 9.24    | 2.80 | 246 | 8.97  | 2.82 | 72  | 10.60 | 3.31 | 1065 |
| Female | 9.88    | 2.93 | 247 | 9.62    | 2.77 | 234 | 9.35    | 2.83 | 257 | 8.38    | 2.59 | 234 | 8.02  | 2.57 | 78  | 9.22  | 2.84 | 1050 |
| Total  | 10.78   | 3.49 | 476 | 10.43   | 3.05 | 485 | 10.07   | 3.03 | 524 | 8.82    | 2.73 | 480 | 8.48  | 2.72 | 150 | 9.92  | 3.16 | 2115 |

## 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   | 9.09    | 19.06 | 229 | 10.27   | 24.39 | 251 | 7.43    | 17.75 | 267 | 5.93    | 15.35 | 246 | 5.84  | 15.49 | 72  | 8.00  | 19.22 | 1065 |
| Female | 11.16   | 22.75 | 247 | 9.53    | 22.64 | 234 | 5.88    | 15.62 | 257 | 8.26    | 29.01 | 234 | 3.94  | 8.13  | 78  | 8.32  | 22.17 | 1050 |
| Total  | 10.17   | 21.06 | 476 | 9.91    | 23.54 | 485 | 6.67    | 16.74 | 524 | 7.07    | 23.05 | 480 | 4.85  | 12.22 | 150 | 8.16  | 20.74 | 2115 |

## 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   | 174.0   | 166.6 | 229 | 180.9   | 180.9 | 251 | 188.7   | 178.0 | 267 | 176.5   | 146.8 | 246 | 183.5 | 178.4 | 72 | 180.5 | 169.4 | 1065 |
| Female | 260.4   | 196.5 | 247 | 212.8   | 160.5 | 234 | 201.0   | 170.8 | 257 | 190.4   | 161.4 | 234 | 169.0 | 146.0 | 78 | 212.9 | 173.4 | 1050 |

|       |       |       |     |       |       |     |       |       |     |       |       |     |       |       |     |       |       |      |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|------|
| Total | 218.9 | 187.6 | 476 | 196.3 | 171.9 | 485 | 194.7 | 174.5 | 524 | 183.3 | 154.1 | 480 | 176.0 | 162.0 | 150 | 196.6 | 172.1 | 2115 |
|-------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|------|

#### 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   | 109.7   | 106.2 | 229 | 113.6   | 116.5 | 251 | 119.5   | 114.0 | 267 | 112.8   | 95.3  | 246 | 117.7 | 114.3 | 72  | 114.3 | 108.8 | 1065 |
| Female | 162.9   | 126.2 | 247 | 134.5   | 101.3 | 234 | 126.7   | 108.6 | 257 | 119.4   | 100.7 | 234 | 108.2 | 92.9  | 78  | 134.0 | 109.9 | 1050 |
| Total  | 137.3   | 119.9 | 476 | 123.7   | 109.8 | 485 | 123.0   | 111.3 | 524 | 116.1   | 97.9  | 480 | 112.8 | 103.5 | 150 | 124.1 | 109.8 | 2115 |

#### 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   | 3.2     | 7.1 | 229 | 3.7     | 9.0 | 251 | 2.7     | 6.7 | 267 | 2.3     | 5.7  | 246 | 2.3   | 6.0 | 72  | 2.9   | 7.2 | 1065 |
| Female | 4.6     | 8.5 | 247 | 3.8     | 8.6 | 234 | 2.4     | 5.8 | 257 | 3.3     | 10.6 | 234 | 1.6   | 3.1 | 78  | 3.3   | 8.3 | 1050 |
| Total  | 3.9     | 7.9 | 476 | 3.8     | 8.8 | 485 | 2.5     | 6.2 | 524 | 2.8     | 8.5  | 480 | 1.9   | 4.7 | 150 | 3.1   | 7.7 | 2115 |

#### 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   | 3.2     | 7.1 | 229 | 3.7     | 9.0 | 251 | 2.7     | 6.7 | 267 | 2.3     | 5.7  | 246 | 2.3   | 6.0 | 72  | 2.9   | 7.2 | 1065 |
| Female | 4.6     | 8.5 | 247 | 3.8     | 8.6 | 234 | 2.4     | 5.8 | 257 | 3.3     | 10.6 | 234 | 1.6   | 3.1 | 78  | 3.3   | 8.3 | 1050 |
| Total  | 3.9     | 7.9 | 476 | 3.8     | 8.8 | 485 | 2.5     | 6.2 | 524 | 2.8     | 8.5  | 480 | 1.9   | 4.7 | 150 | 3.1   | 7.7 | 2115 |

#### 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   | 179.1   | 144.6 | 229 | 177.6   | 153.6 | 251 | 177.5   | 152.9 | 267 | 167.5   | 134.2 | 246 | 170.8 | 151.3 | 72  | 175.1 | 146.9 | 1065 |
| Female | 245.1   | 167.3 | 247 | 207.6   | 142.7 | 234 | 186.3   | 140.0 | 257 | 177.7   | 138.6 | 234 | 153.0 | 122.4 | 78  | 200.5 | 148.5 | 1050 |
| Total  | 213.4   | 160.1 | 476 | 192.1   | 149.0 | 485 | 181.8   | 146.6 | 524 | 172.5   | 136.3 | 480 | 161.5 | 136.8 | 150 | 187.7 | 148.2 | 2115 |

#### 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   | 381.8   | 393.0 | 229 | 333.9   | 347.2 | 251 | 306.9   | 313.8 | 267 | 317.1   | 400.2 | 246 | 332.1 | 325.3 | 72  | 333.4 | 361.6 | 1065 |
| Female | 448.4   | 365.1 | 247 | 428.2   | 438.2 | 234 | 343.5   | 302.9 | 257 | 316.8   | 338.6 | 234 | 245.2 | 225.4 | 78  | 373.8 | 360.1 | 1050 |
| Total  | 416.3   | 379.9 | 476 | 379.4   | 396.1 | 485 | 324.8   | 308.8 | 524 | 317.0   | 371.1 | 480 | 286.9 | 280.3 | 150 | 353.5 | 361.3 | 2115 |

#### 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   | 68.0    | 87.1 | 229 | 60.7    | 91.2 | 251 | 40.2    | 71.8 | 267 | 30.8    | 60.4 | 246 | 28.3  | 58.9 | 72  | 48.0  | 78.6 | 1065 |
| Female | 60.5    | 81.2 | 247 | 46.8    | 81.9 | 234 | 30.0    | 59.3 | 257 | 32.9    | 92.2 | 234 | 22.1  | 38.8 | 78  | 41.0  | 77.9 | 1050 |
| Total  | 64.1    | 84.1 | 476 | 54.0    | 87.0 | 485 | 35.2    | 66.1 | 524 | 31.8    | 77.5 | 480 | 25.1  | 49.4 | 150 | 44.5  | 78.3 | 2115 |

#### 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   | 1111.7 | 613.7 | 229 | 1143.0 | 611.5 | 251 | 1206.4 | 609.7 | 267 | 1063.4 | 560.3 | 246 | 1040.2 | 658.3 | 72  | 1126.8 | 604.9 | 1065 |
| Female | 1271.4 | 645.7 | 247 | 1171.9 | 577.8 | 234 | 1100.8 | 568.5 | 257 | 1019.4 | 540.5 | 234 | 936.0  | 515.0 | 78  | 1126.4 | 588.2 | 1050 |
| Total  | 1194.6 | 634.9 | 476 | 1156.9 | 595.1 | 485 | 1154.6 | 591.7 | 524 | 1041.9 | 550.6 | 480 | 986.0  | 588.4 | 150 | 1126.6 | 596.5 | 2115 |

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   | 103.1   | 62.4 | 229 | 108.6   | 61.8 | 251 | 117.7   | 62.6 | 267 | 102.3   | 53.7 | 246 | 101.0 | 67.7 | 72  | 107.8 | 61.0 | 1065 |
| Female | 121.4   | 69.0 | 247 | 110.3   | 56.3 | 234 | 105.4   | 57.4 | 257 | 98.2    | 54.8 | 234 | 91.7  | 52.7 | 78  | 107.6 | 59.9 | 1050 |
| Total  | 112.6   | 66.4 | 476 | 109.5   | 59.2 | 485 | 111.7   | 60.4 | 524 | 100.3   | 54.2 | 480 | 96.2  | 60.3 | 150 | 107.7 | 60.4 | 2115 |

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   | 649.5   | 707.8 | 229 | 510.4   | 591.2 | 251 | 349.7   | 485.4 | 267 | 253.3   | 396.2 | 246 | 235.3 | 385.5 | 72  | 422.0 | 563.6 | 1065 |
| Female | 464.7   | 514.9 | 247 | 353.4   | 452.5 | 234 | 262.9   | 384.7 | 257 | 221.8   | 369.0 | 234 | 218.4 | 339.7 | 78  | 318.1 | 437.5 | 1050 |
| Total  | 553.6   | 621.5 | 476 | 434.7   | 534.1 | 485 | 307.1   | 440.7 | 524 | 237.9   | 383.1 | 480 | 226.5 | 361.2 | 150 | 370.4 | 507.5 | 2115 |

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   | 10.183  | 3.345 | 229 | 9.887   | 2.970 | 251 | 9.731   | 2.908 | 267 | 8.154   | 2.554 | 246 | 7.588 | 2.756 | 72  | 9.356 | 3.064 | 1065 |
| Female | 9.833   | 3.013 | 247 | 9.070   | 2.748 | 234 | 8.281   | 2.440 | 257 | 7.512   | 2.477 | 234 | 6.971 | 2.386 | 78  | 8.553 | 2.816 | 1050 |
| Total  | 10.002  | 3.179 | 476 | 9.493   | 2.891 | 485 | 9.020   | 2.782 | 524 | 7.841   | 2.534 | 480 | 7.267 | 2.580 | 150 | 8.957 | 2.970 | 2115 |

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   | 31.4    | 26.3 | 229 | 29.0    | 24.9 | 251 | 24.3    | 21.4 | 267 | 20.9    | 19.0 | 246 | 20.8  | 20.4 | 72  | 25.9  | 23.2 | 1065 |
| Female | 34.9    | 25.7 | 247 | 27.7    | 24.0 | 234 | 23.6    | 19.6 | 257 | 20.4    | 18.3 | 234 | 19.6  | 18.5 | 78  | 26.2  | 22.5 | 1050 |
| Total  | 33.2    | 26.1 | 476 | 28.4    | 24.4 | 485 | 23.9    | 20.5 | 524 | 20.6    | 18.6 | 480 | 20.2  | 19.4 | 150 | 26.0  | 22.8 | 2115 |

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   | 146.0   | 68.0 | 229 | 153.4   | 65.0 | 251 | 161.4   | 69.7 | 267 | 135.1   | 58.8 | 246 | 120.1 | 57.2 | 72  | 147.3 | 66.0 | 1065 |
| Female | 141.3   | 55.4 | 247 | 137.3   | 56.7 | 234 | 125.6   | 46.3 | 257 | 117.7   | 48.8 | 234 | 110.6 | 45.3 | 78  | 129.0 | 52.4 | 1050 |
| Total  | 143.6   | 61.8 | 476 | 145.6   | 61.6 | 485 | 143.8   | 62.0 | 524 | 126.6   | 54.8 | 480 | 115.2 | 51.4 | 150 | 138.2 | 60.3 | 2115 |

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   | 331.0   | 359.9 | 229 | 258.4   | 300.8 | 251 | 184.0   | 245.4 | 267 | 137.0   | 207.0 | 246 | 127.3 | 195.6 | 72  | 218.5 | 286.3 | 1065 |
| Female | 240.6   | 262.7 | 247 | 183.6   | 226.2 | 234 | 141.6   | 190.7 | 257 | 117.7   | 175.0 | 234 | 119.1 | 177.3 | 78  | 167.3 | 218.5 | 1050 |
| Total  | 284.1   | 316.1 | 476 | 222.4   | 269.7 | 485 | 163.2   | 221.1 | 524 | 127.6   | 192.1 | 480 | 123.0 | 185.7 | 150 | 193.1 | 256.1 | 2115 |

## 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   | 3.960   | 1.460 | 229 | 3.858   | 1.335 | 251 | 3.781   | 1.369 | 267 | 3.089   | 1.115 | 246 | 2.844 | 1.170 | 72  | 3.614 | 1.368 | 1065 |
| Female | 3.880   | 1.328 | 247 | 3.568   | 1.331 | 234 | 3.117   | 1.074 | 257 | 2.806   | 1.032 | 234 | 2.699 | 1.472 | 78  | 3.297 | 1.292 | 1050 |
| Total  | 3.918   | 1.392 | 476 | 3.718   | 1.339 | 485 | 3.455   | 1.276 | 524 | 2.951   | 1.083 | 480 | 2.769 | 1.333 | 150 | 3.457 | 1.340 | 2115 |

## 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   | 179.7   | 64.2 | 229 | 179.5   | 69.2 | 251 | 172.7   | 63.5 | 267 | 140.4   | 53.2 | 246 | 140.6 | 82.2 | 72  | 166.2 | 66.4 | 1065 |
| Female | 163.2   | 53.1 | 247 | 158.3   | 50.7 | 234 | 145.7   | 49.3 | 257 | 127.8   | 43.9 | 234 | 121.4 | 55.8 | 78  | 146.8 | 52.0 | 1050 |
| Total  | 171.2   | 59.3 | 476 | 169.3   | 61.9 | 485 | 159.5   | 58.5 | 524 | 134.2   | 49.3 | 480 | 130.6 | 70.2 | 150 | 156.6 | 60.5 | 2115 |

## 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   | 94.0    | 57.1 | 229 | 102.8   | 94.1 | 251 | 99.0    | 91.6 | 267 | 79.0    | 62.9 | 246 | 78.2  | 59.8 | 72  | 92.8  | 78.2 | 1065 |
| Female | 79.9    | 41.5 | 247 | 81.2    | 51.6 | 234 | 80.4    | 55.4 | 257 | 65.0    | 32.0 | 234 | 60.4  | 37.1 | 78  | 75.5  | 46.2 | 1050 |
| Total  | 86.7    | 50.1 | 476 | 92.4    | 77.3 | 485 | 89.9    | 76.5 | 524 | 72.2    | 50.7 | 480 | 68.9  | 49.9 | 150 | 84.2  | 64.9 | 2115 |

## 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   | 40.7    | 29.6 | 229 | 45.1    | 50.0 | 251 | 42.6    | 48.7 | 267 | 32.2    | 31.4 | 246 | 30.3  | 24.5 | 72  | 39.5  | 40.8 | 1065 |
| Female | 34.8    | 21.4 | 247 | 35.0    | 26.1 | 234 | 33.2    | 27.8 | 257 | 25.6    | 15.7 | 234 | 23.5  | 18.8 | 78  | 31.6  | 23.4 | 1050 |
| Total  | 37.6    | 25.8 | 476 | 40.2    | 40.6 | 485 | 38.0    | 40.1 | 524 | 29.0    | 25.2 | 480 | 26.8  | 21.9 | 150 | 35.6  | 33.5 | 2115 |

## 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   | 26.9    | 22.1 | 229 | 25.1    | 20.9 | 251 | 22.2    | 19.0 | 267 | 19.7    | 16.7 | 246 | 19.6  | 17.8 | 72  | 23.1  | 19.7 | 1065 |
| Female | 30.1    | 20.6 | 247 | 24.0    | 19.3 | 234 | 21.0    | 16.2 | 257 | 19.5    | 16.7 | 234 | 17.6  | 13.5 | 78  | 23.2  | 18.4 | 1050 |
| Total  | 28.6    | 21.4 | 476 | 24.6    | 20.1 | 485 | 21.6    | 17.7 | 524 | 19.6    | 16.7 | 480 | 18.5  | 15.7 | 150 | 23.2  | 19.1 | 2115 |

## 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   | 86.0    | 71.7 | 229 | 85.2    | 66.8 | 251 | 91.5    | 68.1 | 267 | 74.6    | 55.2 | 246 | 68.7  | 52.0 | 72  | 83.4  | 65.1 | 1065 |
| Female | 95.4    | 63.9 | 247 | 84.7    | 52.5 | 234 | 76.0    | 51.3 | 257 | 70.9    | 52.8 | 234 | 61.9  | 47.6 | 78  | 80.3  | 55.7 | 1050 |
| Total  | 90.9    | 67.9 | 476 | 84.9    | 60.3 | 485 | 83.9    | 60.9 | 524 | 72.8    | 54.0 | 480 | 65.1  | 49.7 | 150 | 81.9  | 60.7 | 2115 |

## 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   | 72.8    | 89.8 | 229 | 53.6    | 72.2 | 251 | 36.4    | 60.5 | 267 | 25.3    | 49.1 | 246 | 23.3  | 46.0 | 72 | 44.8  | 69.9 | 1065 |
| Female | 46.1    | 60.9 | 247 | 37.5    | 65.8 | 234 | 25.3    | 44.5 | 257 | 18.5    | 36.8 | 234 | 21.1  | 40.3 | 78 | 31.1  | 53.4 | 1050 |



|        |     |      |     |     |      |     |      |      |     |     |      |     |      |      |     |      |      |      |
|--------|-----|------|-----|-----|------|-----|------|------|-----|-----|------|-----|------|------|-----|------|------|------|
| Male   | 7.8 | 10.9 | 229 | 9.3 | 12.3 | 251 | 13.3 | 16.1 | 267 | 9.7 | 10.8 | 246 | 10.5 | 12.5 | 72  | 10.1 | 12.9 | 1065 |
| Female | 5.6 | 8.8  | 247 | 8.1 | 12.9 | 234 | 9.6  | 13.2 | 257 | 8.0 | 11.0 | 234 | 7.2  | 8.7  | 78  | 7.8  | 11.5 | 1050 |
| Total  | 6.7 | 9.9  | 476 | 8.7 | 12.6 | 485 | 11.5 | 14.9 | 524 | 8.9 | 10.9 | 480 | 8.8  | 10.8 | 150 | 9.0  | 12.3 | 2115 |

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   | 6.5     | 7.9 | 229 | 8.0     | 10.3 | 251 | 11.1    | 14.2 | 267 | 8.9     | 9.5  | 246 | 10.4  | 13.5 | 72  | 8.8   | 11.2 | 1065 |
| Female | 4.8     | 6.4 | 247 | 6.3     | 7.5  | 234 | 9.0     | 12.2 | 257 | 8.1     | 12.2 | 234 | 7.5   | 8.8  | 78  | 7.1   | 10.0 | 1050 |
| Total  | 5.6     | 7.2 | 476 | 7.2     | 9.1  | 485 | 10.1    | 13.3 | 524 | 8.5     | 10.9 | 480 | 8.9   | 11.3 | 150 | 8.0   | 10.6 | 2115 |

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   | 282.1   | 282.4 | 229 | 210.9   | 246.0 | 251 | 160.0   | 221.1 | 267 | 107.5   | 169.8 | 246 | 96.7  | 160.9 | 72  | 181.8 | 237.0 | 1065 |
| Female | 172.2   | 219.0 | 247 | 140.7   | 180.6 | 234 | 113.2   | 171.9 | 257 | 94.7    | 150.4 | 234 | 101.8 | 159.8 | 78  | 128.2 | 182.9 | 1050 |
| Total  | 225.1   | 257.2 | 476 | 177.0   | 219.5 | 485 | 137.1   | 199.7 | 524 | 101.2   | 160.6 | 480 | 99.4  | 159.8 | 150 | 155.2 | 213.5 | 2115 |

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   | 11.26   | 3.74 | 229 | 10.73   | 3.11 | 251 | 10.35   | 2.99 | 267 | 8.91    | 2.72 | 246 | 8.75  | 2.85 | 72  | 10.19 | 3.25 | 1065 |
| Female | 9.56    | 3.01 | 247 | 9.29    | 2.71 | 234 | 9.03    | 2.80 | 257 | 8.08    | 2.55 | 234 | 7.73  | 2.51 | 78  | 8.90  | 2.82 | 1050 |
| Total  | 10.38   | 3.48 | 476 | 10.03   | 3.01 | 485 | 9.70    | 2.97 | 524 | 8.50    | 2.67 | 480 | 8.22  | 2.72 | 150 | 9.55  | 3.11 | 2115 |

$\alpha$ -Linolenic acid (mg)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr-  |       |     | Total  |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|-----|--------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean   | SD    | N   | Mean   | SD    | N    |
| Male   | 1591.3  | 598.3 | 229 | 1499.4  | 483.3 | 251 | 1454.7  | 498.9 | 267 | 1251.0  | 455.0 | 246 | 1266.1 | 494.2 | 72  | 1434.8 | 523.3 | 1065 |
| Female | 1295.9  | 479.4 | 247 | 1276.1  | 437.8 | 234 | 1256.8  | 451.8 | 257 | 1147.0  | 418.5 | 234 | 1118.2 | 415.9 | 78  | 1235.5 | 449.4 | 1050 |
| Total  | 1438.0  | 559.2 | 476 | 1391.7  | 474.8 | 485 | 1357.7  | 486.1 | 524 | 1200.3  | 440.2 | 480 | 1189.2 | 459.6 | 150 | 1335.9 | 498.0 | 2115 |

$\gamma$ -Linolenic acid (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 4.1     | 4.7 | 229 | 4.9     | 5.0 | 251 | 5.9     | 6.6 | 267 | 4.9     | 4.8 | 246 | 5.4   | 5.7 | 72  | 5.0   | 5.4 | 1065 |
| Female | 3.5     | 4.3 | 247 | 4.4     | 5.3 | 234 | 4.7     | 5.4 | 257 | 4.2     | 4.4 | 234 | 4.1   | 4.2 | 78  | 4.2   | 4.9 | 1050 |
| Total  | 3.8     | 4.5 | 476 | 4.7     | 5.2 | 485 | 5.3     | 6.0 | 524 | 4.6     | 4.6 | 480 | 4.7   | 5.0 | 150 | 4.6   | 5.2 | 2115 |

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   | 80.2    | 99.5 | 229 | 92.9    | 93.2 | 251 | 111.5   | 117.9 | 267 | 94.1    | 98.0 | 246 | 96.7  | 96.3 | 72  | 95.3  | 102.9 | 1065 |
| Female | 61.3    | 80.3 | 247 | 79.3    | 95.8 | 234 | 86.9    | 94.2  | 257 | 77.1    | 78.8 | 234 | 89.8  | 89.6 | 78  | 77.2  | 88.2  | 1050 |
| Total  | 70.4    | 90.5 | 476 | 86.3    | 94.6 | 485 | 99.4    | 107.5 | 524 | 85.8    | 89.5 | 480 | 93.1  | 92.6 | 150 | 86.3  | 96.3  | 2115 |

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   | 66.4    | 32.3 | 229 | 64.4    | 29.6 | 251 | 63.4    | 31.6 | 267 | 48.9    | 24.3 | 246 | 43.4  | 24.5 | 72  | 59.6  | 30.3 | 1065 |
| Female | 55.5    | 29.9 | 247 | 51.8    | 29.4 | 234 | 48.0    | 24.7 | 257 | 40.5    | 19.4 | 234 | 40.7  | 18.9 | 78  | 48.4  | 26.4 | 1050 |
| Total  | 60.7    | 31.5 | 476 | 58.3    | 30.2 | 485 | 55.8    | 29.4 | 524 | 44.8    | 22.4 | 480 | 42.0  | 21.8 | 150 | 54.0  | 29.0 | 2115 |

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   | 28.0    | 11.3 | 229 | 28.9    | 11.6 | 251 | 30.2    | 11.4 | 267 | 26.3    | 9.9 | 246 | 25.0  | 10.7 | 72  | 28.2  | 11.2 | 1065 |
| Female | 25.8    | 9.3  | 247 | 24.6    | 9.5  | 234 | 24.2    | 8.9  | 257 | 22.9    | 8.3 | 234 | 22.0  | 9.0  | 78  | 24.2  | 9.1  | 1050 |
| Total  | 26.9    | 10.4 | 476 | 26.8    | 10.8 | 485 | 27.2    | 10.7 | 524 | 24.6    | 9.3 | 480 | 23.5  | 9.9  | 150 | 26.2  | 10.4 | 2115 |

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   | 37.5    | 34.3 | 229 | 43.4    | 33.8 | 251 | 48.3    | 37.0 | 267 | 42.4    | 37.3 | 246 | 40.7  | 31.4 | 72  | 42.9  | 35.5 | 1065 |
| Female | 30.7    | 26.6 | 247 | 35.5    | 29.7 | 234 | 39.0    | 31.2 | 257 | 37.0    | 29.2 | 234 | 38.4  | 32.5 | 78  | 35.8  | 29.6 | 1050 |
| Total  | 34.0    | 30.7 | 476 | 39.6    | 32.1 | 485 | 43.7    | 34.6 | 524 | 39.7    | 33.7 | 480 | 39.5  | 31.9 | 150 | 39.4  | 32.9 | 2115 |

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   | 160.7   | 60.6 | 229 | 172.9   | 61.8 | 251 | 180.8   | 65.2 | 267 | 162.9   | 58.5 | 246 | 152.1 | 62.1 | 72  | 168.5 | 62.2 | 1065 |
| Female | 141.3   | 52.6 | 247 | 144.9   | 55.8 | 234 | 145.4   | 56.1 | 257 | 139.6   | 50.6 | 234 | 137.3 | 54.3 | 78  | 142.4 | 53.9 | 1050 |
| Total  | 150.6   | 57.3 | 476 | 159.4   | 60.6 | 485 | 163.4   | 63.3 | 524 | 151.5   | 56.0 | 480 | 144.4 | 58.5 | 150 | 155.6 | 59.7 | 2115 |

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   | 235.8   | 225.1 | 229 | 316.1   | 243.0 | 251 | 383.2   | 292.3 | 267 | 344.0   | 264.2 | 246 | 356.0 | 267.4 | 72  | 324.8 | 263.9 | 1065 |
| Female | 193.8   | 178.0 | 247 | 254.7   | 202.7 | 234 | 298.7   | 234.3 | 257 | 286.9   | 191.2 | 234 | 294.8 | 248.3 | 78  | 261.3 | 210.4 | 1050 |
| Total  | 214.0   | 202.9 | 476 | 286.5   | 226.3 | 485 | 341.8   | 268.5 | 524 | 316.2   | 233.0 | 480 | 324.2 | 258.6 | 150 | 293.3 | 240.9 | 2115 |

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   | 6.6     | 9.9 | 229 | 8.1     | 9.8 | 251 | 10.9    | 13.1 | 267 | 8.5     | 9.8 | 246 | 9.7   | 11.8 | 72  | 8.7   | 10.9 | 1065 |
| Female | 5.0     | 8.3 | 247 | 6.7     | 9.3 | 234 | 8.5     | 11.6 | 257 | 6.9     | 8.9 | 234 | 6.9   | 8.8  | 78  | 6.8   | 9.6  | 1050 |
| Total  | 5.8     | 9.1 | 476 | 7.4     | 9.5 | 485 | 9.7     | 12.4 | 524 | 7.7     | 9.4 | 480 | 8.2   | 10.4 | 150 | 7.8   | 10.4 | 2115 |

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   | 1.3     | 1.6 | 229 | 0.9     | 1.2 | 251 | 0.7     | 1.1 | 267 | 0.4     | 0.7 | 246 | 0.4   | 0.8 | 72  | 0.8   | 1.2 | 1065 |
| Female | 0.9     | 1.1 | 247 | 0.6     | 1.1 | 234 | 0.5     | 0.9 | 257 | 0.4     | 0.7 | 234 | 0.4   | 0.8 | 78  | 0.6   | 0.9 | 1050 |
| Total  | 1.1     | 1.4 | 476 | 0.8     | 1.1 | 485 | 0.6     | 1.0 | 524 | 0.4     | 0.7 | 480 | 0.4   | 0.8 | 150 | 0.7   | 1.1 | 2115 |

## Docosatetraenoic acid (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 14.3    | 6.3 | 229 | 13.3    | 5.7 | 251 | 13.2    | 6.1 | 267 | 10.7    | 5.5 | 246 | 10.3  | 5.1 | 72  | 12.7  | 6.0 | 1065 |
| Female | 10.7    | 5.4 | 247 | 10.4    | 5.4 | 234 | 10.2    | 5.3 | 257 | 8.9     | 4.4 | 234 | 8.7   | 4.3 | 78  | 9.9   | 5.1 | 1050 |
| Total  | 12.4    | 6.1 | 476 | 11.9    | 5.8 | 485 | 11.7    | 5.9 | 524 | 9.8     | 5.1 | 480 | 9.4   | 4.7 | 150 | 11.3  | 5.8 | 2115 |

## 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   | 72.8    | 69.0 | 229 | 96.0    | 78.8 | 251 | 108.5   | 76.3 | 267 | 99.2    | 81.1 | 246 | 102.3 | 76.5 | 72  | 95.3  | 77.5 | 1065 |
| Female | 61.6    | 53.2 | 247 | 77.8    | 59.6 | 234 | 87.7    | 69.3 | 257 | 86.1    | 64.1 | 234 | 87.7  | 76.0 | 78  | 79.0  | 63.8 | 1050 |
| Total  | 67.0    | 61.5 | 476 | 87.2    | 70.7 | 485 | 98.3    | 73.6 | 524 | 92.8    | 73.6 | 480 | 94.7  | 76.3 | 150 | 87.2  | 71.5 | 2115 |

## 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   | 13.9    | 11.0 | 229 | 13.8    | 11.2 | 251 | 16.2    | 13.7 | 267 | 12.4    | 10.0 | 246 | 15.0  | 12.1 | 72  | 14.2  | 11.7 | 1065 |
| Female | 9.3     | 8.0  | 247 | 11.2    | 10.9 | 234 | 12.0    | 11.3 | 257 | 10.3    | 8.6  | 234 | 10.3  | 8.6  | 78  | 10.7  | 9.8  | 1050 |
| Total  | 11.5    | 9.8  | 476 | 12.6    | 11.2 | 485 | 14.1    | 12.7 | 524 | 11.4    | 9.4  | 480 | 12.6  | 10.7 | 150 | 12.5  | 10.9 | 2115 |

## 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   | 448.3   | 380.5 | 229 | 576.2   | 384.7 | 251 | 679.5   | 458.1 | 267 | 619.9   | 427.3 | 246 | 625.5 | 421.0 | 72  | 588.0 | 422.9 | 1065 |
| Female | 368.7   | 295.0 | 247 | 467.4   | 332.5 | 234 | 526.2   | 373.3 | 257 | 512.5   | 314.4 | 234 | 529.5 | 410.1 | 78  | 473.3 | 342.2 | 1050 |
| Total  | 407.0   | 340.8 | 476 | 523.7   | 364.2 | 485 | 604.3   | 425.2 | 524 | 567.5   | 380.0 | 480 | 575.6 | 416.8 | 150 | 531.1 | 389.1 | 2115 |

## 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   | 14.1    | 18.2 | 229 | 18.2    | 22.7 | 251 | 18.4    | 20.6 | 267 | 11.4    | 15.8 | 246 | 7.7   | 12.5 | 72  | 15.1  | 19.5 | 1065 |
| Female | 4.4     | 11.2 | 247 | 3.8     | 8.3  | 234 | 2.4     | 5.7  | 257 | 1.9     | 6.1  | 234 | 1.2   | 1.9  | 78  | 3.0   | 7.9  | 1050 |
| Total  | 9.1     | 15.7 | 476 | 11.3    | 18.8 | 485 | 10.6    | 17.2 | 524 | 6.8     | 13.0 | 480 | 4.3   | 9.4  | 150 | 9.1   | 16.1 | 2115 |

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

## Energy (kcal)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr-  |       |     | Total  |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|-----|--------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean   | SD    | N   | Mean   | SD    | N    |
| Male   | 2265.7  | 444.7 | 229 | 2261.6  | 371.2 | 251 | 2275.7  | 339.3 | 267 | 2059.8  | 353.5 | 246 | 1960.9 | 345.8 | 72  | 2199.1 | 389.8 | 1065 |
| Female | 1849.0  | 327.0 | 247 | 1837.0  | 313.3 | 234 | 1806.2  | 294.3 | 257 | 1747.8  | 304.5 | 234 | 1674.7 | 306.9 | 78  | 1800.3 | 313.3 | 1050 |
| Total  | 2049.4  | 440.2 | 476 | 2056.8  | 404.4 | 485 | 2045.4  | 395.2 | 524 | 1907.7  | 365.2 | 480 | 1812.1 | 355.3 | 150 | 2001.1 | 406.2 | 2115 |

## 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   | 2281.3  | 727.9 | 229 | 2328.7  | 633.4 | 251 | 2430.9  | 617.0 | 267 | 2209.1  | 601.3 | 246 | 1972.4 | 447.2 | 72  | 2292.4 | 642.8 | 1065 |
| Female | 1952.3  | 628.9 | 247 | 2128.1  | 534.8 | 234 | 2199.0  | 558.6 | 257 | 2060.4  | 593.9 | 234 | 1897.0 | 527.4 | 78  | 2071.8 | 584.4 | 1050 |
| Total  | 2110.6  | 697.3 | 476 | 2231.9  | 595.8 | 485 | 2317.1  | 599.9 | 524 | 2136.6  | 601.7 | 480 | 1933.2 | 490.4 | 150 | 2182.9 | 624.2 | 2115 |

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   | 79.7    | 17.2 | 229 | 81.9    | 15.6 | 251 | 85.9    | 15.5 | 267 | 78.5    | 14.0 | 246 | 77.5  | 18.6 | 72  | 81.4  | 16.1 | 1065 |
| Female | 67.0    | 12.5 | 247 | 68.9    | 13.0 | 234 | 70.6    | 13.5 | 257 | 68.6    | 13.8 | 234 | 64.2  | 13.6 | 78  | 68.5  | 13.3 | 1050 |
| Total  | 73.1    | 16.2 | 476 | 75.6    | 15.8 | 485 | 78.4    | 16.4 | 524 | 73.7    | 14.8 | 480 | 70.6  | 17.5 | 150 | 75.0  | 16.1 | 2115 |

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   | 64.2    | 18.1 | 229 | 62.3    | 15.0 | 251 | 60.9    | 15.6 | 267 | 50.7    | 13.7 | 246 | 47.8  | 15.6 | 72  | 58.7  | 16.6 | 1065 |
| Female | 58.3    | 14.9 | 247 | 55.3    | 14.3 | 234 | 51.4    | 13.2 | 257 | 46.4    | 12.9 | 234 | 43.9  | 12.9 | 78  | 52.2  | 14.6 | 1050 |
| Total  | 61.1    | 16.7 | 476 | 59.0    | 15.0 | 485 | 56.3    | 15.3 | 524 | 48.6    | 13.5 | 480 | 45.8  | 14.3 | 150 | 55.5  | 16.0 | 2115 |

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   | 308.5   | 70.0 | 229 | 304.2   | 60.6 | 251 | 308.5   | 62.0 | 267 | 297.8   | 60.2 | 246 | 286.9 | 55.2 | 72  | 303.6 | 62.8 | 1065 |
| Female | 251.5   | 48.5 | 247 | 256.1   | 48.7 | 234 | 260.2   | 52.1 | 257 | 258.7   | 53.2 | 234 | 251.2 | 56.0 | 78  | 256.2 | 51.1 | 1050 |
| Total  | 278.9   | 66.2 | 476 | 281.0   | 60.2 | 485 | 284.8   | 62.2 | 524 | 278.7   | 60.1 | 480 | 268.3 | 58.2 | 150 | 280.1 | 62.0 | 2115 |

Ash (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 19.1    | 6.5 | 229 | 19.6    | 5.2 | 251 | 20.9    | 4.5 | 267 | 20.1    | 4.5 | 246 | 19.7  | 4.9 | 72  | 19.9  | 5.2 | 1065 |
| Female | 16.5    | 4.7 | 247 | 17.3    | 5.7 | 234 | 18.1    | 3.7 | 257 | 17.7    | 3.9 | 234 | 16.8  | 3.8 | 78  | 17.4  | 4.5 | 1050 |
| Total  | 17.7    | 5.8 | 476 | 18.5    | 5.5 | 485 | 19.5    | 4.4 | 524 | 18.9    | 4.4 | 480 | 18.2  | 4.6 | 150 | 18.6  | 5.1 | 2115 |

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   | 4353    | 1019 | 229 | 4509    | 957 | 251 | 4821    | 980  | 267 | 4538    | 1068 | 246 | 4488  | 1026 | 72  | 4559  | 1019 | 1065 |
| Female | 3651    | 779  | 247 | 3691    | 749 | 234 | 4109    | 2456 | 257 | 3974    | 902  | 234 | 3834  | 893  | 78  | 3858  | 1419 | 1050 |
| Total  | 3989    | 968  | 476 | 4114    | 954 | 485 | 4472    | 1889 | 524 | 4263    | 1029 | 480 | 4148  | 1010 | 150 | 4211  | 1282 | 2115 |

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   | 2503    | 722 | 229 | 2714    | 640 | 251 | 2994    | 698 | 267 | 2864    | 696 | 246 | 2768  | 778 | 72  | 2777  | 716 | 1065 |
| Female | 2237    | 517 | 247 | 2508    | 595 | 234 | 2726    | 583 | 257 | 2615    | 638 | 234 | 2472  | 655 | 78  | 2519  | 615 | 1050 |
| Total  | 2365    | 637 | 476 | 2614    | 627 | 485 | 2863    | 657 | 524 | 2742    | 679 | 480 | 2614  | 730 | 150 | 2649  | 680 | 2115 |

## 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   | 534.7   | 218.7 | 229 | 573.8   | 215.3 | 251 | 625.7   | 215.8 | 267 | 641.7   | 271.9 | 246 | 637.5 | 278.2 | 72  | 598.4 | 238.2 | 1065 |
| Female | 539.4   | 192.1 | 247 | 560.1   | 228.5 | 234 | 626.5   | 233.0 | 257 | 612.7   | 222.5 | 234 | 561.9 | 206.4 | 78  | 583.4 | 221.1 | 1050 |
| Total  | 537.1   | 205.1 | 476 | 567.2   | 221.6 | 485 | 626.1   | 224.2 | 524 | 627.6   | 249.2 | 480 | 598.2 | 245.6 | 150 | 590.9 | 229.9 | 2115 |

## 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   | 282.6   | 95.4 | 229 | 298.4   | 70.2 | 251 | 326.1   | 86.2 | 267 | 316.0   | 93.3 | 246 | 310.1 | 112.4 | 72  | 306.8 | 89.8 | 1065 |
| Female | 239.3   | 57.5 | 247 | 268.0   | 74.7 | 234 | 283.5   | 63.6 | 257 | 277.5   | 89.1 | 234 | 254.3 | 65.3  | 78  | 266.2 | 73.2 | 1050 |
| Total  | 260.2   | 80.9 | 476 | 283.7   | 73.9 | 485 | 305.2   | 78.8 | 524 | 297.2   | 93.2 | 480 | 281.1 | 94.9  | 150 | 286.6 | 84.5 | 2115 |

## 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   | 1148    | 529 | 229 | 1175    | 247 | 251 | 1251    | 255 | 267 | 1180    | 239 | 246 | 1167  | 315 | 72  | 1189  | 334 | 1065 |
| Female | 979     | 211 | 247 | 1018    | 211 | 234 | 1061    | 223 | 257 | 1042    | 235 | 234 | 982   | 235 | 78  | 1022  | 223 | 1050 |
| Total  | 1060    | 406 | 476 | 1099    | 243 | 485 | 1158    | 258 | 524 | 1113    | 247 | 480 | 1071  | 290 | 150 | 1106  | 297 | 2115 |

## 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     | 3.2 | 229 | 9.2     | 2.2 | 251 | 10.0    | 2.5 | 267 | 9.9     | 2.8 | 246 | 9.9   | 2.7 | 72  | 9.5   | 2.7 | 1065 |
| Female | 7.5     | 2.0 | 247 | 8.4     | 2.9 | 234 | 9.1     | 2.6 | 257 | 9.0     | 2.5 | 234 | 8.7   | 2.3 | 78  | 8.5   | 2.6 | 1050 |
| Total  | 8.2     | 2.8 | 476 | 8.8     | 2.6 | 485 | 9.6     | 2.6 | 524 | 9.5     | 2.7 | 480 | 9.3   | 2.5 | 150 | 9.0   | 2.7 | 2115 |

## Zinc (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 10.0    | 7.4 | 229 | 9.3     | 1.9 | 251 | 9.6     | 2.1 | 267 | 9.2     | 2.6 | 246 | 8.7   | 2.2 | 72  | 9.4   | 4.0 | 1065 |
| Female | 7.6     | 1.9 | 247 | 7.9     | 2.5 | 234 | 8.0     | 1.9 | 257 | 7.7     | 1.8 | 234 | 7.3   | 1.5 | 78  | 7.8   | 2.0 | 1050 |
| Total  | 8.7     | 5.5 | 476 | 8.6     | 2.3 | 485 | 8.8     | 2.2 | 524 | 8.5     | 2.4 | 480 | 8.0   | 2.0 | 150 | 8.6   | 3.3 | 2115 |

## 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   | 1.31    | 0.47 | 229 | 1.34    | 0.30 | 251 | 1.44    | 0.33 | 267 | 1.41    | 0.40 | 246 | 1.34  | 0.27 | 72  | 1.37  | 0.37 | 1065 |
| Female | 1.05    | 0.25 | 247 | 1.15    | 0.30 | 234 | 1.23    | 0.27 | 257 | 1.20    | 0.28 | 234 | 1.18  | 0.28 | 78  | 1.16  | 0.28 | 1050 |
| Total  | 1.18    | 0.39 | 476 | 1.25    | 0.31 | 485 | 1.34    | 0.32 | 524 | 1.31    | 0.36 | 480 | 1.26  | 0.29 | 150 | 1.27  | 0.35 | 2115 |

## 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 | 4.47    | 2.72 | 229 | 5.24    | 4.46 | 251 | 5.13    | 3.21 | 267 | 4.82    | 1.92 | 246 | 4.45  | 1.27 | 72 | 4.90  | 3.14 | 1065 |

|        |      |      |     |      |      |     |      |      |     |      |      |     |      |      |     |      |      |      |
|--------|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|-----|------|------|------|
| Female | 4.13 | 3.39 | 247 | 4.57 | 3.44 | 234 | 4.39 | 1.97 | 257 | 4.49 | 2.09 | 234 | 4.07 | 1.31 | 78  | 4.37 | 2.72 | 1050 |
| Total  | 4.29 | 3.09 | 476 | 4.91 | 4.01 | 485 | 4.77 | 2.70 | 524 | 4.66 | 2.01 | 480 | 4.25 | 1.30 | 150 | 4.63 | 2.95 | 2115 |

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   | 240     | 471 | 229 | 284     | 589 | 251 | 322     | 786 | 267 | 246     | 508 | 246 | 308   | 628 | 72  | 277   | 609 | 1065 |
| Female | 231     | 527 | 247 | 240     | 431 | 234 | 268     | 552 | 257 | 289     | 614 | 234 | 279   | 612 | 78  | 259   | 541 | 1050 |
| Total  | 235     | 501 | 476 | 263     | 519 | 485 | 296     | 681 | 524 | 267     | 562 | 480 | 293   | 618 | 150 | 268   | 576 | 2115 |

$\alpha$ -Carotene (micro g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 436     | 352 | 229 | 471     | 353 | 251 | 496     | 421 | 267 | 474     | 453 | 246 | 446   | 594 | 72  | 469   | 414 | 1065 |
| Female | 379     | 306 | 247 | 379     | 446 | 234 | 440     | 373 | 257 | 397     | 338 | 234 | 409   | 434 | 78  | 400   | 374 | 1050 |
| Total  | 406     | 330 | 476 | 427     | 403 | 485 | 469     | 399 | 524 | 436     | 403 | 480 | 427   | 516 | 150 | 435   | 396 | 2115 |

$\beta$ -Carotene (micro g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |       |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|-------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD    | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 3465    | 2481 | 229 | 3569    | 2113 | 251 | 3742    | 2185  | 267 | 3918    | 2181 | 246 | 3968  | 3394 | 72  | 3697  | 2336 | 1065 |
| Female | 2855    | 1696 | 247 | 3244    | 2048 | 234 | 4491    | 11120 | 257 | 4032    | 2327 | 234 | 3491  | 2083 | 78  | 3652  | 5805 | 1050 |
| Total  | 3148    | 2130 | 476 | 3412    | 2086 | 485 | 4109    | 7943  | 524 | 3974    | 2252 | 480 | 3720  | 2791 | 150 | 3675  | 4412 | 2115 |

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   | 257     | 547 | 229 | 372     | 908 | 251 | 471     | 1341 | 267 | 604     | 1062 | 246 | 401   | 738 | 72  | 428   | 1009 | 1065 |
| Female | 391     | 798 | 247 | 385     | 694 | 234 | 554     | 901  | 257 | 686     | 1189 | 234 | 612   | 890 | 78  | 512   | 917  | 1050 |
| Total  | 327     | 691 | 476 | 378     | 811 | 485 | 512     | 1146 | 524 | 644     | 1125 | 480 | 511   | 824 | 150 | 469   | 965  | 2115 |

$\beta$ -Carotene equivalents (micro g)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 3836    | 2620 | 229 | 4039    | 2359 | 251 | 4270    | 2553 | 267 | 4501    | 2511 | 246 | 4435  | 3652 | 72  | 4187  | 2609 | 1065 |
| Female | 3264    | 1898 | 247 | 3721    | 2403 | 234 | 4388    | 2388 | 257 | 4685    | 2594 | 234 | 4055  | 2341 | 78  | 4016  | 2388 | 1050 |
| Total  | 3539    | 2289 | 476 | 3886    | 2383 | 485 | 4328    | 2472 | 524 | 4590    | 2551 | 480 | 4238  | 3037 | 150 | 4102  | 2503 | 2115 |

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   | 631     | 607 | 229 | 666     | 649 | 251 | 708     | 807 | 267 | 645     | 576 | 246 | 700   | 710 | 72  | 666   | 672 | 1065 |
| Female | 528     | 544 | 247 | 592     | 548 | 234 | 670     | 626 | 257 | 715     | 650 | 234 | 629   | 696 | 78  | 626   | 605 | 1050 |
| Total  | 577     | 577 | 476 | 630     | 603 | 485 | 689     | 723 | 524 | 679     | 614 | 480 | 663   | 701 | 150 | 646   | 640 | 2115 |

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   | 7.0     | 5.2 | 229 | 8.3     | 5.3 | 251 | 10.1    | 6.3 | 267 | 9.4     | 5.5   | 246 | 8.7   | 5.5 | 72  | 8.8   | 5.7   | 1065 |
| Female | 5.9     | 4.3 | 247 | 6.9     | 4.6 | 234 | 8.7     | 5.3 | 257 | 37.1    | 429.8 | 234 | 8.0   | 5.3 | 78  | 13.9  | 203.0 | 1050 |
| Total  | 6.4     | 4.8 | 476 | 7.6     | 5.0 | 485 | 9.4     | 5.9 | 524 | 22.9    | 300.1 | 480 | 8.3   | 5.4 | 150 | 11.3  | 143.1 | 2115 |

$\alpha$ -Tocopherols (mg)

|        | 40-49yr |    |     | 50-59yr |    |     | 60-69yr |    |     | 70-79yr |    |     | 80yr- |    |     | Total |    |      |
|--------|---------|----|-----|---------|----|-----|---------|----|-----|---------|----|-----|-------|----|-----|-------|----|------|
|        | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean  | SD | N   | Mean  | SD | N    |
| Male   | 9       | 16 | 229 | 8       | 7  | 251 | 8       | 3  | 267 | 9       | 15 | 246 | 7     | 2  | 72  | 9     | 11 | 1065 |
| Female | 7       | 6  | 247 | 8       | 5  | 234 | 10      | 28 | 257 | 8       | 4  | 234 | 7     | 3  | 78  | 8     | 14 | 1050 |
| Total  | 8       | 12 | 476 | 8       | 6  | 485 | 9       | 19 | 524 | 8       | 11 | 480 | 7     | 3  | 150 | 8     | 13 | 2115 |

$\beta$ -Tocopherols (mg)

|        | 40-49yr |    |     | 50-59yr |    |     | 60-69yr |    |     | 70-79yr |    |     | 80yr- |    |     | Total |    |      |
|--------|---------|----|-----|---------|----|-----|---------|----|-----|---------|----|-----|-------|----|-----|-------|----|------|
|        | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean  | SD | N   | Mean  | SD | N    |
| Male   | 0       | 0  | 229 | 0       | 0  | 251 | 0       | 0  | 267 | 0       | 0  | 246 | 0     | 0  | 72  | 0     | 0  | 1065 |
| Female | 0       | 0  | 247 | 0       | 0  | 234 | 0       | 0  | 257 | 0       | 0  | 234 | 0     | 0  | 78  | 0     | 0  | 1050 |
| Total  | 0       | 0  | 476 | 0       | 0  | 485 | 0       | 0  | 524 | 0       | 0  | 480 | 0     | 0  | 150 | 0     | 0  | 2115 |

$\gamma$ -Tocopherols (mg)

|        | 40-49yr |    |     | 50-59yr |    |     | 60-69yr |    |     | 70-79yr |    |     | 80yr- |    |     | Total |    |      |
|--------|---------|----|-----|---------|----|-----|---------|----|-----|---------|----|-----|-------|----|-----|-------|----|------|
|        | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean  | SD | N   | Mean  | SD | N    |
| Male   | 13      | 5  | 229 | 12      | 4  | 251 | 12      | 4  | 267 | 10      | 4  | 246 | 10    | 4  | 72  | 12    | 4  | 1065 |
| Female | 11      | 4  | 247 | 11      | 4  | 234 | 10      | 4  | 257 | 9       | 3  | 234 | 9     | 4  | 78  | 10    | 4  | 1050 |
| Total  | 12      | 5  | 476 | 11      | 4  | 485 | 11      | 4  | 524 | 10      | 4  | 480 | 10    | 4  | 150 | 11    | 4  | 2115 |

$\delta$ -Tocopherols (mg)

|        | 40-49yr |    |     | 50-59yr |    |     | 60-69yr |    |     | 70-79yr |    |     | 80yr- |    |     | Total |    |      |
|--------|---------|----|-----|---------|----|-----|---------|----|-----|---------|----|-----|-------|----|-----|-------|----|------|
|        | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean  | SD | N   | Mean  | SD | N    |
| Male   | 3       | 1  | 229 | 3       | 1  | 251 | 3       | 1  | 267 | 3       | 1  | 246 | 3     | 1  | 72  | 3     | 1  | 1065 |
| Female | 3       | 1  | 247 | 3       | 1  | 234 | 3       | 1  | 257 | 3       | 1  | 234 | 2     | 1  | 78  | 3     | 1  | 1050 |
| Total  | 3       | 1  | 476 | 3       | 1  | 485 | 3       | 1  | 524 | 3       | 1  | 480 | 3     | 1  | 150 | 3     | 1  | 2115 |

$\alpha$ -Tocopherol equivalents (mg)

|        | 40-49yr |    |     | 50-59yr |    |     | 60-69yr |    |     | 70-79yr |    |     | 80yr- |    |     | Total |    |      |
|--------|---------|----|-----|---------|----|-----|---------|----|-----|---------|----|-----|-------|----|-----|-------|----|------|
|        | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean    | SD | N   | Mean  | SD | N   | Mean  | SD | N    |
| Male   | 14      | 23 | 229 | 13      | 16 | 251 | 16      | 46 | 267 | 18      | 54 | 246 | 9     | 6  | 72  | 15    | 37 | 1065 |
| Female | 12      | 18 | 247 | 13      | 21 | 234 | 19      | 56 | 257 | 18      | 45 | 234 | 21    | 48 | 78  | 16    | 39 | 1050 |
| Total  | 13      | 20 | 476 | 13      | 19 | 485 | 17      | 51 | 524 | 18      | 50 | 480 | 15    | 35 | 150 | 15    | 38 | 2115 |

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   | 225     | 145 | 229 | 230     | 123 | 251 | 262     | 133 | 267 | 260     | 133 | 246 | 255   | 146 | 72  | 246   | 135 | 1065 |
| Female | 184     | 89  | 247 | 205     | 110 | 234 | 244     | 116 | 257 | 243     | 125 | 234 | 212   | 103 | 78  | 219   | 113 | 1050 |
| Total  | 204     | 121 | 476 | 218     | 118 | 485 | 253     | 125 | 524 | 252     | 130 | 480 | 233   | 127 | 150 | 232   | 125 | 2115 |

## Vitamin B1 (mg)

|        | 40-49yr |       |     | 50-59yr |      |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|-------|-----|---------|------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD   | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 3.39    | 10.96 | 229 | 2.02    | 5.45 | 251 | 2.73    | 9.81  | 267 | 3.88    | 13.49 | 246 | 1.26  | 1.59  | 72  | 2.87  | 9.98  | 1065 |
| Female | 2.10    | 8.22  | 247 | 2.74    | 9.06 | 234 | 3.21    | 11.43 | 257 | 4.53    | 15.03 | 234 | 11.88 | 30.34 | 78  | 3.78  | 13.78 | 1050 |
| Total  | 2.72    | 9.65  | 476 | 2.37    | 7.42 | 485 | 2.96    | 10.63 | 524 | 4.20    | 14.25 | 480 | 6.78  | 22.48 | 150 | 3.32  | 12.02 | 2115 |

## Vitamin B2 (mg)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 2.38    | 5.10 | 229 | 2.04    | 2.71 | 251 | 1.74    | 1.10 | 267 | 1.98    | 2.63 | 246 | 1.60  | 1.14 | 72  | 2.00  | 3.06 | 1065 |
| Female | 1.80    | 2.52 | 247 | 2.11    | 2.86 | 234 | 2.46    | 5.72 | 257 | 2.00    | 1.94 | 234 | 2.25  | 2.62 | 78  | 2.11  | 3.56 | 1050 |
| Total  | 2.08    | 3.99 | 476 | 2.07    | 2.78 | 485 | 2.09    | 4.09 | 524 | 1.99    | 2.32 | 480 | 1.94  | 2.07 | 150 | 2.05  | 3.32 | 2115 |

## Niacin (mg)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 21.1    | 13.7 | 229 | 20.7    | 8.8  | 251 | 22.2    | 12.5 | 267 | 20.4    | 16.3 | 246 | 18.2  | 9.0  | 72  | 20.9  | 12.8 | 1065 |
| Female | 15.9    | 7.2  | 247 | 17.9    | 10.9 | 234 | 19.2    | 16.8 | 257 | 18.4    | 13.8 | 234 | 16.4  | 13.7 | 78  | 17.7  | 12.8 | 1050 |
| Total  | 18.4    | 11.1 | 476 | 19.4    | 10.0 | 485 | 20.7    | 14.8 | 524 | 19.4    | 15.1 | 480 | 17.2  | 11.7 | 150 | 19.4  | 12.9 | 2115 |

## 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   | 3.35    | 9.70 | 229 | 2.43    | 5.71 | 251 | 2.86    | 9.46 | 267 | 3.92    | 12.67 | 246 | 1.64  | 1.54  | 72  | 3.03  | 9.37  | 1065 |
| Female | 2.42    | 7.47 | 247 | 2.45    | 6.35 | 234 | 3.21    | 9.12 | 257 | 3.83    | 11.86 | 234 | 9.78  | 23.82 | 78  | 3.48  | 10.90 | 1050 |
| Total  | 2.87    | 8.62 | 476 | 2.44    | 6.02 | 485 | 3.03    | 9.29 | 524 | 3.88    | 12.27 | 480 | 5.87  | 17.64 | 150 | 3.25  | 10.16 | 2115 |

## 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   | 33.2    | 172.1 | 229 | 24.5    | 133.9 | 251 | 35.3    | 188.3 | 267 | 66.4    | 378.2 | 246 | 9.4   | 5.8   | 72  | 37.7  | 229.5 | 1065 |
| Female | 18.7    | 119.0 | 247 | 16.8    | 101.6 | 234 | 35.1    | 182.2 | 257 | 74.7    | 299.3 | 234 | 119.4 | 404.0 | 78  | 42.3  | 215.8 | 1050 |
| Total  | 25.7    | 147.0 | 476 | 20.8    | 119.3 | 485 | 35.2    | 185.2 | 524 | 70.4    | 341.7 | 480 | 66.6  | 295.6 | 150 | 40.0  | 222.7 | 2115 |

## 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   | 322     | 144 | 229 | 355     | 120 | 251 | 402     | 186 | 267 | 394     | 150 | 246 | 364   | 130 | 72  | 369   | 154 | 1065 |
| Female | 289     | 108 | 247 | 337     | 157 | 234 | 383     | 169 | 257 | 372     | 120 | 234 | 347   | 122 | 78  | 346   | 144 | 1050 |
| Total  | 305     | 128 | 476 | 347     | 139 | 485 | 393     | 178 | 524 | 383     | 137 | 480 | 356   | 126 | 150 | 358   | 149 | 2115 |

## 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 | 8.07    | 11.37 | 229 | 6.71    | 2.54 | 251 | 7.08    | 3.57 | 267 | 6.67    | 3.09 | 246 | 12.45 | 54.82 | 72 | 7.47  | 15.40 | 1065 |

|        |      |       |     |      |      |     |      |      |     |      |       |     |       |       |     |      |       |      |
|--------|------|-------|-----|------|------|-----|------|------|-----|------|-------|-----|-------|-------|-----|------|-------|------|
| Female | 7.20 | 19.76 | 247 | 7.07 | 8.97 | 234 | 6.73 | 5.48 | 257 | 7.79 | 26.33 | 234 | 13.80 | 48.87 | 78  | 7.68 | 21.19 | 1050 |
| Total  | 7.62 | 16.26 | 476 | 6.88 | 6.49 | 485 | 6.91 | 4.60 | 524 | 7.22 | 18.51 | 480 | 13.15 | 51.64 | 150 | 7.58 | 18.50 | 2115 |

Vitamin C (mg)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 133.2   | 154.3 | 229 | 172.3   | 240.1 | 251 | 174.7   | 253.7 | 267 | 154.1   | 162.1 | 246 | 123.8 | 76.5  | 72  | 157.0 | 203.7 | 1065 |
| Female | 134.3   | 230.4 | 247 | 180.5   | 232.6 | 234 | 197.2   | 228.4 | 257 | 190.0   | 246.0 | 234 | 166.6 | 167.3 | 78  | 174.8 | 230.8 | 1050 |
| Total  | 133.7   | 197.3 | 476 | 176.3   | 236.3 | 485 | 185.7   | 241.7 | 524 | 171.6   | 207.8 | 480 | 146.0 | 133.1 | 150 | 165.8 | 217.7 | 2115 |

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   | 361.4   | 138.6 | 229 | 386.6   | 145.4 | 251 | 398.5   | 146.2 | 267 | 363.6   | 133.9 | 246 | 341.2 | 138.2 | 72  | 375.8 | 141.9 | 1065 |
| Female | 322.2   | 117.6 | 247 | 321.9   | 117.3 | 234 | 322.1   | 123.9 | 257 | 315.1   | 114.0 | 234 | 302.4 | 137.5 | 78  | 319.1 | 119.8 | 1050 |
| Total  | 341.0   | 129.5 | 476 | 355.4   | 136.4 | 485 | 361.0   | 140.9 | 524 | 340.0   | 126.8 | 480 | 321.0 | 138.7 | 150 | 347.6 | 134.4 | 2115 |

Water soluble dietary fibers (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 3.5     | 1.4 | 229 | 3.6     | 1.2 | 251 | 4.1     | 1.3 | 267 | 4.1     | 1.6 | 246 | 3.7   | 1.3 | 72  | 3.8   | 1.4 | 1065 |
| Female | 3.2     | 1.1 | 247 | 3.4     | 1.3 | 234 | 3.9     | 1.4 | 257 | 3.7     | 1.1 | 234 | 3.6   | 1.1 | 78  | 3.6   | 1.2 | 1050 |
| Total  | 3.3     | 1.2 | 476 | 3.5     | 1.2 | 485 | 4.0     | 1.3 | 524 | 3.9     | 1.4 | 480 | 3.7   | 1.2 | 150 | 3.7   | 1.3 | 2115 |

Water insoluble dietary fibers (g)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 10.3    | 3.6 | 229 | 11.0    | 3.4 | 251 | 12.4    | 3.6 | 267 | 12.8    | 3.7 | 246 | 11.8  | 3.5 | 72  | 11.7  | 3.7 | 1065 |
| Female | 9.3     | 2.7 | 247 | 10.5    | 2.9 | 234 | 11.9    | 3.2 | 257 | 11.9    | 3.3 | 234 | 11.2  | 3.7 | 78  | 10.9  | 3.3 | 1050 |
| Total  | 9.7     | 3.2 | 476 | 10.7    | 3.2 | 485 | 12.2    | 3.4 | 524 | 12.3    | 3.5 | 480 | 11.5  | 3.6 | 150 | 11.3  | 3.5 | 2115 |

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   | 14.3    | 5.0 | 229 | 15.4    | 4.6 | 251 | 17.3    | 4.8 | 267 | 17.7    | 5.0 | 246 | 16.7  | 5.1 | 72  | 16.3  | 5.0 | 1065 |
| Female | 13.0    | 3.7 | 247 | 14.6    | 4.0 | 234 | 16.7    | 4.4 | 257 | 16.9    | 8.8 | 234 | 15.6  | 5.0 | 78  | 15.3  | 5.7 | 1050 |
| Total  | 13.7    | 4.4 | 476 | 15.0    | 4.4 | 485 | 17.1    | 4.6 | 524 | 17.3    | 7.1 | 480 | 16.2  | 5.1 | 150 | 15.8  | 5.4 | 2115 |

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   | 11.0    | 2.6 | 229 | 11.4    | 2.4 | 251 | 12.1    | 2.5 | 267 | 11.4    | 2.7 | 246 | 11.3  | 2.6 | 72  | 11.5  | 2.6 | 1065 |
| Female | 9.2     | 2.0 | 247 | 9.3     | 1.9 | 234 | 10.0    | 2.0 | 257 | 10.0    | 2.3 | 234 | 9.6   | 2.3 | 78  | 9.6   | 2.1 | 1050 |
| Total  | 10.1    | 2.5 | 476 | 10.4    | 2.4 | 485 | 11.1    | 2.5 | 524 | 10.7    | 2.6 | 480 | 10.4  | 2.6 | 150 | 10.6  | 2.5 | 2115 |

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   | 30.6 | 79.8 | 229 | 24.8 | 56.9 | 251 | 20.5 | 33.4 | 267 | 20.3 | 37.9 | 246 | 18.2 | 31.6 | 72  | 23.4 | 53.1 | 1065 |
| Female | 27.8 | 57.7 | 247 | 27.3 | 65.8 | 234 | 20.4 | 38.2 | 257 | 15.2 | 24.1 | 234 | 14.1 | 19.7 | 78  | 22.1 | 47.8 | 1050 |
| Total  | 29.1 | 69.2 | 476 | 26.0 | 61.3 | 485 | 20.4 | 35.8 | 524 | 17.8 | 32.0 | 480 | 16.1 | 26.1 | 150 | 22.8 | 50.5 | 2115 |

#### 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   | 3430    | 761 | 229 | 3529    | 721 | 251 | 3707    | 711 | 267 | 3409    | 635 | 246 | 3408  | 825 | 72  | 3516  | 725 | 1065 |
| Female | 2904    | 585 | 247 | 2969    | 602 | 234 | 3038    | 615 | 257 | 2960    | 620 | 234 | 2784  | 615 | 78  | 2955  | 609 | 1050 |
| Total  | 3157    | 724 | 476 | 3259    | 722 | 485 | 3379    | 745 | 524 | 3190    | 666 | 480 | 3084  | 786 | 150 | 3238  | 726 | 2115 |

#### 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   | 5988    | 1295 | 229 | 6160    | 1227 | 251 | 6450    | 1211 | 267 | 5934    | 1089 | 246 | 5921  | 1414 | 72  | 6127  | 1236 | 1065 |
| Female | 5093    | 1010 | 247 | 5193    | 1031 | 234 | 5295    | 1045 | 257 | 5159    | 1055 | 234 | 4849  | 1049 | 78  | 5161  | 1041 | 1050 |
| Total  | 5524    | 1238 | 476 | 5693    | 1234 | 485 | 5883    | 1271 | 524 | 5556    | 1140 | 480 | 5363  | 1345 | 150 | 5648  | 1241 | 2115 |

#### 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   | 4751    | 1216 | 229 | 4944    | 1196 | 251 | 5281    | 1184 | 267 | 4806    | 1044 | 246 | 4925  | 1447 | 72  | 4954  | 1198 | 1065 |
| Female | 3962    | 931  | 247 | 4101    | 968  | 234 | 4284    | 1031 | 257 | 4197    | 1022 | 234 | 3947  | 1031 | 78  | 4123  | 999  | 1050 |
| Total  | 4342    | 1146 | 476 | 4537    | 1170 | 485 | 4792    | 1218 | 524 | 4509    | 1077 | 480 | 4417  | 1337 | 150 | 4541  | 1179 | 2115 |

#### 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   | 1797    | 423 | 229 | 1860    | 407 | 251 | 1953    | 396 | 267 | 1779    | 353 | 246 | 1785  | 489 | 72  | 1846  | 407 | 1065 |
| Female | 1493    | 319 | 247 | 1533    | 327 | 234 | 1571    | 338 | 257 | 1535    | 338 | 234 | 1443  | 349 | 78  | 1527  | 334 | 1050 |
| Total  | 1639    | 402 | 476 | 1703    | 405 | 485 | 1766    | 415 | 524 | 1660    | 367 | 480 | 1607  | 454 | 150 | 1687  | 405 | 2115 |

#### 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   | 1280    | 270 | 229 | 1292    | 234 | 251 | 1339    | 229 | 267 | 1246    | 211 | 246 | 1211  | 229 | 72  | 1285  | 238 | 1065 |
| Female | 1083    | 198 | 247 | 1098    | 201 | 234 | 1108    | 195 | 257 | 1074    | 197 | 234 | 1012  | 196 | 78  | 1085  | 199 | 1050 |
| Total  | 1178    | 255 | 476 | 1198    | 239 | 485 | 1225    | 242 | 524 | 1163    | 221 | 480 | 1108  | 234 | 150 | 1186  | 241 | 2115 |

#### 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   | 3065    | 664 | 229 | 3144    | 621 | 251 | 3284    | 604 | 267 | 3019    | 547 | 246 | 2990  | 698 | 72  | 3123  | 623 | 1065 |
| Female | 2568    | 500 | 247 | 2622    | 509 | 234 | 2672    | 518 | 257 | 2605    | 524 | 234 | 2450  | 530 | 78  | 2605  | 516 | 1050 |
| Total  | 2807    | 635 | 476 | 2892    | 626 | 485 | 2984    | 641 | 524 | 2817    | 574 | 480 | 2709  | 672 | 150 | 2866  | 628 | 2115 |

## 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   | 3461    | 736 | 229 | 3549    | 669 | 251 | 3716    | 673 | 267 | 3442    | 611 | 246 | 3408  | 744 | 72  | 3538  | 685 | 1065 |
| Female | 2946    | 560 | 247 | 3002    | 569 | 234 | 3066    | 584 | 257 | 2982    | 582 | 234 | 2814  | 574 | 78  | 2986  | 576 | 1050 |
| Total  | 3194    | 699 | 476 | 3285    | 680 | 485 | 3397    | 709 | 524 | 3218    | 639 | 480 | 3099  | 723 | 150 | 3264  | 691 | 2115 |

## 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   | 2619    | 578 | 229 | 2700    | 554 | 251 | 2844    | 548 | 267 | 2600    | 490 | 246 | 2594  | 612 | 72  | 2688  | 555 | 1065 |
| Female | 2213    | 448 | 247 | 2259    | 461 | 234 | 2308    | 469 | 257 | 2250    | 474 | 234 | 2119  | 457 | 78  | 2248  | 465 | 1050 |
| Total  | 2408    | 553 | 476 | 2487    | 556 | 485 | 2581    | 576 | 524 | 2430    | 513 | 480 | 2347  | 585 | 150 | 2470  | 558 | 2115 |

## 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   | 6057    | 1296 | 229 | 6229    | 1213 | 251 | 6545    | 1211 | 267 | 6021    | 1097 | 246 | 5990  | 1357 | 72  | 6207  | 1232 | 1065 |
| Female | 5134    | 997  | 247 | 5236    | 1015 | 234 | 5355    | 1046 | 257 | 5221    | 1051 | 234 | 4920  | 1023 | 78  | 5214  | 1032 | 1050 |
| Total  | 5578    | 1239 | 476 | 5750    | 1226 | 485 | 5961    | 1279 | 524 | 5631    | 1146 | 480 | 5434  | 1306 | 150 | 5714  | 1240 | 2115 |

## 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   | 2980    | 679 | 229 | 3090    | 652 | 251 | 3263    | 645 | 267 | 2986    | 574 | 246 | 2986  | 757 | 72  | 3078  | 655 | 1065 |
| Female | 2493    | 518 | 247 | 2567    | 534 | 234 | 2651    | 555 | 257 | 2583    | 551 | 234 | 2431  | 549 | 78  | 2564  | 544 | 1050 |
| Total  | 2727    | 648 | 476 | 2838    | 652 | 485 | 2963    | 675 | 524 | 2789    | 598 | 480 | 2698  | 711 | 150 | 2823  | 655 | 2115 |

## 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   | 929     | 213 | 229 | 949     | 191 | 251 | 992     | 186 | 267 | 920     | 169 | 246 | 913   | 213 | 72  | 946   | 193 | 1065 |
| Female | 787     | 162 | 247 | 803     | 169 | 234 | 818     | 161 | 257 | 796     | 163 | 234 | 750   | 158 | 78  | 797   | 164 | 1050 |
| Total  | 855     | 201 | 476 | 879     | 195 | 485 | 907     | 195 | 524 | 859     | 177 | 480 | 828   | 203 | 150 | 872   | 194 | 2115 |

## 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   | 4043    | 879 | 229 | 4165    | 829 | 251 | 4375    | 819 | 267 | 4043    | 744 | 246 | 4033  | 970 | 72  | 4155  | 839 | 1065 |
| Female | 3423    | 682 | 247 | 3494    | 694 | 234 | 3584    | 703 | 257 | 3508    | 716 | 234 | 3312  | 713 | 78  | 3489  | 703 | 1050 |
| Total  | 3721    | 842 | 476 | 3841    | 836 | 485 | 3987    | 860 | 524 | 3782    | 778 | 480 | 3658  | 917 | 150 | 3824  | 843 | 2115 |

## 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   | 2512    | 687 | 229 | 2598    | 671 | 251 | 2745    | 656 | 267 | 2456    | 573 | 246 | 2572  | 901 | 72 | 2582  | 675 | 1065 |
| Female | 2053    | 487 | 247 | 2128    | 503 | 234 | 2171    | 523 | 257 | 2117    | 520 | 234 | 1984  | 513 | 78 | 2108  | 511 | 1050 |



|       |      |     |     |      |     |     |      |     |     |      |     |     |      |     |     |      |     |      |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|
| Total | 2274 | 634 | 476 | 2371 | 640 | 485 | 2464 | 660 | 524 | 2291 | 573 | 480 | 2266 | 781 | 150 | 2347 | 644 | 2115 |
|-------|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|-----|------|-----|------|

Alginine (mg)

|        | 40-49yr |      |     | 50-59yr |     |     | 60-69yr |      |     | 70-79yr |     |     | 80yr- |      |     | Total |     |      |
|--------|---------|------|-----|---------|-----|-----|---------|------|-----|---------|-----|-----|-------|------|-----|-------|-----|------|
|        | Mean    | SD   | N   | Mean    | SD  | N   | Mean    | SD   | N   | Mean    | SD  | N   | Mean  | SD   | N   | Mean  | SD  | N    |
| Male   | 4545    | 1022 | 229 | 4663    | 956 | 251 | 4913    | 995  | 267 | 4494    | 873 | 246 | 4443  | 1012 | 72  | 4646  | 979 | 1065 |
| Female | 3677    | 762  | 247 | 3822    | 807 | 234 | 3924    | 828  | 257 | 3831    | 812 | 234 | 3645  | 767  | 78  | 3802  | 804 | 1050 |
| Total  | 4094    | 995  | 476 | 4257    | 981 | 485 | 4428    | 1041 | 524 | 4171    | 906 | 480 | 4028  | 976  | 150 | 4227  | 991 | 2115 |

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   | 3824    | 875 | 229 | 3943    | 826 | 251 | 4151    | 835 | 267 | 3791    | 735 | 246 | 3791  | 944 | 72  | 3924  | 838 | 1065 |
| Female | 3115    | 660 | 247 | 3236    | 678 | 234 | 3324    | 692 | 257 | 3248    | 694 | 234 | 3061  | 682 | 78  | 3219  | 685 | 1050 |
| Total  | 3456    | 848 | 476 | 3602    | 835 | 485 | 3745    | 871 | 524 | 3527    | 764 | 480 | 3411  | 894 | 150 | 3574  | 843 | 2115 |

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   | 6918    | 1603 | 229 | 7212    | 1501 | 251 | 7685    | 1559 | 267 | 7082    | 1384 | 246 | 7076  | 1693 | 72  | 7228  | 1549 | 1065 |
| Female | 5727    | 1209 | 247 | 5996    | 1261 | 234 | 6241    | 1322 | 257 | 6113    | 1319 | 234 | 5797  | 1280 | 78  | 6004  | 1291 | 1050 |
| Total  | 6300    | 1532 | 476 | 6625    | 1516 | 485 | 6977    | 1617 | 524 | 6609    | 1436 | 480 | 6411  | 1620 | 150 | 6620  | 1552 | 2115 |

Glutamic acid (g)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr-  |       |     | Total  |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|-----|--------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean   | SD    | N   | Mean   | SD    | N    |
| Male   | 14.473  | 3.087 | 229 | 14.635  | 2.727 | 251 | 15.121  | 2.647 | 267 | 13.943  | 2.465 | 246 | 13.625 | 2.951 | 72  | 14.494 | 2.783 | 1065 |
| Female | 12.669  | 2.364 | 247 | 12.676  | 2.291 | 234 | 12.771  | 2.357 | 257 | 12.203  | 2.379 | 234 | 11.355 | 2.384 | 78  | 12.494 | 2.378 | 1050 |
| Total  | 13.537  | 2.878 | 476 | 13.690  | 2.707 | 485 | 13.968  | 2.769 | 524 | 13.095  | 2.573 | 480 | 12.444 | 2.895 | 150 | 13.501 | 2.776 | 2115 |

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   | 3322    | 775 | 229 | 3393    | 715 | 251 | 3554    | 724 | 267 | 3229    | 683 | 246 | 3189  | 774 | 72  | 3366  | 737 | 1065 |
| Female | 2706    | 585 | 247 | 2822    | 622 | 234 | 2855    | 626 | 257 | 2754    | 599 | 234 | 2584  | 575 | 78  | 2770  | 610 | 1050 |
| Total  | 3003    | 749 | 476 | 3117    | 729 | 485 | 3211    | 762 | 524 | 2997    | 685 | 480 | 2874  | 740 | 150 | 3070  | 739 | 2115 |

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   | 4711    | 1107 | 229 | 4733    | 1000 | 251 | 4824    | 977 | 267 | 4435    | 921 | 246 | 4266  | 1087 | 72  | 4651  | 1020 | 1065 |
| Female | 4339    | 915  | 247 | 4276    | 868  | 234 | 4202    | 853 | 257 | 3958    | 862 | 234 | 3651  | 855  | 78  | 4156  | 894  | 1050 |
| Total  | 4518    | 1028 | 476 | 4513    | 965  | 485 | 4519    | 969 | 524 | 4202    | 923 | 480 | 3946  | 1018 | 150 | 4405  | 991  | 2115 |

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   | 3378 | 731 | 229 | 3492 | 683 | 251 | 3650 | 681 | 267 | 3378 | 626 | 246 | 3335 | 753 | 72  | 3470 | 694 | 1065 |
| Female | 2899 | 560 | 247 | 2951 | 571 | 234 | 3026 | 586 | 257 | 2942 | 581 | 234 | 2786 | 585 | 78  | 2943 | 578 | 1050 |
| Total  | 3129 | 690 | 476 | 3231 | 686 | 485 | 3344 | 708 | 524 | 3165 | 642 | 480 | 3049 | 723 | 150 | 3208 | 691 | 2115 |

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   | 55.45   | 16.03 | 229 | 56.76   | 37.58 | 251 | 53.54   | 26.62 | 267 | 43.03   | 12.15 | 246 | 40.70 | 13.66 | 72  | 51.41 | 25.41 | 1065 |
| Female | 50.12   | 13.33 | 247 | 47.58   | 12.67 | 234 | 47.09   | 38.39 | 257 | 39.49   | 11.31 | 234 | 39.61 | 24.89 | 78  | 45.66 | 22.98 | 1050 |
| Total  | 52.68   | 14.91 | 476 | 52.33   | 28.77 | 485 | 50.37   | 33.05 | 524 | 41.30   | 11.87 | 480 | 40.13 | 20.23 | 150 | 48.56 | 24.40 | 2115 |

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   | 17.85   | 5.85 | 229 | 17.22   | 5.33 | 251 | 16.78   | 5.42 | 267 | 14.10   | 4.81 | 246 | 13.25 | 5.35 | 72  | 16.26 | 5.58 | 1065 |
| Female | 17.57   | 5.59 | 247 | 16.04   | 5.30 | 234 | 14.40   | 4.59 | 257 | 13.06   | 4.57 | 234 | 12.14 | 4.76 | 78  | 15.04 | 5.32 | 1050 |
| Total  | 17.70   | 5.71 | 476 | 16.65   | 5.34 | 485 | 15.61   | 5.16 | 524 | 13.59   | 4.71 | 480 | 12.68 | 5.06 | 150 | 15.65 | 5.48 | 2115 |

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   | 23.25   | 7.33 | 229 | 22.39   | 6.17 | 251 | 22.37   | 13.92 | 267 | 17.13   | 5.45 | 246 | 15.89 | 6.22 | 72  | 20.91 | 9.25 | 1065 |
| Female | 20.52   | 5.93 | 247 | 19.60   | 5.62 | 234 | 17.67   | 5.12  | 257 | 15.77   | 5.12 | 234 | 14.61 | 4.88 | 78  | 18.12 | 5.77 | 1050 |
| Total  | 21.83   | 6.77 | 476 | 21.05   | 6.07 | 485 | 20.06   | 10.81 | 524 | 16.46   | 5.33 | 480 | 15.22 | 5.58 | 150 | 19.53 | 7.84 | 2115 |

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   | 14.45   | 4.50 | 229 | 17.17   | 35.67 | 251 | 14.35   | 11.19 | 267 | 11.80   | 3.39 | 246 | 11.55 | 3.42  | 72  | 14.26 | 18.49 | 1065 |
| Female | 12.09   | 3.49 | 247 | 12.01   | 3.29  | 234 | 15.03   | 36.95 | 257 | 10.62   | 3.08 | 234 | 12.81 | 22.47 | 78  | 12.52 | 19.49 | 1050 |
| Total  | 13.22   | 4.17 | 476 | 14.68   | 25.87 | 485 | 14.68   | 27.05 | 524 | 11.22   | 3.29 | 480 | 12.20 | 16.34 | 150 | 13.39 | 19.01 | 2115 |

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   | 36.18   | 11.00 | 229 | 38.43   | 36.29 | 251 | 35.95   | 24.77 | 267 | 28.39   | 8.07 | 246 | 26.95 | 9.00  | 72  | 34.23 | 22.94 | 1065 |
| Female | 31.66   | 8.78  | 247 | 30.88   | 8.10  | 234 | 32.14   | 37.51 | 257 | 25.96   | 7.66 | 234 | 26.94 | 23.16 | 78  | 29.98 | 20.85 | 1050 |
| Total  | 33.83   | 10.15 | 476 | 34.79   | 26.94 | 485 | 34.08   | 31.69 | 524 | 27.20   | 7.96 | 480 | 26.95 | 17.77 | 150 | 32.12 | 22.03 | 2115 |

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   | 11.76   | 3.78 | 229 | 11.19   | 3.11 | 251 | 11.44   | 11.14 | 267 | 9.24    | 2.80 | 246 | 8.97  | 2.82 | 72  | 10.77 | 6.31 | 1065 |
| Female | 9.88    | 2.93 | 247 | 9.62    | 2.77 | 234 | 9.35    | 2.83  | 257 | 8.38    | 2.59 | 234 | 8.02  | 2.56 | 78  | 9.22  | 2.84 | 1050 |
| Total  | 10.78   | 3.49 | 476 | 10.43   | 3.05 | 485 | 10.42   | 8.25  | 524 | 8.82    | 2.73 | 480 | 8.48  | 2.72 | 150 | 10.00 | 4.96 | 2115 |

## 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   | 9.10    | 19.06 | 229 | 13.46   | 42.58 | 251 | 7.44    | 17.75 | 267 | 5.93    | 15.35 | 246 | 5.84  | 15.49 | 72  | 8.76  | 25.71 | 1065 |
| Female | 11.16   | 22.75 | 247 | 9.53    | 22.64 | 234 | 9.13    | 39.60 | 257 | 8.27    | 29.01 | 234 | 6.51  | 25.36 | 78  | 9.31  | 29.22 | 1050 |
| Total  | 10.17   | 21.06 | 476 | 11.56   | 34.45 | 485 | 8.27    | 30.47 | 524 | 7.07    | 23.05 | 480 | 6.19  | 21.14 | 150 | 9.03  | 27.50 | 2115 |

## 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   | 174.0   | 166.6 | 229 | 180.9   | 180.9 | 251 | 188.7   | 178.0 | 267 | 176.5   | 146.8 | 246 | 183.5 | 178.4 | 72  | 180.5 | 169.4 | 1065 |
| Female | 260.4   | 196.5 | 247 | 212.8   | 160.5 | 234 | 201.0   | 170.8 | 257 | 190.4   | 161.4 | 234 | 169.0 | 146.0 | 78  | 212.9 | 173.4 | 1050 |
| Total  | 218.9   | 187.6 | 476 | 196.3   | 171.9 | 485 | 194.7   | 174.5 | 524 | 183.3   | 154.1 | 480 | 176.0 | 162.0 | 150 | 196.6 | 172.1 | 2115 |

## 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   | 109.7   | 106.2 | 229 | 113.6   | 116.5 | 251 | 119.5   | 114.0 | 267 | 112.8   | 95.3  | 246 | 117.7 | 114.3 | 72  | 114.3 | 108.8 | 1065 |
| Female | 162.9   | 126.2 | 247 | 134.5   | 101.3 | 234 | 126.7   | 108.6 | 257 | 119.4   | 100.7 | 234 | 108.2 | 92.9  | 78  | 134.0 | 109.9 | 1050 |
| Total  | 137.3   | 119.9 | 476 | 123.7   | 109.8 | 485 | 123.0   | 111.3 | 524 | 116.1   | 97.9  | 480 | 112.8 | 103.5 | 150 | 124.1 | 109.8 | 2115 |

## 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   | 3.2     | 7.1 | 229 | 3.7     | 9.0 | 251 | 2.7     | 6.7 | 267 | 2.3     | 5.7  | 246 | 2.3   | 6.0 | 72  | 2.9   | 7.2 | 1065 |
| Female | 4.6     | 8.5 | 247 | 3.8     | 8.6 | 234 | 2.4     | 5.8 | 257 | 3.3     | 10.6 | 234 | 1.6   | 3.1 | 78  | 3.3   | 8.3 | 1050 |
| Total  | 3.9     | 7.9 | 476 | 3.8     | 8.8 | 485 | 2.5     | 6.2 | 524 | 2.8     | 8.5  | 480 | 1.9   | 4.7 | 150 | 3.1   | 7.7 | 2115 |

## 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   | 3.2     | 7.1 | 229 | 3.7     | 9.0 | 251 | 2.7     | 6.7 | 267 | 2.3     | 5.7  | 246 | 2.3   | 6.0 | 72  | 2.9   | 7.2 | 1065 |
| Female | 4.6     | 8.5 | 247 | 3.8     | 8.6 | 234 | 2.4     | 5.8 | 257 | 3.3     | 10.6 | 234 | 1.6   | 3.1 | 78  | 3.3   | 8.3 | 1050 |
| Total  | 3.9     | 7.9 | 476 | 3.8     | 8.8 | 485 | 2.5     | 6.2 | 524 | 2.8     | 8.5  | 480 | 1.9   | 4.7 | 150 | 3.1   | 7.7 | 2115 |

## 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   | 179.1   | 144.6 | 229 | 177.6   | 153.6 | 251 | 177.5   | 152.9 | 267 | 167.5   | 134.2 | 246 | 170.8 | 151.3 | 72  | 175.1 | 146.9 | 1065 |
| Female | 245.1   | 167.3 | 247 | 207.6   | 142.7 | 234 | 186.3   | 140.0 | 257 | 177.7   | 138.6 | 234 | 153.0 | 122.4 | 78  | 200.5 | 148.5 | 1050 |
| Total  | 213.4   | 160.1 | 476 | 192.1   | 149.0 | 485 | 181.8   | 146.6 | 524 | 172.5   | 136.3 | 480 | 161.5 | 136.8 | 150 | 187.7 | 148.2 | 2115 |

## 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   | 381.8   | 393.0 | 229 | 333.9   | 347.2 | 251 | 306.9   | 313.8 | 267 | 317.1   | 400.2 | 246 | 332.1 | 325.3 | 72 | 333.4 | 361.6 | 1065 |
| Female | 448.4   | 365.1 | 247 | 428.2   | 438.2 | 234 | 343.5   | 302.9 | 257 | 316.8   | 338.6 | 234 | 245.2 | 225.4 | 78 | 373.8 | 360.1 | 1050 |



|        |       |      |     |       |      |     |       |      |     |       |      |     |       |      |     |       |      |      |
|--------|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|-------|------|------|
| Male   | 146.0 | 68.0 | 229 | 153.4 | 65.0 | 251 | 161.4 | 69.7 | 267 | 135.1 | 58.8 | 246 | 120.1 | 57.2 | 72  | 147.3 | 66.0 | 1065 |
| Female | 141.3 | 55.4 | 247 | 137.3 | 56.7 | 234 | 125.6 | 46.3 | 257 | 117.7 | 48.8 | 234 | 110.6 | 45.3 | 78  | 129.0 | 52.4 | 1050 |
| Total  | 143.6 | 61.8 | 476 | 145.6 | 61.6 | 485 | 143.8 | 62.0 | 524 | 126.6 | 54.8 | 480 | 115.2 | 51.4 | 150 | 138.2 | 60.3 | 2115 |

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   | 331.0   | 359.9 | 229 | 258.4   | 300.8 | 251 | 184.0   | 245.4 | 267 | 137.0   | 207.0 | 246 | 127.3 | 195.6 | 72  | 218.5 | 286.3 | 1065 |
| Female | 240.6   | 262.7 | 247 | 183.6   | 226.2 | 234 | 141.6   | 190.7 | 257 | 117.7   | 175.0 | 234 | 119.1 | 177.3 | 78  | 167.3 | 218.5 | 1050 |
| Total  | 284.1   | 316.1 | 476 | 222.4   | 269.7 | 485 | 163.2   | 221.1 | 524 | 127.6   | 192.1 | 480 | 123.0 | 185.7 | 150 | 193.1 | 256.1 | 2115 |

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   | 3.960   | 1.460 | 229 | 3.858   | 1.335 | 251 | 3.781   | 1.369 | 267 | 3.089   | 1.115 | 246 | 2.844 | 1.170 | 72  | 3.614 | 1.368 | 1065 |
| Female | 3.880   | 1.328 | 247 | 3.568   | 1.331 | 234 | 3.117   | 1.074 | 257 | 2.806   | 1.032 | 234 | 2.699 | 1.472 | 78  | 3.297 | 1.292 | 1050 |
| Total  | 3.918   | 1.392 | 476 | 3.718   | 1.339 | 485 | 3.455   | 1.276 | 524 | 2.951   | 1.083 | 480 | 2.769 | 1.333 | 150 | 3.457 | 1.340 | 2115 |

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   | 179.7   | 64.2 | 229 | 179.5   | 69.2 | 251 | 172.7   | 63.5 | 267 | 140.4   | 53.3 | 246 | 140.6 | 82.2 | 72  | 166.2 | 66.4 | 1065 |
| Female | 163.2   | 53.1 | 247 | 158.3   | 50.7 | 234 | 145.7   | 49.3 | 257 | 127.8   | 43.9 | 234 | 121.4 | 55.8 | 78  | 146.8 | 52.0 | 1050 |
| Total  | 171.2   | 59.3 | 476 | 169.3   | 61.9 | 485 | 159.5   | 58.5 | 524 | 134.3   | 49.3 | 480 | 130.6 | 70.2 | 150 | 156.6 | 60.5 | 2115 |

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   | 94.0    | 57.1 | 229 | 102.8   | 94.1 | 251 | 99.0    | 91.6 | 267 | 79.0    | 62.9 | 246 | 78.2  | 59.8 | 72  | 92.8  | 78.2 | 1065 |
| Female | 79.9    | 41.5 | 247 | 81.2    | 51.6 | 234 | 80.4    | 55.4 | 257 | 65.0    | 32.0 | 234 | 60.4  | 37.1 | 78  | 75.5  | 46.2 | 1050 |
| Total  | 86.7    | 50.1 | 476 | 92.4    | 77.3 | 485 | 89.9    | 76.5 | 524 | 72.2    | 50.7 | 480 | 68.9  | 49.9 | 150 | 84.2  | 64.9 | 2115 |

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   | 40.7    | 29.6 | 229 | 45.1    | 50.0 | 251 | 42.6    | 48.7 | 267 | 32.2    | 31.4 | 246 | 30.3  | 24.5 | 72  | 39.5  | 40.8 | 1065 |
| Female | 34.8    | 21.4 | 247 | 35.0    | 26.1 | 234 | 33.2    | 27.8 | 257 | 25.6    | 15.7 | 234 | 23.5  | 18.8 | 78  | 31.6  | 23.4 | 1050 |
| Total  | 37.6    | 25.8 | 476 | 40.2    | 40.6 | 485 | 38.0    | 40.1 | 524 | 29.0    | 25.2 | 480 | 26.8  | 21.9 | 150 | 35.6  | 33.5 | 2115 |

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   | 26.9    | 22.1 | 229 | 25.1    | 20.9 | 251 | 22.3    | 19.1 | 267 | 19.8    | 16.7 | 246 | 19.6  | 17.8 | 72  | 23.2  | 19.8 | 1065 |
| Female | 30.1    | 20.6 | 247 | 24.0    | 19.3 | 234 | 21.3    | 16.5 | 257 | 19.8    | 16.7 | 234 | 18.2  | 15.3 | 78  | 23.4  | 18.6 | 1050 |
| Total  | 28.6    | 21.4 | 476 | 24.6    | 20.1 | 485 | 21.8    | 17.8 | 524 | 19.8    | 16.7 | 480 | 18.9  | 16.5 | 150 | 23.3  | 19.2 | 2115 |

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   | 86.0    | 71.7 | 229 | 85.2    | 66.8 | 251 | 91.5    | 68.1 | 267 | 74.6    | 55.2 | 246 | 68.7  | 52.0 | 72  | 83.4  | 65.1 | 1065 |
| Female | 95.4    | 63.9 | 247 | 84.7    | 52.5 | 234 | 76.0    | 51.3 | 257 | 70.9    | 52.8 | 234 | 61.9  | 47.6 | 78  | 80.3  | 55.7 | 1050 |
| Total  | 90.9    | 67.9 | 476 | 84.9    | 60.3 | 485 | 83.9    | 60.9 | 524 | 72.8    | 54.0 | 480 | 65.1  | 49.7 | 150 | 81.9  | 60.7 | 2115 |

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   | 72.8    | 89.8 | 229 | 53.6    | 72.2 | 251 | 36.4    | 60.5 | 267 | 25.3    | 49.1 | 246 | 23.3  | 46.0 | 72  | 44.8  | 69.9 | 1065 |
| Female | 46.1    | 60.9 | 247 | 37.5    | 65.8 | 234 | 25.3    | 44.5 | 257 | 18.5    | 36.8 | 234 | 21.1  | 40.3 | 78  | 31.1  | 53.4 | 1050 |
| Total  | 58.9    | 77.3 | 476 | 45.8    | 69.6 | 485 | 30.9    | 53.5 | 524 | 22.0    | 43.6 | 480 | 22.2  | 43.0 | 150 | 38.0  | 62.6 | 2115 |

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   | 890.9   | 390.2 | 229 | 922.6   | 386.1 | 251 | 952.9   | 400.7 | 267 | 762.8   | 328.6 | 246 | 779.7 | 563.3 | 72  | 876.8 | 399.4 | 1065 |
| Female | 762.4   | 287.2 | 247 | 768.8   | 311.6 | 234 | 737.4   | 302.5 | 257 | 680.3   | 297.0 | 234 | 637.8 | 287.8 | 78  | 730.2 | 301.2 | 1050 |
| Total  | 824.2   | 346.3 | 476 | 848.4   | 360.1 | 485 | 847.2   | 371.6 | 524 | 722.6   | 316.0 | 480 | 705.9 | 446.1 | 150 | 804.0 | 361.5 | 2115 |

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   | 1193.8  | 1276.4 | 229 | 926.1   | 1070.7 | 251 | 663.5   | 872.7 | 267 | 483.3   | 732.5 | 246 | 431.8 | 685.2 | 72  | 782.1 | 1018.6 | 1065 |
| Female | 791.1   | 907.2  | 247 | 614.4   | 765.0  | 234 | 477.6   | 666.8 | 257 | 378.5   | 562.1 | 234 | 410.0 | 624.0 | 78  | 554.7 | 744.4  | 1050 |
| Total  | 984.8   | 1117.5 | 476 | 775.7   | 947.7  | 485 | 572.3   | 783.3 | 524 | 432.2   | 656.4 | 480 | 420.5 | 652.0 | 150 | 669.2 | 900.1  | 2115 |

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   | 20.241  | 6.856 | 229 | 19.499  | 5.811 | 251 | 18.697  | 5.938 | 267 | 14.873  | 4.912 | 246 | 13.713 | 5.280 | 72  | 17.998 | 6.283 | 1065 |
| Female | 18.181  | 5.512 | 247 | 17.276  | 5.113 | 234 | 15.477  | 4.620 | 257 | 13.797  | 4.904 | 234 | 12.623 | 4.522 | 78  | 15.928 | 5.335 | 1050 |
| Total  | 19.172  | 6.274 | 476 | 18.427  | 5.592 | 485 | 17.118  | 5.566 | 524 | 14.348  | 4.933 | 480 | 13.146 | 4.914 | 150 | 16.970 | 5.921 | 2115 |

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   | 524.5   | 348.6 | 229 | 577.6   | 366.6 | 251 | 650.4   | 454.2 | 267 | 520.7   | 402.6 | 246 | 501.8 | 401.9 | 72  | 566.2 | 400.3 | 1065 |
| Female | 459.5   | 340.8 | 247 | 524.1   | 416.0 | 234 | 511.7   | 402.2 | 257 | 463.1   | 365.5 | 234 | 464.5 | 369.5 | 78  | 487.9 | 381.6 | 1050 |
| Total  | 490.8   | 345.7 | 476 | 551.8   | 391.7 | 485 | 582.4   | 434.6 | 524 | 492.6   | 385.7 | 480 | 482.4 | 384.6 | 150 | 527.3 | 393.0 | 2115 |

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   | 333.9   | 474.3 | 229 | 397.0   | 520.4 | 251 | 511.0   | 663.1 | 267 | 403.9   | 553.3 | 246 | 384.6 | 536.9 | 72  | 412.8 | 561.6 | 1065 |
| Female | 297.1   | 477.4 | 247 | 390.6   | 597.8 | 234 | 390.8   | 569.4 | 257 | 352.9   | 527.9 | 234 | 379.7 | 527.4 | 78  | 359.4 | 543.8 | 1050 |
| Total  | 314.8   | 475.7 | 476 | 393.9   | 558.5 | 485 | 452.0   | 621.3 | 524 | 379.1   | 541.1 | 480 | 382.0 | 530.2 | 150 | 386.3 | 553.3 | 2115 |

## Tetracosenoic acid (mg)

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 41.0    | 34.8 | 229 | 50.2    | 37.5 | 251 | 60.1    | 44.7 | 267 | 51.3    | 40.8 | 246 | 49.0  | 38.8 | 72  | 50.9  | 40.2 | 1065 |
| Female | 33.3    | 29.5 | 247 | 42.8    | 34.9 | 234 | 44.3    | 34.4 | 257 | 44.2    | 35.2 | 234 | 45.9  | 37.2 | 78  | 41.5  | 34.1 | 1050 |
| Total  | 37.0    | 32.4 | 476 | 46.6    | 36.4 | 485 | 52.4    | 40.7 | 524 | 47.8    | 38.3 | 480 | 47.4  | 37.9 | 150 | 46.2  | 37.6 | 2115 |

## 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   | 7.8     | 10.9 | 229 | 9.3     | 12.3 | 251 | 13.3    | 16.1 | 267 | 9.7     | 10.8 | 246 | 10.5  | 12.5 | 72  | 10.1  | 12.9 | 1065 |
| Female | 5.6     | 8.8  | 247 | 8.1     | 12.9 | 234 | 9.6     | 13.2 | 257 | 8.0     | 11.0 | 234 | 7.2   | 8.7  | 78  | 7.8   | 11.5 | 1050 |
| Total  | 6.7     | 9.9  | 476 | 8.7     | 12.6 | 485 | 11.5    | 14.9 | 524 | 8.9     | 10.9 | 480 | 8.8   | 10.8 | 150 | 9.0   | 12.3 | 2115 |

## 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   | 6.5     | 7.9 | 229 | 8.0     | 10.3 | 251 | 11.1    | 14.2 | 267 | 8.9     | 9.5  | 246 | 10.4  | 13.5 | 72  | 8.8   | 11.2 | 1065 |
| Female | 4.8     | 6.4 | 247 | 6.3     | 7.5  | 234 | 9.0     | 12.2 | 257 | 8.1     | 12.2 | 234 | 7.5   | 8.8  | 78  | 7.1   | 10.0 | 1050 |
| Total  | 5.6     | 7.2 | 476 | 7.2     | 9.1  | 485 | 10.1    | 13.3 | 524 | 8.5     | 10.9 | 480 | 8.9   | 11.3 | 150 | 8.0   | 10.6 | 2115 |

## 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   | 282.1   | 282.4 | 229 | 210.9   | 246.0 | 251 | 160.0   | 221.1 | 267 | 107.5   | 169.8 | 246 | 96.7  | 160.9 | 72  | 181.8 | 237.0 | 1065 |
| Female | 172.2   | 219.0 | 247 | 140.7   | 180.6 | 234 | 113.2   | 171.9 | 257 | 94.7    | 150.4 | 234 | 101.8 | 159.8 | 78  | 128.2 | 182.9 | 1050 |
| Total  | 225.1   | 257.2 | 476 | 177.0   | 219.5 | 485 | 137.1   | 199.7 | 524 | 101.2   | 160.6 | 480 | 99.4  | 159.8 | 150 | 155.2 | 213.5 | 2115 |

## 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   | 11.257  | 3.738 | 229 | 10.727  | 3.105 | 251 | 10.346  | 2.993 | 267 | 8.906   | 2.718 | 246 | 8.753 | 2.846 | 72  | 10.191 | 3.253 | 1065 |
| Female | 9.559   | 3.010 | 247 | 9.292   | 2.713 | 234 | 9.028   | 2.800 | 257 | 8.080   | 2.552 | 234 | 7.730 | 2.508 | 78  | 8.904  | 2.824 | 1050 |
| Total  | 10.376  | 3.482 | 476 | 10.035  | 3.006 | 485 | 9.699   | 2.972 | 524 | 8.503   | 2.668 | 480 | 8.221 | 2.716 | 150 | 9.552  | 3.114 | 2115 |

 $\alpha$ -Linolenic acid (mg)

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr-  |       |     | Total  |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|-----|--------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean   | SD    | N   | Mean   | SD    | N    |
| Male   | 1592.8  | 597.5 | 229 | 1500.0  | 482.8 | 251 | 1457.0  | 501.3 | 267 | 1251.1  | 455.1 | 246 | 1266.1 | 494.2 | 72  | 1435.8 | 523.7 | 1065 |
| Female | 1296.4  | 479.1 | 247 | 1276.5  | 438.0 | 234 | 1256.8  | 451.8 | 257 | 1147.1  | 418.9 | 234 | 1118.2 | 415.9 | 78  | 1235.8 | 449.5 | 1050 |
| Total  | 1439.0  | 558.8 | 476 | 1392.2  | 474.6 | 485 | 1358.8  | 487.6 | 524 | 1200.4  | 440.4 | 480 | 1189.2 | 459.6 | 150 | 1336.5 | 498.3 | 2115 |

 $\gamma$ -Linolenic acid (mg)

|      | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |    | Total |     |      |
|------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
|      | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N  | Mean  | SD  | N    |
| Male | 4.1     | 4.7 | 229 | 5.1     | 5.6 | 251 | 5.9     | 6.6 | 267 | 4.9     | 4.8 | 246 | 5.4   | 5.7 | 72 | 5.1   | 5.5 | 1065 |

|        |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |      |
|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Female | 3.5 | 4.3 | 247 | 4.8 | 8.2 | 234 | 4.8 | 5.7 | 257 | 4.2 | 4.4 | 234 | 4.1 | 4.2 | 78  | 4.3 | 5.8 | 1050 |
| Total  | 3.8 | 4.5 | 476 | 5.0 | 7.0 | 485 | 5.4 | 6.2 | 524 | 4.6 | 4.6 | 480 | 4.7 | 5.0 | 150 | 4.7 | 5.7 | 2115 |

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   | 80.2    | 99.5 | 229 | 92.9    | 93.2 | 251 | 111.5   | 117.9 | 267 | 94.1    | 98.0 | 246 | 96.7  | 96.3 | 72  | 95.3  | 102.9 | 1065 |
| Female | 61.3    | 80.3 | 247 | 79.3    | 95.8 | 234 | 86.9    | 94.2  | 257 | 77.1    | 78.8 | 234 | 89.8  | 89.6 | 78  | 77.2  | 88.2  | 1050 |
| Total  | 70.4    | 90.5 | 476 | 86.3    | 94.6 | 485 | 99.4    | 107.5 | 524 | 85.8    | 89.5 | 480 | 93.1  | 92.6 | 150 | 86.3  | 96.3  | 2115 |

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   | 66.4    | 32.3 | 229 | 64.4    | 29.6 | 251 | 63.4    | 31.6 | 267 | 48.9    | 24.3 | 246 | 43.4  | 24.5 | 72  | 59.6  | 30.3 | 1065 |
| Female | 55.5    | 29.9 | 247 | 51.8    | 29.4 | 234 | 48.0    | 24.7 | 257 | 40.5    | 19.4 | 234 | 40.7  | 18.9 | 78  | 48.4  | 26.4 | 1050 |
| Total  | 60.7    | 31.5 | 476 | 58.3    | 30.2 | 485 | 55.8    | 29.4 | 524 | 44.8    | 22.4 | 480 | 42.0  | 21.8 | 150 | 54.0  | 29.0 | 2115 |

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   | 28.0    | 11.3 | 229 | 28.9    | 11.6 | 251 | 30.2    | 11.4 | 267 | 26.3    | 9.9 | 246 | 25.0  | 10.7 | 72  | 28.2  | 11.2 | 1065 |
| Female | 25.8    | 9.3  | 247 | 24.6    | 9.5  | 234 | 24.2    | 8.9  | 257 | 22.9    | 8.3 | 234 | 22.0  | 9.0  | 78  | 24.2  | 9.1  | 1050 |
| Total  | 26.9    | 10.4 | 476 | 26.8    | 10.8 | 485 | 27.2    | 10.7 | 524 | 24.6    | 9.3 | 480 | 23.5  | 9.9  | 150 | 26.2  | 10.4 | 2115 |

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   | 37.5    | 34.3 | 229 | 43.4    | 33.8 | 251 | 48.3    | 37.0 | 267 | 42.4    | 37.3 | 246 | 40.7  | 31.4 | 72  | 42.9  | 35.5 | 1065 |
| Female | 30.7    | 26.6 | 247 | 35.5    | 29.7 | 234 | 39.0    | 31.2 | 257 | 37.0    | 29.2 | 234 | 38.4  | 32.5 | 78  | 35.8  | 29.6 | 1050 |
| Total  | 34.0    | 30.7 | 476 | 39.6    | 32.1 | 485 | 43.7    | 34.6 | 524 | 39.7    | 33.7 | 480 | 39.5  | 31.9 | 150 | 39.4  | 32.9 | 2115 |

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   | 160.7   | 60.6 | 229 | 173.4   | 61.9 | 251 | 180.8   | 65.2 | 267 | 162.9   | 58.5 | 246 | 152.1 | 62.1 | 72  | 168.7 | 62.3 | 1065 |
| Female | 141.3   | 52.6 | 247 | 145.1   | 56.0 | 234 | 145.4   | 56.1 | 257 | 139.6   | 50.6 | 234 | 138.7 | 55.3 | 78  | 142.6 | 54.0 | 1050 |
| Total  | 150.6   | 57.3 | 476 | 159.8   | 60.8 | 485 | 163.4   | 63.3 | 524 | 151.5   | 56.0 | 480 | 145.1 | 58.8 | 150 | 155.7 | 59.7 | 2115 |

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   | 236.1   | 224.9 | 229 | 317.5   | 242.2 | 251 | 388.7   | 300.4 | 267 | 349.6   | 278.2 | 246 | 356.0 | 267.4 | 72  | 327.9 | 269.6 | 1065 |
| Female | 194.3   | 178.1 | 247 | 263.1   | 233.6 | 234 | 302.1   | 236.0 | 257 | 287.9   | 191.0 | 234 | 295.4 | 247.8 | 78  | 264.4 | 217.8 | 1050 |
| Total  | 214.4   | 202.8 | 476 | 291.3   | 239.4 | 485 | 346.2   | 273.9 | 524 | 319.5   | 241.4 | 480 | 324.5 | 258.3 | 150 | 296.4 | 247.3 | 2115 |

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   | 6.6     | 9.9 | 229 | 8.1     | 9.8 | 251 | 10.9    | 13.1 | 267 | 8.5     | 9.8 | 246 | 9.7   | 11.8 | 72  | 8.7   | 10.9 | 1065 |
| Female | 5.0     | 8.3 | 247 | 6.7     | 9.3 | 234 | 8.5     | 11.6 | 257 | 6.9     | 8.9 | 234 | 6.9   | 8.8  | 78  | 6.8   | 9.6  | 1050 |
| Total  | 5.8     | 9.1 | 476 | 7.4     | 9.5 | 485 | 9.7     | 12.4 | 524 | 7.7     | 9.4 | 480 | 8.2   | 10.4 | 150 | 7.8   | 10.4 | 2115 |

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   | 1.3     | 1.6 | 229 | 0.9     | 1.2 | 251 | 0.7     | 1.1 | 267 | 0.4     | 0.7 | 246 | 0.4   | 0.8 | 72  | 0.8   | 1.2 | 1065 |
| Female | 0.9     | 1.1 | 247 | 0.6     | 1.1 | 234 | 0.5     | 0.9 | 257 | 0.4     | 0.7 | 234 | 0.4   | 0.8 | 78  | 0.6   | 0.9 | 1050 |
| Total  | 1.1     | 1.4 | 476 | 0.8     | 1.1 | 485 | 0.6     | 1.0 | 524 | 0.4     | 0.7 | 480 | 0.4   | 0.8 | 150 | 0.7   | 1.1 | 2115 |

Docosatetraenoic acid (mg)

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 14.3    | 6.3 | 229 | 13.3    | 5.7 | 251 | 13.2    | 6.1 | 267 | 10.7    | 5.5 | 246 | 10.3  | 5.1 | 72  | 12.7  | 6.0 | 1065 |
| Female | 10.7    | 5.4 | 247 | 10.4    | 5.4 | 234 | 10.2    | 5.3 | 257 | 8.9     | 4.4 | 234 | 8.7   | 4.3 | 78  | 9.9   | 5.1 | 1050 |
| Total  | 12.4    | 6.1 | 476 | 11.9    | 5.8 | 485 | 11.7    | 5.9 | 524 | 9.8     | 5.1 | 480 | 9.4   | 4.7 | 150 | 11.3  | 5.8 | 2115 |

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   | 72.8    | 69.0 | 229 | 96.0    | 78.8 | 251 | 108.5   | 76.3 | 267 | 99.2    | 81.1 | 246 | 102.3 | 76.5 | 72  | 95.3  | 77.5 | 1065 |
| Female | 61.6    | 53.2 | 247 | 77.8    | 59.6 | 234 | 87.7    | 69.3 | 257 | 86.1    | 64.1 | 234 | 87.7  | 76.0 | 78  | 79.0  | 63.8 | 1050 |
| Total  | 67.0    | 61.5 | 476 | 87.2    | 70.7 | 485 | 98.3    | 73.6 | 524 | 92.8    | 73.6 | 480 | 94.7  | 76.3 | 150 | 87.2  | 71.5 | 2115 |

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   | 13.9    | 11.0 | 229 | 15.2    | 24.8 | 251 | 16.2    | 13.7 | 267 | 12.4    | 10.0 | 246 | 15.0  | 12.1 | 72  | 14.5  | 15.9 | 1065 |
| Female | 9.3     | 8.0  | 247 | 11.2    | 10.9 | 234 | 12.0    | 11.3 | 257 | 10.3    | 8.6  | 234 | 10.3  | 8.6  | 78  | 10.7  | 9.8  | 1050 |
| Total  | 11.5    | 9.8  | 476 | 13.3    | 19.5 | 485 | 14.1    | 12.7 | 524 | 11.4    | 9.4  | 480 | 12.6  | 10.7 | 150 | 12.6  | 13.3 | 2115 |

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   | 450.1   | 379.9 | 229 | 579.8   | 384.0 | 251 | 683.2   | 460.8 | 267 | 623.5   | 430.2 | 246 | 625.5 | 421.0 | 72  | 591.1 | 424.1 | 1065 |
| Female | 370.2   | 295.5 | 247 | 469.8   | 333.6 | 234 | 531.2   | 372.5 | 257 | 519.3   | 318.0 | 234 | 532.8 | 408.1 | 78  | 477.1 | 343.2 | 1050 |
| Total  | 408.7   | 340.7 | 476 | 526.8   | 364.4 | 485 | 608.7   | 426.2 | 524 | 572.7   | 382.8 | 480 | 577.3 | 415.5 | 150 | 534.5 | 390.1 | 2115 |

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   | 14.1    | 18.2 | 229 | 18.2    | 22.7 | 251 | 18.4    | 20.6 | 267 | 11.4    | 15.8 | 246 | 7.7   | 12.5 | 72  | 15.1  | 19.5 | 1065 |
| Female | 4.4     | 11.2 | 247 | 3.9     | 8.3  | 234 | 2.4     | 5.7  | 257 | 1.9     | 6.1  | 234 | 1.2   | 1.9  | 78  | 3.0   | 7.9  | 1050 |
| Total  | 9.1     | 15.7 | 476 | 11.3    | 18.8 | 485 | 10.6    | 17.2 | 524 | 6.8     | 13.0 | 480 | 4.3   | 9.4  | 150 | 9.1   | 16.1 | 2115 |

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 | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| Used     | Male   | 140     | 54.5 | 150     | 54.7 | 141     | 51.1 | 142     | 52.6 | 53    | 55.2 | 626   | 53.4 |
|          | Female | 174     | 66.4 | 156     | 62.7 | 177     | 65.3 | 178     | 71.5 | 68    | 69.4 | 753   | 66.7 |
|          | Total  | 314     | 60.5 | 306     | 58.5 | 318     | 58.1 | 320     | 61.7 | 121   | 62.4 | 1379  | 59.9 |

Vitamin supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 210     | 81.7 | 226     | 82.5 | 228     | 82.6 | 218     | 80.7 | 68    | 70.8 | 950   | 81.0 |
|          | Female | 193     | 73.7 | 190     | 76.3 | 200     | 73.8 | 169     | 67.9 | 59    | 60.2 | 811   | 71.8 |
|          | Total  | 403     | 77.6 | 416     | 79.5 | 428     | 78.2 | 387     | 74.6 | 127   | 65.5 | 1761  | 76.5 |
| Used     | Male   | 47      | 18.3 | 48      | 17.5 | 48      | 17.4 | 52      | 19.3 | 28    | 29.2 | 223   | 19.0 |
|          | Female | 69      | 26.3 | 59      | 23.7 | 71      | 26.2 | 80      | 32.1 | 39    | 39.8 | 318   | 28.2 |
|          | Total  | 116     | 22.4 | 107     | 20.5 | 119     | 21.8 | 132     | 25.4 | 67    | 34.5 | 541   | 23.5 |

Mineral supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 239     | 93.0 | 265     | 96.7 | 267     | 96.7 | 248     | 91.9 | 87    | 90.6 | 1106  | 94.3 |
|          | Female | 228     | 87.0 | 228     | 91.6 | 249     | 91.9 | 225     | 90.4 | 88    | 89.8 | 1018  | 90.2 |
|          | Total  | 467     | 90.0 | 493     | 94.3 | 516     | 94.3 | 473     | 91.1 | 175   | 90.2 | 2124  | 92.3 |
| Used     | Male   | 18      | 7.0  | 9       | 3.3  | 9       | 3.3  | 22      | 8.1  | 9     | 9.4  | 67    | 5.7  |
|          | Female | 34      | 13.0 | 21      | 8.4  | 22      | 8.1  | 24      | 9.6  | 10    | 10.2 | 111   | 9.8  |
|          | Total  | 52      | 10.0 | 30      | 5.7  | 31      | 5.7  | 46      | 8.9  | 19    | 9.8  | 178   | 7.7  |

Fat supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 255     | 99.2 | 268     | 97.8 | 273     | 98.9 | 264     | 97.8 | 95    | 99.0 | 1155  | 98.5 |
|          | Female | 258     | 98.5 | 241     | 96.8 | 264     | 97.4 | 243     | 97.6 | 96    | 98.0 | 1102  | 97.6 |
|          | Total  | 513     | 98.8 | 509     | 97.3 | 537     | 98.2 | 507     | 97.7 | 191   | 98.5 | 2257  | 98.0 |
| Used     | Male   | 2       | 0.8  | 6       | 2.2  | 3       | 1.1  | 6       | 2.2  | 1     | 1.0  | 18    | 1.5  |
|          | Female | 4       | 1.5  | 8       | 3.2  | 7       | 2.6  | 6       | 2.4  | 2     | 2.0  | 27    | 2.4  |
|          | Total  | 6       | 1.2  | 14      | 2.7  | 10      | 1.8  | 12      | 2.3  | 3     | 1.5  | 45    | 2.0  |

Protein supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |       | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|-------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %     | N     | %    |
| Not used | Male   | 241     | 93.8 | 264     | 96.4 | 268     | 97.1 | 268     | 99.3 | 94    | 97.9  | 1135  | 96.8 |
|          | Female | 256     | 97.7 | 244     | 98.0 | 265     | 97.8 | 243     | 97.6 | 98    | 100.0 | 1106  | 98.0 |
|          | Total  | 497     | 95.8 | 508     | 97.1 | 533     | 97.4 | 511     | 98.5 | 192   | 99.0  | 2241  | 97.4 |

| Used  | Male | 16     |     | 6.2 |     | 10  |     | 3.6 |     | 8   |     | 2.9 |     | 2   |  | 0.7 |  | 2 |  | 2.1 |  | 38 |  | 3.2 |  |
|-------|------|--------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|-----|--|---|--|-----|--|----|--|-----|--|
|       |      | Female | 6   | 2.3 | 5   | 2.0 | 6   | 2.2 | 6   | 2.4 | 0   | 0.0 | 23  | 2.0 |  |     |  |   |  |     |  |    |  |     |  |
| Total |      | 22     | 4.2 | 15  | 2.9 | 14  | 2.6 | 8   | 1.5 | 2   | 1.0 | 61  | 2.6 |     |  |     |  |   |  |     |  |    |  |     |  |

#### Dietary fiber supplement

|          |        | 40-49yr |       | 50-59yr |       | 60-69yr |       | 70-79yr |       | 80yr- |       | Total |       |
|----------|--------|---------|-------|---------|-------|---------|-------|---------|-------|-------|-------|-------|-------|
|          |        | N       | %     | N       | %     | N       | %     | N       | %     | N     | %     | N     | %     |
| Not used | Male   | 257     | 100.0 | 274     | 100.0 | 276     | 100.0 | 270     | 100.0 | 96    | 100.0 | 1173  | 100.0 |
|          | Female | 261     | 99.6  | 249     | 100.0 | 271     | 100.0 | 248     | 99.6  | 98    | 100.0 | 1127  | 99.8  |
|          | Total  | 518     | 99.8  | 523     | 100.0 | 547     | 100.0 | 518     | 99.8  | 194   | 100.0 | 2300  | 99.9  |
| Used     | Male   | 0       | 0.0   | 0       | 0.0   | 0       | 0.0   | 0       | 0.0   | 0     | 0.0   | 0     | 0.0   |
|          | Female | 1       | 0.4   | 0       | 0.0   | 0       | 0.0   | 1       | 0.4   | 0     | 0.0   | 2     | 0.2   |
|          | Total  | 1       | 0.2   | 0       | 0.0   | 0       | 0.0   | 1       | 0.2   | 0     | 0.0   | 2     | 0.1   |

#### Supplement contained other nutrients

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 200     | 77.8 | 207     | 75.5 | 200     | 72.5 | 199     | 73.7 | 81    | 84.4 | 887   | 75.6 |
|          | Female | 165     | 63.0 | 148     | 59.4 | 156     | 57.6 | 147     | 59.0 | 59    | 60.2 | 675   | 59.8 |
|          | Total  | 365     | 70.3 | 355     | 67.9 | 356     | 65.1 | 346     | 66.7 | 140   | 72.2 | 1562  | 67.9 |
| Used     | Male   | 57      | 22.2 | 67      | 24.5 | 76      | 27.5 | 71      | 26.3 | 15    | 15.6 | 286   | 24.4 |
|          | Female | 97      | 37.0 | 101     | 40.6 | 115     | 42.4 | 102     | 41.0 | 39    | 39.8 | 454   | 40.2 |
|          | Total  | 154     | 29.7 | 168     | 32.1 | 191     | 34.9 | 173     | 33.3 | 54    | 27.8 | 740   | 32.1 |

#### Drink type supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 191     | 74.3 | 214     | 78.1 | 236     | 85.5 | 223     | 82.6 | 79    | 82.3 | 943   | 80.4 |
|          | Female | 202     | 77.1 | 201     | 80.7 | 219     | 80.8 | 204     | 81.9 | 82    | 83.7 | 908   | 80.4 |
|          | Total  | 393     | 75.7 | 415     | 79.3 | 455     | 83.2 | 427     | 82.3 | 161   | 83.0 | 1851  | 80.4 |
| Used     | Male   | 66      | 25.7 | 60      | 21.9 | 40      | 14.5 | 47      | 17.4 | 17    | 17.7 | 230   | 19.6 |
|          | Female | 60      | 22.9 | 48      | 19.3 | 52      | 19.2 | 45      | 18.1 | 16    | 16.3 | 221   | 19.6 |
|          | Total  | 126     | 24.3 | 108     | 20.7 | 92      | 16.8 | 92      | 17.7 | 33    | 17.0 | 451   | 19.6 |

#### Drug contained some nutrients

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 235     | 91.4 | 252     | 92.0 | 251     | 90.9 | 260     | 96.3 | 88    | 91.7 | 1086  | 92.6 |
|          | Female | 233     | 88.9 | 232     | 93.2 | 252     | 93.0 | 232     | 93.2 | 96    | 98.0 | 1045  | 92.6 |
|          | Total  | 468     | 90.2 | 484     | 92.5 | 503     | 92.0 | 492     | 94.8 | 184   | 94.8 | 2131  | 92.6 |
| Used     | Male   | 22      | 8.6  | 22      | 8.0  | 25      | 9.1  | 10      | 3.7  | 8     | 8.3  | 87    | 7.4  |
|          | Female | 29      | 11.1 | 17      | 6.8  | 19      | 7.0  | 17      | 6.8  | 2     | 2.0  | 84    | 7.4  |
|          | Total  | 51      | 9.8  | 39      | 7.5  | 44      | 8.0  | 27      | 5.2  | 10    | 5.2  | 171   | 7.4  |

#### 5) Frequency of supplement intake (DSFQ)

##### Total supplement

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

|          |        | N   | %    | N   | %    | N   | %    | N   | %    | N  | %    | N   | %    |
|----------|--------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
| Not used | Male   | 117 | 45.5 | 124 | 45.3 | 135 | 48.9 | 128 | 47.4 | 43 | 44.8 | 547 | 46.6 |
|          | Female | 88  | 33.6 | 93  | 37.3 | 94  | 34.7 | 71  | 28.5 | 30 | 30.6 | 376 | 33.3 |
|          | Total  | 205 | 39.5 | 217 | 41.5 | 229 | 41.9 | 199 | 38.3 | 73 | 37.6 | 923 | 40.1 |
| 1        | Male   | 56  | 21.8 | 66  | 24.1 | 74  | 26.8 | 71  | 26.3 | 23 | 24.0 | 290 | 24.7 |
|          | Female | 60  | 22.9 | 54  | 21.7 | 57  | 21.0 | 64  | 25.7 | 19 | 19.4 | 254 | 22.5 |
|          | Total  | 116 | 22.4 | 120 | 22.9 | 131 | 23.9 | 135 | 26.0 | 42 | 21.6 | 544 | 23.6 |
| 2        | Male   | 32  | 12.5 | 44  | 16.1 | 33  | 12.0 | 37  | 13.7 | 18 | 18.8 | 164 | 14.0 |
|          | Female | 45  | 17.2 | 47  | 18.9 | 48  | 17.7 | 53  | 21.3 | 22 | 22.4 | 215 | 19.0 |
|          | Total  | 77  | 14.8 | 91  | 17.4 | 81  | 14.8 | 90  | 17.3 | 40 | 20.6 | 379 | 16.5 |
| 3        | Male   | 19  | 7.4  | 16  | 5.8  | 14  | 5.1  | 21  | 7.8  | 6  | 6.3  | 76  | 6.5  |
|          | Female | 31  | 11.8 | 20  | 8.0  | 35  | 12.9 | 23  | 9.2  | 15 | 15.3 | 124 | 11.0 |
|          | Total  | 50  | 9.6  | 36  | 6.9  | 49  | 9.0  | 44  | 8.5  | 21 | 10.8 | 200 | 8.7  |
| 4        | Male   | 18  | 7.0  | 13  | 4.7  | 5   | 1.8  | 5   | 1.9  | 2  | 2.1  | 43  | 3.7  |
|          | Female | 16  | 6.1  | 14  | 5.6  | 21  | 7.7  | 17  | 6.8  | 3  | 3.1  | 71  | 6.3  |
|          | Total  | 34  | 6.6  | 27  | 5.2  | 26  | 4.8  | 22  | 4.2  | 5  | 2.6  | 114 | 5.0  |
| 5-9      | Male   | 15  | 5.8  | 11  | 4.0  | 14  | 5.1  | 7   | 2.6  | 4  | 4.2  | 51  | 4.3  |
|          | Female | 19  | 7.3  | 20  | 8.0  | 15  | 5.5  | 20  | 8.0  | 9  | 9.2  | 83  | 7.4  |
|          | Total  | 34  | 6.6  | 31  | 5.9  | 29  | 5.3  | 27  | 5.2  | 13 | 6.7  | 134 | 5.8  |
| 10-      | Male   | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 2   | 0.2  |
|          | Female | 3   | 1.1  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 6   | 0.5  |
|          | Total  | 3   | 0.6  | 1   | 0.2  | 2   | 0.4  | 2   | 0.4  | 0  | 0.0  | 8   | 0.3  |

#### Vitamin supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |
|          | Female | 60      | 22.9 | 54      | 21.7 | 57      | 21.0 | 64      | 25.7 | 19    | 19.4 | 254   | 22.5 |
|          | Total  | 116     | 22.4 | 120     | 22.9 | 131     | 23.9 | 135     | 26.0 | 42    | 21.6 | 544   | 23.6 |
| 2        | Male   | 32      | 12.5 | 44      | 16.1 | 33      | 12.0 | 37      | 13.7 | 18    | 18.8 | 164   | 14.0 |
|          | Female | 45      | 17.2 | 47      | 18.9 | 48      | 17.7 | 53      | 21.3 | 22    | 22.4 | 215   | 19.0 |
|          | Total  | 77      | 14.8 | 91      | 17.4 | 81      | 14.8 | 90      | 17.3 | 40    | 20.6 | 379   | 16.5 |
| 3        | Male   | 19      | 7.4  | 16      | 5.8  | 14      | 5.1  | 21      | 7.8  | 6     | 6.3  | 76    | 6.5  |
|          | Female | 31      | 11.8 | 20      | 8.0  | 35      | 12.9 | 23      | 9.2  | 15    | 15.3 | 124   | 11.0 |
|          | Total  | 50      | 9.6  | 36      | 6.9  | 49      | 9.0  | 44      | 8.5  | 21    | 10.8 | 200   | 8.7  |
| 4        | Male   | 18      | 7.0  | 13      | 4.7  | 5       | 1.8  | 5       | 1.9  | 2     | 2.1  | 43    | 3.7  |
|          | Female | 16      | 6.1  | 14      | 5.6  | 21      | 7.7  | 17      | 6.8  | 3     | 3.1  | 71    | 6.3  |
|          | Total  | 34      | 6.6  | 27      | 5.2  | 26      | 4.8  | 22      | 4.2  | 5     | 2.6  | 114   | 5.0  |
| 5-9      | Male   | 15      | 5.8  | 11      | 4.0  | 14      | 5.1  | 7       | 2.6  | 4     | 4.2  | 51    | 4.3  |
|          | Female | 19      | 7.3  | 20      | 8.0  | 15      | 5.5  | 20      | 8.0  | 9     | 9.2  | 83    | 7.4  |
|          | Total  | 34      | 6.6  | 31      | 5.9  | 29      | 5.3  | 27      | 5.2  | 13    | 6.7  | 134   | 5.8  |
| 10-      | Male   | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 2     | 0.2  |
|          | Female | 3       | 1.1  | 1       | 0.4  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 6     | 0.5  |
|          | Total  | 3       | 0.6  | 1       | 0.2  | 2       | 0.4  | 2       | 0.4  | 0     | 0.0  | 8     | 0.3  |

#### Mineral supplement

|          |      | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |      | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |

|     |        |     |      |     |      |     |      |     |      |    |      |     |      |
|-----|--------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|     | Female | 88  | 33.6 | 93  | 37.3 | 94  | 34.7 | 71  | 28.5 | 30 | 30.6 | 376 | 33.3 |
|     | Total  | 205 | 39.5 | 217 | 41.5 | 229 | 41.9 | 199 | 38.3 | 73 | 37.6 | 923 | 40.1 |
| 1   | Male   | 56  | 21.8 | 66  | 24.1 | 74  | 26.8 | 71  | 26.3 | 23 | 24.0 | 290 | 24.7 |
|     | Female | 60  | 22.9 | 54  | 21.7 | 57  | 21.0 | 64  | 25.7 | 19 | 19.4 | 254 | 22.5 |
|     | Total  | 116 | 22.4 | 120 | 22.9 | 131 | 23.9 | 135 | 26.0 | 42 | 21.6 | 544 | 23.6 |
| 2   | Male   | 32  | 12.5 | 44  | 16.1 | 33  | 12.0 | 37  | 13.7 | 18 | 18.8 | 164 | 14.0 |
|     | Female | 45  | 17.2 | 47  | 18.9 | 48  | 17.7 | 53  | 21.3 | 22 | 22.4 | 215 | 19.0 |
|     | Total  | 77  | 14.8 | 91  | 17.4 | 81  | 14.8 | 90  | 17.3 | 40 | 20.6 | 379 | 16.5 |
| 3   | Male   | 19  | 7.4  | 16  | 5.8  | 14  | 5.1  | 21  | 7.8  | 6  | 6.3  | 76  | 6.5  |
|     | Female | 31  | 11.8 | 20  | 8.0  | 35  | 12.9 | 23  | 9.2  | 15 | 15.3 | 124 | 11.0 |
|     | Total  | 50  | 9.6  | 36  | 6.9  | 49  | 9.0  | 44  | 8.5  | 21 | 10.8 | 200 | 8.7  |
| 4   | Male   | 18  | 7.0  | 13  | 4.7  | 5   | 1.8  | 5   | 1.9  | 2  | 2.1  | 43  | 3.7  |
|     | Female | 16  | 6.1  | 14  | 5.6  | 21  | 7.7  | 17  | 6.8  | 3  | 3.1  | 71  | 6.3  |
|     | Total  | 34  | 6.6  | 27  | 5.2  | 26  | 4.8  | 22  | 4.2  | 5  | 2.6  | 114 | 5.0  |
| 5-9 | Male   | 15  | 5.8  | 11  | 4.0  | 14  | 5.1  | 7   | 2.6  | 4  | 4.2  | 51  | 4.3  |
|     | Female | 19  | 7.3  | 20  | 8.0  | 15  | 5.5  | 20  | 8.0  | 9  | 9.2  | 83  | 7.4  |
|     | Total  | 34  | 6.6  | 31  | 5.9  | 29  | 5.3  | 27  | 5.2  | 13 | 6.7  | 134 | 5.8  |
| 10- | Male   | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 2   | 0.2  |
|     | Female | 3   | 1.1  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 6   | 0.5  |
|     | Total  | 3   | 0.6  | 1   | 0.2  | 2   | 0.4  | 2   | 0.4  | 0  | 0.0  | 8   | 0.3  |

#### Fat supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |
|          | Female | 60      | 22.9 | 54      | 21.7 | 57      | 21.0 | 64      | 25.7 | 19    | 19.4 | 254   | 22.5 |
|          | Total  | 116     | 22.4 | 120     | 22.9 | 131     | 23.9 | 135     | 26.0 | 42    | 21.6 | 544   | 23.6 |
| 2        | Male   | 32      | 12.5 | 44      | 16.1 | 33      | 12.0 | 37      | 13.7 | 18    | 18.8 | 164   | 14.0 |
|          | Female | 45      | 17.2 | 47      | 18.9 | 48      | 17.7 | 53      | 21.3 | 22    | 22.4 | 215   | 19.0 |
|          | Total  | 77      | 14.8 | 91      | 17.4 | 81      | 14.8 | 90      | 17.3 | 40    | 20.6 | 379   | 16.5 |
| 3        | Male   | 19      | 7.4  | 16      | 5.8  | 14      | 5.1  | 21      | 7.8  | 6     | 6.3  | 76    | 6.5  |
|          | Female | 31      | 11.8 | 20      | 8.0  | 35      | 12.9 | 23      | 9.2  | 15    | 15.3 | 124   | 11.0 |
|          | Total  | 50      | 9.6  | 36      | 6.9  | 49      | 9.0  | 44      | 8.5  | 21    | 10.8 | 200   | 8.7  |
| 4        | Male   | 18      | 7.0  | 13      | 4.7  | 5       | 1.8  | 5       | 1.9  | 2     | 2.1  | 43    | 3.7  |
|          | Female | 16      | 6.1  | 14      | 5.6  | 21      | 7.7  | 17      | 6.8  | 3     | 3.1  | 71    | 6.3  |
|          | Total  | 34      | 6.6  | 27      | 5.2  | 26      | 4.8  | 22      | 4.2  | 5     | 2.6  | 114   | 5.0  |
| 5-9      | Male   | 15      | 5.8  | 11      | 4.0  | 14      | 5.1  | 7       | 2.6  | 4     | 4.2  | 51    | 4.3  |
|          | Female | 19      | 7.3  | 20      | 8.0  | 15      | 5.5  | 20      | 8.0  | 9     | 9.2  | 83    | 7.4  |
|          | Total  | 34      | 6.6  | 31      | 5.9  | 29      | 5.3  | 27      | 5.2  | 13    | 6.7  | 134   | 5.8  |
| 10-      | Male   | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 2     | 0.2  |
|          | Female | 3       | 1.1  | 1       | 0.4  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 6     | 0.5  |
|          | Total  | 3       | 0.6  | 1       | 0.2  | 2       | 0.4  | 2       | 0.4  | 0     | 0.0  | 8     | 0.3  |

#### Protein and amino acid supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |

|     |        |     |      |     |      |     |      |     |      |    |      |     |      |
|-----|--------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|     | Total  | 205 | 39.5 | 217 | 41.5 | 229 | 41.9 | 199 | 38.3 | 73 | 37.6 | 923 | 40.1 |
| 1   | Male   | 56  | 21.8 | 66  | 24.1 | 74  | 26.8 | 71  | 26.3 | 23 | 24.0 | 290 | 24.7 |
|     | Female | 60  | 22.9 | 54  | 21.7 | 57  | 21.0 | 64  | 25.7 | 19 | 19.4 | 254 | 22.5 |
|     | Total  | 116 | 22.4 | 120 | 22.9 | 131 | 23.9 | 135 | 26.0 | 42 | 21.6 | 544 | 23.6 |
| 2   | Male   | 32  | 12.5 | 44  | 16.1 | 33  | 12.0 | 37  | 13.7 | 18 | 18.8 | 164 | 14.0 |
|     | Female | 45  | 17.2 | 47  | 18.9 | 48  | 17.7 | 53  | 21.3 | 22 | 22.4 | 215 | 19.0 |
|     | Total  | 77  | 14.8 | 91  | 17.4 | 81  | 14.8 | 90  | 17.3 | 40 | 20.6 | 379 | 16.5 |
| 3   | Male   | 19  | 7.4  | 16  | 5.8  | 14  | 5.1  | 21  | 7.8  | 6  | 6.3  | 76  | 6.5  |
|     | Female | 31  | 11.8 | 20  | 8.0  | 35  | 12.9 | 23  | 9.2  | 15 | 15.3 | 124 | 11.0 |
|     | Total  | 50  | 9.6  | 36  | 6.9  | 49  | 9.0  | 44  | 8.5  | 21 | 10.8 | 200 | 8.7  |
| 4   | Male   | 18  | 7.0  | 13  | 4.7  | 5   | 1.8  | 5   | 1.9  | 2  | 2.1  | 43  | 3.7  |
|     | Female | 16  | 6.1  | 14  | 5.6  | 21  | 7.7  | 17  | 6.8  | 3  | 3.1  | 71  | 6.3  |
|     | Total  | 34  | 6.6  | 27  | 5.2  | 26  | 4.8  | 22  | 4.2  | 5  | 2.6  | 114 | 5.0  |
| 5-9 | Male   | 15  | 5.8  | 11  | 4.0  | 14  | 5.1  | 7   | 2.6  | 4  | 4.2  | 51  | 4.3  |
|     | Female | 19  | 7.3  | 20  | 8.0  | 15  | 5.5  | 20  | 8.0  | 9  | 9.2  | 83  | 7.4  |
|     | Total  | 34  | 6.6  | 31  | 5.9  | 29  | 5.3  | 27  | 5.2  | 13 | 6.7  | 134 | 5.8  |
| 10- | Male   | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 2   | 0.2  |
|     | Female | 3   | 1.1  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 6   | 0.5  |
|     | Total  | 3   | 0.6  | 1   | 0.2  | 2   | 0.4  | 2   | 0.4  | 0  | 0.0  | 8   | 0.3  |

#### Dietary fiber supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |
|          | Female | 60      | 22.9 | 54      | 21.7 | 57      | 21.0 | 64      | 25.7 | 19    | 19.4 | 254   | 22.5 |
|          | Total  | 116     | 22.4 | 120     | 22.9 | 131     | 23.9 | 135     | 26.0 | 42    | 21.6 | 544   | 23.6 |
| 2        | Male   | 32      | 12.5 | 44      | 16.1 | 33      | 12.0 | 37      | 13.7 | 18    | 18.8 | 164   | 14.0 |
|          | Female | 45      | 17.2 | 47      | 18.9 | 48      | 17.7 | 53      | 21.3 | 22    | 22.4 | 215   | 19.0 |
|          | Total  | 77      | 14.8 | 91      | 17.4 | 81      | 14.8 | 90      | 17.3 | 40    | 20.6 | 379   | 16.5 |
| 3        | Male   | 19      | 7.4  | 16      | 5.8  | 14      | 5.1  | 21      | 7.8  | 6     | 6.3  | 76    | 6.5  |
|          | Female | 31      | 11.8 | 20      | 8.0  | 35      | 12.9 | 23      | 9.2  | 15    | 15.3 | 124   | 11.0 |
|          | Total  | 50      | 9.6  | 36      | 6.9  | 49      | 9.0  | 44      | 8.5  | 21    | 10.8 | 200   | 8.7  |
| 4        | Male   | 18      | 7.0  | 13      | 4.7  | 5       | 1.8  | 5       | 1.9  | 2     | 2.1  | 43    | 3.7  |
|          | Female | 16      | 6.1  | 14      | 5.6  | 21      | 7.7  | 17      | 6.8  | 3     | 3.1  | 71    | 6.3  |
|          | Total  | 34      | 6.6  | 27      | 5.2  | 26      | 4.8  | 22      | 4.2  | 5     | 2.6  | 114   | 5.0  |
| 5-9      | Male   | 15      | 5.8  | 11      | 4.0  | 14      | 5.1  | 7       | 2.6  | 4     | 4.2  | 51    | 4.3  |
|          | Female | 19      | 7.3  | 20      | 8.0  | 15      | 5.5  | 20      | 8.0  | 9     | 9.2  | 83    | 7.4  |
|          | Total  | 34      | 6.6  | 31      | 5.9  | 29      | 5.3  | 27      | 5.2  | 13    | 6.7  | 134   | 5.8  |
| 10-      | Male   | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 2     | 0.2  |
|          | Female | 3       | 1.1  | 1       | 0.4  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 6     | 0.5  |
|          | Total  | 3       | 0.6  | 1       | 0.2  | 2       | 0.4  | 2       | 0.4  | 0     | 0.0  | 8     | 0.3  |

#### Supplement contained other nutrients

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |

|     |        |     |      |     |      |     |      |     |      |    |      |     |      |
|-----|--------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|     | Female | 60  | 22.9 | 54  | 21.7 | 57  | 21.0 | 64  | 25.7 | 19 | 19.4 | 254 | 22.5 |
|     | Total  | 116 | 22.4 | 120 | 22.9 | 131 | 23.9 | 135 | 26.0 | 42 | 21.6 | 544 | 23.6 |
| 2   | Male   | 32  | 12.5 | 44  | 16.1 | 33  | 12.0 | 37  | 13.7 | 18 | 18.8 | 164 | 14.0 |
|     | Female | 45  | 17.2 | 47  | 18.9 | 48  | 17.7 | 53  | 21.3 | 22 | 22.4 | 215 | 19.0 |
|     | Total  | 77  | 14.8 | 91  | 17.4 | 81  | 14.8 | 90  | 17.3 | 40 | 20.6 | 379 | 16.5 |
| 3   | Male   | 19  | 7.4  | 16  | 5.8  | 14  | 5.1  | 21  | 7.8  | 6  | 6.3  | 76  | 6.5  |
|     | Female | 31  | 11.8 | 20  | 8.0  | 35  | 12.9 | 23  | 9.2  | 15 | 15.3 | 124 | 11.0 |
|     | Total  | 50  | 9.6  | 36  | 6.9  | 49  | 9.0  | 44  | 8.5  | 21 | 10.8 | 200 | 8.7  |
| 4   | Male   | 18  | 7.0  | 13  | 4.7  | 5   | 1.8  | 5   | 1.9  | 2  | 2.1  | 43  | 3.7  |
|     | Female | 16  | 6.1  | 14  | 5.6  | 21  | 7.7  | 17  | 6.8  | 3  | 3.1  | 71  | 6.3  |
|     | Total  | 34  | 6.6  | 27  | 5.2  | 26  | 4.8  | 22  | 4.2  | 5  | 2.6  | 114 | 5.0  |
| 5-9 | Male   | 15  | 5.8  | 11  | 4.0  | 14  | 5.1  | 7   | 2.6  | 4  | 4.2  | 51  | 4.3  |
|     | Female | 19  | 7.3  | 20  | 8.0  | 15  | 5.5  | 20  | 8.0  | 9  | 9.2  | 83  | 7.4  |
|     | Total  | 34  | 6.6  | 31  | 5.9  | 29  | 5.3  | 27  | 5.2  | 13 | 6.7  | 134 | 5.8  |
| 10- | Male   | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 2   | 0.2  |
|     | Female | 3   | 1.1  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 6   | 0.5  |
|     | Total  | 3   | 0.6  | 1   | 0.2  | 2   | 0.4  | 2   | 0.4  | 0  | 0.0  | 8   | 0.3  |

#### Drink type supplement

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |
|          | Female | 60      | 22.9 | 54      | 21.7 | 57      | 21.0 | 64      | 25.7 | 19    | 19.4 | 254   | 22.5 |
|          | Total  | 116     | 22.4 | 120     | 22.9 | 131     | 23.9 | 135     | 26.0 | 42    | 21.6 | 544   | 23.6 |
| 2        | Male   | 32      | 12.5 | 44      | 16.1 | 33      | 12.0 | 37      | 13.7 | 18    | 18.8 | 164   | 14.0 |
|          | Female | 45      | 17.2 | 47      | 18.9 | 48      | 17.7 | 53      | 21.3 | 22    | 22.4 | 215   | 19.0 |
|          | Total  | 77      | 14.8 | 91      | 17.4 | 81      | 14.8 | 90      | 17.3 | 40    | 20.6 | 379   | 16.5 |
| 3        | Male   | 19      | 7.4  | 16      | 5.8  | 14      | 5.1  | 21      | 7.8  | 6     | 6.3  | 76    | 6.5  |
|          | Female | 31      | 11.8 | 20      | 8.0  | 35      | 12.9 | 23      | 9.2  | 15    | 15.3 | 124   | 11.0 |
|          | Total  | 50      | 9.6  | 36      | 6.9  | 49      | 9.0  | 44      | 8.5  | 21    | 10.8 | 200   | 8.7  |
| 4        | Male   | 18      | 7.0  | 13      | 4.7  | 5       | 1.8  | 5       | 1.9  | 2     | 2.1  | 43    | 3.7  |
|          | Female | 16      | 6.1  | 14      | 5.6  | 21      | 7.7  | 17      | 6.8  | 3     | 3.1  | 71    | 6.3  |
|          | Total  | 34      | 6.6  | 27      | 5.2  | 26      | 4.8  | 22      | 4.2  | 5     | 2.6  | 114   | 5.0  |
| 5-9      | Male   | 15      | 5.8  | 11      | 4.0  | 14      | 5.1  | 7       | 2.6  | 4     | 4.2  | 51    | 4.3  |
|          | Female | 19      | 7.3  | 20      | 8.0  | 15      | 5.5  | 20      | 8.0  | 9     | 9.2  | 83    | 7.4  |
|          | Total  | 34      | 6.6  | 31      | 5.9  | 29      | 5.3  | 27      | 5.2  | 13    | 6.7  | 134   | 5.8  |
| 10-      | Male   | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 2     | 0.2  |
|          | Female | 3       | 1.1  | 1       | 0.4  | 1       | 0.4  | 1       | 0.4  | 0     | 0.0  | 6     | 0.5  |
|          | Total  | 3       | 0.6  | 1       | 0.2  | 2       | 0.4  | 2       | 0.4  | 0     | 0.0  | 8     | 0.3  |

#### Drug contained some nutrients

|          |        | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|----------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|          |        | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Not used | Male   | 117     | 45.5 | 124     | 45.3 | 135     | 48.9 | 128     | 47.4 | 43    | 44.8 | 547   | 46.6 |
|          | Female | 88      | 33.6 | 93      | 37.3 | 94      | 34.7 | 71      | 28.5 | 30    | 30.6 | 376   | 33.3 |
|          | Total  | 205     | 39.5 | 217     | 41.5 | 229     | 41.9 | 199     | 38.3 | 73    | 37.6 | 923   | 40.1 |
| 1        | Male   | 56      | 21.8 | 66      | 24.1 | 74      | 26.8 | 71      | 26.3 | 23    | 24.0 | 290   | 24.7 |
|          | Female | 60      | 22.9 | 54      | 21.7 | 57      | 21.0 | 64      | 25.7 | 19    | 19.4 | 254   | 22.5 |

|     |        |     |      |     |      |     |      |     |      |    |      |     |      |
|-----|--------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|     | Total  | 116 | 22.4 | 120 | 22.9 | 131 | 23.9 | 135 | 26.0 | 42 | 21.6 | 544 | 23.6 |
| 2   | Male   | 32  | 12.5 | 44  | 16.1 | 33  | 12.0 | 37  | 13.7 | 18 | 18.8 | 164 | 14.0 |
|     | Female | 45  | 17.2 | 47  | 18.9 | 48  | 17.7 | 53  | 21.3 | 22 | 22.4 | 215 | 19.0 |
|     | Total  | 77  | 14.8 | 91  | 17.4 | 81  | 14.8 | 90  | 17.3 | 40 | 20.6 | 379 | 16.5 |
| 3   | Male   | 19  | 7.4  | 16  | 5.8  | 14  | 5.1  | 21  | 7.8  | 6  | 6.3  | 76  | 6.5  |
|     | Female | 31  | 11.8 | 20  | 8.0  | 35  | 12.9 | 23  | 9.2  | 15 | 15.3 | 124 | 11.0 |
|     | Total  | 50  | 9.6  | 36  | 6.9  | 49  | 9.0  | 44  | 8.5  | 21 | 10.8 | 200 | 8.7  |
| 4   | Male   | 18  | 7.0  | 13  | 4.7  | 5   | 1.8  | 5   | 1.9  | 2  | 2.1  | 43  | 3.7  |
|     | Female | 16  | 6.1  | 14  | 5.6  | 21  | 7.7  | 17  | 6.8  | 3  | 3.1  | 71  | 6.3  |
|     | Total  | 34  | 6.6  | 27  | 5.2  | 26  | 4.8  | 22  | 4.2  | 5  | 2.6  | 114 | 5.0  |
| 5-9 | Male   | 15  | 5.8  | 11  | 4.0  | 14  | 5.1  | 7   | 2.6  | 4  | 4.2  | 51  | 4.3  |
|     | Female | 19  | 7.3  | 20  | 8.0  | 15  | 5.5  | 20  | 8.0  | 9  | 9.2  | 83  | 7.4  |
|     | Total  | 34  | 6.6  | 31  | 5.9  | 29  | 5.3  | 27  | 5.2  | 13 | 6.7  | 134 | 5.8  |
| 10- | Male   | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 2   | 0.2  |
|     | Female | 3   | 1.1  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0  | 0.0  | 6   | 0.5  |
|     | Total  | 3   | 0.6  | 1   | 0.2  | 2   | 0.4  | 2   | 0.4  | 0  | 0.0  | 8   | 0.3  |

## 6) Beverage and citrus fruits intakes

### Frequency of intakes Japanese sake

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 192     | 75.0 | 188     | 68.6 | 180     | 65.2 | 188     | 69.6 | 66    | 68.8 | 814   | 69.5 |
|        | Once a month        | 16      | 6.3  | 23      | 8.4  | 18      | 6.5  | 14      | 5.2  | 2     | 2.1  | 73    | 6.2  |
|        | 2 to 3 times a mo.  | 17      | 6.6  | 7       | 2.6  | 17      | 6.2  | 11      | 4.1  | 2     | 2.1  | 54    | 4.6  |
|        | Once a week         | 10      | 3.9  | 21      | 7.7  | 10      | 3.6  | 9       | 3.3  | 4     | 4.2  | 54    | 4.6  |
|        | 2 to 3 times a week | 13      | 5.1  | 26      | 9.5  | 28      | 10.1 | 20      | 7.4  | 5     | 5.2  | 92    | 7.8  |
|        | 4 to 6 times a week | 2       | 0.8  | 5       | 1.8  | 11      | 4.0  | 8       | 3.0  | 3     | 3.1  | 29    | 2.5  |
|        | Once a day or more  | 6       | 2.3  | 4       | 1.5  | 12      | 4.3  | 20      | 7.4  | 14    | 14.6 | 56    | 4.8  |
| Female | Never               | 250     | 95.4 | 241     | 96.8 | 255     | 94.1 | 236     | 94.8 | 89    | 90.8 | 1071  | 94.9 |
|        | Once a month        | 5       | 1.9  | 1       | 0.4  | 2       | 0.7  | 3       | 1.2  | 2     | 2.0  | 13    | 1.2  |
|        | 2 to 3 times a mo.  | 2       | 0.8  | 2       | 0.8  | 4       | 1.5  | 3       | 1.2  | 3     | 3.1  | 14    | 1.2  |
|        | Once a week         | 3       | 1.1  | 3       | 1.2  | 5       | 1.8  | 0       | 0.0  | 2     | 2.0  | 13    | 1.2  |
|        | 2 to 3 times a week | 2       | 0.8  | 1       | 0.4  | 3       | 1.1  | 2       | 0.8  | 2     | 2.0  | 10    | 0.9  |
|        | 4 to 6 times a week | 0       | 0.0  | 1       | 0.4  | 1       | 0.4  | 3       | 1.2  | 0     | 0.0  | 5     | 0.4  |
|        | Once a day or more  | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 2       | 0.8  | 0     | 0.0  | 3     | 0.3  |
| Total  | Never               | 442     | 85.3 | 429     | 82.0 | 435     | 79.5 | 424     | 81.7 | 155   | 79.9 | 1885  | 81.9 |
|        | Once a month        | 21      | 4.1  | 24      | 4.6  | 20      | 3.7  | 17      | 3.3  | 4     | 2.1  | 86    | 3.7  |
|        | 2 to 3 times a mo.  | 19      | 3.7  | 9       | 1.7  | 21      | 3.8  | 14      | 2.7  | 5     | 2.6  | 68    | 3.0  |
|        | Once a week         | 13      | 2.5  | 24      | 4.6  | 15      | 2.7  | 9       | 1.7  | 6     | 3.1  | 67    | 2.9  |
|        | 2 to 3 times a week | 15      | 2.9  | 27      | 5.2  | 31      | 5.7  | 22      | 4.2  | 7     | 3.6  | 102   | 4.4  |
|        | 4 to 6 times a week | 2       | 0.4  | 6       | 1.1  | 12      | 2.2  | 11      | 2.1  | 3     | 1.5  | 34    | 1.5  |
|        | Once a day or more  | 6       | 1.2  | 4       | 0.8  | 13      | 2.4  | 22      | 4.2  | 14    | 7.2  | 59    | 2.6  |

### Frequency of intakes Japanese distilled alcoholic beverages (Shochu)

|      |                    | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|--------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                    | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never              | 152     | 59.4 | 138     | 50.4 | 158     | 57.2 | 189     | 70.0 | 82    | 85.4 | 719   | 61.3 |
|      | Once a month       | 15      | 5.9  | 14      | 5.1  | 8       | 2.9  | 5       | 1.9  | 4     | 4.2  | 46    | 3.9  |
|      | 2 to 3 times a mo. | 18      | 7.0  | 17      | 6.2  | 9       | 3.3  | 5       | 1.9  | 1     | 1.0  | 50    | 4.3  |



|        |                     |     |      |     |      |     |      |     |      |     |       |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|-----|-------|------|------|
|        | Once a week         | 19  | 7.4  | 18  | 6.6  | 15  | 5.4  | 9   | 3.3  | 1   | 1.0   | 62   | 5.3  |
|        | 2 to 3 times a week | 24  | 9.4  | 37  | 13.5 | 27  | 9.8  | 17  | 6.3  | 3   | 3.1   | 108  | 9.2  |
|        | 4 to 6 times a week | 11  | 4.3  | 15  | 5.5  | 17  | 6.2  | 13  | 4.8  | 1   | 1.0   | 57   | 4.9  |
|        | Once a day or more  | 17  | 6.6  | 35  | 12.8 | 42  | 15.2 | 32  | 11.9 | 4   | 4.2   | 130  | 11.1 |
| Female | Never               | 234 | 89.3 | 226 | 90.8 | 252 | 93.0 | 240 | 96.4 | 98  | 100.0 | 1050 | 93.0 |
|        | Once a month        | 2   | 0.8  | 4   | 1.6  | 3   | 1.1  | 0   | 0.0  | 0   | 0.0   | 9    | 0.8  |
|        | 2 to 3 times a mo.  | 6   | 2.3  | 8   | 3.2  | 3   | 1.1  | 2   | 0.8  | 0   | 0.0   | 19   | 1.7  |
|        | Once a week         | 4   | 1.5  | 3   | 1.2  | 6   | 2.2  | 5   | 2.0  | 0   | 0.0   | 18   | 1.6  |
|        | 2 to 3 times a week | 9   | 3.4  | 3   | 1.2  | 4   | 1.5  | 1   | 0.4  | 0   | 0.0   | 17   | 1.5  |
|        | 4 to 6 times a week | 3   | 1.1  | 3   | 1.2  | 1   | 0.4  | 0   | 0.0  | 0   | 0.0   | 7    | 0.6  |
|        | Once a day or more  | 4   | 1.5  | 2   | 0.8  | 2   | 0.7  | 1   | 0.4  | 0   | 0.0   | 9    | 0.8  |
| Total  | Never               | 386 | 74.5 | 364 | 69.6 | 410 | 75.0 | 429 | 82.7 | 180 | 92.8  | 1769 | 76.9 |
|        | Once a month        | 17  | 3.3  | 18  | 3.4  | 11  | 2.0  | 5   | 1.0  | 4   | 2.1   | 55   | 2.4  |
|        | 2 to 3 times a mo.  | 24  | 4.6  | 25  | 4.8  | 12  | 2.2  | 7   | 1.3  | 1   | 0.5   | 69   | 3.0  |
|        | Once a week         | 23  | 4.4  | 21  | 4.0  | 21  | 3.8  | 14  | 2.7  | 1   | 0.5   | 80   | 3.5  |
|        | 2 to 3 times a week | 33  | 6.4  | 40  | 7.6  | 31  | 5.7  | 18  | 3.5  | 3   | 1.5   | 125  | 5.4  |
|        | 4 to 6 times a week | 14  | 2.7  | 18  | 3.4  | 18  | 3.3  | 13  | 2.5  | 1   | 0.5   | 64   | 2.8  |
|        | Once a day or more  | 21  | 4.1  | 37  | 7.1  | 44  | 8.0  | 33  | 6.4  | 4   | 2.1   | 139  | 6.0  |

Frequency of intakes  
Shochu-based beverage (Chuhai)

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 193     | 75.4 | 241     | 88.0 | 253     | 91.7 | 246     | 91.1 | 89    | 92.7 | 1022  | 87.2 |
|        | Once a month        | 16      | 6.3  | 9       | 3.3  | 4       | 1.4  | 8       | 3.0  | 0     | 0.0  | 37    | 3.2  |
|        | 2 to 3 times a mo.  | 16      | 6.3  | 8       | 2.9  | 2       | 0.7  | 1       | 0.4  | 1     | 1.0  | 28    | 2.4  |
|        | Once a week         | 10      | 3.9  | 7       | 2.6  | 6       | 2.2  | 4       | 1.5  | 2     | 2.1  | 29    | 2.5  |
|        | 2 to 3 times a week | 10      | 3.9  | 8       | 2.9  | 4       | 1.4  | 5       | 1.9  | 2     | 2.1  | 29    | 2.5  |
|        | 4 to 6 times a week | 8       | 3.1  | 1       | 0.4  | 2       | 0.7  | 1       | 0.4  | 0     | 0.0  | 12    | 1.0  |
|        | Once a day or more  | 3       | 1.2  | 0       | 0.0  | 5       | 1.8  | 5       | 1.9  | 2     | 2.1  | 15    | 1.3  |
| Female | Never               | 206     | 78.6 | 215     | 86.3 | 249     | 91.9 | 235     | 94.4 | 91    | 92.9 | 996   | 88.2 |
|        | Once a month        | 15      | 5.7  | 8       | 3.2  | 5       | 1.8  | 4       | 1.6  | 1     | 1.0  | 33    | 2.9  |
|        | 2 to 3 times a mo.  | 24      | 9.2  | 11      | 4.4  | 5       | 1.8  | 1       | 0.4  | 1     | 1.0  | 42    | 3.7  |
|        | Once a week         | 8       | 3.1  | 4       | 1.6  | 6       | 2.2  | 2       | 0.8  | 1     | 1.0  | 21    | 1.9  |
|        | 2 to 3 times a week | 6       | 2.3  | 5       | 2.0  | 3       | 1.1  | 0       | 0.0  | 1     | 1.0  | 15    | 1.3  |
|        | 4 to 6 times a week | 1       | 0.4  | 3       | 1.2  | 0       | 0.0  | 0       | 0.0  | 0     | 0.0  | 4     | 0.4  |
|        | Once a day or more  | 2       | 0.8  | 3       | 1.2  | 3       | 1.1  | 7       | 2.8  | 3     | 3.1  | 18    | 1.6  |
| Total  | Never               | 399     | 77.0 | 456     | 87.2 | 502     | 91.8 | 481     | 92.7 | 180   | 92.8 | 2018  | 87.7 |
|        | Once a month        | 31      | 6.0  | 17      | 3.3  | 9       | 1.6  | 12      | 2.3  | 1     | 0.5  | 70    | 3.0  |
|        | 2 to 3 times a mo.  | 40      | 7.7  | 19      | 3.6  | 7       | 1.3  | 2       | 0.4  | 2     | 1.0  | 70    | 3.0  |
|        | Once a week         | 18      | 3.5  | 11      | 2.1  | 12      | 2.2  | 6       | 1.2  | 3     | 1.5  | 50    | 2.2  |
|        | 2 to 3 times a week | 16      | 3.1  | 13      | 2.5  | 7       | 1.3  | 5       | 1.0  | 3     | 1.5  | 44    | 1.9  |
|        | 4 to 6 times a week | 9       | 1.7  | 4       | 0.8  | 2       | 0.4  | 1       | 0.2  | 0     | 0.0  | 16    | 0.7  |
|        | Once a day or more  | 5       | 1.0  | 3       | 0.6  | 8       | 1.5  | 12      | 2.3  | 5     | 2.6  | 33    | 1.4  |

Frequency of intakes  
Regular or draft beer

|      |                    | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|--------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                    | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never              | 61      | 23.8 | 74      | 27.0 | 79      | 28.6 | 157     | 58.1 | 64    | 66.7 | 435   | 37.1 |
|      | Once a month       | 23      | 9.0  | 22      | 8.0  | 11      | 4.0  | 14      | 5.2  | 5     | 5.2  | 75    | 6.4  |
|      | 2 to 3 times a mo. | 23      | 9.0  | 19      | 6.9  | 19      | 6.9  | 11      | 4.1  | 7     | 7.3  | 79    | 6.7  |

|        |                     |     |      |     |      |     |      |     |      |     |      |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|-----|------|------|------|
|        | Once a week         | 25  | 9.8  | 31  | 11.3 | 34  | 12.3 | 22  | 8.1  | 3   | 3.1  | 115  | 9.8  |
|        | 2 to 3 times a week | 42  | 16.4 | 40  | 14.6 | 55  | 19.9 | 23  | 8.5  | 7   | 7.3  | 167  | 14.2 |
|        | 4 to 6 times a week | 25  | 9.8  | 22  | 8.0  | 24  | 8.7  | 10  | 3.7  | 1   | 1.0  | 82   | 7.0  |
|        | Once a day or more  | 57  | 22.3 | 66  | 24.1 | 54  | 19.6 | 33  | 12.2 | 9   | 9.4  | 219  | 18.7 |
| Female | Never               | 165 | 63.0 | 159 | 63.9 | 204 | 75.3 | 207 | 83.1 | 85  | 86.7 | 820  | 72.6 |
|        | Once a month        | 14  | 5.3  | 16  | 6.4  | 8   | 3.0  | 12  | 4.8  | 5   | 5.1  | 55   | 4.9  |
|        | 2 to 3 times a mo.  | 14  | 5.3  | 14  | 5.6  | 14  | 5.2  | 10  | 4.0  | 1   | 1.0  | 53   | 4.7  |
|        | Once a week         | 16  | 6.1  | 18  | 7.2  | 11  | 4.1  | 3   | 1.2  | 3   | 3.1  | 51   | 4.5  |
|        | 2 to 3 times a week | 21  | 8.0  | 11  | 4.4  | 19  | 7.0  | 8   | 3.2  | 2   | 2.0  | 61   | 5.4  |
|        | 4 to 6 times a week | 16  | 6.1  | 10  | 4.0  | 4   | 1.5  | 1   | 0.4  | 0   | 0.0  | 31   | 2.7  |
|        | Once a day or more  | 16  | 6.1  | 21  | 8.4  | 11  | 4.1  | 8   | 3.2  | 2   | 2.0  | 58   | 5.1  |
| Total  | Never               | 226 | 43.6 | 233 | 44.6 | 283 | 51.7 | 364 | 70.1 | 149 | 76.8 | 1255 | 54.5 |
|        | Once a month        | 37  | 7.1  | 38  | 7.3  | 19  | 3.5  | 26  | 5.0  | 10  | 5.2  | 130  | 5.6  |
|        | 2 to 3 times a mo.  | 37  | 7.1  | 33  | 6.3  | 33  | 6.0  | 21  | 4.0  | 8   | 4.1  | 132  | 5.7  |
|        | Once a week         | 41  | 7.9  | 49  | 9.4  | 45  | 8.2  | 25  | 4.8  | 6   | 3.1  | 166  | 7.2  |
|        | 2 to 3 times a week | 63  | 12.2 | 51  | 9.8  | 74  | 13.5 | 31  | 6.0  | 9   | 4.6  | 228  | 9.9  |
|        | 4 to 6 times a week | 41  | 7.9  | 32  | 6.1  | 28  | 5.1  | 11  | 2.1  | 1   | 0.5  | 113  | 4.9  |
|        | Once a day or more  | 73  | 14.1 | 87  | 16.6 | 65  | 11.9 | 41  | 7.9  | 11  | 5.7  | 277  | 12.0 |

Frequency of intakes  
Wine

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 220     | 85.9 | 238     | 86.9 | 240     | 87.0 | 257     | 95.2 | 90    | 93.8 | 1045  | 89.2 |
|        | Once a month        | 11      | 4.3  | 18      | 6.6  | 18      | 6.5  | 3       | 1.1  | 1     | 1.0  | 51    | 4.4  |
|        | 2 to 3 times a mo.  | 14      | 5.5  | 5       | 1.8  | 9       | 3.3  | 4       | 1.5  | 1     | 1.0  | 33    | 2.8  |
|        | Once a week         | 6       | 2.3  | 8       | 2.9  | 6       | 2.2  | 1       | 0.4  | 1     | 1.0  | 22    | 1.9  |
|        | 2 to 3 times a week | 4       | 1.6  | 5       | 1.8  | 2       | 0.7  | 4       | 1.5  | 3     | 3.1  | 18    | 1.5  |
|        | 4 to 6 times a week | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 0       | 0.0  | 0     | 0.0  | 1     | 0.1  |
|        | Once a day or more  | 1       | 0.4  | 0       | 0.0  | 0       | 0.0  | 1       | 0.4  | 0     | 0.0  | 2     | 0.2  |
| Female | Never               | 238     | 90.8 | 218     | 87.6 | 254     | 93.7 | 239     | 96.0 | 96    | 98.0 | 1045  | 92.6 |
|        | Once a month        | 6       | 2.3  | 11      | 4.4  | 9       | 3.3  | 3       | 1.2  | 0     | 0.0  | 29    | 2.6  |
|        | 2 to 3 times a mo.  | 9       | 3.4  | 10      | 4.0  | 1       | 0.4  | 3       | 1.2  | 1     | 1.0  | 24    | 2.1  |
|        | Once a week         | 6       | 2.3  | 3       | 1.2  | 4       | 1.5  | 0       | 0.0  | 0     | 0.0  | 13    | 1.2  |
|        | 2 to 3 times a week | 2       | 0.8  | 5       | 2.0  | 2       | 0.7  | 0       | 0.0  | 0     | 0.0  | 9     | 0.8  |
|        | 4 to 6 times a week | 0       | 0.0  | 2       | 0.8  | 1       | 0.4  | 0       | 0.0  | 0     | 0.0  | 3     | 0.3  |
|        | Once a day or more  | 1       | 0.4  | 0       | 0.0  | 0       | 0.0  | 4       | 1.6  | 1     | 1.0  | 6     | 0.5  |
| Total  | Never               | 458     | 88.4 | 456     | 87.2 | 494     | 90.3 | 496     | 95.6 | 186   | 95.9 | 2090  | 90.8 |
|        | Once a month        | 17      | 3.3  | 29      | 5.5  | 27      | 4.9  | 6       | 1.2  | 1     | 0.5  | 80    | 3.5  |
|        | 2 to 3 times a mo.  | 23      | 4.4  | 15      | 2.9  | 10      | 1.8  | 7       | 1.3  | 2     | 1.0  | 57    | 2.5  |
|        | Once a week         | 12      | 2.3  | 11      | 2.1  | 10      | 1.8  | 1       | 0.2  | 1     | 0.5  | 35    | 1.5  |
|        | 2 to 3 times a week | 6       | 1.2  | 10      | 1.9  | 4       | 0.7  | 4       | 0.8  | 3     | 1.5  | 27    | 1.2  |
|        | 4 to 6 times a week | 0       | 0.0  | 2       | 0.4  | 2       | 0.4  | 0       | 0.0  | 0     | 0.0  | 4     | 0.2  |
|        | Once a day or more  | 2       | 0.4  | 0       | 0.0  | 0       | 0.0  | 5       | 1.0  | 1     | 0.5  | 8     | 0.3  |

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

|      |                    | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|--------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                    | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never              | 229     | 89.5 | 235     | 85.8 | 248     | 89.9 | 249     | 92.2 | 89    | 92.7 | 1050  | 89.6 |
|      | Once a month       | 10      | 3.9  | 15      | 5.5  | 8       | 2.9  | 5       | 1.9  | 2     | 2.1  | 40    | 3.4  |
|      | 2 to 3 times a mo. | 6       | 2.3  | 5       | 1.8  | 5       | 1.8  | 1       | 0.4  | 1     | 1.0  | 18    | 1.5  |
|      | Once a week        | 4       | 1.6  | 8       | 2.9  | 4       | 1.4  | 4       | 1.5  | 2     | 2.1  | 22    | 1.9  |

|        |                     |     |      |     |      |     |      |     |      |     |       |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|-----|-------|------|------|
|        | 2 to 3 times a week | 3   | 1.2  | 5   | 1.8  | 4   | 1.4  | 5   | 1.9  | 0   | 0.0   | 17   | 1.5  |
|        | 4 to 6 times a week | 1   | 0.4  | 1   | 0.4  | 0   | 0.0  | 2   | 0.7  | 1   | 1.0   | 5    | 0.4  |
|        | Once a day or more  | 3   | 1.2  | 5   | 1.8  | 7   | 2.5  | 4   | 1.5  | 1   | 1.0   | 20   | 1.7  |
| Female | Never               | 259 | 98.9 | 247 | 99.2 | 266 | 98.2 | 245 | 98.4 | 98  | 100.0 | 1115 | 98.8 |
|        | Once a month        | 1   | 0.4  | 0   | 0.0  | 1   | 0.4  | 0   | 0.0  | 0   | 0.0   | 2    | 0.2  |
|        | 2 to 3 times a mo.  | 0   | 0.0  | 1   | 0.4  | 1   | 0.4  | 1   | 0.4  | 0   | 0.0   | 3    | 0.3  |
|        | Once a week         | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 0   | 0.0   | 1    | 0.1  |
|        | 2 to 3 times a week | 2   | 0.8  | 1   | 0.4  | 1   | 0.4  | 0   | 0.0  | 0   | 0.0   | 4    | 0.4  |
|        | 4 to 6 times a week | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 1   | 0.4  | 0   | 0.0   | 1    | 0.1  |
|        | Once a day or more  | 0   | 0.0  | 0   | 0.0  | 2   | 0.7  | 1   | 0.4  | 0   | 0.0   | 3    | 0.3  |
| Total  | Never               | 488 | 94.2 | 482 | 92.2 | 514 | 94.0 | 494 | 95.2 | 187 | 96.4  | 2165 | 94.1 |
|        | Once a month        | 11  | 2.1  | 15  | 2.9  | 9   | 1.6  | 5   | 1.0  | 2   | 1.0   | 42   | 1.8  |
|        | 2 to 3 times a mo.  | 6   | 1.2  | 6   | 1.1  | 6   | 1.1  | 2   | 0.4  | 1   | 0.5   | 21   | 0.9  |
|        | Once a week         | 4   | 0.8  | 8   | 1.5  | 4   | 0.7  | 5   | 1.0  | 2   | 1.0   | 23   | 1.0  |
|        | 2 to 3 times a week | 5   | 1.0  | 6   | 1.1  | 5   | 0.9  | 5   | 1.0  | 0   | 0.0   | 21   | 0.9  |
|        | 4 to 6 times a week | 1   | 0.2  | 1   | 0.2  | 0   | 0.0  | 3   | 0.6  | 1   | 0.5   | 6    | 0.3  |
|        | Once a day or more  | 3   | 0.6  | 5   | 1.0  | 9   | 1.6  | 5   | 1.0  | 1   | 0.5   | 23   | 1.0  |

Frequency of intakes  
Regular coffee

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 18      | 7.0  | 21      | 7.7  | 27      | 9.8  | 35      | 13.0 | 20    | 20.8 | 121   | 10.3 |
|        | Once a month        | 2       | 0.8  | 1       | 0.4  | 0       | 0.0  | 5       | 1.9  | 2     | 2.1  | 10    | 0.9  |
|        | 2 to 3 times a mo.  | 4       | 1.6  | 8       | 2.9  | 5       | 1.8  | 9       | 3.3  | 2     | 2.1  | 28    | 2.4  |
|        | Once a week         | 15      | 5.9  | 11      | 4.0  | 10      | 3.6  | 20      | 7.4  | 9     | 9.4  | 65    | 5.5  |
|        | 2 to 3 times a week | 8       | 3.1  | 19      | 6.9  | 28      | 10.1 | 28      | 10.4 | 7     | 7.3  | 90    | 7.7  |
|        | 4 to 6 times a week | 8       | 3.1  | 9       | 3.3  | 6       | 2.2  | 8       | 3.0  | 1     | 1.0  | 32    | 2.7  |
|        | Once a day or more  | 201     | 78.5 | 205     | 74.8 | 200     | 72.5 | 165     | 61.1 | 55    | 57.3 | 826   | 70.5 |
| Female | Never               | 17      | 6.5  | 21      | 8.4  | 24      | 8.9  | 40      | 16.1 | 25    | 25.5 | 127   | 11.2 |
|        | Once a month        | 7       | 2.7  | 2       | 0.8  | 4       | 1.5  | 8       | 3.2  | 11    | 11.2 | 32    | 2.8  |
|        | 2 to 3 times a mo.  | 8       | 3.1  | 6       | 2.4  | 7       | 2.6  | 12      | 4.8  | 6     | 6.1  | 39    | 3.5  |
|        | Once a week         | 4       | 1.5  | 5       | 2.0  | 16      | 5.9  | 24      | 9.6  | 12    | 12.2 | 61    | 5.4  |
|        | 2 to 3 times a week | 12      | 4.6  | 14      | 5.6  | 12      | 4.4  | 28      | 11.2 | 13    | 13.3 | 79    | 7.0  |
|        | 4 to 6 times a week | 8       | 3.1  | 6       | 2.4  | 11      | 4.1  | 10      | 4.0  | 3     | 3.1  | 38    | 3.4  |
|        | Once a day or more  | 206     | 78.6 | 195     | 78.3 | 197     | 72.7 | 127     | 51.0 | 28    | 28.6 | 753   | 66.7 |
| Total  | Never               | 35      | 6.8  | 42      | 8.0  | 51      | 9.3  | 75      | 14.5 | 45    | 23.2 | 248   | 10.8 |
|        | Once a month        | 9       | 1.7  | 3       | 0.6  | 4       | 0.7  | 13      | 2.5  | 13    | 6.7  | 42    | 1.8  |
|        | 2 to 3 times a mo.  | 12      | 2.3  | 14      | 2.7  | 12      | 2.2  | 21      | 4.0  | 8     | 4.1  | 67    | 2.9  |
|        | Once a week         | 19      | 3.7  | 16      | 3.1  | 26      | 4.8  | 44      | 8.5  | 21    | 10.8 | 126   | 5.5  |
|        | 2 to 3 times a week | 20      | 3.9  | 33      | 6.3  | 40      | 7.3  | 56      | 10.8 | 20    | 10.3 | 169   | 7.3  |
|        | 4 to 6 times a week | 16      | 3.1  | 15      | 2.9  | 17      | 3.1  | 18      | 3.5  | 4     | 2.1  | 70    | 3.0  |
|        | Once a day or more  | 407     | 78.6 | 400     | 76.5 | 397     | 72.6 | 292     | 56.3 | 83    | 42.8 | 1579  | 68.6 |

Frequency of intakes  
Black tea

|      |                    | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|--------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                    | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never              | 187     | 73.0 | 206     | 75.2 | 235     | 85.1 | 210     | 77.8 | 75    | 78.1 | 913   | 77.9 |
|      | Once a month       | 12      | 4.7  | 14      | 5.1  | 5       | 1.8  | 12      | 4.4  | 6     | 6.3  | 49    | 4.2  |
|      | 2 to 3 times a mo. | 12      | 4.7  | 11      | 4.0  | 5       | 1.8  | 14      | 5.2  | 4     | 4.2  | 46    | 3.9  |
|      | Once a week        | 19      | 7.4  | 13      | 4.7  | 10      | 3.6  | 7       | 2.6  | 5     | 5.2  | 54    | 4.6  |

|        |                     |     |      |     |      |     |      |     |      |     |      |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|-----|------|------|------|
|        | 2 to 3 times a week | 13  | 5.1  | 13  | 4.7  | 6   | 2.2  | 12  | 4.4  | 2   | 2.1  | 46   | 3.9  |
|        | 4 to 6 times a week | 4   | 1.6  | 4   | 1.5  | 1   | 0.4  | 1   | 0.4  | 0   | 0.0  | 10   | 0.9  |
|        | Once a day or more  | 9   | 3.5  | 13  | 4.7  | 14  | 5.1  | 14  | 5.2  | 4   | 4.2  | 54   | 4.6  |
| Female | Never               | 127 | 48.5 | 141 | 56.6 | 181 | 66.8 | 146 | 58.6 | 65  | 66.3 | 660  | 58.5 |
|        | Once a month        | 29  | 11.1 | 14  | 5.6  | 24  | 8.9  | 16  | 6.4  | 6   | 6.1  | 89   | 7.9  |
|        | 2 to 3 times a mo.  | 27  | 10.3 | 20  | 8.0  | 16  | 5.9  | 24  | 9.6  | 7   | 7.1  | 94   | 8.3  |
|        | Once a week         | 26  | 9.9  | 17  | 6.8  | 14  | 5.2  | 24  | 9.6  | 8   | 8.2  | 89   | 7.9  |
|        | 2 to 3 times a week | 25  | 9.5  | 32  | 12.9 | 20  | 7.4  | 23  | 9.2  | 7   | 7.1  | 107  | 9.5  |
|        | 4 to 6 times a week | 6   | 2.3  | 4   | 1.6  | 1   | 0.4  | 2   | 0.8  | 0   | 0.0  | 13   | 1.2  |
|        | Once a day or more  | 22  | 8.4  | 21  | 8.4  | 15  | 5.5  | 14  | 5.6  | 5   | 5.1  | 77   | 6.8  |
| Total  | Never               | 314 | 60.6 | 347 | 66.3 | 416 | 76.1 | 356 | 68.6 | 140 | 72.2 | 1573 | 68.4 |
|        | Once a month        | 41  | 7.9  | 28  | 5.4  | 29  | 5.3  | 28  | 5.4  | 12  | 6.2  | 138  | 6.0  |
|        | 2 to 3 times a mo.  | 39  | 7.5  | 31  | 5.9  | 21  | 3.8  | 38  | 7.3  | 11  | 5.7  | 140  | 6.1  |
|        | Once a week         | 45  | 8.7  | 30  | 5.7  | 24  | 4.4  | 31  | 6.0  | 13  | 6.7  | 143  | 6.2  |
|        | 2 to 3 times a week | 38  | 7.3  | 45  | 8.6  | 26  | 4.8  | 35  | 6.7  | 9   | 4.6  | 153  | 6.6  |
|        | 4 to 6 times a week | 10  | 1.9  | 8   | 1.5  | 2   | 0.4  | 3   | 0.6  | 0   | 0.0  | 23   | 1.0  |
|        | Once a day or more  | 31  | 6.0  | 34  | 6.5  | 29  | 5.3  | 28  | 5.4  | 9   | 4.6  | 131  | 5.7  |

Frequency of intakes  
Green tea

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 22      | 8.6  | 23      | 8.4  | 16      | 5.8  | 16      | 5.9  | 7     | 7.3  | 84    | 7.2  |
|        | Once a month        | 7       | 2.7  | 3       | 1.1  | 2       | 0.7  | 0       | 0.0  | 0     | 0.0  | 12    | 1.0  |
|        | 2 to 3 times a mo.  | 6       | 2.3  | 3       | 1.1  | 3       | 1.1  | 2       | 0.7  | 0     | 0.0  | 14    | 1.2  |
|        | Once a week         | 13      | 5.1  | 5       | 1.8  | 5       | 1.8  | 3       | 1.1  | 2     | 2.1  | 28    | 2.4  |
|        | 2 to 3 times a week | 17      | 6.6  | 19      | 6.9  | 8       | 2.9  | 4       | 1.5  | 3     | 3.1  | 51    | 4.4  |
|        | 4 to 6 times a week | 6       | 2.3  | 10      | 3.6  | 3       | 1.1  | 1       | 0.4  | 0     | 0.0  | 20    | 1.7  |
|        | Once a day or more  | 185     | 72.3 | 211     | 77.0 | 239     | 86.6 | 244     | 90.4 | 84    | 87.5 | 963   | 82.2 |
| Female | Never               | 40      | 15.3 | 27      | 10.8 | 7       | 2.6  | 9       | 3.6  | 4     | 4.1  | 87    | 7.7  |
|        | Once a month        | 6       | 2.3  | 1       | 0.4  | 3       | 1.1  | 2       | 0.8  | 1     | 1.0  | 13    | 1.2  |
|        | 2 to 3 times a mo.  | 11      | 4.2  | 8       | 3.2  | 5       | 1.8  | 1       | 0.4  | 0     | 0.0  | 25    | 2.2  |
|        | Once a week         | 14      | 5.3  | 5       | 2.0  | 5       | 1.8  | 4       | 1.6  | 1     | 1.0  | 29    | 2.6  |
|        | 2 to 3 times a week | 14      | 5.3  | 18      | 7.2  | 10      | 3.7  | 6       | 2.4  | 0     | 0.0  | 48    | 4.3  |
|        | 4 to 6 times a week | 12      | 4.6  | 7       | 2.8  | 6       | 2.2  | 3       | 1.2  | 0     | 0.0  | 28    | 2.5  |
|        | Once a day or more  | 165     | 63.0 | 183     | 73.5 | 235     | 86.7 | 224     | 90.0 | 92    | 93.9 | 899   | 79.6 |
| Total  | Never               | 62      | 12.0 | 50      | 9.6  | 23      | 4.2  | 25      | 4.8  | 11    | 5.7  | 171   | 7.4  |
|        | Once a month        | 13      | 2.5  | 4       | 0.8  | 5       | 0.9  | 2       | 0.4  | 1     | 0.5  | 25    | 1.1  |
|        | 2 to 3 times a mo.  | 17      | 3.3  | 11      | 2.1  | 8       | 1.5  | 3       | 0.6  | 0     | 0.0  | 39    | 1.7  |
|        | Once a week         | 27      | 5.2  | 10      | 1.9  | 10      | 1.8  | 7       | 1.3  | 3     | 1.5  | 57    | 2.5  |
|        | 2 to 3 times a week | 31      | 6.0  | 37      | 7.1  | 18      | 3.3  | 10      | 1.9  | 3     | 1.5  | 99    | 4.3  |
|        | 4 to 6 times a week | 18      | 3.5  | 17      | 3.3  | 9       | 1.6  | 4       | 0.8  | 0     | 0.0  | 48    | 2.1  |
|        | Once a day or more  | 350     | 67.6 | 394     | 75.3 | 474     | 86.7 | 468     | 90.2 | 176   | 90.7 | 1862  | 80.9 |

Frequency of intakes  
Oolong tea

|      |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never               | 158     | 61.7 | 138     | 50.4 | 184     | 66.7 | 208     | 77.0 | 85    | 88.5 | 773   | 66.0 |
|      | Once a month        | 15      | 5.9  | 15      | 5.5  | 13      | 4.7  | 14      | 5.2  | 1     | 1.0  | 58    | 4.9  |
|      | 2 to 3 times a mo.  | 16      | 6.3  | 20      | 7.3  | 16      | 5.8  | 12      | 4.4  | 2     | 2.1  | 66    | 5.6  |
|      | Once a week         | 9       | 3.5  | 18      | 6.6  | 10      | 3.6  | 13      | 4.8  | 1     | 1.0  | 51    | 4.4  |
|      | 2 to 3 times a week | 13      | 5.1  | 15      | 5.5  | 17      | 6.2  | 5       | 1.9  | 2     | 2.1  | 52    | 4.4  |

|        |                     |     |      |     |      |     |      |     |      |     |      |      |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|-----|------|------|------|
|        | 4 to 6 times a week | 5   | 2.0  | 1   | 0.4  | 3   | 1.1  | 2   | 0.7  | 0   | 0.0  | 11   | 0.9  |
|        | Once a day or more  | 40  | 15.6 | 67  | 24.5 | 33  | 12.0 | 16  | 5.9  | 5   | 5.2  | 161  | 13.7 |
| Female | Never               | 170 | 64.9 | 143 | 57.4 | 183 | 67.5 | 185 | 74.3 | 81  | 82.7 | 762  | 67.5 |
|        | Once a month        | 17  | 6.5  | 15  | 6.0  | 16  | 5.9  | 11  | 4.4  | 7   | 7.1  | 66   | 5.8  |
|        | 2 to 3 times a mo.  | 12  | 4.6  | 15  | 6.0  | 9   | 3.3  | 12  | 4.8  | 2   | 2.0  | 50   | 4.4  |
|        | Once a week         | 4   | 1.5  | 12  | 4.8  | 13  | 4.8  | 12  | 4.8  | 2   | 2.0  | 43   | 3.8  |
|        | 2 to 3 times a week | 14  | 5.3  | 11  | 4.4  | 12  | 4.4  | 5   | 2.0  | 2   | 2.0  | 44   | 3.9  |
|        | 4 to 6 times a week | 3   | 1.1  | 3   | 1.2  | 8   | 3.0  | 3   | 1.2  | 1   | 1.0  | 18   | 1.6  |
|        | Once a day or more  | 42  | 16.0 | 50  | 20.1 | 30  | 11.1 | 21  | 8.4  | 3   | 3.1  | 146  | 12.9 |
| Total  | Never               | 328 | 63.3 | 281 | 53.7 | 367 | 67.1 | 393 | 75.7 | 166 | 85.6 | 1535 | 66.7 |
|        | Once a month        | 32  | 6.2  | 30  | 5.7  | 29  | 5.3  | 25  | 4.8  | 8   | 4.1  | 124  | 5.4  |
|        | 2 to 3 times a mo.  | 28  | 5.4  | 35  | 6.7  | 25  | 4.6  | 24  | 4.6  | 4   | 2.1  | 116  | 5.0  |
|        | Once a week         | 13  | 2.5  | 30  | 5.7  | 23  | 4.2  | 25  | 4.8  | 3   | 1.5  | 94   | 4.1  |
|        | 2 to 3 times a week | 27  | 5.2  | 26  | 5.0  | 29  | 5.3  | 10  | 1.9  | 4   | 2.1  | 96   | 4.2  |
|        | 4 to 6 times a week | 8   | 1.5  | 4   | 0.8  | 11  | 2.0  | 5   | 1.0  | 1   | 0.5  | 29   | 1.3  |
|        | Once a day or more  | 82  | 15.8 | 117 | 22.4 | 63  | 11.5 | 37  | 7.1  | 8   | 4.1  | 307  | 13.3 |

Frequency of intakes  
Satsuma mandarin (Mikan)

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 37      | 14.5 | 33      | 12.0 | 20      | 7.2  | 28      | 10.4 | 12    | 12.5 | 130   | 11.1 |
|        | Once a month        | 18      | 7.0  | 9       | 3.3  | 5       | 1.8  | 3       | 1.1  | 0     | 0.0  | 35    | 3.0  |
|        | 2 to 3 times a mo.  | 22      | 8.6  | 12      | 4.4  | 9       | 3.3  | 7       | 2.6  | 1     | 1.0  | 51    | 4.4  |
|        | Once a week         | 40      | 15.6 | 37      | 13.5 | 24      | 8.7  | 17      | 6.3  | 6     | 6.3  | 124   | 10.6 |
|        | 2 to 3 times a week | 56      | 21.9 | 68      | 24.8 | 43      | 15.6 | 47      | 17.4 | 14    | 14.6 | 228   | 19.5 |
|        | 4 to 6 times a week | 8       | 3.1  | 10      | 3.6  | 12      | 4.3  | 9       | 3.3  | 2     | 2.1  | 41    | 3.5  |
|        | Once a day or more  | 75      | 29.3 | 105     | 38.3 | 163     | 59.1 | 159     | 58.9 | 61    | 63.5 | 563   | 48.0 |
| Female | Never               | 28      | 10.7 | 13      | 5.2  | 8       | 3.0  | 9       | 3.6  | 5     | 5.1  | 63    | 5.6  |
|        | Once a month        | 12      | 4.6  | 6       | 2.4  | 3       | 1.1  | 5       | 2.0  | 0     | 0.0  | 26    | 2.3  |
|        | 2 to 3 times a mo.  | 21      | 8.0  | 11      | 4.4  | 3       | 1.1  | 2       | 0.8  | 4     | 4.1  | 41    | 3.6  |
|        | Once a week         | 24      | 9.2  | 20      | 8.0  | 17      | 6.3  | 7       | 2.8  | 5     | 5.1  | 73    | 6.5  |
|        | 2 to 3 times a week | 62      | 23.7 | 46      | 18.5 | 34      | 12.5 | 24      | 9.6  | 3     | 3.1  | 169   | 15.0 |
|        | 4 to 6 times a week | 3       | 1.1  | 14      | 5.6  | 8       | 3.0  | 4       | 1.6  | 3     | 3.1  | 32    | 2.8  |
|        | Once a day or more  | 112     | 42.7 | 139     | 55.8 | 198     | 73.1 | 198     | 79.5 | 78    | 79.6 | 725   | 64.2 |
| Total  | Never               | 65      | 12.5 | 46      | 8.8  | 28      | 5.1  | 37      | 7.1  | 17    | 8.8  | 193   | 8.4  |
|        | Once a month        | 30      | 5.8  | 15      | 2.9  | 8       | 1.5  | 8       | 1.5  | 0     | 0.0  | 61    | 2.7  |
|        | 2 to 3 times a mo.  | 43      | 8.3  | 23      | 4.4  | 12      | 2.2  | 9       | 1.7  | 5     | 2.6  | 92    | 4.0  |
|        | Once a week         | 64      | 12.4 | 57      | 10.9 | 41      | 7.5  | 24      | 4.6  | 11    | 5.7  | 197   | 8.6  |
|        | 2 to 3 times a week | 118     | 22.8 | 114     | 21.8 | 77      | 14.1 | 71      | 13.7 | 17    | 8.8  | 397   | 17.3 |
|        | 4 to 6 times a week | 11      | 2.1  | 24      | 4.6  | 20      | 3.7  | 13      | 2.5  | 5     | 2.6  | 73    | 3.2  |
|        | Once a day or more  | 187     | 36.1 | 244     | 46.7 | 361     | 66.0 | 357     | 68.8 | 139   | 71.6 | 1288  | 56.0 |

Frequency of intakes  
Citrus fruit

|      |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|      |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male | Never               | 149     | 58.2 | 124     | 45.3 | 94      | 34.1 | 118     | 43.7 | 43    | 44.8 | 528   | 45.1 |
|      | Once a month        | 21      | 8.2  | 25      | 9.1  | 26      | 9.4  | 7       | 2.6  | 4     | 4.2  | 83    | 7.1  |
|      | 2 to 3 times a mo.  | 27      | 10.5 | 29      | 10.6 | 28      | 10.1 | 16      | 5.9  | 4     | 4.2  | 104   | 8.9  |
|      | Once a week         | 27      | 10.5 | 35      | 12.8 | 37      | 13.4 | 41      | 15.2 | 14    | 14.6 | 154   | 13.1 |
|      | 2 to 3 times a week | 23      | 9.0  | 31      | 11.3 | 41      | 14.9 | 26      | 9.6  | 14    | 14.6 | 135   | 11.5 |

|        |                     |     |      |     |      |     |      |     |      |    |      |     |      |
|--------|---------------------|-----|------|-----|------|-----|------|-----|------|----|------|-----|------|
|        | 4 to 6 times a week | 1   | 0.4  | 5   | 1.8  | 4   | 1.4  | 14  | 5.2  | 2  | 2.1  | 26  | 2.2  |
|        | Once a day or more  | 8   | 3.1  | 25  | 9.1  | 46  | 16.7 | 48  | 17.8 | 15 | 15.6 | 142 | 12.1 |
| Female | Never               | 99  | 37.8 | 60  | 24.1 | 58  | 21.4 | 57  | 22.9 | 22 | 22.4 | 296 | 26.2 |
|        | Once a month        | 34  | 13.0 | 17  | 6.8  | 7   | 2.6  | 9   | 3.6  | 5  | 5.1  | 72  | 6.4  |
|        | 2 to 3 times a mo.  | 38  | 14.5 | 29  | 11.6 | 23  | 8.5  | 19  | 7.6  | 7  | 7.1  | 116 | 10.3 |
|        | Once a week         | 34  | 13.0 | 42  | 16.9 | 43  | 15.9 | 29  | 11.6 | 10 | 10.2 | 158 | 14.0 |
|        | 2 to 3 times a week | 26  | 9.9  | 53  | 21.3 | 66  | 24.4 | 51  | 20.5 | 25 | 25.5 | 221 | 19.6 |
|        | 4 to 6 times a week | 9   | 3.4  | 9   | 3.6  | 9   | 3.3  | 13  | 5.2  | 2  | 2.0  | 42  | 3.7  |
|        | Once a day or more  | 22  | 8.4  | 39  | 15.7 | 65  | 24.0 | 71  | 28.5 | 27 | 27.6 | 224 | 19.8 |
| Total  | Never               | 248 | 47.9 | 184 | 35.2 | 152 | 27.8 | 175 | 33.7 | 65 | 33.5 | 824 | 35.8 |
|        | Once a month        | 55  | 10.6 | 42  | 8.0  | 33  | 6.0  | 16  | 3.1  | 9  | 4.6  | 155 | 6.7  |
|        | 2 to 3 times a mo.  | 65  | 12.5 | 58  | 11.1 | 51  | 9.3  | 35  | 6.7  | 11 | 5.7  | 220 | 9.6  |
|        | Once a week         | 61  | 11.8 | 77  | 14.7 | 80  | 14.6 | 70  | 13.5 | 24 | 12.4 | 312 | 13.6 |
|        | 2 to 3 times a week | 49  | 9.5  | 84  | 16.1 | 107 | 19.6 | 77  | 14.8 | 39 | 20.1 | 356 | 15.5 |
|        | 4 to 6 times a week | 10  | 1.9  | 14  | 2.7  | 13  | 2.4  | 27  | 5.2  | 4  | 2.1  | 68  | 3.0  |
|        | Once a day or more  | 30  | 5.8  | 64  | 12.2 | 111 | 20.3 | 119 | 22.9 | 42 | 21.6 | 366 | 15.9 |

Frequency of intakes  
Orange juice

|        |                     | 40-49yr |      | 50-59yr |      | 60-69yr |      | 70-79yr |      | 80yr- |      | Total |      |
|--------|---------------------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
|        |                     | N       | %    | N       | %    | N       | %    | N       | %    | N     | %    | N     | %    |
| Male   | Never               | 175     | 68.4 | 202     | 73.7 | 239     | 86.6 | 233     | 86.3 | 83    | 86.5 | 932   | 79.5 |
|        | Once a month        | 42      | 16.4 | 20      | 7.3  | 11      | 4.0  | 8       | 3.0  | 7     | 7.3  | 88    | 7.5  |
|        | 2 to 3 times a mo.  | 20      | 7.8  | 15      | 5.5  | 10      | 3.6  | 13      | 4.8  | 3     | 3.1  | 61    | 5.2  |
|        | Once a week         | 12      | 4.7  | 19      | 6.9  | 6       | 2.2  | 6       | 2.2  | 0     | 0.0  | 43    | 3.7  |
|        | 2 to 3 times a week | 4       | 1.6  | 13      | 4.7  | 9       | 3.3  | 4       | 1.5  | 1     | 1.0  | 31    | 2.6  |
|        | 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 or more  | 3       | 1.2  | 5       | 1.8  | 1       | 0.4  | 6       | 2.2  | 2     | 2.1  | 17    | 1.5  |
| Female | Never               | 183     | 69.8 | 188     | 75.5 | 230     | 84.9 | 211     | 84.7 | 93    | 94.9 | 905   | 80.2 |
|        | Once a month        | 33      | 12.6 | 22      | 8.8  | 16      | 5.9  | 13      | 5.2  | 1     | 1.0  | 85    | 7.5  |
|        | 2 to 3 times a mo.  | 19      | 7.3  | 15      | 6.0  | 8       | 3.0  | 9       | 3.6  | 1     | 1.0  | 52    | 4.6  |
|        | Once a week         | 18      | 6.9  | 13      | 5.2  | 6       | 2.2  | 6       | 2.4  | 2     | 2.0  | 45    | 4.0  |
|        | 2 to 3 times a week | 6       | 2.3  | 8       | 3.2  | 4       | 1.5  | 7       | 2.8  | 1     | 1.0  | 26    | 2.3  |
|        | 4 to 6 times a week | 1       | 0.4  | 0       | 0.0  | 2       | 0.7  | 0       | 0.0  | 0     | 0.0  | 3     | 0.3  |
|        | Once a day or more  | 2       | 0.8  | 3       | 1.2  | 5       | 1.8  | 3       | 1.2  | 0     | 0.0  | 13    | 1.2  |
| Total  | Never               | 358     | 69.1 | 390     | 74.6 | 469     | 85.7 | 444     | 85.5 | 176   | 90.7 | 1837  | 79.8 |
|        | Once a month        | 75      | 14.5 | 42      | 8.0  | 27      | 4.9  | 21      | 4.0  | 8     | 4.1  | 173   | 7.5  |
|        | 2 to 3 times a mo.  | 39      | 7.5  | 30      | 5.7  | 18      | 3.3  | 22      | 4.2  | 4     | 2.1  | 113   | 4.9  |
|        | Once a week         | 30      | 5.8  | 32      | 6.1  | 12      | 2.2  | 12      | 2.3  | 2     | 1.0  | 88    | 3.8  |
|        | 2 to 3 times a week | 10      | 1.9  | 21      | 4.0  | 13      | 2.4  | 11      | 2.1  | 2     | 1.0  | 57    | 2.5  |
|        | 4 to 6 times a week | 1       | 0.2  | 0       | 0.0  | 2       | 0.4  | 0       | 0.0  | 0     | 0.0  | 3     | 0.1  |
|        | Once a day or more  | 5       | 1.0  | 8       | 1.5  | 6       | 1.1  | 9       | 1.7  | 2     | 1.0  | 30    | 1.3  |

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   | 2.6     | 9.4 | 256 | 3.1     | 7.4 | 274 | 5.5     | 12.8 | 276 | 4.8     | 12.7 | 270 | 5.4   | 11.2 | 96  | 4.1   | 10.9 | 1172 |
| Female | 0.2     | 1.5 | 262 | 0.3     | 3.2 | 249 | 0.3     | 2.3  | 271 | 0.3     | 2.1  | 249 | 0.1   | 0.4  | 98  | 0.3   | 2.2  | 1129 |
| Total  | 1.4     | 6.8 | 518 | 1.8     | 6.0 | 523 | 2.9     | 9.6  | 547 | 2.7     | 9.5  | 519 | 2.7   | 8.3  | 194 | 2.2   | 8.2  | 2301 |

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



|        |       |       |     |       |       |     |       |       |     |       |       |     |       |       |     |       |       |      |
|--------|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|------|
| Male   | 363.0 | 298.4 | 254 | 305.2 | 265.2 | 273 | 291.2 | 271.2 | 276 | 182.5 | 177.9 | 269 | 157.5 | 193.4 | 96  | 274.1 | 261.5 | 1168 |
| Female | 329.1 | 269.4 | 262 | 322.9 | 275.0 | 248 | 254.5 | 227.9 | 271 | 147.1 | 164.0 | 249 | 75.9  | 106.7 | 98  | 247.6 | 245.6 | 1128 |
| Total  | 345.8 | 284.3 | 516 | 313.6 | 269.8 | 521 | 273.0 | 251.1 | 547 | 165.5 | 172.1 | 518 | 116.3 | 160.6 | 194 | 261.1 | 254.1 | 2296 |

Average intakes per day (ml/day)  
Black tea

|        | 40-49yr |      |     | 50-59yr |      |     | 60-69yr |      |     | 70-79yr |      |     | 80yr- |      |     | Total |      |      |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|-----|-------|------|------|
|        | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean    | SD   | N   | Mean  | SD   | N   | Mean  | SD   | N    |
| Male   | 15.7    | 47.9 | 256 | 19.4    | 92.0 | 274 | 14.4    | 62.5 | 276 | 14.3    | 46.7 | 270 | 14.3  | 67.0 | 96  | 15.8  | 65.3 | 1172 |
| Female | 36.3    | 85.4 | 262 | 33.8    | 83.2 | 249 | 17.5    | 45.8 | 271 | 24.0    | 65.3 | 249 | 17.1  | 44.5 | 98  | 26.9  | 69.8 | 1129 |
| Total  | 26.1    | 70.1 | 518 | 26.3    | 88.1 | 523 | 15.9    | 54.8 | 547 | 18.9    | 56.5 | 519 | 15.7  | 56.7 | 194 | 21.2  | 67.8 | 2301 |

Average intakes per day (ml/day)  
Green tea

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 349.3   | 313.3 | 256 | 403.4   | 330.5 | 273 | 514.4   | 391.9 | 275 | 615.5   | 428.7 | 270 | 550.3 | 343.9 | 96  | 478.7 | 380.5 | 1170 |
| Female | 295.0   | 310.4 | 262 | 438.9   | 420.6 | 248 | 569.5   | 416.1 | 270 | 623.8   | 390.6 | 249 | 706.3 | 389.2 | 98  | 500.8 | 409.9 | 1127 |
| Total  | 321.8   | 312.7 | 518 | 420.3   | 376.1 | 521 | 541.7   | 404.7 | 545 | 619.5   | 410.5 | 519 | 629.1 | 374.8 | 194 | 489.5 | 395.3 | 2297 |

Average intakes per day (ml/day)  
Oolong tea

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |      |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD   | N   | Mean  | SD    | N    |
| Male   | 72.9    | 193.8 | 255 | 106.5   | 221.6 | 273 | 71.8    | 250.3 | 276 | 37.1    | 153.4 | 270 | 19.4  | 84.8 | 96  | 67.8  | 202.7 | 1170 |
| Female | 64.9    | 158.9 | 261 | 103.5   | 248.4 | 249 | 53.8    | 168.6 | 271 | 39.2    | 147.6 | 249 | 17.9  | 82.3 | 98  | 61.0  | 179.6 | 1128 |
| Total  | 68.8    | 176.9 | 516 | 105.1   | 234.5 | 522 | 62.9    | 213.8 | 547 | 38.1    | 150.5 | 519 | 18.6  | 83.3 | 194 | 64.5  | 191.7 | 2298 |

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

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 0.9     | 1.5 | 256 | 1.3     | 1.5 | 274 | 1.9     | 2.7 | 276 | 1.8     | 2.3 | 270 | 1.4   | 1.4 | 96  | 1.5   | 2.1 | 1172 |
| Female | 1.1     | 1.5 | 262 | 1.7     | 2.0 | 248 | 2.2     | 2.3 | 271 | 2.4     | 2.2 | 249 | 2.3   | 2.6 | 98  | 1.9   | 2.2 | 1128 |
| Total  | 1.0     | 1.5 | 518 | 1.5     | 1.8 | 522 | 2.0     | 2.5 | 547 | 2.1     | 2.3 | 519 | 1.8   | 2.1 | 194 | 1.7   | 2.1 | 2300 |

Average intakes per day (piece/day)  
Citrus fruit

|        | 40-49yr |     |     | 50-59yr |     |     | 60-69yr |     |     | 70-79yr |     |     | 80yr- |     |     | Total |     |      |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|-----|-------|-----|------|
|        | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean    | SD  | N   | Mean  | SD  | N   | Mean  | SD  | N    |
| Male   | 0.1     | 0.2 | 256 | 0.2     | 0.5 | 274 | 0.2     | 0.4 | 275 | 0.2     | 0.5 | 270 | 0.2   | 0.3 | 95  | 0.2   | 0.4 | 1170 |
| Female | 0.1     | 0.3 | 262 | 0.2     | 0.5 | 249 | 0.4     | 0.5 | 271 | 0.3     | 0.4 | 247 | 0.4   | 0.5 | 98  | 0.3   | 0.5 | 1127 |
| Total  | 0.1     | 0.3 | 518 | 0.2     | 0.5 | 523 | 0.3     | 0.5 | 546 | 0.3     | 0.5 | 517 | 0.3   | 0.4 | 193 | 0.2   | 0.4 | 2297 |

Average intakes per day (ml/day)  
Orange juice

|        | 40-49yr |       |     | 50-59yr |       |     | 60-69yr |       |     | 70-79yr |       |     | 80yr- |       |     | Total |       |      |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|-----|-------|-------|------|
|        | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean    | SD    | N   | Mean  | SD    | N   | Mean  | SD    | N    |
| Male   | 67.4    | 256.0 | 256 | 96.1    | 318.4 | 274 | 34.5    | 139.0 | 276 | 52.6    | 224.4 | 270 | 51.9  | 318.8 | 96  | 61.7  | 250.5 | 1172 |
| Female | 67.1    | 238.1 | 262 | 60.4    | 197.0 | 249 | 53.4    | 226.2 | 271 | 41.9    | 180.5 | 249 | 11.4  | 62.5  | 98  | 52.0  | 204.0 | 1129 |
| Total  | 67.3    | 246.9 | 518 | 79.1    | 267.9 | 523 | 43.9    | 187.4 | 547 | 47.5    | 204.4 | 519 | 31.4  | 228.9 | 194 | 56.9  | 228.9 | 2301 |



