

## IV. Nutritional Examinations

### Three-day dietary record (3DR)

Food and nutrition intakes were assessed by weighing dietary consumption over three consecutive days. With this method, food and dietary supplements were weighed separately with scales before or after cooking. If subjects did not weigh their food, they were asked to record food size using the portion method. The subjects were asked to take photos before and after eating using a disposable camera. The dietary records were checked and coded by nutritionists. The average food and nutrition intake per day were calculated according to the Standard Tables of Food Consumption in Japan 5th Revised and Enlarged Edition (2005), 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 or modified foods. Dietary supplements include vitamins, minerals, herbs, botanicals, and other substances such as enzymes, organ tissues, metabolites, concentrates and constituent extracts of these substances.

Dietary supplements were grouped into seven major categories according to primary nutrient content: vitamin, mineral, fat, protein, dietary fiber, other, and drug (which contain some nutrients; for example a cold remedy contains vitamin C).

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

### Questionnaire for beverage and citrus intake

Beverage intake was assessed for the previous year. Frequency and volume of alcoholic beverages and frequency of non-alcoholic beverages were obtained through an interview questionnaire. Average ethanol intake was estimated from the frequency and volume of each alcoholic beverage consumed based on the ethanol content of the corresponding beverage. Seasonal citrus and orange juice intake were assessed by questionnaire. Frequency and volume of citrus and orange juice were obtained by interview. Average citrus and orange juice intake were estimated from the frequency and volume of each citrus fruit 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  
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

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

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



	6.6	6.8	243	7.0	7.8	241	7.0	6.3	273	8.0	8.3	238	6.6	6.5	74	7.1	7.3	1069
Male	6.6	6.8	243	7.0	7.8	241	7.0	6.3	273	8.0	8.3	238	6.6	6.5	74	7.1	7.3	1069
Female	7.1	7.1	258	6.9	6.0	246	7.9	7.1	254	6.8	6.4	233	8.6	8.8	85	7.3	6.9	1076
Total	6.9	7.0	501	6.9	7.0	487	7.4	6.7	527	7.4	7.5	471	7.7	7.9	159	7.2	7.1	2145

#### 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	56.9	76.9	243	61.7	57.1	241	72.4	56.4	273	82.2	94.8	238	73.4	57.8	74	68.7	72.1	1069
Female	48.8	48.9	258	61.7	64.6	246	70.2	56.5	254	65.3	53.2	233	71.1	51.9	85	62.1	56.2	1076
Total	52.7	64.1	501	61.7	60.9	487	71.4	56.4	527	73.8	77.4	471	72.2	54.6	159	65.4	64.7	2145

#### Nuts and seeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	5.0	243	3.3	7.8	241	3.9	7.3	273	2.9	5.1	238	2.3	4.4	74	3.1	6.4	1069
Female	2.8	6.1	258	3.7	7.3	246	3.3	5.4	254	3.4	6.1	233	2.3	5.0	85	3.2	6.2	1076
Total	2.6	5.6	501	3.5	7.6	487	3.6	6.5	527	3.2	5.6	471	2.3	4.7	159	3.2	6.3	2145

#### 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	183.4	96.7	243	208.0	102.2	241	228.4	114.1	273	211.2	98.0	238	178.6	83.3	74	206.3	103.4	1069
Female	161.2	79.1	258	178.6	90.0	246	197.6	84.2	254	189.6	92.0	233	176.8	75.6	85	181.1	86.4	1076
Total	171.9	88.7	501	193.1	97.2	487	213.6	101.9	527	200.5	95.6	471	177.6	79.0	159	193.7	96.0	2145

#### Vegetables dark green or yellow vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	84.5	58.5	243	95.9	62.6	241	116.9	79.3	273	127.2	84.2	238	103.7	79.5	74	106.2	74.3	1069
Female	80.2	56.5	258	93.0	63.7	246	116.7	71.5	254	133.7	72.4	233	121.4	73.9	85	106.6	69.7	1076
Total	82.3	57.4	501	94.4	63.1	487	116.8	75.6	527	130.4	78.6	471	113.2	76.8	159	106.4	72.0	2145

#### 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	81.7	97.0	243	95.4	106.9	241	127.8	128.5	273	152.3	136.7	238	141.6	119.4	74	116.4	121.5	1069
Female	95.8	78.9	258	133.5	101.8	246	167.2	118.4	254	182.0	113.5	233	167.9	122.2	85	145.6	110.3	1076
Total	89.0	88.3	501	114.6	106.0	487	146.8	125.2	527	167.0	126.5	471	155.7	121.2	159	131.1	116.9	2145

#### Mushrooms (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.4	12.7	243	12.5	16.1	241	13.2	15.8	273	13.1	12.9	238	9.9	12.8	74	12.4	14.4	1069
Female	12.9	15.3	258	11.7	14.5	246	13.5	14.4	254	12.6	16.2	233	8.7	10.0	85	12.4	14.8	1076
Total	12.2	14.1	501	12.1	15.3	487	13.4	15.1	527	12.9	14.6	471	9.2	11.4	159	12.4	14.6	2145

#### 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	14.2	27.3	243	15.9	19.1	241	18.1	19.5	273	19.3	22.7	238	22.7	26.2	74	17.3	22.7	1069
Female	12.7	16.3	258	11.9	20.3	246	16.4	19.0	254	20.1	25.4	233	16.7	24.4	85	15.3	20.9	1076
Total	13.4	22.3	501	13.9	19.8	487	17.3	19.2	527	19.7	24.0	471	19.5	25.3	159	16.3	21.8	2145

#### 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	70.7	46.4	243	91.6	57.0	241	100.2	54.1	273	101.7	50.2	238	98.9	54.8	74	91.8	53.6	1069
Female	58.8	37.0	258	69.5	40.2	246	75.0	41.0	254	79.0	44.4	233	68.6	40.3	85	70.2	41.2	1076
Total	64.6	42.2	501	80.5	50.4	487	88.0	49.8	527	90.5	48.7	471	82.7	49.8	159	81.0	49.0	2145

#### 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	110.0	54.9	243	95.8	48.5	241	86.3	48.8	273	60.5	36.8	238	57.5	38.3	74	86.1	50.7	1069
Female	77.2	40.8	258	67.3	35.9	246	60.7	36.0	254	51.7	29.4	233	46.2	30.3	85	63.1	36.9	1076
Total	93.1	50.8	501	81.4	44.9	487	74.0	44.9	527	56.1	33.6	471	51.5	34.6	159	74.6	45.8	2145

#### 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	41.4	25.8	243	45.1	27.8	241	42.1	27.3	273	45.9	25.3	238	41.1	27.6	74	43.4	26.7	1069
Female	38.0	22.9	258	38.3	23.5	246	37.0	22.6	254	39.3	22.9	233	37.7	24.2	85	38.1	23.0	1076
Total	39.7	24.4	501	41.7	25.9	487	39.6	25.2	527	42.6	24.4	471	39.3	25.8	159	40.7	25.1	2145

#### 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	158.5	243	132.7	133.8	241	131.8	123.3	273	158.8	132.9	238	158.6	138.1	74	137.6	137.9	1069
Female	160.1	108.3	258	156.8	121.8	246	162.6	118.7	254	165.5	121.9	233	146.8	117.8	85	160.0	117.6	1076
Total	141.5	136.2	501	144.9	128.3	487	146.6	122.0	527	162.1	127.5	471	152.3	127.4	159	148.8	128.6	2145

#### 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	11.0	6.3	243	11.1	5.9	241	9.9	5.8	273	7.9	5.7	238	6.9	5.9	74	9.8	6.1	1069
Female	10.5	5.9	258	9.8	5.5	246	8.4	5.2	254	7.3	5.1	233	6.9	5.3	85	8.8	5.6	1076
Total	10.7	6.1	501	10.5	5.7	487	9.2	5.6	527	7.6	5.4	471	6.9	5.6	159	9.3	5.9	2145

#### 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	39.4	39.0	243	39.2	46.9	241	31.8	36.4	273	29.5	35.4	238	29.9	35.9	74	34.5	39.5	1069
Female	54.4	47.7	258	53.0	42.9	246	44.4	39.4	254	43.1	36.6	233	41.2	58.8	85	48.2	43.8	1076
Total	47.1	44.3	501	46.2	45.4	487	37.9	38.4	527	36.2	36.6	471	36.0	49.7	159	41.4	42.3	2145

## 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	1034.0	574.8	243	1061.4	541.4	241	1037.1	547.7	273	855.9	432.2	238	744.0	388.8	74	981.2	528.4	1069
Female	812.6	456.4	258	840.9	410.0	246	820.2	401.6	254	762.0	390.9	233	658.0	314.5	85	797.7	411.3	1076
Total	920.0	528.4	501	950.0	491.6	487	932.6	494.5	527	809.4	414.5	471	698.0	352.5	159	889.2	482.0	2145

## 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	70.4	28.4	243	71.6	24.3	241	72.2	25.0	273	68.5	24.4	238	61.1	26.0	74	70.1	25.7	1069
Female	58.7	24.3	258	59.9	22.6	246	62.9	21.4	254	61.6	22.4	233	55.6	20.7	85	60.3	22.6	1076
Total	64.4	27.0	501	65.7	24.1	487	67.7	23.8	527	65.1	23.6	471	58.2	23.4	159	65.2	24.7	2145

## 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	361.2	399.0	243	323.7	345.6	241	342.4	414.5	273	330.3	353.8	238	271.5	253.7	74	334.9	373.3	1069
Female	344.7	375.0	258	338.1	334.7	246	388.3	360.2	254	420.4	384.5	233	394.2	390.1	85	373.8	366.8	1076
Total	352.7	386.5	501	331.0	339.8	487	364.5	389.6	527	374.9	371.7	471	337.1	338.2	159	354.4	370.5	2145

## 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	2297.8	424.5	243	2306.5	456.8	241	2243.7	390.3	273	2063.4	369.0	238	1965.2	345.2	74	2210.7	421.9	1069
Female	1883.4	339.3	258	1853.5	333.9	246	1790.2	266.9	254	1774.0	297.1	233	1670.3	275.9	85	1814.1	313.6	1076
Total	2084.4	435.2	501	2077.7	458.9	487	2025.1	405.6	527	1920.3	365.0	471	1807.5	342.5	159	2011.7	421.1	2145

## 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	2313.2	690.6	243	2359.1	624.5	241	2413.5	648.7	273	2264.3	615.2	238	2020.4	538.2	74	2318.0	645.1	1069
Female	2004.0	564.2	258	2088.2	520.9	246	2209.0	549.3	254	2209.9	589.9	233	2010.6	567.6	85	2116.8	563.2	1076
Total	2154.0	646.8	501	2222.2	589.7	487	2314.9	610.9	527	2237.4	602.8	471	2015.2	552.4	159	2217.0	613.6	2145

## 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	80.3	16.9	243	83.1	18.1	241	83.3	16.4	273	79.8	15.3	238	75.9	17.5	74	81.3	16.9	1069
Female	68.0	12.8	258	68.9	14.3	246	70.2	12.2	254	69.2	14.6	233	63.7	11.3	85	68.6	13.4	1076
Total	74.0	16.2	501	75.9	17.8	487	77.0	15.9	527	74.5	15.9	471	69.4	15.7	159	74.9	16.5	2145

## Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.7	17.7	243	66.9	19.0	241	60.8	15.4	273	53.5	13.5	238	50.5	15.3	74	61.2	17.4	1069
Female	60.6	15.8	258	57.8	15.3	246	51.9	12.8	254	49.5	13.8	233	45.5	13.5	85	54.3	15.2	1076
Total	63.6	17.0	501	62.3	17.8	487	56.5	14.9	527	51.5	13.8	471	47.8	14.5	159	57.7	16.7	2145

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	309.7	66.1	243	302.8	66.7	241	300.2	66.0	273	290.0	61.4	238	276.1	57.3	74	299.0	65.1	1069
Female	252.7	47.6	258	253.2	50.8	246	254.6	43.6	254	257.8	47.7	233	248.2	51.0	85	254.0	47.7	1076
Total	280.3	64.0	501	277.8	64.1	487	278.2	60.7	527	274.1	57.3	471	261.2	55.6	159	276.4	61.3	2145

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	17.5	3.7	243	19.0	4.0	241	19.6	4.3	273	19.6	4.1	238	18.1	4.1	74	18.9	4.1	1069
Female	15.6	3.0	258	16.3	3.5	246	17.3	3.2	254	17.6	3.6	233	16.3	3.0	85	16.6	3.4	1076
Total	16.5	3.5	501	17.6	4.0	487	18.5	4.0	527	18.6	4.0	471	17.2	3.6	159	17.8	3.9	2145

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	4256	1070	243	4586	971	241	4623	1055	273	4557	1070	238	4212	960	74	4488	1047	1069
Female	3666	804	258	3790	828	246	3922	819	254	3985	886	233	3727	906	85	3829	847	1076
Total	3952	987	501	4184	985	487	4285	1011	527	4274	1023	471	3953	960	159	4157	1007	2145

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	2507	639	243	2695	712	241	2870	763	273	2891	727	238	2661	713	74	2738	727	1069
Female	2290	513	258	2455	628	246	2675	614	254	2714	652	233	2468	549	85	2525	620	1076
Total	2395	587	501	2574	681	487	2776	701	527	2803	696	471	2558	636	159	2631	684	2145

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	527.6	235.5	243	574.9	208.9	241	600.4	213.1	273	634.3	211.4	238	607.6	249.6	74	586.1	222.5	1069
Female	544.0	171.4	258	550.5	197.2	246	604.1	204.1	254	625.3	229.6	233	567.4	184.1	85	579.1	202.0	1076
Total	536.1	204.9	501	562.6	203.2	487	602.2	208.6	527	629.8	220.4	471	586.1	217.3	159	582.6	212.5	2145

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	274.1	68.9	243	294.8	74.5	241	312.1	77.6	273	307.2	74.0	238	286.1	76.1	74	296.7	75.4	1069
Female	239.6	56.1	258	255.8	64.0	246	272.2	59.5	254	275.9	69.0	233	255.3	47.3	85	260.1	62.6	1076
Total	256.3	64.9	501	275.1	72.0	487	292.9	72.2	527	291.7	73.2	471	269.7	64.0	159	278.3	71.6	2145

## 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	1133	257	243	1189	282	241	1206	257	273	1199	251	238	1139	298	74	1179	266	1069
Female	1005	208	258	1027	235	246	1064	215	254	1058	252	233	993	192	85	1035	226	1076
Total	1067	241	501	1107	271	487	1137	248	527	1129	261	471	1061	257	159	1107	257	2145

## 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	8.5	2.6	243	9.1	2.5	241	9.7	2.7	273	9.8	2.5	238	9.0	2.5	74	9.3	2.6	1069
Female	7.6	2.1	258	8.1	2.3	246	8.8	2.3	254	9.0	2.5	233	8.6	2.2	85	8.4	2.3	1076
Total	8.0	2.4	501	8.6	2.5	487	9.3	2.5	527	9.4	2.5	471	8.8	2.4	159	8.8	2.5	2145

## Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.5	2.2	243	9.6	2.4	241	9.3	2.1	273	8.9	2.0	238	8.5	2.1	74	9.3	2.2	1069
Female	7.8	1.8	258	7.7	1.7	246	7.8	1.5	254	7.7	1.7	233	7.4	1.5	85	7.7	1.7	1076
Total	8.6	2.2	501	8.6	2.3	487	8.6	2.0	527	8.4	1.9	471	7.9	1.9	159	8.5	2.1	2145

## 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	1.27	0.33	243	1.34	0.35	241	1.39	0.34	273	1.37	0.31	238	1.29	0.32	74	1.34	0.34	1069
Female	1.06	0.26	258	1.12	0.30	246	1.18	0.27	254	1.21	0.27	233	1.15	0.24	85	1.14	0.28	1076
Total	1.16	0.31	501	1.23	0.35	487	1.29	0.33	527	1.29	0.30	471	1.22	0.29	159	1.24	0.32	2145

## 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	3.98	1.47	243	4.32	1.46	241	4.56	1.63	273	4.38	1.36	238	4.03	1.32	74	4.30	1.49	1069
Female	3.45	1.14	258	3.66	1.21	246	4.06	1.30	254	4.39	1.47	233	4.00	1.27	85	3.89	1.32	1076
Total	3.70	1.34	501	3.99	1.38	487	4.32	1.50	527	4.38	1.41	471	4.01	1.29	159	4.09	1.42	2145

## 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	250	603	243	239	322	241	323	945	273	362	774	238	254	574	74	291	701	1069
Female	304	721	258	259	477	246	329	1101	254	278	677	233	352	813	85	298	783	1076
Total	278	666	501	249	408	487	326	1022	527	320	728	471	306	711	159	294	743	2145

 $\alpha$ -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	464	397	243	427	336	241	475	488	273	449	375	238	389	409	74	450	406	1069
Female	371	295	258	407	307	246	411	338	254	466	429	233	489	483	85	419	359	1076

Total	416	351	501	417	321	487	444	423	527	457	402	471	442	452	159	434	383	2145
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$\beta$ -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	3194	2046	243	3297	1958	241	3992	2641	273	3868	2017	238	3251	2296	74	3575	2230	1069
Female	2941	1797	258	3154	1862	246	3656	1959	254	4155	2278	233	3795	2253	85	3489	2047	1076
Total	3064	1924	501	3225	1909	487	3830	2341	527	4010	2152	471	3542	2282	159	3532	2140	2145

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	292	606	243	335	701	241	326	785	273	471	1520	238	430	984	74	360	966	1069
Female	405	646	258	445	883	246	482	878	254	744	1058	233	508	818	85	514	876	1076
Total	350	629	501	390	799	487	401	834	527	606	1318	471	472	897	159	437	925	2145

$\beta$ -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	3601	2237	243	3701	2154	241	4422	2864	273	4353	2412	238	3692	2639	74	4007	2484	1069
Female	3363	1951	258	3607	2043	246	4143	2120	254	4789	2548	233	4359	2537	85	3991	2260	1076
Total	3478	2096	501	3654	2097	487	4287	2534	527	4569	2487	471	4049	2598	159	3999	2373	2145

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	584	639	243	579	401	241	723	987	273	742	813	238	577	657	74	653	747	1069
Female	621	745	258	591	534	246	696	1123	254	701	735	233	731	896	85	658	822	1076
Total	603	695	501	585	473	487	710	1053	527	721	775	471	660	795	159	655	786	2145

Vitamin D (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.5	5.1	243	7.8	6.0	241	8.9	5.5	273	9.8	6.0	238	9.4	6.1	74	8.3	5.8	1069
Female	5.7	3.9	258	6.2	4.0	246	7.3	4.5	254	8.3	6.0	233	7.9	5.4	85	6.9	4.8	1076
Total	6.1	4.5	501	7.0	5.1	487	8.1	5.1	527	9.1	6.1	471	8.6	5.8	159	7.6	5.4	2145

$\alpha$ -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	7.2	2.3	243	8.0	2.3	241	8.0	2.7	273	7.8	2.4	238	6.9	2.5	74	7.7	2.5	1069
Female	7.1	2.2	258	7.4	2.4	246	7.4	2.3	254	7.5	2.2	233	6.7	2.2	85	7.3	2.3	1076
Total	7.1	2.2	501	7.7	2.3	487	7.7	2.5	527	7.6	2.3	471	6.8	2.3	159	7.5	2.4	2145

$\beta$ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.5	0.2	243	0.5	0.2	241	0.4	0.2	273	0.4	0.2	238	0.4	0.1	74	0.4	0.2	1069
Female	0.4	0.1	258	0.4	0.1	246	0.4	0.1	254	0.4	0.1	233	0.4	0.2	85	0.4	0.1	1076
Total	0.4	0.1	501	0.4	0.1	487	0.4	0.2	527	0.4	0.1	471	0.4	0.2	159	0.4	0.2	2145

$\gamma$ -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	12.1	5.0	243	12.9	4.3	241	11.6	4.2	273	10.4	4.0	238	10.2	4.5	74	11.6	4.5	1069
Female	10.9	3.9	258	10.9	3.9	246	9.7	3.3	254	9.5	3.5	233	9.4	3.7	85	10.2	3.7	1076
Total	11.4	4.5	501	11.9	4.3	487	10.7	3.9	527	10.0	3.8	471	9.8	4.1	159	10.9	4.2	2145

$\delta$ -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	2.9	1.4	243	3.1	1.2	241	3.0	1.3	273	2.9	1.3	238	2.9	1.3	74	3.0	1.3	1069
Female	2.6	1.0	258	2.6	1.1	246	2.5	1.0	254	2.6	1.0	233	2.6	1.1	85	2.6	1.0	1076
Total	2.8	1.2	501	2.9	1.2	487	2.8	1.2	527	2.7	1.2	471	2.7	1.2	159	2.8	1.2	2145

$\alpha$ -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	8.9	2.7	243	9.7	2.6	241	9.6	3.0	273	9.2	2.7	238	8.4	2.9	74	9.3	2.8	1069
Female	8.6	2.5	258	8.9	2.7	246	8.6	2.5	254	8.9	2.5	233	8.0	2.5	85	8.7	2.6	1076
Total	8.7	2.6	501	9.3	2.7	487	9.1	2.8	527	9.1	2.6	471	8.2	2.7	159	9.0	2.7	2145

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	223	119	243	225	120	241	271	148	273	267	142	238	228	144	74	246	136	1069
Female	192	92	258	189	102	246	231	123	254	252	125	233	223	108	85	216	114	1076
Total	207	107	501	207	113	487	252	138	527	260	134	471	225	126	159	231	126	2145

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.00	0.28	243	1.01	0.29	241	1.03	0.38	273	0.98	0.43	238	0.87	0.26	74	1.00	0.35	1069
Female	0.85	0.24	258	0.86	0.24	246	0.88	0.22	254	0.87	0.23	233	0.78	0.21	85	0.86	0.23	1076
Total	0.92	0.27	501	0.94	0.27	487	0.96	0.32	527	0.93	0.35	471	0.82	0.24	159	0.93	0.30	2145

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	1.32	0.43	243	1.41	0.40	241	1.45	0.42	273	1.44	0.36	238	1.29	0.38	74	1.40	0.40	1069
Female	1.25	0.37	258	1.26	0.37	246	1.32	0.34	254	1.37	0.39	233	1.23	0.32	85	1.29	0.37	1076
Total	1.28	0.40	501	1.33	0.39	487	1.39	0.39	527	1.40	0.37	471	1.26	0.35	159	1.35	0.39	2145

## 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	18.6	5.5	243	19.1	5.7	241	19.8	5.8	273	17.6	5.2	238	17.0	6.4	74	18.7	5.7	1069
Female	15.0	4.2	258	15.5	4.6	246	15.4	4.1	254	15.0	4.6	233	12.8	3.9	85	15.0	4.4	1076
Total	16.7	5.2	501	17.3	5.5	487	17.7	5.5	527	16.3	5.1	471	14.8	5.6	159	16.9	5.4	2145

## Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.28	0.38	243	1.34	0.39	241	1.44	0.42	273	1.39	0.38	238	1.36	0.39	74	1.37	0.40	1069
Female	1.04	0.29	258	1.11	0.32	246	1.21	0.31	254	1.24	0.35	233	1.18	0.31	85	1.15	0.32	1076
Total	1.16	0.36	501	1.22	0.38	487	1.33	0.39	527	1.32	0.37	471	1.26	0.36	159	1.26	0.38	2145

## Vitamin B12 (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.7	5.2	243	7.7	5.5	241	9.5	7.7	273	8.9	6.2	238	8.9	6.4	74	8.3	6.4	1069
Female	5.4	3.9	258	6.4	5.0	246	7.9	6.3	254	7.5	5.7	233	6.9	4.8	85	6.8	5.3	1076
Total	6.0	4.6	501	7.0	5.3	487	8.7	7.1	527	8.2	6.0	471	7.8	5.7	159	7.5	5.9	2145

## 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	119	243	340	109	241	385	137	273	394	131	238	343	123	74	357	129	1069
Female	290	98	258	314	103	246	367	144	254	382	130	233	342	120	85	338	125	1076
Total	300	109	501	327	107	487	376	141	527	388	131	471	342	121	159	347	127	2145

## 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	6.28	1.60	243	6.34	1.61	241	6.59	1.68	273	6.44	1.48	238	5.99	1.49	74	6.39	1.59	1069
Female	5.48	1.27	258	5.53	1.33	246	5.81	1.36	254	5.81	1.48	233	5.35	1.27	85	5.63	1.36	1076
Total	5.87	1.49	501	5.93	1.53	487	6.21	1.58	527	6.13	1.51	471	5.65	1.41	159	6.01	1.53	2145

## 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	117.6	117.6	243	126.0	107.3	241	138.8	99.5	273	138.6	79.5	238	118.5	64.8	74	129.6	100.1	1069
Female	96.3	64.1	258	113.7	60.0	246	148.1	111.3	254	147.4	75.5	233	122.1	62.8	85	125.6	82.0	1076
Total	106.7	94.4	501	119.8	86.8	487	143.3	105.4	527	143.0	77.5	471	120.4	63.5	159	127.6	91.4	2145

## 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	365.3	135.7	243	398.0	151.5	241	375.0	137.9	273	374.6	133.6	238	350.1	147.9	74	376.1	140.8	1069
Female	333.6	124.2	258	333.1	128.9	246	326.1	120.2	254	325.2	126.7	233	295.7	109.2	85	326.9	124.0	1076



Male	6119	1334	243	6256	1427	241	6269	1292	273	6034	1187	238	5765	1353	74	6145	1321	1069
Female	5222	1025	258	5213	1137	246	5327	969	254	5223	1149	233	4828	916	85	5214	1064	1076
Total	5657	1266	501	5729	1389	487	5815	1240	527	5633	1236	471	5264	1230	159	5678	1286	2145

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	4816	1216	243	4979	1341	241	5150	1273	273	4926	1151	238	4725	1282	74	4956	1256	1069
Female	4076	962	258	4112	1047	246	4281	952	254	4225	1116	233	3893	873	85	4150	1012	1076
Total	4435	1153	501	4541	1276	487	4731	1210	527	4579	1186	471	4280	1156	159	4552	1209	2145

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	1833	419	243	1880	458	241	1894	414	273	1810	387	238	1744	439	74	1848	423	1069
Female	1535	324	258	1536	354	246	1572	315	254	1546	370	233	1423	299	85	1538	339	1076
Total	1680	401	501	1706	443	487	1739	403	527	1679	401	471	1572	403	159	1692	413	2145

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	1284	252	243	1309	274	241	1290	243	273	1247	230	238	1177	255	74	1275	252	1069
Female	1090	203	258	1093	223	246	1100	175	254	1079	201	233	999	175	85	1084	201	1076
Total	1184	248	501	1200	272	487	1199	233	527	1164	231	471	1082	233	159	1179	247	2145

Sulfur-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	3100	648	243	3172	715	241	3169	641	273	3040	596	238	2905	679	74	3107	656	1069
Female	2609	510	258	2616	560	246	2658	476	254	2611	559	233	2410	458	85	2607	524	1076
Total	2847	630	501	2891	699	487	2923	622	527	2828	616	471	2640	621	159	2856	644	2145

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	3528	739	243	3608	793	241	3613	723	273	3486	664	238	3324	759	74	3544	736	1069
Female	3014	575	258	3016	639	246	3078	530	254	3022	622	233	2804	512	85	3015	589	1076
Total	3263	708	501	3309	778	487	3355	691	527	3256	684	471	3046	688	159	3279	717	2145

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	2639	577	243	2708	630	241	2733	577	273	2628	527	238	2521	594	74	2668	582	1069
Female	2243	450	258	2244	499	246	2313	441	254	2271	511	233	2111	403	85	2256	472	1076
Total	2435	552	501	2474	613	487	2531	556	527	2452	549	471	2302	540	159	2461	568	2145

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	6182	1315	243	6329	1423	241	6357	1300	273	6123	1188	238	5852	1357	74	6224	1317	1069
Female	5263	1025	258	5265	1135	246	5398	965	254	5298	1131	233	4913	912	85	5275	1058	1076
Total	5709	1260	501	5792	1390	487	5895	1246	527	5715	1230	471	5350	1230	159	5748	1285	2145

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	3037	680	243	3126	747	241	3163	689	273	3029	629	238	2901	709	74	3078	692	1069
Female	2559	527	258	2576	582	246	2651	510	254	2604	603	233	2405	478	85	2582	552	1076
Total	2791	651	501	2848	722	487	2916	660	527	2819	651	471	2636	644	159	2829	673	2145

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	931	201	243	952	217	241	961	198	273	927	181	238	887	207	74	939	201	1069
Female	790	156	258	793	173	246	815	147	254	804	175	233	748	142	85	796	162	1076
Total	859	192	501	872	211	487	890	190	527	866	189	471	813	188	159	868	196	2145

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	4114	894	243	4213	966	241	4247	873	273	4093	801	238	3925	911	74	4152	890	1069
Female	3503	691	258	3497	761	246	3596	657	254	3543	778	233	3294	620	85	3516	717	1076
Total	3799	851	501	3851	939	487	3933	841	527	3821	835	471	3587	830	159	3833	868	2145

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	2523	654	243	2560	758	241	2638	681	273	2488	636	238	2458	764	74	2548	691	1069
Female	2044	474	258	2090	547	246	2144	517	254	2104	582	233	1932	512	85	2082	531	1076
Total	2276	616	501	2323	700	487	2400	655	527	2298	639	471	2177	692	159	2315	658	2145

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	4570	1010	243	4717	1133	241	4772	1074	273	4507	947	238	4319	1018	74	4623	1049	1069
Female	3733	799	258	3780	877	246	3894	762	254	3852	871	233	3591	696	85	3796	821	1076
Total	4139	999	501	4244	1114	487	4349	1034	527	4183	966	471	3929	932	159	4208	1028	2145

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	3842	858	243	3949	965	241	4001	889	273	3803	809	238	3653	890	74	3885	887	1069
Female	3166	663	258	3178	729	246	3283	647	254	3247	757	233	3004	597	85	3201	694	1076
Total	3494	835	501	3559	936	487	3655	859	527	3528	831	471	3306	813	159	3542	866	2145

## 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	6984	1599	243	7239	1768	241	7431	1697	273	7138	1499	238	6833	1651	74	7179	1654	1069
Female	5816	1232	258	5922	1372	246	6190	1223	254	6142	1425	233	5735	1122	85	5993	1307	1076
Total	6382	1536	501	6574	1711	487	6833	1610	527	6646	1544	471	6246	1493	159	6584	1604	2145

## 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	14.75	3.07	243	15.02	3.14	241	14.69	2.84	273	14.15	2.71	238	13.34	3.01	74	14.57	2.97	1069
Female	12.89	2.39	258	12.89	2.64	246	12.84	2.13	254	12.36	2.42	233	11.29	1.99	85	12.64	2.41	1076
Total	13.80	2.89	501	13.95	3.08	487	13.80	2.68	527	13.27	2.72	471	12.24	2.71	159	13.60	2.87	2145

## 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	3361	772	243	3482	850	241	3437	747	273	3263	710	238	3105	786	74	3368	778	1069
Female	2756	610	258	2765	634	246	2830	554	254	2778	632	233	2545	500	85	2763	603	1076
Total	3049	755	501	3120	830	487	3144	727	527	3023	714	471	2806	705	159	3065	758	2145

## 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	4807	1180	243	4899	1096	241	4642	958	273	4540	982	238	4247	1106	74	4687	1072	1069
Female	4381	883	258	4350	957	246	4257	798	254	4044	888	233	3605	742	85	4210	897	1076
Total	4588	1058	501	4621	1063	487	4456	904	527	4295	968	471	3904	980	159	4448	1016	2145

## 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	3455	721	243	3561	796	241	3552	718	273	3436	658	238	3273	756	74	3487	730	1069
Female	2972	575	258	2992	644	246	3045	527	254	2988	625	233	2775	516	85	2982	590	1076
Total	3206	693	501	3274	777	487	3308	682	527	3214	679	471	3006	684	159	3233	710	2145

## Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	58.13	15.62	243	57.96	16.85	241	52.66	13.93	273	45.89	11.69	238	43.47	13.44	74	52.95	15.50	1069
Female	52.76	14.21	258	50.18	13.63	246	44.75	11.39	254	42.46	12.28	233	39.01	12.13	85	46.96	13.65	1076
Total	55.36	15.13	501	54.03	15.78	487	48.85	13.36	527	44.20	12.10	471	41.08	12.91	159	49.95	14.90	2145

## 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	19.19	5.75	243	18.72	6.48	241	16.84	5.08	273	15.03	4.62	238	14.16	5.05	74	17.21	5.76	1069



	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	126.2	115.3	243	134.0	125.0	241	114.4	95.6	273	125.7	102.3	238	122.8	96.3	74	124.6	108.9	1069
Female	178.4	115.9	258	157.8	114.9	246	147.3	115.1	254	138.0	109.4	233	125.5	108.6	85	153.4	114.5	1076
Total	153.1	118.4	501	146.0	120.5	487	130.3	106.6	527	131.8	106.0	471	124.2	102.7	159	139.1	112.6	2145

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.0	243	1.0	1.3	241	0.9	1.0	273	1.1	1.1	238	1.0	1.0	74	1.0	1.1	1069
Female	1.3	1.1	258	1.2	1.2	246	1.2	1.1	254	1.1	1.2	233	1.1	1.1	85	1.2	1.2	1076
Total	1.1	1.1	501	1.1	1.3	487	1.1	1.1	527	1.1	1.1	471	1.0	1.0	159	1.1	1.1	2145

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.0	243	1.0	1.3	241	0.9	1.0	273	1.1	1.1	238	1.0	1.0	74	1.0	1.1	1069
Female	1.3	1.1	258	1.2	1.2	246	1.2	1.1	254	1.1	1.2	233	1.1	1.1	85	1.2	1.2	1076
Total	1.1	1.1	501	1.1	1.3	487	1.1	1.1	527	1.1	1.1	471	1.0	1.0	159	1.1	1.1	2145

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	192.4	152.2	243	201.2	166.3	241	171.9	128.7	273	184.6	144.3	238	177.1	129.4	74	186.3	146.9	1069
Female	259.9	156.3	258	232.8	158.1	246	209.6	151.4	254	191.8	139.9	233	175.4	142.2	85	220.4	153.3	1076
Total	227.2	157.9	501	217.1	162.8	487	190.1	141.2	527	188.2	142.1	471	176.2	136.0	159	203.4	151.1	2145

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	396.7	386.4	243	420.2	402.0	241	352.1	351.4	273	376.1	501.9	238	328.5	289.4	74	381.3	405.0	1069
Female	517.5	440.6	258	487.9	438.8	246	382.3	339.2	254	306.9	235.9	233	304.0	287.4	85	416.3	378.6	1076
Total	458.9	419.2	501	454.4	421.9	487	366.6	345.6	527	341.9	394.6	471	315.4	287.7	159	398.9	392.3	2145

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	3.0	243	3.0	3.8	241	2.7	2.9	273	3.4	3.4	238	3.1	2.9	74	2.9	3.3	1069
Female	3.9	3.3	258	3.6	3.6	246	3.8	4.3	254	3.4	3.4	233	3.1	3.2	85	3.6	3.6	1076
Total	3.2	3.3	501	3.3	3.7	487	3.2	3.7	527	3.4	3.4	471	3.1	3.0	159	3.3	3.5	2145

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	1260.3	614.0	243	1301.0	709.5	241	1186.0	524.7	273	1164.0	570.1	238	1132.5	557.4	74	1220.2	604.5	1069
Female	1380.3	633.7	258	1281.3	604.7	246	1194.1	608.3	254	1135.5	588.7	233	1031.9	589.8	85	1233.2	616.2	1076
Total	1322.1	626.5	501	1291.0	658.0	487	1189.9	566.0	527	1149.9	578.9	471	1078.7	575.4	159	1226.7	610.3	2145

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	118.7	64.8	243	123.9	73.3	241	110.7	54.0	273	109.9	54.6	238	109.9	55.9	74	115.3	61.7	1069
Female	130.8	63.3	258	121.0	59.2	246	115.1	62.3	254	112.0	61.9	233	100.0	58.6	85	118.3	62.0	1076
Total	124.9	64.2	501	122.4	66.5	487	112.9	58.2	527	110.9	58.3	471	104.6	57.4	159	116.8	61.9	2145

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.2	26.1	243	29.5	26.5	241	25.4	21.8	273	28.8	23.6	238	27.8	22.5	74	27.9	24.4	1069
Female	39.3	25.4	258	34.9	25.1	246	33.7	26.1	254	31.5	24.6	233	28.7	25.5	85	34.4	25.5	1076
Total	33.9	26.3	501	32.2	25.9	487	29.4	24.3	527	30.1	24.1	471	28.3	24.0	159	31.2	25.1	2145

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.559	3.290	243	11.214	3.609	241	10.121	2.905	273	8.921	2.462	238	8.381	2.738	74	10.307	3.259	1069
Female	10.646	3.065	258	9.901	2.914	246	8.893	2.538	254	8.377	2.658	233	7.430	2.509	85	9.317	2.955	1076
Total	11.088	3.206	501	10.551	3.338	487	9.529	2.800	527	8.652	2.573	471	7.873	2.652	159	9.810	3.149	2145

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	19.7	23.5	243	19.4	18.8	241	17.7	20.2	273	17.3	20.1	238	13.9	11.5	74	18.2	20.2	1069
Female	24.2	18.8	258	21.5	18.2	246	19.9	17.3	254	17.6	15.6	233	14.8	13.3	85	20.4	17.5	1076
Total	22.0	21.3	501	20.5	18.5	487	18.7	18.9	527	17.5	18.0	471	14.4	12.5	159	19.3	18.9	2145

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	179.6	77.7	243	178.5	93.1	241	161.7	63.8	273	144.4	55.9	238	139.7	59.0	74	164.2	74.2	1069
Female	158.6	59.3	258	150.9	56.3	246	139.1	57.8	254	134.8	56.3	233	122.9	55.2	85	144.3	58.3	1076
Total	168.8	69.6	501	164.6	77.9	487	150.8	62.0	527	139.7	56.2	471	130.7	57.4	159	154.2	67.4	2145

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.8	25.1	243	28.9	25.5	241	24.9	21.1	273	27.8	22.4	238	26.6	21.3	74	27.2	23.4	1069
Female	38.1	24.1	258	33.9	23.9	246	32.6	24.9	254	30.5	23.5	233	27.6	24.2	85	33.4	24.3	1076
Total	33.1	25.1	501	31.4	24.8	487	28.6	23.3	527	29.1	23.0	471	27.1	22.9	159	30.3	24.0	2145

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.681	1.516	243	4.417	1.599	241	3.976	1.328	273	3.385	1.039	238	3.171	1.217	74	4.049	1.469	1069

Female	4.376	1.606	258	3.969	1.303	246	3.419	1.145	254	3.237	1.206	233	2.919	1.124	85	3.695	1.402	1076
Total	4.524	1.569	501	4.191	1.473	487	3.708	1.273	527	3.312	1.126	471	3.037	1.171	159	3.871	1.446	2145

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	188.9	65.0	243	194.2	69.9	241	180.8	65.5	273	150.4	47.0	238	140.5	52.6	74	176.1	64.6	1069
Female	178.2	70.0	258	170.6	61.5	246	146.2	46.4	254	139.3	48.8	233	127.1	45.4	85	156.5	59.4	1076
Total	183.4	67.8	501	182.3	66.8	487	164.1	59.6	527	144.9	48.2	471	133.3	49.2	159	166.2	62.8	2145

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	93.8	61.2	243	107.3	91.9	241	102.6	86.1	273	80.2	44.7	238	76.7	50.4	74	94.9	73.3	1069
Female	86.8	75.5	258	87.9	63.4	246	73.7	40.2	254	73.7	51.6	233	60.3	26.1	85	79.0	58.0	1076
Total	90.2	68.9	501	97.5	79.3	487	88.7	69.4	527	77.0	48.3	471	67.9	40.0	159	86.9	66.5	2145

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	40.4	30.9	243	47.0	48.8	241	44.3	44.6	273	32.4	23.2	238	30.0	24.0	74	40.4	38.1	1069
Female	37.9	40.7	258	37.3	33.5	246	29.4	19.6	254	29.8	26.9	233	22.4	10.9	85	32.8	30.5	1076
Total	39.1	36.3	501	42.1	42.0	487	37.1	35.6	527	31.1	25.1	471	25.9	18.5	159	36.6	34.7	2145

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.3	14.8	243	17.3	16.0	241	14.6	12.1	273	16.2	13.1	238	15.9	12.2	74	16.0	13.9	1069
Female	22.5	14.7	258	20.1	14.6	246	18.9	14.6	254	17.7	13.9	233	16.0	13.8	85	19.6	14.5	1076
Total	19.5	15.1	501	18.7	15.3	487	16.7	13.5	527	16.9	13.5	471	16.0	13.0	159	17.8	14.3	2145

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	109.4	83.2	243	110.2	93.0	241	86.2	57.8	273	82.5	53.1	238	84.1	57.7	74	95.9	73.3	1069
Female	111.0	62.8	258	99.1	58.7	246	91.0	60.9	254	85.1	62.3	233	77.6	53.6	85	95.3	61.5	1076
Total	110.2	73.3	501	104.6	77.7	487	88.5	59.3	527	83.8	57.8	471	80.6	55.5	159	95.6	67.6	2145

Pentadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	243	0.0	0.0	241	0.0	0.0	273	0.9	13.6	238	0.0	0.0	74	0.2	6.4	1069
Female	0.0	0.0	258	0.0	0.0	246	1.3	20.5	254	0.0	0.0	233	0.0	0.0	85	0.3	10.0	1076
Total	0.0	0.0	501	0.0	0.0	487	0.6	14.2	527	0.4	9.7	471	0.0	0.0	159	0.3	8.4	2145

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1063.5	451.1	243	1006.7	464.2	241	964.4	373.8	273	847.8	343.0	238	824.8	341.5	74	960.8	413.8	1069
Female	869.2	294.1	258	813.6	308.8	246	794.4	333.8	254	755.4	299.0	233	673.7	274.8	85	798.8	311.0	1076
Total	963.4	390.4	501	909.2	404.7	487	882.5	364.8	527	802.1	324.9	471	744.0	315.8	159	879.5	374.6	2145

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	121.8	62.9	243	120.2	74.9	241	106.0	47.9	273	94.7	42.8	238	90.6	42.6	74	109.2	58.4	1069
Female	99.5	42.4	258	94.1	39.6	246	91.0	54.3	254	85.1	40.7	233	79.1	41.4	85	91.5	44.8	1076
Total	110.3	54.4	501	107.1	61.1	487	98.8	51.6	527	89.9	42.0	471	84.4	42.3	159	100.3	52.8	2145

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.58	6.77	243	22.35	7.08	241	19.85	6.06	273	16.62	4.93	238	15.42	5.25	74	20.01	6.71	1069
Female	20.29	5.89	258	19.04	5.96	246	16.49	4.77	254	15.30	5.17	233	14.08	4.99	85	17.54	5.84	1076
Total	21.40	6.43	501	20.68	6.74	487	18.23	5.72	527	15.97	5.09	471	14.70	5.14	159	18.77	6.41	2145

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	543.3	353.3	243	577.8	389.8	241	608.9	399.8	273	536.2	354.8	238	556.9	460.8	74	567.2	382.6	1069
Female	436.4	246.6	258	454.9	303.5	246	471.1	360.9	254	472.8	334.6	233	447.9	361.0	85	457.6	317.4	1076
Total	488.2	307.5	501	515.7	353.9	487	542.5	387.4	527	504.8	346.1	471	498.6	412.7	159	512.2	355.6	2145

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	313.1	482.0	243	356.6	504.0	241	423.5	538.8	273	378.4	472.9	238	432.4	628.9	74	373.9	512.0	1069
Female	225.1	325.8	258	272.0	437.9	246	328.1	492.5	254	345.2	485.3	233	325.4	478.2	85	294.1	443.9	1076
Total	267.8	411.0	501	313.9	473.2	487	377.5	518.7	527	362.0	478.9	471	375.2	554.2	159	333.8	480.6	2145

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	41.2	35.4	243	45.7	39.8	241	55.4	43.4	273	51.5	36.7	238	51.3	38.7	74	48.8	39.4	1069
Female	32.5	27.3	258	35.8	31.3	246	41.1	35.1	254	42.3	34.4	233	41.5	41.5	85	38.1	33.1	1076
Total	36.8	31.8	501	40.7	36.1	487	48.5	40.2	527	47.0	35.9	471	46.1	40.4	159	43.5	36.8	2145

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.3	13.5	243	9.4	12.6	241	11.1	15.3	273	9.9	11.9	238	8.8	9.5	74	9.7	13.2	1069
Female	5.5	7.5	258	6.4	7.7	246	7.6	8.9	254	8.6	10.0	233	6.7	7.4	85	6.9	8.5	1076
Total	6.8	10.9	501	7.9	10.6	487	9.4	12.8	527	9.2	11.0	471	7.7	8.5	159	8.3	11.2	2145

## 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	6.4	9.1	243	7.0	9.4	241	8.9	10.9	273	9.1	11.8	238	7.2	6.7	74	7.8	10.2	1069
Female	4.8	6.4	258	5.5	7.1	246	6.9	8.2	254	7.8	8.5	233	6.2	6.3	85	6.2	7.5	1076
Total	5.6	7.8	501	6.2	8.3	487	8.0	9.7	527	8.5	10.3	471	6.7	6.5	159	7.0	9.0	2145

## Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	9.0	243	7.5	10.4	241	9.0	11.0	273	8.6	12.9	238	7.5	8.8	74	7.9	10.8	1069
Female	4.7	7.0	258	5.5	7.6	246	6.5	8.0	254	7.3	9.6	233	5.3	6.5	85	5.9	8.0	1076
Total	5.6	8.1	501	6.5	9.1	487	7.8	9.7	527	8.0	11.4	471	6.3	7.7	159	6.9	9.5	2145

## 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	11.55	4.31	243	11.67	3.56	241	10.74	3.64	273	9.35	2.96	238	8.95	3.33	74	10.70	3.76	1069
Female	9.91	2.94	258	9.84	3.01	246	8.78	2.45	254	8.55	2.66	233	8.07	2.59	85	9.19	2.83	1076
Total	10.71	3.75	501	10.74	3.42	487	9.80	3.27	527	8.95	2.84	471	8.48	2.98	159	9.94	3.41	2145

 $\alpha$ -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	1575.5	647.0	243	1647.4	564.0	241	1514.7	536.5	273	1344.7	490.0	238	1294.6	567.4	74	1505.3	574.0	1069
Female	1357.6	478.8	258	1345.5	461.0	246	1210.2	423.5	254	1215.7	463.3	233	1232.7	527.4	85	1279.5	467.1	1076
Total	1463.3	576.4	501	1494.9	535.8	487	1367.9	508.2	527	1280.9	480.8	471	1261.5	545.5	159	1392.0	535.0	2145

 $\gamma$ -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	4.2	5.4	243	4.9	5.4	241	5.1	5.3	273	5.1	6.3	238	5.4	6.7	74	4.9	5.7	1069
Female	3.0	3.4	258	3.8	4.2	246	4.1	3.9	254	4.7	4.9	233	3.5	3.5	85	3.9	4.1	1076
Total	3.6	4.5	501	4.4	4.9	487	4.6	4.7	527	4.9	5.6	471	4.4	5.3	159	4.4	5.0	2145

## 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	69.2	89.7	243	82.9	107.6	241	102.3	105.9	273	94.1	90.2	238	107.4	121.0	74	88.9	101.3	1069
Female	50.3	59.7	258	59.7	76.6	246	72.3	82.8	254	84.4	94.2	233	74.4	82.7	85	66.9	80.0	1076
Total	59.5	76.3	501	71.2	93.9	487	87.9	96.6	527	89.3	92.2	471	89.8	103.3	159	77.9	91.9	2145

## 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	76.7	34.5	243	68.9	32.9	241	67.8	32.4	273	53.0	24.0	238	49.8	29.4	74	65.5	32.4	1069
Female	57.0	26.8	258	54.4	25.4	246	50.6	26.0	254	48.1	26.3	233	41.6	22.7	85	51.8	26.2	1076

Total	66.5	32.2	501	61.6	30.2	487	59.5	30.7	527	50.6	25.3	471	45.4	26.3	159	58.6	30.2	2145
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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	33.8	13.2	243	32.6	13.5	241	31.0	10.6	273	28.4	10.2	238	27.3	10.1	74	31.2	12.0	1069
Female	28.9	9.9	258	26.8	9.1	246	26.4	9.0	254	25.7	9.3	233	22.7	8.1	85	26.6	9.4	1076
Total	31.3	11.9	501	29.7	11.9	487	28.8	10.2	527	27.1	9.9	471	24.9	9.3	159	28.9	11.0	2145

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	28.5	31.1	243	33.7	34.9	241	41.6	35.6	273	41.2	33.4	238	44.1	43.2	74	36.9	35.0	1069
Female	23.9	24.1	258	26.1	24.8	246	31.2	29.9	254	34.5	31.0	233	32.2	27.7	85	29.1	27.8	1076
Total	26.1	27.8	501	29.9	30.4	487	36.6	33.4	527	37.8	32.4	471	37.7	36.1	159	33.0	31.8	2145

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	175.5	62.1	243	178.8	63.2	241	180.1	63.4	273	172.1	66.6	238	158.2	58.7	74	175.5	63.6	1069
Female	152.5	54.0	258	149.9	54.6	246	152.8	53.9	254	151.8	58.1	233	136.7	52.2	85	150.6	54.9	1076
Total	163.6	59.1	501	164.2	60.7	487	166.9	60.5	527	162.1	63.3	471	146.7	56.2	159	163.0	60.7	2145

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	240.7	226.4	243	280.0	252.6	241	360.2	265.3	273	354.4	256.9	238	354.4	262.5	74	313.3	256.4	1069
Female	191.6	167.4	258	218.8	180.0	246	264.3	202.6	254	293.8	230.1	233	267.2	212.9	85	243.1	200.5	1076
Total	215.4	199.5	501	249.1	220.9	487	314.0	241.8	527	324.4	245.6	471	307.8	240.5	159	278.1	232.7	2145

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	6.2	8.9	243	7.4	9.7	241	9.0	10.1	273	8.5	10.6	238	8.4	10.1	74	7.8	9.9	1069
Female	4.2	6.2	258	5.6	7.9	246	6.5	7.9	254	7.8	9.8	233	5.7	7.0	85	6.0	8.0	1076
Total	5.2	7.7	501	6.5	8.9	487	7.8	9.2	527	8.1	10.2	471	7.0	8.7	159	6.9	9.0	2145

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.3	243	0.1	0.2	241	0.1	0.3	273	0.1	0.5	238	0.2	0.8	74	0.1	0.4	1069
Female	0.1	0.3	258	0.1	0.3	246	0.1	0.3	254	0.1	0.2	233	0.1	0.2	85	0.1	0.3	1076
Total	0.1	0.3	501	0.1	0.3	487	0.1	0.3	527	0.1	0.4	471	0.1	0.6	159	0.1	0.3	2145

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.9	6.0	243	13.1	5.4	241	12.8	6.4	273	10.8	5.5	238	10.3	5.3	74	12.5	6.0	1069
Female	10.2	4.8	258	10.0	4.6	246	9.6	4.8	254	9.7	4.9	233	8.0	3.6	85	9.7	4.7	1076
Total	12.0	5.7	501	11.5	5.2	487	11.3	5.9	527	10.2	5.2	471	9.1	4.6	159	11.1	5.5	2145

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	77.0	65.4	243	86.2	72.3	241	104.0	72.4	273	105.2	78.6	238	105.4	80.6	74	94.2	73.7	1069
Female	65.1	53.2	258	68.9	54.1	246	80.8	62.2	254	87.9	65.2	233	78.0	57.8	85	75.6	59.2	1076
Total	70.9	59.7	501	77.4	64.3	487	92.8	68.6	527	96.6	72.8	471	90.7	70.5	159	84.9	67.5	2145

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.8	9.6	243	10.2	10.1	241	12.0	10.5	273	11.8	11.1	238	13.0	12.0	74	10.9	10.5	1069
Female	6.8	6.2	258	8.0	7.0	246	9.5	8.4	254	10.3	9.9	233	7.9	7.8	85	8.6	8.0	1076
Total	7.8	8.1	501	9.1	8.7	487	10.8	9.6	527	11.0	10.5	471	10.3	10.3	159	9.7	9.4	2145

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	454.8	379.5	243	523.3	417.2	241	637.1	433.9	273	626.7	414.1	238	654.3	433.4	74	568.9	420.1	1069
Female	361.0	275.3	258	408.7	302.2	246	483.1	340.6	254	525.4	369.7	233	471.4	370.9	85	445.1	332.1	1076
Total	406.5	333.0	501	465.4	367.8	487	562.9	398.9	527	576.6	395.6	471	556.6	410.3	159	506.8	383.5	2145

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	13.6	19.4	243	18.0	23.8	241	19.5	21.7	273	12.3	16.4	238	11.9	17.2	74	15.7	20.5	1069
Female	4.3	10.4	258	4.3	8.4	246	2.2	5.4	254	2.0	9.2	233	0.9	1.8	85	3.0	8.3	1076
Total	8.8	16.1	501	11.1	19.0	487	11.1	18.2	527	7.2	14.3	471	6.0	12.9	159	9.3	16.9	2145

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	2299.7	425.0	243	2308.9	457.0	241	2246.4	390.4	273	2067.6	367.9	238	1966.9	344.8	74	2213.5	421.7	1069
Female	1886.6	338.9	258	1856.4	333.8	246	1796.6	267.8	254	1781.0	297.1	233	1675.1	276.1	85	1818.9	313.4	1076
Total	2087.0	435.0	501	2080.3	458.9	487	2029.6	404.9	527	1925.8	363.9	471	1810.9	341.7	159	2015.5	420.5	2145

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	2313.2	690.6	243	2359.1	624.5	241	2413.5	648.7	273	2264.3	615.2	238	2020.4	538.2	74	2318.0	645.1	1069
Female	2004.0	564.2	258	2088.2	520.9	246	2209.0	549.3	254	2209.9	589.9	233	2010.6	567.6	85	2116.8	563.2	1076

Total	2154.0	646.8	501	2222.2	589.7	487	2314.9	610.9	527	2237.4	602.8	471	2015.2	552.4	159	2217.0	613.6	2145
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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	80.5	17.0	243	83.2	18.2	241	83.5	16.4	273	80.0	15.3	238	76.0	17.5	74	81.5	16.9	1069
Female	68.3	12.8	258	69.1	14.3	246	70.8	12.5	254	69.6	14.7	233	64.0	11.4	85	69.0	13.5	1076
Total	74.2	16.2	501	76.1	17.8	487	77.4	16.0	527	74.9	15.9	471	69.5	15.7	159	75.2	16.5	2145

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.8	17.7	243	67.0	19.1	241	60.9	15.4	273	53.6	13.5	238	50.6	15.3	74	61.3	17.4	1069
Female	60.7	15.8	258	57.9	15.2	246	52.0	12.8	254	49.7	13.8	233	45.9	13.8	85	54.5	15.2	1076
Total	63.6	17.0	501	62.4	17.8	487	56.6	14.9	527	51.7	13.7	471	48.1	14.6	159	57.8	16.7	2145

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	309.9	66.1	243	303.0	66.7	241	300.4	66.2	273	290.2	61.3	238	276.2	57.2	74	299.2	65.2	1069
Female	253.0	47.6	258	253.5	50.8	246	255.8	45.2	254	258.5	47.9	233	248.7	51.0	85	254.6	48.1	1076
Total	280.6	64.0	501	278.0	64.1	487	278.9	61.2	527	274.5	57.3	471	261.5	55.6	159	276.8	61.5	2145

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	17.5	3.7	243	19.0	4.0	241	19.6	4.3	273	19.9	5.4	238	18.1	4.1	74	18.9	4.4	1069
Female	15.6	3.0	258	16.4	4.0	246	17.3	3.2	254	17.6	3.6	233	16.9	6.3	85	16.7	3.8	1076
Total	16.5	3.5	501	17.7	4.2	487	18.5	4.0	527	18.8	4.7	471	17.5	5.4	159	17.8	4.3	2145

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	4257	1070	243	4587	971	241	4627	1053	273	4559	1070	238	4213	960	74	4490	1047	1069
Female	3669	804	258	3792	828	246	3927	820	254	4015	923	233	3730	906	85	3838	856	1076
Total	3954	986	501	4186	985	487	4289	1009	527	4290	1035	471	3955	959	159	4163	1010	2145

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	2508	639	243	2697	710	241	2872	764	273	2894	726	238	2664	712	74	2740	727	1069
Female	2291	513	258	2457	628	246	2683	621	254	2720	653	233	2468	549	85	2528	623	1076
Total	2396	587	501	2575	680	487	2781	704	527	2808	696	471	2560	636	159	2634	685	2145

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	535.5	245.7	243	583.2	215.8	241	605.8	216.4	273	652.7	235.9	238	615.6	247.0	74	595.9	232.9	1069
Female	557.4	198.5	258	563.8	201.8	246	631.3	241.3	254	651.4	259.3	233	583.1	197.7	85	598.7	227.0	1076
Total	546.8	222.7	501	573.4	208.9	487	618.1	228.9	527	652.1	247.5	471	598.2	221.9	159	597.3	229.9	2145

#### 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	277.0	74.5	243	298.3	77.3	241	329.2	252.9	273	312.7	88.0	238	301.5	124.2	74	304.8	148.4	1069
Female	250.5	139.1	258	258.8	65.7	246	276.8	65.6	254	285.3	83.6	233	290.4	217.8	85	269.3	109.8	1076
Total	263.3	113.1	501	278.3	74.3	487	303.9	189.3	527	299.1	86.9	471	295.6	179.9	159	287.0	131.6	2145

#### 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	1134	258	243	1189	282	241	1206	257	273	1200	251	238	1139	298	74	1180	266	1069
Female	1005	208	258	1028	234	246	1064	215	254	1059	252	233	994	192	85	1035	226	1076
Total	1068	242	501	1108	271	487	1138	248	527	1130	261	471	1061	257	159	1107	257	2145

#### 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	8.6	2.9	243	9.2	2.6	241	9.8	2.7	273	9.9	2.7	238	9.2	2.7	74	9.4	2.7	1069
Female	8.0	3.3	258	8.2	2.4	246	8.9	2.6	254	9.3	3.1	233	8.7	2.4	85	8.6	2.9	1076
Total	8.3	3.1	501	8.7	2.5	487	9.4	2.7	527	9.6	2.9	471	8.9	2.5	159	9.0	2.8	2145

#### 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	9.7	2.5	243	9.7	2.5	241	9.6	3.3	273	9.2	2.6	238	8.7	2.2	74	9.5	2.7	1069
Female	7.8	1.9	258	7.7	1.8	246	8.0	2.5	254	8.1	3.2	233	7.4	1.6	85	7.9	2.4	1076
Total	8.7	2.4	501	8.7	2.4	487	8.8	3.0	527	8.7	3.0	471	8.0	2.0	159	8.7	2.7	2145

#### 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	1.28	0.34	243	1.35	0.36	241	1.39	0.35	273	1.39	0.36	238	1.30	0.32	74	1.35	0.35	1069
Female	1.07	0.26	258	1.12	0.31	246	1.18	0.28	254	1.23	0.31	233	1.20	0.45	85	1.15	0.31	1076
Total	1.17	0.32	501	1.23	0.35	487	1.29	0.33	527	1.31	0.34	471	1.25	0.39	159	1.25	0.35	2145

#### 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	4.00	1.49	243	4.32	1.47	241	4.56	1.63	273	4.41	1.39	238	4.06	1.32	74	4.31	1.50	1069
Female	3.46	1.14	258	3.68	1.23	246	4.08	1.30	254	4.47	1.73	233	4.00	1.27	85	3.92	1.40	1076
Total	3.72	1.35	501	4.00	1.39	487	4.33	1.50	527	4.44	1.57	471	4.03	1.29	159	4.11	1.47	2145

## 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	258	608	243	242	324	241	325	945	273	375	780	238	274	586	74	299	704	1069
Female	307	721	258	262	478	246	336	1101	254	301	714	233	357	813	85	306	790	1076
Total	283	668	501	252	409	487	330	1022	527	339	748	471	318	715	159	302	748	2145

 $\alpha$ -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	464	397	243	442	365	241	477	489	273	449	375	238	389	409	74	453	412	1069
Female	371	295	258	407	307	246	411	338	254	485	479	233	489	483	85	423	373	1076
Total	416	351	501	424	337	487	445	424	527	467	430	471	442	452	159	438	393	2145

 $\beta$ -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	3217	2048	243	3411	2055	241	3998	2639	273	3878	2022	238	3251	2295	74	3610	2247	1069
Female	3039	1934	258	3233	1950	246	4344	10110	254	4229	2349	233	3903	2326	85	3718	5268	1076
Total	3125	1990	501	3321	2003	487	4165	7266	527	4052	2195	471	3600	2328	159	3664	4053	2145

## 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	292	606	243	335	701	241	326	785	273	471	1520	238	430	984	74	360	966	1069
Female	405	646	258	445	883	246	482	878	254	744	1058	233	508	818	85	514	876	1076
Total	350	629	501	390	799	487	401	834	527	606	1318	471	472	897	159	437	925	2145

 $\beta$ -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	3620	2262	243	3833	2260	241	4446	2875	273	4386	2417	238	3703	2634	74	4055	2512	1069
Female	3459	2063	258	3710	2125	246	4222	2203	254	4883	2607	233	4498	2595	85	4087	2337	1076
Total	3537	2161	501	3771	2191	487	4338	2573	527	4632	2522	471	4128	2635	159	4071	2425	2145

## 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	604	657	243	601	406	241	728	986	273	765	824	238	601	663	74	671	754	1069
Female	635	748	258	608	536	246	767	1401	254	749	782	233	751	894	85	694	928	1076
Total	620	705	501	604	476	487	747	1203	527	757	803	471	681	796	159	682	845	2145

## 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	6.6	5.2	243	8.1	6.1	241	9.0	5.5	273	10.5	8.3	238	9.7	6.2	74	8.6	6.5	1069
Female	5.8	4.0	258	6.4	4.1	246	8.3	12.4	254	8.9	6.3	233	77.5	633.3	85	12.9	178.2	1076



Male	2.29	7.02	243	2.45	8.64	241	2.50	9.41	273	4.80	14.86	238	3.21	11.43	74	3.00	10.46	1069
Female	2.14	6.47	258	2.18	5.47	246	2.47	8.03	254	9.29	71.96	233	8.12	26.28	85	4.25	34.83	1076
Total	2.21	6.74	501	2.32	7.21	487	2.49	8.76	527	7.02	51.69	471	5.83	20.82	159	3.63	25.75	2145

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	1.81	2.35	243	1.73	1.19	241	1.61	0.87	273	1.95	1.96	238	1.56	0.89	74	1.75	1.64	1069
Female	1.73	2.37	258	2.18	4.39	246	1.86	4.16	254	4.43	28.10	233	2.57	4.05	85	2.51	13.51	1076
Total	1.77	2.36	501	1.96	3.24	487	1.73	2.96	527	3.18	19.83	471	2.10	3.06	159	2.13	9.64	2145

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.9	7.5	243	20.6	7.7	241	21.9	12.9	273	20.3	12.4	238	20.3	11.9	74	20.7	10.6	1069
Female	16.5	9.8	258	18.0	10.4	246	17.1	10.0	254	20.3	20.2	233	15.7	11.3	85	17.8	13.1	1076
Total	18.2	8.9	501	19.3	9.3	487	19.6	11.8	527	20.3	16.7	471	17.9	11.8	159	19.2	12.0	2145

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.57	7.31	243	2.36	5.29	241	2.70	8.59	273	4.30	12.46	238	2.81	9.61	74	2.96	8.86	1069
Female	2.21	6.01	258	2.29	5.37	246	2.37	6.77	254	6.35	29.79	233	8.72	23.72	85	3.68	16.32	1076
Total	2.38	6.67	501	2.32	5.32	487	2.54	7.76	527	5.32	22.75	471	5.97	18.72	159	3.32	13.15	2145

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	29.8	160.3	243	27.2	136.0	241	34.4	178.4	273	67.6	278.5	238	70.1	298.7	74	41.6	204.2	1069
Female	18.3	106.2	258	18.5	110.8	246	31.9	161.3	254	64.1	240.0	233	83.9	367.6	85	36.7	187.4	1076
Total	23.9	135.1	501	22.8	123.9	487	33.2	170.2	527	65.9	259.9	471	77.5	336.3	159	39.1	195.9	2145

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	326	167	243	355	161	241	387	139	273	404	151	238	349	124	74	367	155	1069
Female	295	104	258	319	106	246	375	151	254	398	166	233	343	121	85	346	139	1076
Total	310	139	501	336	137	487	381	145	527	401	159	471	346	122	159	356	147	2145

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	6.82	3.42	243	6.99	5.60	241	6.93	3.26	273	9.68	18.16	238	14.47	56.97	74	8.05	17.66	1069
Female	10.21	44.65	258	6.22	3.23	246	6.51	4.17	254	12.40	53.15	233	12.78	35.27	85	9.10	34.60	1076
Total	8.57	32.14	501	6.60	4.57	487	6.72	3.73	527	11.02	39.53	471	13.57	46.49	159	8.58	27.49	2145

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	136.5	169.1	243	147.2	146.1	241	154.5	187.1	273	154.6	124.8	238	162.7	358.5	74	149.4	180.3	1069
Female	143.2	307.7	258	145.8	136.7	246	202.7	342.9	254	218.1	312.5	233	175.6	307.5	85	176.6	289.9	1076
Total	139.9	250.0	501	146.5	141.3	487	177.7	274.3	527	186.0	238.9	471	169.6	331.2	159	163.0	241.9	2145

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	365.3	135.7	243	398.0	151.5	241	375.0	137.9	273	374.6	133.6	238	350.1	147.9	74	376.1	140.8	1069
Female	333.6	124.2	258	333.1	128.9	246	326.1	120.2	254	325.3	126.5	233	295.7	109.2	85	326.9	123.9	1076
Total	349.0	130.8	501	365.2	144.1	487	351.4	131.8	527	350.2	132.3	471	321.0	131.1	159	351.5	134.8	2145

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	3.6	1.3	243	3.8	1.3	241	4.0	1.5	273	4.1	1.3	238	3.7	1.4	74	3.9	1.4	1069
Female	3.3	1.4	258	3.6	1.1	246	3.8	1.1	254	4.0	1.2	233	3.6	1.0	85	3.7	1.2	1076
Total	3.5	1.3	501	3.7	1.2	487	3.9	1.3	527	4.1	1.2	471	3.7	1.2	159	3.8	1.3	2145

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	3.0	243	11.0	3.4	241	12.1	3.9	273	12.4	3.8	238	10.8	3.4	74	11.4	3.6	1069
Female	9.5	2.5	258	10.3	3.1	246	11.6	3.3	254	12.1	3.4	233	10.8	2.8	85	10.8	3.2	1076
Total	9.9	2.8	501	10.6	3.2	487	11.9	3.6	527	12.2	3.6	471	10.8	3.1	159	11.1	3.4	2145

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	4.1	243	15.4	4.6	241	16.9	5.4	273	17.3	5.1	238	15.3	4.8	74	15.9	5.0	1069
Female	13.4	3.7	258	14.4	4.1	246	16.2	4.5	254	16.9	4.6	233	20.7	51.4	85	15.6	15.1	1076
Total	13.8	3.9	501	14.9	4.4	487	16.6	5.0	527	17.1	4.9	471	18.2	37.7	159	15.8	11.2	2145

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	10.7	2.7	243	11.5	2.5	241	11.6	2.7	273	11.4	2.7	238	10.6	2.4	74	11.3	2.6	1069
Female	9.2	2.0	258	9.5	2.1	246	9.8	2.1	254	10.0	2.2	233	9.4	2.3	85	9.6	2.1	1076
Total	9.9	2.5	501	10.5	2.5	487	10.8	2.6	527	10.7	2.6	471	9.9	2.4	159	10.4	2.5	2145

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.2	2.6	243	11.4	2.6	241	11.4	2.5	273	10.9	2.2	238	10.5	2.7	74	11.2	2.5	1069
Female	9.3	1.9	258	9.3	2.1	246	9.6	1.9	254	9.4	2.2	233	8.7	1.7	85	9.4	2.0	1076
Total	10.2	2.5	501	10.4	2.6	487	10.6	2.4	527	10.2	2.3	471	9.5	2.4	159	10.3	2.4	2145

## 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	3476	771	243	3567	831	241	3593	762	273	3459	692	238	3305	785	74	3511	770	1069
Female	2957	595	258	2965	657	246	3040	564	254	2986	669	233	2766	534	85	2970	617	1076
Total	3209	733	501	3263	806	487	3326	728	527	3225	720	471	3017	714	159	3239	748	2145

## 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	6122	1339	243	6257	1428	241	6270	1293	273	6041	1188	238	5766	1354	74	6148	1322	1069
Female	5224	1025	258	5214	1136	246	5329	969	254	5224	1149	233	4828	916	85	5215	1064	1076
Total	5660	1269	501	5731	1389	487	5816	1240	527	5637	1237	471	5265	1230	159	5680	1287	2145

## 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	4818	1216	243	4980	1341	241	5150	1273	273	4933	1151	238	4727	1282	74	4958	1256	1069
Female	4077	963	258	4114	1046	246	4283	952	254	4226	1116	233	3893	873	85	4152	1012	1076
Total	4436	1153	501	4542	1276	487	4732	1209	527	4583	1187	471	4281	1157	159	4554	1209	2145

## 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	1834	418	243	1880	458	241	1894	414	273	1811	387	238	1744	439	74	1848	423	1069
Female	1535	324	258	1536	353	246	1573	315	254	1547	370	233	1423	299	85	1538	339	1076
Total	1680	401	501	1706	443	487	1739	403	527	1680	401	471	1572	403	159	1693	413	2145

## 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	1284	252	243	1310	274	241	1290	243	273	1247	230	238	1177	254	74	1276	252	1069
Female	1090	203	258	1095	223	246	1102	175	254	1079	201	233	1000	175	85	1085	201	1076
Total	1184	248	501	1202	271	487	1200	233	527	1164	232	471	1083	233	159	1180	247	2145

## 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	3101	648	243	3173	715	241	3169	641	273	3043	595	238	2905	679	74	3108	656	1069
Female	2609	510	258	2616	560	246	2659	476	254	2611	559	233	2410	458	85	2607	524	1076
Total	2848	631	501	2892	699	487	2923	622	527	2829	616	471	2640	621	159	2857	644	2145

## 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	3529	740	243	3609	793	241	3613	723	273	3487	664	238	3325	759	74	3545	736	1069



	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4573	1016	243	4719	1134	241	4773	1074	273	4512	947	238	4320	1017	74	4626	1051	1069
Female	3741	799	258	3781	877	246	3901	764	254	3853	871	233	3591	696	85	3800	821	1076
Total	4145	1001	501	4245	1115	487	4353	1033	527	4186	967	471	3930	932	159	4212	1029	2145

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	3843	859	243	3950	965	241	4002	889	273	3806	809	238	3654	890	74	3886	887	1069
Female	3167	663	258	3179	728	246	3286	646	254	3247	757	233	3005	597	85	3202	694	1076
Total	3495	835	501	3560	936	487	3657	859	527	3530	831	471	3307	813	159	3543	866	2145

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	6985	1601	243	7239	1768	241	7433	1697	273	7144	1504	238	6843	1652	74	7183	1655	1069
Female	5818	1232	258	5926	1370	246	6195	1223	254	6149	1429	233	5737	1121	85	5997	1308	1076
Total	6384	1537	501	6576	1710	487	6836	1610	527	6652	1548	471	6252	1496	159	6588	1604	2145

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	14.768	3.085	243	15.021	3.141	241	14.692	2.839	273	14.160	2.708	238	13.347	3.007	74	14.572	2.978	1069
Female	12.896	2.386	258	12.895	2.636	246	12.839	2.127	254	12.365	2.422	233	11.287	1.989	85	12.640	2.405	1076
Total	13.804	2.900	501	13.947	3.084	487	13.799	2.684	527	13.272	2.720	471	12.245	2.710	159	13.603	2.873	2145

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	3362	772	243	3484	850	241	3438	747	273	3266	710	238	3107	786	74	3370	778	1069
Female	2758	610	258	2767	634	246	2833	553	254	2779	633	233	2547	500	85	2766	603	1076
Total	3051	756	501	3122	830	487	3146	726	527	3025	715	471	2807	705	159	3067	758	2145

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	4808	1180	243	4899	1096	241	4643	959	273	4542	982	238	4248	1106	74	4688	1072	1069
Female	4383	883	258	4351	957	246	4259	797	254	4045	887	233	3607	742	85	4212	897	1076
Total	4589	1058	501	4622	1063	487	4458	904	527	4296	968	471	3905	980	159	4449	1016	2145

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	3455	721	243	3562	796	241	3552	718	273	3438	658	238	3274	756	74	3488	730	1069
Female	2973	575	258	2992	643	246	3046	527	254	2989	625	233	2775	516	85	2983	590	1076
Total	3207	693	501	3274	776	487	3309	681	527	3215	679	471	3007	684	159	3234	710	2145

## Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	58.13	15.62	243	61.28	41.89	241	54.26	30.81	273	45.90	11.70	238	43.47	13.44	74	54.12	27.79	1069
Female	52.90	14.58	258	50.18	13.63	246	46.33	27.02	254	44.18	29.15	233	39.02	12.14	85	47.74	21.84	1076
Total	55.44	15.30	501	55.67	31.48	487	50.44	29.29	527	45.05	22.12	471	41.09	12.92	159	50.92	25.18	2145

## 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	19.19	5.75	243	18.72	6.48	241	16.84	5.08	273	15.03	4.62	238	14.16	5.05	74	17.21	5.76	1069
Female	18.46	5.90	258	17.05	5.46	246	15.16	4.83	254	14.26	4.96	233	12.78	4.86	85	16.00	5.58	1076
Total	18.81	5.83	501	17.88	6.04	487	16.03	5.03	527	14.65	4.80	471	13.42	4.98	159	16.60	5.70	2145

## Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.72	7.28	243	24.54	7.71	241	22.05	6.54	273	18.59	5.39	238	17.44	5.88	74	22.13	7.23	1069
Female	22.04	6.27	258	20.80	6.24	246	18.29	5.19	254	17.07	5.47	233	15.70	5.46	85	19.29	6.17	1076
Total	23.34	6.91	501	22.65	7.24	487	20.24	6.21	527	17.84	5.48	471	16.51	5.71	159	20.71	6.86	2145

## 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	14.12	4.25	243	17.90	36.75	241	15.27	26.78	273	12.19	3.41	238	11.78	4.22	74	14.67	22.33	1069
Female	12.28	4.20	258	12.21	3.48	246	12.77	25.21	254	12.76	26.48	233	10.46	3.21	85	12.34	17.58	1076
Total	13.17	4.32	501	15.03	26.10	487	14.07	26.04	527	12.47	18.76	471	11.07	3.76	159	13.50	20.12	2145

## Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	38.84	10.78	243	42.44	39.00	241	37.33	28.86	273	30.78	8.01	238	29.23	9.42	74	36.80	24.91	1069
Female	34.32	9.65	258	33.01	9.15	246	31.07	25.80	254	29.83	27.68	233	26.16	8.13	85	31.64	19.33	1076
Total	36.51	10.46	501	37.68	28.56	487	34.31	27.58	527	30.31	20.27	471	27.59	8.86	159	34.21	22.44	2145

## 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	11.65	3.62	243	11.90	3.47	241	10.89	3.25	273	9.58	2.87	238	9.20	3.37	74	10.88	3.45	1069
Female	10.08	2.93	258	10.06	3.02	246	9.03	2.46	254	8.78	2.71	233	8.28	2.62	85	9.40	2.85	1076
Total	10.84	3.37	501	10.97	3.38	487	9.99	3.04	527	9.18	2.82	471	8.71	3.02	159	10.14	3.25	2145

## n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.43	1.01	243	5.96	36.39	241	4.34	26.24	273	2.57	0.99	238	2.56	1.20	74	3.75	21.81	1069

Female	2.17	2.38	258	2.13	0.79	246	3.71	25.09	254	3.95	26.18	233	2.14	0.93	85	2.91	17.27	1076
Total	2.30	1.85	501	4.02	25.65	487	4.04	25.67	527	3.25	18.42	471	2.34	1.08	159	3.33	19.66	2145

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	197.3	179.6	243	208.1	193.5	241	176.9	148.1	273	193.1	158.0	238	189.6	149.9	74	193.0	168.8	1069
Female	280.1	180.5	258	246.3	177.8	246	230.6	178.9	254	216.3	170.6	233	196.8	172.0	85	240.3	178.3	1076
Total	239.9	184.6	501	227.4	186.5	487	202.8	165.7	527	204.5	164.6	471	193.5	161.6	159	216.7	175.2	2145

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	126.2	115.3	243	134.0	125.0	241	114.4	95.6	273	125.7	102.3	238	122.8	96.3	74	124.6	108.9	1069
Female	178.4	115.9	258	157.8	114.9	246	147.3	115.1	254	138.0	109.4	233	125.5	108.6	85	153.4	114.5	1076
Total	153.1	118.4	501	146.0	120.5	487	130.3	106.6	527	131.8	106.0	471	124.2	102.7	159	139.1	112.6	2145

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.0	243	1.0	1.3	241	0.9	1.0	273	1.1	1.1	238	1.0	1.0	74	1.0	1.1	1069
Female	1.3	1.1	258	1.2	1.2	246	1.2	1.1	254	1.1	1.2	233	1.1	1.1	85	1.2	1.2	1076
Total	1.1	1.1	501	1.1	1.3	487	1.1	1.1	527	1.1	1.1	471	1.0	1.0	159	1.1	1.1	2145

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.0	243	1.0	1.3	241	0.9	1.0	273	1.1	1.1	238	1.0	1.0	74	1.0	1.1	1069
Female	1.3	1.1	258	1.2	1.2	246	1.2	1.1	254	1.1	1.2	233	1.1	1.1	85	1.2	1.2	1076
Total	1.1	1.1	501	1.1	1.3	487	1.1	1.1	527	1.1	1.1	471	1.0	1.0	159	1.1	1.1	2145

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	192.4	152.2	243	201.2	166.3	241	171.9	128.7	273	184.6	144.3	238	177.1	129.4	74	186.3	146.9	1069
Female	259.9	156.3	258	232.8	158.1	246	209.6	151.4	254	191.8	139.9	233	175.4	142.2	85	220.4	153.3	1076
Total	227.2	157.9	501	217.1	162.8	487	190.1	141.2	527	188.2	142.1	471	176.2	136.0	159	203.4	151.1	2145

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	396.7	386.4	243	420.2	402.0	241	352.1	351.4	273	376.1	501.9	238	328.5	289.4	74	381.3	405.0	1069
Female	517.5	440.6	258	487.9	438.8	246	382.3	339.2	254	306.9	235.9	233	304.0	287.4	85	416.3	378.6	1076
Total	458.9	419.2	501	454.4	421.9	487	366.6	345.6	527	341.9	394.6	471	315.4	287.7	159	398.9	392.3	2145

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.4	3.0	243	3.0	3.8	241	2.7	2.9	273	3.4	3.4	238	3.1	2.9	74	2.9	3.3	1069
Female	3.9	3.3	258	3.6	3.6	246	3.8	4.3	254	3.4	3.4	233	3.1	3.2	85	3.6	3.6	1076
Total	3.2	3.3	501	3.3	3.7	487	3.2	3.7	527	3.4	3.4	471	3.1	3.0	159	3.3	3.5	2145

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	1260.3	614.0	243	1301.0	709.5	241	1186.0	524.7	273	1164.0	570.1	238	1132.5	557.4	74	1220.2	604.5	1069
Female	1380.3	633.7	258	1281.3	604.7	246	1194.1	608.3	254	1135.6	588.7	233	1031.9	589.8	85	1233.2	616.2	1076
Total	1322.1	626.5	501	1291.0	658.0	487	1189.9	566.0	527	1149.9	578.9	471	1078.7	575.4	159	1226.7	610.3	2145

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	118.7	64.8	243	123.9	73.3	241	110.7	54.0	273	109.9	54.6	238	109.9	55.9	74	115.3	61.7	1069
Female	130.8	63.3	258	121.0	59.2	246	115.1	62.3	254	112.0	61.9	233	100.0	58.6	85	118.3	62.0	1076
Total	124.9	64.2	501	122.4	66.5	487	112.9	58.2	527	110.9	58.3	471	104.6	57.4	159	116.8	61.9	2145

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.2	26.1	243	29.5	26.5	241	25.4	21.8	273	28.8	23.6	238	27.8	22.5	74	27.9	24.4	1069
Female	39.3	25.4	258	34.9	25.1	246	33.7	26.1	254	31.5	24.6	233	28.7	25.5	85	34.4	25.5	1076
Total	33.9	26.3	501	32.2	25.9	487	29.4	24.3	527	30.1	24.1	471	28.3	24.0	159	31.2	25.1	2145

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.559	3.290	243	11.214	3.609	241	10.121	2.905	273	8.921	2.462	238	8.381	2.738	74	10.307	3.259	1069
Female	10.646	3.065	258	9.901	2.914	246	8.893	2.538	254	8.378	2.658	233	7.430	2.509	85	9.317	2.955	1076
Total	11.088	3.206	501	10.551	3.338	487	9.529	2.800	527	8.652	2.573	471	7.873	2.652	159	9.810	3.149	2145

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	19.7	23.5	243	19.4	18.8	241	17.7	20.2	273	17.3	20.1	238	13.9	11.5	74	18.2	20.2	1069
Female	24.2	18.8	258	21.5	18.2	246	19.9	17.3	254	17.6	15.6	233	14.8	13.3	85	20.4	17.5	1076
Total	22.0	21.3	501	20.5	18.5	487	18.7	18.9	527	17.5	18.0	471	14.4	12.5	159	19.3	18.9	2145

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	179.6	77.7	243	178.5	93.1	241	161.7	63.8	273	144.4	55.9	238	139.7	59.0	74	164.2	74.2	1069
Female	158.6	59.3	258	150.9	56.3	246	139.1	57.8	254	134.8	56.3	233	122.9	55.2	85	144.3	58.3	1076
Total	168.8	69.6	501	164.6	77.9	487	150.8	62.0	527	139.7	56.2	471	130.7	57.4	159	154.2	67.4	2145

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.8	25.1	243	28.9	25.5	241	24.9	21.1	273	27.8	22.4	238	26.6	21.3	74	27.2	23.4	1069
Female	38.1	24.1	258	33.9	23.9	246	32.6	24.9	254	30.5	23.5	233	27.6	24.2	85	33.4	24.3	1076
Total	33.1	25.1	501	31.4	24.8	487	28.6	23.3	527	29.1	23.0	471	27.1	22.9	159	30.3	24.0	2145

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.681	1.516	243	4.417	1.599	241	3.976	1.328	273	3.385	1.039	238	3.171	1.217	74	4.049	1.469	1069
Female	4.376	1.606	258	3.969	1.303	246	3.419	1.145	254	3.237	1.206	233	2.919	1.124	85	3.695	1.402	1076
Total	4.524	1.569	501	4.191	1.473	487	3.708	1.273	527	3.312	1.126	471	3.037	1.171	159	3.871	1.446	2145

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	188.9	65.0	243	194.2	69.9	241	180.8	65.5	273	150.4	47.0	238	140.5	52.6	74	176.1	64.6	1069
Female	178.2	70.0	258	170.6	61.5	246	146.2	46.4	254	139.4	48.8	233	127.1	45.4	85	156.5	59.4	1076
Total	183.4	67.8	501	182.3	66.8	487	164.1	59.6	527	145.0	48.2	471	133.3	49.2	159	166.3	62.8	2145

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	93.8	61.2	243	107.3	91.9	241	102.6	86.1	273	80.2	44.7	238	76.7	50.4	74	94.9	73.3	1069
Female	86.8	75.5	258	87.9	63.4	246	73.7	40.2	254	73.7	51.6	233	60.3	26.1	85	79.0	58.0	1076
Total	90.2	68.9	501	97.5	79.3	487	88.7	69.4	527	77.0	48.3	471	67.9	40.0	159	86.9	66.5	2145

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	40.4	30.9	243	47.0	48.8	241	44.3	44.6	273	32.4	23.2	238	30.0	24.0	74	40.4	38.1	1069
Female	37.9	40.7	258	37.3	33.5	246	29.4	19.6	254	29.8	26.9	233	22.4	10.9	85	32.8	30.5	1076
Total	39.1	36.3	501	42.1	42.0	487	37.1	35.6	527	31.1	25.1	471	25.9	18.5	159	36.6	34.7	2145

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.4	15.1	243	17.3	16.0	241	14.8	12.4	273	16.2	13.2	238	16.4	13.4	74	16.2	14.1	1069
Female	22.6	14.7	258	20.4	15.4	246	19.3	15.1	254	18.2	14.5	233	16.6	15.5	85	19.9	15.0	1076
Total	19.6	15.2	501	18.9	15.7	487	17.0	13.9	527	17.2	13.8	471	16.5	14.5	159	18.0	14.7	2145

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	109.4	83.2	243	110.2	93.0	241	86.2	57.8	273	82.5	53.1	238	84.1	57.7	74	95.9	73.3	1069
Female	111.0	62.8	258	99.1	58.7	246	91.0	60.9	254	85.1	62.3	233	77.6	53.6	85	95.3	61.5	1076

Total	110.2	73.3	501	104.6	77.7	487	88.5	59.3	527	83.8	57.8	471	80.6	55.5	159	95.6	67.6	2145
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Pentadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	243	0.0	0.0	241	0.0	0.0	273	0.9	13.6	238	0.0	0.0	74	0.2	6.4	1069
Female	0.0	0.0	258	0.0	0.0	246	1.3	20.5	254	0.0	0.0	233	0.0	0.0	85	0.3	10.0	1076
Total	0.0	0.0	501	0.0	0.0	487	0.6	14.2	527	0.4	9.7	471	0.0	0.0	159	0.3	8.4	2145

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	1063.5	451.1	243	1006.7	464.2	241	964.4	373.8	273	847.8	343.0	238	824.8	341.5	74	960.8	413.8	1069
Female	869.2	294.1	258	813.6	308.8	246	794.4	333.8	254	755.4	299.0	233	673.7	274.8	85	798.8	311.0	1076
Total	963.4	390.4	501	909.2	404.7	487	882.5	364.8	527	802.1	324.9	471	744.0	315.8	159	879.5	374.6	2145

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	121.8	62.9	243	120.2	74.9	241	106.0	47.9	273	94.7	42.8	238	90.6	42.6	74	109.2	58.4	1069
Female	99.5	42.4	258	94.1	39.6	246	91.0	54.3	254	85.1	40.7	233	79.1	41.4	85	91.5	44.8	1076
Total	110.3	54.4	501	107.1	61.1	487	98.8	51.6	527	89.9	42.0	471	84.4	42.3	159	100.3	52.8	2145

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.583	6.772	243	22.347	7.078	241	19.853	6.058	273	16.616	4.930	238	15.418	5.251	74	20.008	6.712	1069
Female	20.288	5.888	258	19.039	5.962	246	16.491	4.769	254	15.306	5.173	233	14.075	4.993	85	17.536	5.838	1076
Total	21.401	6.429	501	20.676	6.738	487	18.233	5.722	527	15.968	5.089	471	14.700	5.142	159	18.768	6.408	2145

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	543.3	353.3	243	577.8	389.8	241	608.9	399.8	273	536.2	354.8	238	556.9	460.8	74	567.2	382.6	1069
Female	436.4	246.6	258	454.9	303.5	246	471.1	360.9	254	472.8	334.6	233	447.9	361.0	85	457.6	317.4	1076
Total	488.2	307.5	501	515.7	353.9	487	542.5	387.4	527	504.8	346.1	471	498.6	412.7	159	512.2	355.6	2145

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	313.1	482.0	243	356.6	504.0	241	423.5	538.8	273	378.4	472.9	238	432.4	628.9	74	373.9	512.0	1069
Female	225.1	325.8	258	272.0	437.9	246	328.1	492.5	254	345.2	485.3	233	325.4	478.2	85	294.1	443.9	1076
Total	267.8	411.0	501	313.9	473.2	487	377.5	518.7	527	362.0	478.9	471	375.2	554.2	159	333.8	480.6	2145

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	41.2	35.4	243	45.7	39.8	241	55.4	43.4	273	51.5	36.7	238	51.3	38.7	74	48.8	39.4	1069
Female	32.5	27.3	258	35.8	31.3	246	41.1	35.1	254	42.3	34.4	233	41.5	41.5	85	38.1	33.1	1076
Total	36.8	31.8	501	40.7	36.1	487	48.5	40.2	527	47.0	35.9	471	46.1	40.4	159	43.5	36.8	2145

#### Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.3	13.5	243	9.4	12.6	241	11.1	15.3	273	9.9	11.9	238	8.8	9.5	74	9.7	13.2	1069
Female	5.5	7.5	258	6.4	7.7	246	7.6	8.9	254	8.6	10.0	233	6.7	7.4	85	6.9	8.5	1076
Total	6.8	10.9	501	7.9	10.6	487	9.4	12.8	527	9.2	11.0	471	7.7	8.5	159	8.3	11.2	2145

#### 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	6.4	9.1	243	7.0	9.4	241	8.9	10.9	273	9.1	11.8	238	7.2	6.7	74	7.8	10.2	1069
Female	4.8	6.4	258	5.5	7.1	246	6.9	8.2	254	7.8	8.5	233	6.2	6.3	85	6.2	7.5	1076
Total	5.6	7.8	501	6.2	8.3	487	8.0	9.7	527	8.5	10.3	471	6.7	6.5	159	7.0	9.0	2145

#### Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	9.0	243	7.5	10.4	241	9.0	11.0	273	8.6	12.9	238	7.5	8.8	74	7.9	10.8	1069
Female	4.7	7.0	258	5.5	7.6	246	6.5	8.0	254	7.3	9.6	233	5.3	6.5	85	5.9	8.0	1076
Total	5.6	8.1	501	6.5	9.1	487	7.8	9.7	527	8.0	11.4	471	6.3	7.7	159	6.9	9.5	2145

#### 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	11.548	4.305	243	11.668	3.565	241	10.744	3.644	273	9.353	2.958	238	8.950	3.329	74	10.701	3.759	1069
Female	9.912	2.935	258	9.838	3.008	246	8.780	2.447	254	8.546	2.660	233	8.071	2.590	85	9.187	2.834	1076
Total	10.706	3.751	501	10.744	3.417	487	9.797	3.273	527	8.954	2.840	471	8.480	2.980	159	9.941	3.412	2145

#### $\alpha$ -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	1575.7	646.9	243	1647.4	564.0	241	1515.5	536.9	273	1344.7	490.0	238	1294.6	567.4	74	1505.6	574.1	1069
Female	1358.8	479.2	258	1345.5	460.9	246	1211.2	422.9	254	1215.7	463.2	233	1233.9	528.7	85	1280.1	467.1	1076
Total	1464.0	576.5	501	1494.9	535.8	487	1368.8	508.2	527	1280.9	480.8	471	1262.1	546.1	159	1392.5	535.1	2145

#### $\gamma$ -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	4.2	5.4	243	4.9	5.4	241	5.1	5.3	273	5.1	6.3	238	5.4	6.7	74	4.9	5.7	1069
Female	3.0	3.4	258	4.2	7.6	246	4.1	3.9	254	4.7	4.9	233	3.5	3.5	85	4.0	5.1	1076
Total	3.6	4.5	501	4.6	6.6	487	4.6	4.7	527	4.9	5.6	471	4.4	5.3	159	4.4	5.4	2145

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	69.2	89.7	243	82.9	107.6	241	102.3	105.9	273	94.1	90.2	238	107.4	121.0	74	88.9	101.3	1069
Female	50.3	59.7	258	59.7	76.6	246	72.3	82.8	254	84.4	94.2	233	74.4	82.7	85	66.9	80.0	1076
Total	59.5	76.3	501	71.2	93.9	487	87.9	96.6	527	89.3	92.2	471	89.8	103.3	159	77.9	91.9	2145

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	76.7	34.5	243	68.9	32.9	241	67.8	32.4	273	53.0	24.0	238	49.8	29.4	74	65.5	32.4	1069
Female	57.0	26.8	258	54.4	25.4	246	50.6	26.0	254	48.1	26.3	233	41.6	22.7	85	51.8	26.2	1076
Total	66.5	32.2	501	61.6	30.2	487	59.5	30.7	527	50.6	25.3	471	45.4	26.3	159	58.6	30.2	2145

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	33.8	13.2	243	32.6	13.5	241	31.0	10.6	273	28.4	10.2	238	27.3	10.1	74	31.2	12.0	1069
Female	28.9	9.9	258	26.8	9.1	246	26.4	9.0	254	25.7	9.3	233	22.7	8.1	85	26.6	9.4	1076
Total	31.3	11.9	501	29.7	11.9	487	28.8	10.2	527	27.1	9.9	471	24.9	9.3	159	28.9	11.0	2145

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	28.5	31.1	243	33.7	34.9	241	41.6	35.6	273	41.2	33.4	238	44.1	43.2	74	36.9	35.0	1069
Female	23.9	24.1	258	26.1	24.8	246	31.2	29.9	254	34.5	31.0	233	32.2	27.7	85	29.1	27.8	1076
Total	26.1	27.8	501	29.9	30.4	487	36.6	33.4	527	37.8	32.4	471	37.7	36.1	159	33.0	31.8	2145

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	175.5	62.1	243	178.8	63.2	241	180.1	63.4	273	172.1	66.6	238	158.2	58.7	74	175.5	63.6	1069
Female	152.5	54.0	258	149.9	54.6	246	152.8	53.9	254	151.8	58.0	233	136.7	52.2	85	150.6	54.9	1076
Total	163.6	59.1	501	164.2	60.7	487	166.9	60.5	527	162.1	63.3	471	146.7	56.2	159	163.0	60.7	2145

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	248.3	258.3	243	281.7	253.1	241	368.8	293.9	273	363.4	281.6	238	355.8	263.1	74	319.7	276.5	1069
Female	191.8	167.3	258	221.3	182.9	246	274.0	232.6	254	297.2	234.0	233	281.9	241.4	85	247.9	212.4	1076
Total	219.2	217.9	501	251.2	222.3	487	323.1	270.1	527	330.7	261.0	471	316.3	253.6	159	283.7	249.0	2145

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	6.2	8.9	243	7.4	9.7	241	9.0	10.1	273	8.5	10.6	238	8.4	10.1	74	7.8	9.9	1069
Female	4.2	6.2	258	5.6	7.9	246	6.5	7.9	254	7.8	9.8	233	5.7	7.0	85	6.0	8.0	1076

Total	5.2	7.7	501	6.5	8.9	487	7.8	9.2	527	8.1	10.2	471	7.0	8.7	159	6.9	9.0	2145
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Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.3	243	0.1	0.2	241	0.1	0.3	273	0.1	0.5	238	0.2	0.8	74	0.1	0.4	1069
Female	0.1	0.3	258	0.1	0.3	246	0.1	0.3	254	0.1	0.2	233	0.1	0.2	85	0.1	0.3	1076
Total	0.1	0.3	501	0.1	0.3	487	0.1	0.3	527	0.1	0.4	471	0.1	0.6	159	0.1	0.3	2145

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	13.9	6.0	243	13.1	5.4	241	12.8	6.4	273	10.8	5.5	238	10.3	5.3	74	12.5	6.0	1069
Female	10.2	4.8	258	10.0	4.6	246	9.6	4.8	254	9.7	4.9	233	8.0	3.6	85	9.7	4.7	1076
Total	12.0	5.7	501	11.5	5.2	487	11.3	5.9	527	10.2	5.2	471	9.1	4.6	159	11.1	5.5	2145

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	77.0	65.4	243	86.2	72.3	241	104.0	72.4	273	105.2	78.6	238	105.4	80.6	74	94.2	73.7	1069
Female	65.1	53.2	258	68.9	54.1	246	80.9	62.2	254	88.1	65.2	233	78.4	58.3	85	75.7	59.3	1076
Total	70.9	59.7	501	77.4	64.3	487	92.8	68.6	527	96.8	72.7	471	91.0	70.7	159	84.9	67.5	2145

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.8	9.6	243	10.2	10.1	241	12.0	10.5	273	11.8	11.1	238	13.0	12.0	74	10.9	10.5	1069
Female	6.8	6.2	258	8.0	7.0	246	9.5	8.4	254	10.3	9.9	233	7.9	7.8	85	8.6	8.0	1076
Total	7.8	8.1	501	9.1	8.7	487	10.8	9.6	527	11.0	10.5	471	10.3	10.3	159	9.7	9.4	2145

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	455.7	379.0	243	528.1	419.2	241	639.1	432.9	273	628.3	413.8	238	659.7	436.6	74	571.4	420.4	1069
Female	361.5	275.4	258	408.8	302.2	246	489.9	347.0	254	534.9	371.0	233	478.4	381.8	85	449.4	335.6	1076
Total	407.2	332.7	501	467.8	369.3	487	567.2	400.5	527	582.1	395.6	471	562.8	416.9	159	510.2	385.0	2145

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	13.6	19.4	243	18.0	23.8	241	19.5	21.7	273	12.3	16.4	238	11.9	17.2	74	15.7	20.5	1069
Female	4.3	10.4	258	4.3	8.4	246	2.2	5.4	254	2.0	9.2	233	0.9	1.8	85	3.0	8.3	1076
Total	8.8	16.1	501	11.1	19.0	487	11.1	18.3	527	7.2	14.3	471	6.0	12.9	159	9.3	16.9	2145

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	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
Used	Male	157	58.6	145	54.7	146	51.4	159	60.7	58	58.6	665	56.5
	Female	188	68.1	166	63.8	172	64.9	174	70.7	75	71.4	775	67.3
	Total	345	63.4	311	59.2	318	57.9	333	65.6	133	65.2	1440	61.8

#### Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	216	80.6	213	80.4	239	84.2	206	78.6	69	69.7	943	80.1
	Female	218	79.0	194	74.6	203	76.6	151	61.4	60	57.1	826	71.7
	Total	434	79.8	407	77.5	442	80.5	357	70.3	129	63.2	1769	75.9
Used	Male	52	19.4	52	19.6	45	15.8	56	21.4	30	30.3	235	19.9
	Female	58	21.0	66	25.4	62	23.4	95	38.6	45	42.9	326	28.3
	Total	110	20.2	118	22.5	107	19.5	151	29.7	75	36.8	561	24.1

#### Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	254	94.8	250	94.3	276	97.2	242	92.4	89	89.9	1111	94.3
	Female	229	83.0	234	90.0	242	91.3	220	89.4	92	87.6	1017	88.3
	Total	483	88.8	484	92.2	518	94.4	462	90.9	181	88.7	2128	91.3
Used	Male	14	5.2	15	5.7	8	2.8	20	7.6	10	10.1	67	5.7
	Female	47	17.0	26	10.0	23	8.7	26	10.6	13	12.4	135	11.7
	Total	61	11.2	41	7.8	31	5.6	46	9.1	23	11.3	202	8.7

#### Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	263	98.1	262	98.9	281	98.9	257	98.1	97	98.0	1160	98.5
	Female	272	98.6	258	99.2	255	96.2	235	95.5	101	96.2	1121	97.3
	Total	535	98.3	520	99.0	536	97.6	492	96.9	198	97.1	2281	97.9
Used	Male	5	1.9	3	1.1	3	1.1	5	1.9	2	2.0	18	1.5
	Female	4	1.4	2	0.8	10	3.8	11	4.5	4	3.8	31	2.7
	Total	9	1.7	5	1.0	13	2.4	16	3.1	6	2.9	49	2.1

#### Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	254	94.8	259	97.7	278	97.9	258	98.5	98	99.0	1147	97.4
	Female	270	97.8	256	98.5	254	95.8	242	98.4	104	99.0	1126	97.7
	Total	524	96.3	515	98.1	532	96.9	500	98.4	202	99.0	2273	97.6
Used	Male	14	5.2	6	2.3	6	2.1	4	1.5	1	1.0	31	2.6
	Female	6	2.2	4	1.5	11	4.2	4	1.6	1	1.0	26	2.3
	Total	20	3.7	10	1.9	17	3.1	8	1.6	2	1.0	57	2.4

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	268	100.0	264	99.6	283	99.6	262	100.0	99	100.0	1176	99.8
	Female	274	99.3	259	99.6	265	100.0	246	100.0	105	100.0	1149	99.7
	Total	542	99.6	523	99.6	548	99.8	508	100.0	204	100.0	2325	99.8
Used	Male	0	0.0	1	0.4	1	0.4	0	0.0	0	0.0	2	0.2
	Female	2	0.7	1	0.4	0	0.0	0	0.0	0	0.0	3	0.3
	Total	2	0.4	2	0.4	1	0.2	0	0.0	0	0.0	5	0.2

Supplement contained other nutrients  
(Including drink type supplement)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	153	57.1	156	58.9	172	60.6	149	56.9	65	65.7	695	59.0
	Female	138	50.0	118	45.4	140	52.8	123	50.0	52	49.5	571	49.6
	Total	291	53.5	274	52.2	312	56.8	272	53.5	117	57.4	1266	54.3
Used	Male	115	42.9	109	41.1	112	39.4	113	43.1	34	34.3	483	41.0
	Female	138	50.0	142	54.6	125	47.2	123	50.0	53	50.5	581	50.4
	Total	253	46.5	251	47.8	237	43.2	236	46.5	87	42.6	1064	45.7

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	235	87.7	247	93.2	265	93.3	245	93.5	90	90.9	1082	91.9
	Female	247	89.5	244	93.8	248	93.6	235	95.5	99	94.3	1073	93.1
	Total	482	88.6	491	93.5	513	93.4	480	94.5	189	92.6	2155	92.5
Used	Male	33	12.3	18	6.8	19	6.7	17	6.5	9	9.1	96	8.1
	Female	29	10.5	16	6.2	17	6.4	11	4.5	6	5.7	79	6.9
	Total	62	11.4	34	6.5	36	6.6	28	5.5	15	7.4	175	7.5

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	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7

	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

#### Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

#### Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2

5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

#### Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

#### Protein and amino acid supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6

	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

Supplement contained other nutrients  
(Including drink type supplement)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8

10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	111	41.4	120	45.3	138	48.6	103	39.3	41	41.4	513	43.5
	Female	88	31.9	94	36.2	93	35.1	72	29.3	30	28.6	377	32.7
	Total	199	36.6	214	40.8	231	42.1	175	34.4	71	34.8	890	38.2
1	Male	67	25.0	67	25.3	68	23.9	76	29.0	23	23.2	301	25.6
	Female	72	26.1	53	20.4	57	21.5	54	22.0	18	17.1	254	22.0
	Total	139	25.6	120	22.9	125	22.8	130	25.6	41	20.1	555	23.8
2	Male	38	14.2	38	14.3	45	15.8	42	16.0	19	19.2	182	15.4
	Female	42	15.2	46	17.7	49	18.5	44	17.9	20	19.0	201	17.4
	Total	80	14.7	84	16.0	94	17.1	86	16.9	39	19.1	383	16.4
3	Male	24	9.0	18	6.8	14	4.9	21	8.0	9	9.1	86	7.3
	Female	26	9.4	33	12.7	33	12.5	35	14.2	21	20.0	148	12.8
	Total	50	9.2	51	9.7	47	8.6	56	11.0	30	14.7	234	10.0
4	Male	15	5.6	13	4.9	9	3.2	7	2.7	1	1.0	45	3.8
	Female	23	8.3	17	6.5	16	6.0	15	6.1	6	5.7	77	6.7
	Total	38	7.0	30	5.7	25	4.6	22	4.3	7	3.4	122	5.2
5-9	Male	13	4.9	8	3.0	10	3.5	12	4.6	5	5.1	48	4.1
	Female	22	8.0	16	6.2	16	6.0	23	9.3	10	9.5	87	7.6
	Total	35	6.4	24	4.6	26	4.7	35	6.9	15	7.4	135	5.8
10-	Male	0	0.0	1	0.4	0	0.0	1	0.4	1	1.0	3	0.3
	Female	3	1.1	1	0.4	1	0.4	3	1.2	0	0.0	8	0.7
	Total	3	0.6	2	0.4	1	0.2	4	0.8	1	0.5	11	0.5

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	204	76.1	181	68.3	195	68.7	194	74.0	65	65.7	839	71.2
	Once a month	20	7.5	23	8.7	15	5.3	8	3.1	3	3.0	69	5.9
	2 to 3 times a mo.	16	6.0	16	6.0	18	6.3	10	3.8	1	1.0	61	5.2
	Once a week	12	4.5	18	6.8	15	5.3	8	3.1	6	6.1	59	5.0
	2 to 3 times a week	9	3.4	15	5.7	21	7.4	20	7.6	8	8.1	73	6.2
	4 to 6 times a week	4	1.5	8	3.0	10	3.5	12	4.6	2	2.0	36	3.1
	Once a day or more	3	1.1	4	1.5	10	3.5	10	3.8	14	14.1	41	3.5
Female	Never	254	92.0	241	92.7	255	96.2	228	92.7	96	91.4	1074	93.2
	Once a month	12	4.3	10	3.8	3	1.1	4	1.6	4	3.8	33	2.9
	2 to 3 times a mo.	5	1.8	3	1.2	3	1.1	5	2.0	3	2.9	19	1.6
	Once a week	2	0.7	4	1.5	1	0.4	3	1.2	0	0.0	10	0.9
	2 to 3 times a week	2	0.7	2	0.8	1	0.4	3	1.2	1	1.0	9	0.8
	4 to 6 times a week	1	0.4	0	0.0	0	0.0	2	0.8	1	1.0	4	0.3
	Once a day or more	0	0.0	0	0.0	2	0.8	1	0.4	0	0.0	3	0.3
Total	Never	458	84.2	422	80.4	450	82.0	422	83.1	161	78.9	1913	82.1
	Once a month	32	5.9	33	6.3	18	3.3	12	2.4	7	3.4	102	4.4

2 to 3 times a mo.	21	3.9	19	3.6	21	3.8	15	3.0	4	2.0	80	3.4
Once a week	14	2.6	22	4.2	16	2.9	11	2.2	6	2.9	69	3.0
2 to 3 times a week	11	2.0	17	3.2	22	4.0	23	4.5	9	4.4	82	3.5
4 to 6 times a week	5	0.9	8	1.5	10	1.8	14	2.8	3	1.5	40	1.7
Once a day or more	3	0.6	4	0.8	12	2.2	11	2.2	14	6.9	44	1.9

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	159	59.3	137	51.7	145	51.1	175	66.8	79	79.8	695	59.0
	Once a month	19	7.1	19	7.2	13	4.6	6	2.3	2	2.0	59	5.0
	2 to 3 times a mo.	19	7.1	13	4.9	12	4.2	6	2.3	1	1.0	51	4.3
	Once a week	22	8.2	20	7.5	18	6.3	11	4.2	3	3.0	74	6.3
	2 to 3 times a week	22	8.2	24	9.1	22	7.7	14	5.3	4	4.0	86	7.3
	4 to 6 times a week	8	3.0	21	7.9	26	9.2	17	6.5	3	3.0	75	6.4
	Once a day or more	19	7.1	31	11.7	48	16.9	33	12.6	7	7.1	138	11.7
Female	Never	248	89.9	237	91.2	249	94.0	239	97.2	104	99.0	1077	93.5
	Once a month	4	1.4	4	1.5	4	1.5	1	0.4	0	0.0	13	1.1
	2 to 3 times a mo.	6	2.2	1	0.4	4	1.5	0	0.0	1	1.0	12	1.0
	Once a week	6	2.2	7	2.7	2	0.8	3	1.2	0	0.0	18	1.6
	2 to 3 times a week	6	2.2	4	1.5	2	0.8	2	0.8	0	0.0	14	1.2
	4 to 6 times a week	3	1.1	4	1.5	2	0.8	0	0.0	0	0.0	9	0.8
	Once a day or more	3	1.1	3	1.2	2	0.8	1	0.4	0	0.0	9	0.8
Total	Never	407	74.8	374	71.2	394	71.8	414	81.5	183	89.7	1772	76.1
	Once a month	23	4.2	23	4.4	17	3.1	7	1.4	2	1.0	72	3.1
	2 to 3 times a mo.	25	4.6	14	2.7	16	2.9	6	1.2	2	1.0	63	2.7
	Once a week	28	5.1	27	5.1	20	3.6	14	2.8	3	1.5	92	3.9
	2 to 3 times a week	28	5.1	28	5.3	24	4.4	16	3.1	4	2.0	100	4.3
	4 to 6 times a week	11	2.0	25	4.8	28	5.1	17	3.3	3	1.5	84	3.6
	Once a day or more	22	4.0	34	6.5	50	9.1	34	6.7	7	3.4	147	6.3

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	208	77.6	219	82.6	256	90.1	244	93.1	90	90.9	1017	86.3
	Once a month	18	6.7	22	8.3	5	1.8	3	1.1	0	0.0	48	4.1
	2 to 3 times a mo.	15	5.6	7	2.6	7	2.5	4	1.5	2	2.0	35	3.0
	Once a week	11	4.1	10	3.8	5	1.8	1	0.4	1	1.0	28	2.4
	2 to 3 times a week	10	3.7	4	1.5	5	1.8	4	1.5	0	0.0	23	2.0
	4 to 6 times a week	2	0.7	2	0.8	2	0.7	3	1.1	0	0.0	9	0.8
	Once a day or more	4	1.5	1	0.4	4	1.4	3	1.1	6	6.1	18	1.5
Female	Never	207	75.0	222	85.4	243	91.7	237	96.3	101	96.2	1010	87.7
	Once a month	29	10.5	21	8.1	3	1.1	5	2.0	0	0.0	58	5.0
	2 to 3 times a mo.	19	6.9	5	1.9	6	2.3	1	0.4	0	0.0	31	2.7
	Once a week	13	4.7	2	0.8	3	1.1	2	0.8	0	0.0	20	1.7
	2 to 3 times a week	2	0.7	3	1.2	4	1.5	0	0.0	1	1.0	10	0.9
	4 to 6 times a week	2	0.7	2	0.8	1	0.4	0	0.0	0	0.0	5	0.4
	Once a day or more	4	1.4	5	1.9	5	1.9	1	0.4	3	2.9	18	1.6
Total	Never	415	76.3	441	84.0	499	90.9	481	94.7	191	93.6	2027	87.0
	Once a month	47	8.6	43	8.2	8	1.5	8	1.6	0	0.0	106	4.5
	2 to 3 times a mo.	34	6.3	12	2.3	13	2.4	5	1.0	2	1.0	66	2.8

Once a week	24	4.4	12	2.3	8	1.5	3	0.6	1	0.5	48	2.1
2 to 3 times a week	12	2.2	7	1.3	9	1.6	4	0.8	1	0.5	33	1.4
4 to 6 times a week	4	0.7	4	0.8	3	0.5	3	0.6	0	0.0	14	0.6
Once a day or more	8	1.5	6	1.1	9	1.6	4	0.8	9	4.4	36	1.5

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	69	25.7	75	28.3	83	29.2	137	52.3	61	61.6	425	36.1
	Once a month	24	9.0	18	6.8	11	3.9	12	4.6	6	6.1	71	6.0
	2 to 3 times a mo.	22	8.2	20	7.5	26	9.2	17	6.5	6	6.1	91	7.7
	Once a week	30	11.2	33	12.5	29	10.2	22	8.4	7	7.1	121	10.3
	2 to 3 times a week	52	19.4	41	15.5	43	15.1	28	10.7	7	7.1	171	14.5
	4 to 6 times a week	22	8.2	22	8.3	31	10.9	14	5.3	5	5.1	94	8.0
	Once a day or more	49	18.3	56	21.1	61	21.5	32	12.2	7	7.1	205	17.4
Female	Never	175	63.4	165	63.5	200	75.5	194	78.9	91	86.7	825	71.6
	Once a month	19	6.9	18	6.9	15	5.7	10	4.1	6	5.7	68	5.9
	2 to 3 times a mo.	13	4.7	11	4.2	9	3.4	16	6.5	1	1.0	50	4.3
	Once a week	20	7.2	19	7.3	14	5.3	11	4.5	4	3.8	68	5.9
	2 to 3 times a week	22	8.0	18	6.9	7	2.6	6	2.4	3	2.9	56	4.9
	4 to 6 times a week	10	3.6	10	3.8	9	3.4	5	2.0	0	0.0	34	3.0
	Once a day or more	17	6.2	19	7.3	11	4.2	4	1.6	0	0.0	51	4.4
Total	Never	244	44.9	240	45.7	283	51.5	331	65.2	152	74.5	1250	53.6
	Once a month	43	7.9	36	6.9	26	4.7	22	4.3	12	5.9	139	6.0
	2 to 3 times a mo.	35	6.4	31	5.9	35	6.4	33	6.5	7	3.4	141	6.1
	Once a week	50	9.2	52	9.9	43	7.8	33	6.5	11	5.4	189	8.1
	2 to 3 times a week	74	13.6	59	11.2	50	9.1	34	6.7	10	4.9	227	9.7
	4 to 6 times a week	32	5.9	32	6.1	40	7.3	19	3.7	5	2.5	128	5.5
	Once a day or more	66	12.1	75	14.3	72	13.1	36	7.1	7	3.4	256	11.0

Frequency of intakes  
Wine

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	218	81.3	217	81.9	249	87.7	239	91.2	91	91.9	1014	86.1
	Once a month	25	9.3	21	7.9	21	7.4	5	1.9	4	4.0	76	6.5
	2 to 3 times a mo.	14	5.2	11	4.2	9	3.2	7	2.7	2	2.0	43	3.7
	Once a week	4	1.5	10	3.8	3	1.1	5	1.9	2	2.0	24	2.0
	2 to 3 times a week	6	2.2	5	1.9	1	0.4	2	0.8	0	0.0	14	1.2
	4 to 6 times a week	1	0.4	1	0.4	0	0.0	2	0.8	0	0.0	4	0.3
	Once a day or more	0	0.0	0	0.0	1	0.4	2	0.8	0	0.0	3	0.3
Female	Never	231	83.7	225	86.5	249	94.0	226	91.9	100	95.2	1031	89.5
	Once a month	20	7.2	17	6.5	8	3.0	10	4.1	0	0.0	55	4.8
	2 to 3 times a mo.	9	3.3	6	2.3	3	1.1	4	1.6	2	1.9	24	2.1
	Once a week	8	2.9	5	1.9	3	1.1	2	0.8	1	1.0	19	1.6
	2 to 3 times a week	5	1.8	5	1.9	1	0.4	0	0.0	0	0.0	11	1.0
	4 to 6 times a week	2	0.7	1	0.4	1	0.4	2	0.8	2	1.9	8	0.7
	Once a day or more	1	0.4	1	0.4	0	0.0	2	0.8	0	0.0	4	0.3
Total	Never	449	82.5	442	84.2	498	90.7	465	91.5	191	93.6	2045	87.8
	Once a month	45	8.3	38	7.2	29	5.3	15	3.0	4	2.0	131	5.6
	2 to 3 times a mo.	23	4.2	17	3.2	12	2.2	11	2.2	4	2.0	67	2.9

Once a week	12	2.2	15	2.9	6	1.1	7	1.4	3	1.5	43	1.8
2 to 3 times a week	11	2.0	10	1.9	2	0.4	2	0.4	0	0.0	25	1.1
4 to 6 times a week	3	0.6	2	0.4	1	0.2	4	0.8	2	1.0	12	0.5
Once a day or more	1	0.2	1	0.2	1	0.2	4	0.8	0	0.0	7	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	237	88.4	227	85.7	254	89.4	238	90.8	91	91.9	1047	88.9
	Once a month	14	5.2	13	4.9	10	3.5	3	1.1	3	3.0	43	3.7
	2 to 3 times a mo.	2	0.7	8	3.0	7	2.5	5	1.9	0	0.0	22	1.9
	Once a week	4	1.5	4	1.5	3	1.1	3	1.1	2	2.0	16	1.4
	2 to 3 times a week	6	2.2	8	3.0	4	1.4	5	1.9	1	1.0	24	2.0
	4 to 6 times a week	2	0.7	1	0.4	2	0.7	2	0.8	1	1.0	8	0.7
	Once a day or more	3	1.1	4	1.5	4	1.4	6	2.3	1	1.0	18	1.5
Female	Never	267	96.7	253	97.3	262	98.9	241	98.0	105	100.0	1128	97.9
	Once a month	2	0.7	3	1.2	1	0.4	1	0.4	0	0.0	7	0.6
	2 to 3 times a mo.	3	1.1	1	0.4	0	0.0	1	0.4	0	0.0	5	0.4
	Once a week	3	1.1	1	0.4	1	0.4	1	0.4	0	0.0	6	0.5
	2 to 3 times a week	1	0.4	1	0.4	0	0.0	0	0.0	0	0.0	2	0.2
	4 to 6 times a week	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Once a day or more	0	0.0	1	0.4	1	0.4	2	0.8	0	0.0	4	0.3
Total	Never	504	92.6	480	91.4	516	94.0	479	94.3	196	96.1	2175	93.3
	Once a month	16	2.9	16	3.0	11	2.0	4	0.8	3	1.5	50	2.1
	2 to 3 times a mo.	5	0.9	9	1.7	7	1.3	6	1.2	0	0.0	27	1.2
	Once a week	7	1.3	5	1.0	4	0.7	4	0.8	2	1.0	22	0.9
	2 to 3 times a week	7	1.3	9	1.7	4	0.7	5	1.0	1	0.5	26	1.1
	4 to 6 times a week	2	0.4	1	0.2	2	0.4	2	0.4	1	0.5	8	0.3
	Once a day or more	3	0.6	5	1.0	5	0.9	8	1.6	1	0.5	22	0.9

Frequency of intakes  
Regular coffee

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	18	6.7	13	4.9	22	7.7	33	12.6	18	18.2	104	8.8
	Once a month	3	1.1	2	0.8	3	1.1	3	1.1	7	7.1	18	1.5
	2 to 3 times a mo.	2	0.7	5	1.9	10	3.5	4	1.5	7	7.1	28	2.4
	Once a week	8	3.0	11	4.2	19	6.7	15	5.7	6	6.1	59	5.0
	2 to 3 times a week	19	7.1	22	8.3	20	7.0	22	8.4	8	8.1	91	7.7
	4 to 6 times a week	12	4.5	5	1.9	5	1.8	8	3.1	2	2.0	32	2.7
	Once a day or more	206	76.9	207	78.1	205	72.2	177	67.6	51	51.5	846	71.8
Female	Never	12	4.3	22	8.5	26	9.8	35	14.2	22	21.0	117	10.2
	Once a month	6	2.2	3	1.2	6	2.3	9	3.7	4	3.8	28	2.4
	2 to 3 times a mo.	2	0.7	2	0.8	8	3.0	19	7.7	8	7.6	39	3.4
	Once a week	7	2.5	5	1.9	10	3.8	17	6.9	8	7.6	47	4.1
	2 to 3 times a week	16	5.8	12	4.6	14	5.3	23	9.3	20	19.0	85	7.4
	4 to 6 times a week	12	4.3	14	5.4	17	6.4	11	4.5	5	4.8	59	5.1
	Once a day or more	221	80.1	202	77.7	184	69.4	132	53.7	38	36.2	777	67.4
Total	Never	30	5.5	35	6.7	48	8.7	68	13.4	40	19.6	221	9.5
	Once a month	9	1.7	5	1.0	9	1.6	12	2.4	11	5.4	46	2.0
	2 to 3 times a mo.	4	0.7	7	1.3	18	3.3	23	4.5	15	7.4	67	2.9
	Once a week	15	2.8	16	3.0	29	5.3	32	6.3	14	6.9	106	4.5

2 to 3 times a week	35	6.4	34	6.5	34	6.2	45	8.9	28	13.7	176	7.6
4 to 6 times a week	24	4.4	19	3.6	22	4.0	19	3.7	7	3.4	91	3.9
Once a day or more	427	78.5	409	77.9	389	70.9	309	60.8	89	43.6	1623	69.7

Frequency of intakes  
Black tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	199	74.3	196	74.0	236	83.1	211	80.5	80	80.8	922	78.3
	Once a month	17	6.3	13	4.9	10	3.5	7	2.7	5	5.1	52	4.4
	2 to 3 times a mo.	9	3.4	13	4.9	7	2.5	12	4.6	4	4.0	45	3.8
	Once a week	13	4.9	14	5.3	6	2.1	13	5.0	2	2.0	48	4.1
	2 to 3 times a week	9	3.4	11	4.2	7	2.5	8	3.1	3	3.0	38	3.2
	4 to 6 times a week	5	1.9	4	1.5	2	0.7	0	0.0	1	1.0	12	1.0
	Once a day or more	16	6.0	14	5.3	16	5.6	11	4.2	4	4.0	61	5.2
Female	Never	132	47.8	127	48.8	171	64.5	152	61.8	61	58.1	643	55.8
	Once a month	29	10.5	16	6.2	17	6.4	23	9.3	5	4.8	90	7.8
	2 to 3 times a mo.	30	10.9	26	10.0	18	6.8	14	5.7	10	9.5	98	8.5
	Once a week	29	10.5	28	10.8	19	7.2	20	8.1	9	8.6	105	9.1
	2 to 3 times a week	25	9.1	29	11.2	13	4.9	18	7.3	9	8.6	94	8.2
	4 to 6 times a week	5	1.8	9	3.5	6	2.3	1	0.4	3	2.9	24	2.1
	Once a day or more	26	9.4	25	9.6	21	7.9	18	7.3	8	7.6	98	8.5
Total	Never	331	60.8	323	61.5	407	74.1	363	71.5	141	69.1	1565	67.2
	Once a month	46	8.5	29	5.5	27	4.9	30	5.9	10	4.9	142	6.1
	2 to 3 times a mo.	39	7.2	39	7.4	25	4.6	26	5.1	14	6.9	143	6.1
	Once a week	42	7.7	42	8.0	25	4.6	33	6.5	11	5.4	153	6.6
	2 to 3 times a week	34	6.3	40	7.6	20	3.6	26	5.1	12	5.9	132	5.7
	4 to 6 times a week	10	1.8	13	2.5	8	1.5	1	0.2	4	2.0	36	1.5
	Once a day or more	42	7.7	39	7.4	37	6.7	29	5.7	12	5.9	159	6.8

Frequency of intakes  
Green tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	41	15.3	24	9.1	26	9.2	19	7.3	4	4.0	114	9.7
	Once a month	5	1.9	4	1.5	4	1.4	4	1.5	0	0.0	17	1.4
	2 to 3 times a mo.	3	1.1	3	1.1	3	1.1	1	0.4	0	0.0	10	0.8
	Once a week	8	3.0	7	2.6	5	1.8	4	1.5	1	1.0	25	2.1
	2 to 3 times a week	16	6.0	16	6.0	7	2.5	9	3.4	1	1.0	49	4.2
	4 to 6 times a week	16	6.0	10	3.8	2	0.7	4	1.5	0	0.0	32	2.7
	Once a day or more	179	66.8	201	75.8	237	83.5	221	84.4	93	93.9	931	79.0
Female	Never	41	14.9	27	10.4	12	4.5	9	3.7	8	7.6	97	8.4
	Once a month	8	2.9	4	1.5	2	0.8	0	0.0	0	0.0	14	1.2
	2 to 3 times a mo.	8	2.9	5	1.9	6	2.3	3	1.2	2	1.9	24	2.1
	Once a week	7	2.5	9	3.5	6	2.3	4	1.6	0	0.0	26	2.3
	2 to 3 times a week	23	8.3	15	5.8	7	2.6	3	1.2	4	3.8	52	4.5
	4 to 6 times a week	11	4.0	9	3.5	8	3.0	3	1.2	0	0.0	31	2.7
	Once a day or more	178	64.5	191	73.5	224	84.5	224	91.1	91	86.7	908	78.8
Total	Never	82	15.1	51	9.7	38	6.9	28	5.5	12	5.9	211	9.1
	Once a month	13	2.4	8	1.5	6	1.1	4	0.8	0	0.0	31	1.3
	2 to 3 times a mo.	11	2.0	8	1.5	9	1.6	4	0.8	2	1.0	34	1.5
	Once a week	15	2.8	16	3.0	11	2.0	8	1.6	1	0.5	51	2.2

2 to 3 times a week	39	7.2	31	5.9	14	2.6	12	2.4	5	2.5	101	4.3
4 to 6 times a week	27	5.0	19	3.6	10	1.8	7	1.4	0	0.0	63	2.7
Once a day or more	357	65.6	392	74.7	461	84.0	445	87.6	184	90.2	1839	78.9

Frequency of intakes  
Oolong tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	159	59.3	163	61.5	182	64.1	202	77.1	91	91.9	797	67.7
	Once a month	23	8.6	17	6.4	13	4.6	8	3.1	4	4.0	65	5.5
	2 to 3 times a mo.	15	5.6	14	5.3	18	6.3	7	2.7	2	2.0	56	4.8
	Once a week	11	4.1	12	4.5	21	7.4	12	4.6	0	0.0	56	4.8
	2 to 3 times a week	16	6.0	8	3.0	13	4.6	13	5.0	0	0.0	50	4.2
	4 to 6 times a week	6	2.2	4	1.5	3	1.1	3	1.1	0	0.0	16	1.4
	Once a day or more	38	14.2	47	17.7	34	12.0	17	6.5	2	2.0	138	11.7
Female	Never	166	60.1	164	63.1	185	69.8	191	77.6	87	82.9	793	68.8
	Once a month	15	5.4	21	8.1	10	3.8	10	4.1	4	3.8	60	5.2
	2 to 3 times a mo.	20	7.2	15	5.8	14	5.3	9	3.7	1	1.0	59	5.1
	Once a week	11	4.0	14	5.4	4	1.5	9	3.7	1	1.0	39	3.4
	2 to 3 times a week	15	5.4	11	4.2	17	6.4	6	2.4	5	4.8	54	4.7
	4 to 6 times a week	2	0.7	8	3.1	5	1.9	2	0.8	0	0.0	17	1.5
	Once a day or more	47	17.0	27	10.4	30	11.3	19	7.7	7	6.7	130	11.3
Total	Never	325	59.7	327	62.3	367	66.8	393	77.4	178	87.3	1590	68.2
	Once a month	38	7.0	38	7.2	23	4.2	18	3.5	8	3.9	125	5.4
	2 to 3 times a mo.	35	6.4	29	5.5	32	5.8	16	3.1	3	1.5	115	4.9
	Once a week	22	4.0	26	5.0	25	4.6	21	4.1	1	0.5	95	4.1
	2 to 3 times a week	31	5.7	19	3.6	30	5.5	19	3.7	5	2.5	104	4.5
	4 to 6 times a week	8	1.5	12	2.3	8	1.5	5	1.0	0	0.0	33	1.4
	Once a day or more	85	15.6	74	14.1	64	11.7	36	7.1	9	4.4	268	11.5

Frequency of intakes  
Milk

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	122	45.5	94	35.5	95	33.5	76	29.0	28	28.3	415	35.2
	Once a month	10	3.7	12	4.5	11	3.9	3	1.1	1	1.0	37	3.1
	2 to 3 times a mo.	7	2.6	8	3.0	10	3.5	3	1.1	3	3.0	31	2.6
	Once a week	27	10.1	28	10.6	23	8.1	17	6.5	7	7.1	102	8.7
	2 to 3 times a week	27	10.1	38	14.3	36	12.7	37	14.1	12	12.1	150	12.7
	4 to 6 times a week	7	2.6	7	2.6	13	4.6	9	3.4	2	2.0	38	3.2
	Once a day or more	68	25.4	78	29.4	96	33.8	117	44.7	46	46.5	405	34.4
Female	Never	74	26.8	67	25.8	65	24.5	71	28.9	28	26.7	305	26.5
	Once a month	6	2.2	8	3.1	3	1.1	3	1.2	2	1.9	22	1.9
	2 to 3 times a mo.	8	2.9	8	3.1	4	1.5	7	2.8	2	1.9	29	2.5
	Once a week	18	6.5	27	10.4	11	4.2	7	2.8	5	4.8	68	5.9
	2 to 3 times a week	26	9.4	30	11.5	37	14.0	28	11.4	6	5.7	127	11.0
	4 to 6 times a week	20	7.2	18	6.9	19	7.2	12	4.9	9	8.6	78	6.8
	Once a day or more	124	44.9	102	39.2	126	47.5	118	48.0	53	50.5	523	45.4
Total	Never	196	36.0	161	30.7	160	29.1	147	28.9	56	27.5	720	30.9
	Once a month	16	2.9	20	3.8	14	2.6	6	1.2	3	1.5	59	2.5
	2 to 3 times a mo.	15	2.8	16	3.0	14	2.6	10	2.0	5	2.5	60	2.6
	Once a week	45	8.3	55	10.5	34	6.2	24	4.7	12	5.9	170	7.3
	2 to 3 times a week	53	9.7	68	13.0	73	13.3	65	12.8	18	8.8	277	11.9

4 to 6 times a week	27	5.0	25	4.8	32	5.8	21	4.1	11	5.4	116	5.0
Once a day or more	192	35.3	180	34.3	222	40.4	235	46.3	99	48.5	928	39.8

Frequency of intakes  
Satsuma mandarin (Mikan)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	53	19.8	43	16.2	29	10.2	25	9.5	8	8.1	158	13.4
	Once a month	15	5.6	10	3.8	5	1.8	5	1.9	2	2.0	37	3.1
	2 to 3 times a mo.	28	10.4	15	5.7	15	5.3	6	2.3	1	1.0	65	5.5
	Once a week	44	16.4	41	15.5	25	8.8	27	10.3	10	10.1	147	12.5
	2 to 3 times a week	62	23.1	51	19.2	53	18.7	34	13.0	15	15.2	215	18.3
	4 to 6 times a week	5	1.9	12	4.5	6	2.1	12	4.6	1	1.0	36	3.1
	Once a day or more	61	22.8	93	35.1	151	53.2	153	58.4	62	62.6	520	44.1
Female	Never	35	12.7	16	6.2	8	3.0	8	3.3	4	3.8	71	6.2
	Once a month	12	4.3	4	1.5	2	0.8	3	1.2	1	1.0	22	1.9
	2 to 3 times a mo.	16	5.8	12	4.6	5	1.9	2	0.8	2	1.9	37	3.2
	Once a week	29	10.5	24	9.2	14	5.3	10	4.1	4	3.8	81	7.0
	2 to 3 times a week	61	22.1	45	17.3	48	18.1	19	7.7	6	5.7	179	15.5
	4 to 6 times a week	21	7.6	10	3.8	7	2.6	5	2.0	3	2.9	46	4.0
	Once a day or more	102	37.0	149	57.3	181	68.3	199	80.9	85	81.0	716	62.2
Total	Never	88	16.2	59	11.2	37	6.7	33	6.5	12	5.9	229	9.8
	Once a month	27	5.0	14	2.7	7	1.3	8	1.6	3	1.5	59	2.5
	2 to 3 times a mo.	44	8.1	27	5.1	20	3.6	8	1.6	3	1.5	102	4.4
	Once a week	73	13.4	65	12.4	39	7.1	37	7.3	14	6.9	228	9.8
	2 to 3 times a week	123	22.6	96	18.3	101	18.4	53	10.4	21	10.3	394	16.9
	4 to 6 times a week	26	4.8	22	4.2	13	2.4	17	3.3	4	2.0	82	3.5
	Once a day or more	163	30.0	242	46.1	332	60.5	352	69.3	147	72.1	1236	53.0

Frequency of intakes  
Citrus fruit

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	133	49.6	128	48.3	112	39.4	87	33.2	48	48.5	508	43.1
	Once a month	43	16.0	22	8.3	20	7.0	12	4.6	2	2.0	99	8.4
	2 to 3 times a mo.	36	13.4	19	7.2	19	6.7	11	4.2	5	5.1	90	7.6
	Once a week	26	9.7	39	14.7	31	10.9	35	13.4	11	11.1	142	12.1
	2 to 3 times a week	16	6.0	31	11.7	44	15.5	41	15.6	16	16.2	148	12.6
	4 to 6 times a week	4	1.5	2	0.8	9	3.2	11	4.2	1	1.0	27	2.3
	Once a day or more	10	3.7	24	9.1	49	17.3	65	24.8	16	16.2	164	13.9
Female	Never	98	35.5	57	21.9	50	18.9	53	21.5	20	19.0	278	24.1
	Once a month	33	12.0	22	8.5	6	2.3	8	3.3	4	3.8	73	6.3
	2 to 3 times a mo.	42	15.2	26	10.0	23	8.7	14	5.7	6	5.7	111	9.6
	Once a week	43	15.6	49	18.8	33	12.5	27	11.0	14	13.3	166	14.4
	2 to 3 times a week	33	12.0	52	20.0	62	23.4	36	14.6	23	21.9	206	17.9
	4 to 6 times a week	6	2.2	16	6.2	10	3.8	12	4.9	5	4.8	49	4.3
	Once a day or more	21	7.6	38	14.6	81	30.6	96	39.0	33	31.4	269	23.4
Total	Never	231	42.5	185	35.2	162	29.5	140	27.6	68	33.3	786	33.7
	Once a month	76	14.0	44	8.4	26	4.7	20	3.9	6	2.9	172	7.4
	2 to 3 times a mo.	78	14.3	45	8.6	42	7.7	25	4.9	11	5.4	201	8.6
	Once a week	69	12.7	88	16.8	64	11.7	62	12.2	25	12.3	308	13.2
	2 to 3 times a week	49	9.0	83	15.8	106	19.3	77	15.2	39	19.1	354	15.2

4 to 6 times a week	10	1.8	18	3.4	19	3.5	23	4.5	6	2.9	76	3.3
Once a day or more	31	5.7	62	11.8	130	23.7	161	31.7	49	24.0	433	18.6

Frequency of intakes  
Orange juice

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	174	64.9	177	66.8	235	82.7	225	85.9	86	86.9	897	76.1
	Once a month	40	14.9	36	13.6	18	6.3	11	4.2	1	1.0	106	9.0
	2 to 3 times a mo.	22	8.2	19	7.2	8	2.8	4	1.5	2	2.0	55	4.7
	Once a week	19	7.1	15	5.7	17	6.0	5	1.9	5	5.1	61	5.2
	2 to 3 times a week	7	2.6	10	3.8	5	1.8	14	5.3	4	4.0	40	3.4
	4 to 6 times a week	1	0.4	1	0.4	0	0.0	1	0.4	1	1.0	4	0.3
	Once a day or more	5	1.9	7	2.6	1	0.4	2	0.8	0	0.0	15	1.3
Female	Never	182	65.9	189	72.7	223	84.2	215	87.4	93	88.6	902	78.3
	Once a month	30	10.9	21	8.1	10	3.8	8	3.3	2	1.9	71	6.2
	2 to 3 times a mo.	34	12.3	27	10.4	9	3.4	3	1.2	2	1.9	75	6.5
	Once a week	16	5.8	14	5.4	9	3.4	10	4.1	3	2.9	52	4.5
	2 to 3 times a week	8	2.9	6	2.3	10	3.8	8	3.3	3	2.9	35	3.0
	4 to 6 times a week	5	1.8	2	0.8	0	0.0	0	0.0	0	0.0	7	0.6
	Once a day or more	1	0.4	1	0.4	4	1.5	2	0.8	2	1.9	10	0.9
Total	Never	356	65.4	366	69.7	458	83.4	440	86.6	179	87.7	1799	77.2
	Once a month	70	12.9	57	10.9	28	5.1	19	3.7	3	1.5	177	7.6
	2 to 3 times a mo.	56	10.3	46	8.8	17	3.1	7	1.4	4	2.0	130	5.6
	Once a week	35	6.4	29	5.5	26	4.7	15	3.0	8	3.9	113	4.8
	2 to 3 times a week	15	2.8	16	3.0	15	2.7	22	4.3	7	3.4	75	3.2
	4 to 6 times a week	6	1.1	3	0.6	0	0.0	1	0.2	1	0.5	11	0.5
	Once a day or more	6	1.1	8	1.5	5	0.9	4	0.8	2	1.0	25	1.1

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	5.7	268	3.6	11.0	265	4.4	11.2	284	3.6	9.6	262	6.0	14.0	99	3.6	10.1	1178
Female	0.3	2.0	276	0.1	0.7	260	0.2	2.0	265	0.5	3.2	246	0.1	0.7	105	0.3	2.0	1152
Total	1.0	4.3	544	1.9	8.0	525	2.4	8.5	549	2.1	7.4	508	3.0	10.2	204	1.9	7.5	2330

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.5	17.8	268	12.8	28.5	263	14.5	28.4	282	7.5	17.5	262	3.6	13.3	99	10.1	23.3	1174
Female	1.3	7.0	276	1.1	6.1	260	0.5	3.4	265	0.7	8.9	246	0.0	0.2	105	0.8	6.3	1152
Total	4.3	13.8	544	7.0	21.5	523	7.7	21.7	547	4.2	14.4	508	1.7	9.4	204	5.5	17.8	2326

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	3.8	268	0.4	1.2	265	0.6	3.9	284	0.1	0.8	262	0.2	0.8	99	0.4	2.8	1178
Female	0.5	2.3	276	0.3	1.5	260	0.1	0.5	265	0.0	0.4	246	0.2	1.4	105	0.2	1.4	1152
Total	0.7	3.1	544	0.3	1.4	525	0.4	2.9	549	0.1	0.6	508	0.2	1.2	204	0.3	2.2	2330

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.0	14.8	266	9.5	15.0	264	9.1	12.1	282	4.8	9.4	262	3.4	8.1	99	8.0	12.9	1173
Female	3.4	11.9	275	3.2	8.5	260	1.3	3.8	265	0.9	4.6	246	0.2	0.9	105	2.1	7.7	1151
Total	6.6	13.8	541	6.4	12.6	524	5.3	9.9	547	2.9	7.7	508	1.8	5.9	204	5.0	11.0	2324

Average ethanol intakes per day (ml/day)  
Wine

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.7	3.4	268	0.7	2.6	265	0.2	1.1	284	0.2	0.9	262	0.1	0.3	99	0.4	2.1	1178
Female	0.5	2.6	276	0.4	1.8	260	0.1	0.7	265	0.2	1.2	246	0.1	0.7	105	0.3	1.7	1152
Total	0.6	3.0	544	0.5	2.2	525	0.2	0.9	549	0.2	1.1	508	0.1	0.5	204	0.3	1.9	2330

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	4.8	268	1.0	4.8	265	1.1	5.7	284	1.5	9.1	262	1.3	8.2	99	1.2	6.5	1178
Female	0.1	1.0	276	0.2	2.7	260	0.1	0.9	265	0.5	5.3	246	0.0	0.0	105	0.2	2.9	1152
Total	0.5	3.5	544	0.6	3.9	525	0.6	4.2	549	1.0	7.5	508	0.6	5.8	204	0.7	5.1	2330

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.8	21.6	268	18.4	31.5	263	20.9	31.8	282	13.0	21.4	262	11.2	19.9	99	15.7	26.8	1174
Female	2.7	8.4	276	2.2	7.8	260	0.9	4.2	265	1.8	11.2	246	0.4	1.7	105	1.8	7.9	1152
Total	7.2	16.9	544	10.3	24.3	523	11.2	25.1	547	7.6	18.1	508	5.7	14.9	204	8.8	21.0	2326

Average intakes per day (ml/day)  
Coffee

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	348.0	285.5	268	333.1	275.0	264	296.1	292.8	282	193.6	173.0	262	136.3	183.7	99	280.0	265.8	1175
Female	316.7	235.6	276	316.6	254.6	260	248.5	233.7	265	152.8	168.6	246	96.0	127.7	105	245.9	232.7	1152
Total	332.1	261.6	544	324.9	265.0	524	273.0	266.7	547	173.8	171.9	508	115.5	158.3	204	263.1	250.5	2327

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	20.1	68.1	268	18.9	65.9	265	16.3	58.7	284	12.1	62.9	262	10.6	33.7	99	16.3	62.0	1178
Female	32.3	75.4	276	42.1	94.1	260	23.8	58.6	265	23.8	65.3	246	31.1	74.7	105	30.6	74.8	1152
Total	26.3	72.1	544	30.4	81.8	525	19.9	58.7	549	17.8	64.3	508	21.2	59.3	204	23.4	69.0	2330

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	318.4	314.1	268	395.6	357.0	265	452.1	403.1	283	537.0	435.1	262	570.9	338.0	99	437.8	385.9	1177
Female	290.4	304.1	275	414.6	467.4	257	546.6	394.6	264	658.5	442.9	245	673.3	445.5	105	491.0	432.8	1146
Total	304.2	309.1	543	404.9	414.7	522	497.7	401.5	547	595.7	442.7	507	623.6	399.3	204	464.1	410.5	2323

## 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	70.7	188.2	268	77.5	189.1	265	50.8	144.3	284	35.2	143.3	262	3.5	21.2	99	53.9	161.7	1178
Female	73.3	185.4	276	52.7	161.2	259	52.4	152.8	265	42.0	163.1	246	30.8	114.1	105	53.3	162.6	1151
Total	72.1	186.6	544	65.3	176.1	524	51.6	148.4	549	38.5	153.1	508	17.5	84.1	204	53.6	162.1	2329

## Average intakes per day (ml/day)

## Milk

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	57.8	94.0	267	72.2	97.8	265	78.6	103.3	280	100.4	120.9	260	107.1	115.1	98	79.6	106.5	1170
Female	94.7	103.1	276	87.7	106.4	260	108.7	104.4	265	106.4	109.9	246	111.4	99.2	105	100.4	105.5	1152
Total	76.5	100.4	543	79.9	102.3	525	93.3	104.8	545	103.3	115.6	506	109.3	107.0	203	89.9	106.5	2322

## Average intakes per day in season(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	0.7	1.2	268	1.0	1.4	264	1.5	1.7	284	1.5	1.7	262	1.7	2.1	99	1.2	1.6	1177
Female	1.0	1.7	276	1.6	1.7	260	1.9	2.0	265	2.2	1.9	246	2.0	1.8	105	1.7	1.9	1152
Total	0.8	1.4	544	1.3	1.6	524	1.7	1.9	549	1.8	1.9	508	1.9	2.0	204	1.4	1.8	2329

## Average intakes per day in season(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	268	0.1	0.3	264	0.2	0.4	284	0.3	0.4	261	0.2	0.5	99	0.2	0.4	1176
Female	0.1	0.4	276	0.3	0.4	260	0.4	0.4	265	0.4	0.4	246	0.4	0.4	105	0.3	0.4	1152
Total	0.1	0.3	544	0.2	0.4	524	0.3	0.4	549	0.3	0.4	507	0.3	0.4	204	0.2	0.4	2328

## 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	92.2	258.5	268	106.7	383.4	265	35.5	112.0	284	52.6	196.3	262	46.3	154.7	99	69.1	250.0	1178
Female	75.7	199.9	276	58.5	180.1	260	60.1	259.7	265	54.8	318.9	246	59.1	257.9	105	62.3	245.0	1152
Total	83.9	230.6	544	82.8	301.1	525	47.4	197.8	549	53.7	262.6	508	52.9	213.7	204	65.7	247.5	2330