

IV. Nutritional Examinations

Three days dietary record (3DR)

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods and dietary supplements were weighed separately with scales before or after cooked. If the subjects did not weigh foods, they asked to record food size by portion. The subjects were asked to take the photos before and after eating foods using disposable camera. The dietary records were checked and coded by nutritionists. The average intakes of food and nutrition per day were calculated according to the 5th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan and others.

Dietary supplement frequency questionnaire (DSFQ)

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

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

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

Questionnaire for beverage and citrus intake

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

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

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

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

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

δ -Tocopherols
 α -Tocopherols equivalents
Vitamin K
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
Hexadecatrenoic acid
Hexadecatetraenoic acid
Linoleic acid
 α -Linolenic acid
 γ -Linolenic acid
Octadecatetraenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Henicosapentaenoic acid
Docosadienoic acid
Docosatetraenoic acid

n-3 docosapentaenoic acid
n-6 docosapentaenoic acid
Docosahexaenoic acid
Alcohol

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

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

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

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

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

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

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

Cereals (g)

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

Potatoes and starches (g)

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

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.6	6.6	229	8.3	7.4	251	8.6	6.7	267	8.8	6.6	246	9.5	10.7	72	8.4	7.2	1065

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

Fishes and shellfishes (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.1	54.5	229	105.6	57.3	251	117.5	54.6	267	105.7	47.9	246	113.3	56.2	72	104.9	54.9	1065
Female	71.6	38.5	247	86.9	39.3	234	90.5	42.9	257	92.3	43.1	234	84.7	47.7	78	85.2	42.2	1050
Total	78.6	47.4	476	96.6	50.3	485	104.3	51.0	524	99.1	46.0	480	98.5	53.7	150	95.1	50.0	2115

Meats (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	104.7	49.0	229	93.4	46.1	251	88.3	47.9	267	69.5	38.2	246	68.1	44.4	72	87.3	47.2	1065
Female	77.0	37.9	247	70.5	37.9	234	64.5	32.6	257	58.1	31.0	234	52.6	26.3	78	66.5	35.2	1050
Total	90.3	45.7	476	82.3	43.8	485	76.6	42.8	524	63.9	35.3	480	60.0	36.9	150	77.0	43.0	2115

Eggs (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	47.9	28.6	229	54.1	28.7	251	55.8	30.7	267	54.9	24.8	246	51.7	24.7	72	53.2	28.2	1065
Female	47.6	27.1	247	46.9	25.0	234	48.1	25.3	257	53.2	27.9	234	50.2	29.7	78	49.0	26.6	1050
Total	47.8	27.8	476	50.6	27.2	485	52.0	28.4	524	54.1	26.3	480	50.9	27.3	150	51.1	27.5	2115

Milks (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	121.8	118.7	229	151.2	145.2	251	151.6	134.2	267	159.5	119.6	246	160.5	156.2	72	147.5	132.6	1065
Female	168.0	130.2	247	164.5	117.4	234	162.9	113.8	257	161.8	113.5	234	158.4	103.9	78	163.9	117.7	1050
Total	145.8	126.8	476	157.6	132.5	485	157.1	124.6	524	160.6	116.5	480	159.4	131.2	150	155.6	125.7	2115

Fats and oils (g)

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

Confectioneries (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	53.4	55.1	229	52.8	52.4	251	45.3	45.4	267	47.6	50.3	246	43.7	42.0	72	49.2	50.2	1065
Female	73.2	48.8	247	60.7	42.0	234	52.3	38.2	257	54.9	45.0	234	52.0	42.5	78	59.7	44.2	1050
Total	63.7	52.8	476	56.6	47.8	485	48.7	42.1	524	51.2	47.8	480	48.0	42.3	150	54.4	47.6	2115

Beverages (g)

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

Seasonings and spices (g)

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

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	364.0	454.4	229	323.1	344.7	251	376.9	395.3	267	298.8	320.6	246	257.8	260.0	72	335.4	375.2	1065
Female	351.3	419.5	247	373.6	355.8	234	412.1	373.1	257	368.5	362.5	234	343.1	339.3	78	374.4	376.2	1050
Total	357.4	436.2	476	347.5	350.6	485	394.2	384.6	524	332.8	343.1	480	302.2	305.8	150	354.7	376.1	2115

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

Energy (kcal)

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

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2281.3	727.9	229	2328.7	633.4	251	2430.9	617.0	267	2209.1	601.3	246	1972.4	447.2	72	2292.4	642.8	1065
Female	1952.3	628.9	247	2128.1	534.8	234	2199.0	558.6	257	2060.3	593.9	234	1897.0	527.4	78	2071.8	584.4	1050
Total	2110.6	697.3	476	2231.9	595.8	485	2317.1	599.9	524	2136.6	601.7	480	1933.2	490.4	150	2182.9	624.2	2115

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	79.3	16.9	229	81.7	15.6	251	85.5	15.4	267	78.4	14.0	246	77.1	17.9	72	81.1	15.9	1065
Female	66.7	12.5	247	68.6	12.9	234	70.3	13.2	257	68.1	13.5	234	63.9	13.4	78	68.1	13.1	1050
Total	72.7	16.1	476	75.4	15.8	485	78.0	16.3	524	73.3	14.7	480	70.2	17.0	150	74.6	16.0	2115

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.1	18.1	229	62.2	14.9	251	60.8	15.6	267	50.6	13.7	246	47.8	15.6	72	58.6	16.6	1065
Female	58.3	14.9	247	55.2	14.3	234	51.3	13.2	257	46.2	12.8	234	43.8	12.9	78	52.1	14.6	1050
Total	61.1	16.7	476	58.9	15.0	485	56.1	15.3	524	48.5	13.4	480	45.7	14.3	150	55.4	16.0	2115

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	308.3	70.0	229	304.1	60.7	251	306.9	58.7	267	297.6	60.1	246	286.7	55.2	72	303.0	62.0	1065
Female	251.3	48.5	247	255.8	48.6	234	258.7	48.3	257	258.4	53.2	234	250.8	55.9	78	255.7	50.1	1050
Total	278.7	66.2	476	280.8	60.2	485	283.2	59.0	524	278.5	60.1	480	268.0	58.2	150	279.5	61.2	2115

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.0	6.4	229	19.6	5.2	251	20.9	4.5	267	20.1	4.5	246	19.7	4.9	72	19.9	5.2	1065
Female	16.5	4.7	247	17.2	5.4	234	18.1	3.7	257	17.6	3.9	234	16.8	3.8	78	17.3	4.5	1050
Total	17.7	5.7	476	18.4	5.4	485	19.5	4.4	524	18.9	4.4	480	18.2	4.6	150	18.6	5.0	2115

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4349	1020	229	4506	957	251	4817	984	267	4537	1068	246	4487	1026	72	4556	1020	1065
Female	3648	779	247	3689	749	234	3965	785	257	3970	902	234	3832	892	78	3820	823	1050
Total	3985	968	476	4112	954	485	4399	988	524	4260	1029	480	4146	1010	150	4191	998	2115

Potassium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2501	721	229	2711	640	251	2992	698	267	2863	696	246	2759	774	72	2775	716	1065
Female	2235	516	247	2505	594	234	2723	582	257	2611	640	234	2471	654	78	2516	614	1050
Total	2363	637	476	2612	627	485	2860	657	524	2740	680	480	2610	727	150	2646	679	2115

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	520.6	189.1	229	563.1	199.7	251	617.7	214.6	267	621.9	203.5	246	630.2	278.4	72	585.8	212.1	1065
Female	526.0	185.7	247	537.0	186.6	234	597.3	201.9	257	593.7	208.8	234	554.3	201.3	78	563.1	198.5	1050
Total	523.4	187.2	476	550.5	193.7	485	607.7	208.5	524	608.2	206.4	480	590.7	243.6	150	574.5	205.7	2115

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	277.2	78.4	229	295.5	66.9	251	321.8	72.4	267	308.1	70.5	246	296.8	72.3	72	301.2	73.6	1065
Female	236.7	53.4	247	261.3	61.3	234	278.8	60.1	257	267.7	65.3	234	254.1	65.3	78	260.7	62.3	1050
Total	256.2	69.6	476	279.0	66.4	485	300.7	70.0	524	288.4	70.9	480	274.6	71.8	150	281.1	71.2	2115

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1118	249	229	1174	247	251	1251	255	267	1179	238	246	1161	310	72	1182	256	1065

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

δ -Tocopherols (mg)

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

α -Tocopherol equivalents (mg)

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

Vitamin K (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	225	145	229	230	122	251	262	133	267	260	133	246	255	146	72	246	135	1065
Female	184	88	247	203	109	234	244	116	257	242	126	234	212	103	78	218	113	1050
Total	204	121	476	217	117	485	253	125	524	251	130	480	232	127	150	232	125	2115

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.98	0.28	229	0.99	0.27	251	1.01	0.27	267	0.95	0.27	246	0.95	0.81	72	0.98	0.34	1065
Female	0.83	0.22	247	0.83	0.22	234	0.89	0.36	257	0.85	0.27	234	0.81	0.22	78	0.85	0.27	1050
Total	0.90	0.26	476	0.91	0.26	485	0.95	0.32	524	0.90	0.27	480	0.87	0.59	150	0.91	0.31	2115

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.38	0.62	229	1.49	0.50	251	1.50	0.44	267	1.43	0.44	246	1.37	0.48	72	1.45	0.50	1065
Female	1.27	0.48	247	1.34	0.54	234	1.36	0.40	257	1.32	0.40	234	1.26	0.39	78	1.32	0.46	1050
Total	1.33	0.56	476	1.42	0.52	485	1.43	0.42	524	1.38	0.43	480	1.31	0.44	150	1.38	0.48	2115

Niacin (mg)

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

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.27	0.41	229	1.36	0.35	251	1.50	0.38	267	1.39	0.36	246	1.32	0.39	72	1.38	0.39	1065
Female	1.05	0.28	247	1.17	0.33	234	1.25	0.32	257	1.21	0.34	234	1.16	0.34	78	1.17	0.33	1050
Total	1.15	0.36	476	1.27	0.36	485	1.38	0.37	524	1.30	0.36	480	1.23	0.37	150	1.28	0.37	2115

Vitamin B12 (micro g)

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

Folate (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	310	124	229	350	113	251	393	130	267	388	121	246	364	130	72	362	127	1065
Female	282	100	247	322	102	234	367	104	257	364	113	234	347	122	78	335	111	1050
Total	295	113	476	336	109	485	380	119	524	376	118	480	356	126	150	348	120	2115

Pantothenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.05	1.53	229	6.32	1.48	251	6.70	1.66	267	6.28	1.40	246	5.96	1.64	72	6.32	1.54	1065
Female	5.28	1.25	247	5.52	1.25	234	5.79	1.33	257	5.60	1.37	234	5.35	1.39	78	5.53	1.32	1050
Total	5.65	1.44	476	5.93	1.43	485	6.25	1.57	524	5.95	1.42	480	5.64	1.54	150	5.93	1.49	2115

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	105.0	74.7	229	139.1	118.9	251	139.0	111.8	267	139.5	80.4	246	118.7	66.4	72	130.5	98.1	1065
Female	102.0	72.7	247	119.7	67.9	234	146.9	87.0	257	144.5	77.8	234	132.9	73.3	78	128.7	78.6	1050
Total	103.5	73.6	476	129.8	98.1	485	142.9	100.4	524	141.9	79.1	480	126.1	70.2	150	129.6	88.9	2115

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	361.4	138.6	229	386.6	145.4	251	398.5	146.2	267	363.6	133.9	246	341.2	138.2	72	375.7	141.9	1065
Female	322.2	117.6	247	321.9	117.3	234	322.1	123.9	257	315.1	114.0	234	302.4	137.5	78	319.1	119.8	1050
Total	341.0	129.5	476	355.4	136.4	485	361.0	140.9	524	340.0	126.8	480	321.0	138.7	150	347.6	134.4	2115

Water soluble dietary fibers (g)

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

Water insoluble dietary fibers (g)

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

Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.3	5.0	229	15.4	4.6	251	17.3	4.8	267	17.7	5.0	246	16.6	5.0	72	16.3	5.0	1065
Female	13.0	3.7	247	14.6	4.0	234	16.7	4.4	257	16.4	4.6	234	15.6	5.0	78	15.2	4.5	1050
Total	13.7	4.4	476	15.0	4.3	485	17.0	4.6	524	17.1	4.8	480	16.1	5.0	150	15.7	4.8	2115

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.0	2.6	229	11.4	2.4	251	12.1	2.5	267	11.4	2.7	246	11.3	2.6	72	11.5	2.6	1065
Female	9.2	2.0	247	9.3	1.9	234	10.0	2.0	257	10.0	2.3	234	9.6	2.3	78	9.6	2.1	1050
Total	10.1	2.5	476	10.4	2.4	485	11.1	2.5	524	10.7	2.6	480	10.4	2.6	150	10.6	2.5	2115

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.6	79.8	229	24.8	56.9	251	20.5	33.4	267	20.3	37.9	246	18.2	31.6	72	23.4	53.1	1065
Female	27.8	57.7	247	27.3	65.8	234	20.4	38.2	257	15.2	24.1	234	14.1	19.7	78	22.1	47.8	1050
Total	29.1	69.2	476	26.0	61.3	485	20.4	35.8	524	17.8	32.0	480	16.1	26.1	150	22.8	50.5	2115

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3424	756	229	3528	720	251	3706	711	267	3408	634	246	3400	820	72	3514	723	1065
Female	2900	585	247	2967	603	234	3037	615	257	2956	615	234	2783	614	78	2952	608	1050
Total	3152	721	476	3257	722	485	3378	745	524	3188	664	480	3079	781	150	3235	725	2115

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5979	1287	229	6158	1227	251	6448	1211	267	5932	1088	246	5909	1404	72	6124	1234	1065
Female	5085	1011	247	5190	1031	234	5294	1045	257	5153	1047	234	4847	1047	78	5157	1039	1050
Total	5515	1235	476	5691	1235	485	5882	1271	524	5552	1136	480	5356	1338	150	5644	1239	2115

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4745	1210	229	4943	1196	251	5279	1185	267	4805	1043	246	4914	1440	72	4951	1196	1065
Female	3956	930	247	4098	968	234	4283	1031	257	4193	1017	234	3944	1029	78	4119	997	1050

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

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	929	212	229	949	191	251	992	186	267	920	169	246	911	212	72	946	193	1065
Female	786	162	247	803	169	234	818	161	257	795	162	234	750	158	78	797	164	1050
Total	854	201	476	878	195	485	907	195	524	859	177	480	827	202	150	872	194	2115

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4035	869	229	4164	828	251	4375	819	267	4043	743	246	4024	964	72	4152	836	1065
Female	3418	683	247	3492	694	234	3583	703	257	3504	711	234	3311	711	78	3486	702	1050
Total	3715	837	476	3840	836	485	3986	860	524	3780	775	480	3653	912	150	3821	841	2115

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2510	685	229	2598	671	251	2744	656	267	2456	573	246	2568	897	72	2581	674	1065
Female	2050	486	247	2126	503	234	2170	524	257	2115	518	234	1983	512	78	2106	510	1050
Total	2271	632	476	2370	640	485	2463	660	524	2289	572	480	2264	778	150	2345	644	2115

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4531	1007	229	4661	955	251	4911	996	267	4493	873	246	4443	1012	72	4642	976	1065
Female	3665	755	247	3816	806	234	3917	819	257	3828	809	234	3643	766	78	3795	800	1050
Total	4081	985	476	4253	981	485	4424	1040	524	4169	905	480	4027	975	150	4222	988	2115

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3822	874	229	3942	825	251	4150	835	267	3790	734	246	3791	944	72	3923	838	1065
Female	3110	659	247	3234	678	234	3322	692	257	3246	692	234	3059	681	78	3216	685	1050
Total	3453	848	476	3600	836	485	3744	872	524	3525	763	480	3410	894	150	3572	843	2115

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6916	1603	229	7212	1501	251	7684	1559	267	7080	1381	246	7076	1693	72	7227	1549	1065
Female	5716	1205	247	5993	1262	234	6239	1322	257	6103	1316	234	5794	1278	78	5998	1290	1050
Total	6293	1532	476	6624	1517	485	6975	1617	524	6604	1434	480	6409	1620	150	6617	1553	2115

Glutamic acid (g)

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

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3319	772	229	3391	714	251	3552	725	267	3228	682	246	3189	774	72	3365	736	1065
Female	2702	585	247	2819	622	234	2843	612	257	2750	598	234	2583	574	78	2765	606	1050
Total	2999	748	476	3115	729	485	3205	759	524	2995	685	480	2874	740	150	3067	738	2115

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4709	1106	229	4732	999	251	4824	977	267	4435	920	246	4266	1087	72	4650	1020	1065
Female	4333	923	247	4274	868	234	4200	854	257	3955	860	234	3650	854	78	4152	896	1050
Total	4514	1032	476	4511	965	485	4518	970	524	4201	922	480	3946	1017	150	4403	992	2115

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3377	731	229	3492	683	251	3650	681	267	3377	625	246	3335	753	72	3469	694	1065
Female	2894	562	247	2950	572	234	3025	586	257	2939	578	234	2784	584	78	2940	578	1050
Total	3126	692	476	3230	687	485	3343	709	524	3164	641	480	3049	723	150	3207	691	2115

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.44	16.02	229	53.57	13.45	251	52.07	13.82	267	43.02	12.15	246	40.70	13.66	72	50.29	14.80	1065
Female	50.12	13.33	247	47.57	12.66	234	43.84	11.65	257	39.48	11.31	234	37.04	11.39	78	44.67	12.95	1050
Total	52.68	14.91	476	50.68	13.40	485	48.03	13.43	524	41.30	11.87	480	38.80	12.62	150	47.50	14.19	2115

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.85	5.85	229	17.22	5.33	251	16.78	5.42	267	14.10	4.81	246	13.25	5.35	72	16.25	5.58	1065
Female	17.57	5.59	247	16.04	5.30	234	14.40	4.59	257	13.06	4.57	234	12.14	4.76	78	15.04	5.32	1050
Total	17.70	5.71	476	16.65	5.34	485	15.61	5.16	524	13.59	4.71	480	12.68	5.06	150	15.65	5.48	2115

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.25	7.33	229	22.39	6.17	251	21.58	6.46	267	17.12	5.45	246	15.89	6.22	72	20.72	6.86	1065
Female	20.52	5.93	247	19.60	5.62	234	17.67	5.12	257	15.77	5.12	234	14.61	4.88	78	18.12	5.77	1050
Total	21.83	6.77	476	21.05	6.07	485	19.66	6.16	524	16.46	5.33	480	15.22	5.58	150	19.43	6.47	2115

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.44	4.50	229	13.98	3.64	251	13.67	3.54	267	11.80	3.39	246	11.55	3.42	72	13.33	3.89	1065
Female	12.09	3.49	247	12.00	3.29	234	11.78	3.45	257	10.61	3.08	234	10.25	3.22	78	11.53	3.39	1050
Total	13.22	4.17	476	13.03	3.61	485	12.75	3.62	524	11.22	3.29	480	10.87	3.37	150	12.44	3.76	2115

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	36.18	11.00	229	35.24	9.18	251	34.48	9.22	267	28.38	8.06	246	26.95	9.00	72	33.11	9.93	1065
Female	31.65	8.77	247	30.88	8.10	234	28.90	7.89	257	25.95	7.66	234	24.38	7.70	78	28.99	8.44	1050
Total	33.83	10.15	476	33.14	8.94	485	31.74	9.03	524	27.20	7.96	480	25.61	8.42	150	31.07	9.45	2115

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.76	3.78	229	11.18	3.11	251	10.76	3.05	267	9.24	2.80	246	8.97	2.82	72	10.60	3.31	1065
Female	9.88	2.93	247	9.62	2.77	234	9.35	2.83	257	8.38	2.59	234	8.02	2.57	78	9.22	2.84	1050
Total	10.78	3.49	476	10.43	3.05	485	10.07	3.03	524	8.82	2.73	480	8.48	2.72	150	9.92	3.16	2115

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.09	19.06	229	10.27	24.39	251	7.43	17.75	267	5.93	15.35	246	5.84	15.49	72	8.00	19.22	1065
Female	11.16	22.75	247	9.53	22.64	234	5.88	15.62	257	8.26	29.01	234	3.94	8.13	78	8.32	22.17	1050
Total	10.17	21.06	476	9.91	23.54	485	6.67	16.74	524	7.07	23.05	480	4.85	12.22	150	8.16	20.74	2115

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	174.0	166.6	229	180.9	180.9	251	188.7	178.0	267	176.5	146.8	246	183.5	178.4	72	180.5	169.4	1065
Female	260.4	196.5	247	212.8	160.5	234	201.0	170.8	257	190.4	161.4	234	169.0	146.0	78	212.9	173.4	1050
Total	218.9	187.6	476	196.3	171.9	485	194.7	174.5	524	183.3	154.1	480	176.0	162.0	150	196.6	172.1	2115

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	109.7	106.2	229	113.6	116.5	251	119.5	114.0	267	112.8	95.3	246	117.7	114.3	72	114.3	108.8	1065
Female	162.9	126.2	247	134.5	101.3	234	126.7	108.6	257	119.4	100.7	234	108.2	92.9	78	134.0	109.9	1050
Total	137.3	119.9	476	123.7	109.8	485	123.0	111.3	524	116.1	97.9	480	112.8	103.5	150	124.1	109.8	2115

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	7.1	229	3.7	9.0	251	2.7	6.7	267	2.3	5.7	246	2.3	6.0	72	2.9	7.2	1065
Female	4.6	8.5	247	3.8	8.6	234	2.4	5.8	257	3.3	10.6	234	1.6	3.1	78	3.3	8.3	1050
Total	3.9	7.9	476	3.8	8.8	485	2.5	6.2	524	2.8	8.5	480	1.9	4.7	150	3.1	7.7	2115

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	7.1	229	3.7	9.0	251	2.7	6.7	267	2.3	5.7	246	2.3	6.0	72	2.9	7.2	1065
Female	4.6	8.5	247	3.8	8.6	234	2.4	5.8	257	3.3	10.6	234	1.6	3.1	78	3.3	8.3	1050
Total	3.9	7.9	476	3.8	8.8	485	2.5	6.2	524	2.8	8.5	480	1.9	4.7	150	3.1	7.7	2115

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	179.1	144.6	229	177.6	153.6	251	177.5	152.9	267	167.5	134.2	246	170.8	151.3	72	175.1	146.9	1065
Female	245.1	167.3	247	207.6	142.7	234	186.3	140.0	257	177.7	138.6	234	153.0	122.4	78	200.5	148.5	1050
Total	213.4	160.1	476	192.1	149.0	485	181.8	146.6	524	172.5	136.3	480	161.5	136.8	150	187.7	148.2	2115

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	381.8	393.0	229	333.9	347.2	251	306.9	313.8	267	317.1	400.2	246	332.1	325.3	72	333.4	361.6	1065
Female	448.4	365.1	247	428.2	438.2	234	343.5	302.9	257	316.8	338.6	234	245.2	225.4	78	373.8	360.1	1050
Total	416.3	379.9	476	379.4	396.1	485	324.8	308.8	524	317.0	371.1	480	286.9	280.3	150	353.5	361.3	2115

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	68.0	87.1	229	60.7	91.2	251	40.2	71.8	267	30.8	60.4	246	28.3	58.9	72	48.0	78.6	1065
Female	60.5	81.2	247	46.8	81.9	234	30.0	59.3	257	32.9	92.2	234	22.1	38.8	78	41.0	77.9	1050
Total	64.1	84.1	476	54.0	87.0	485	35.2	66.1	524	31.8	77.5	480	25.1	49.4	150	44.5	78.3	2115

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1111.7	613.7	229	1143.0	611.5	251	1206.4	609.7	267	1063.4	560.3	246	1040.2	658.3	72	1126.8	604.9	1065
Female	1271.4	645.7	247	1171.9	577.8	234	1100.8	568.5	257	1019.4	540.5	234	936.0	515.0	78	1126.4	588.2	1050
Total	1194.6	634.9	476	1156.9	595.1	485	1154.6	591.7	524	1041.9	550.6	480	986.0	588.4	150	1126.6	596.5	2115

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	103.1	62.4	229	108.6	61.8	251	117.7	62.6	267	102.3	53.7	246	101.0	67.7	72	107.8	61.0	1065
Female	121.4	69.0	247	110.3	56.3	234	105.4	57.4	257	98.2	54.8	234	91.7	52.7	78	107.6	59.9	1050
Total	112.6	66.4	476	109.5	59.2	485	111.7	60.4	524	100.3	54.2	480	96.2	60.3	150	107.7	60.4	2115

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	649.5	707.8	229	510.4	591.2	251	349.7	485.4	267	253.3	396.2	246	235.3	385.5	72	422.0	563.6	1065
Female	464.7	514.9	247	353.4	452.5	234	262.9	384.7	257	221.8	369.0	234	218.4	339.7	78	318.1	437.5	1050

Total 553.6 621.5 476 434.7 534.1 485 307.1 440.7 524 237.9 383.1 480 226.5 361.2 150 370.4 507.5 2115

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.183	3.345	229	9.887	2.970	251	9.731	2.908	267	8.154	2.554	246	7.588	2.756	72	9.356	3.064	1065
Female	9.833	3.013	247	9.070	2.748	234	8.281	2.440	257	7.512	2.477	234	6.971	2.386	78	8.553	2.816	1050
Total	10.002	3.179	476	9.493	2.891	485	9.020	2.782	524	7.841	2.534	480	7.267	2.580	150	8.957	2.970	2115

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.4	26.3	229	29.0	24.9	251	24.3	21.4	267	20.9	19.0	246	20.8	20.4	72	25.9	23.2	1065
Female	34.9	25.7	247	27.7	24.0	234	23.6	19.6	257	20.4	18.3	234	19.6	18.5	78	26.2	22.5	1050
Total	33.2	26.1	476	28.4	24.4	485	23.9	20.5	524	20.6	18.6	480	20.2	19.4	150	26.0	22.8	2115

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	146.0	68.0	229	153.4	65.0	251	161.4	69.7	267	135.1	58.8	246	120.1	57.2	72	147.3	66.0	1065
Female	141.3	55.4	247	137.3	56.7	234	125.6	46.3	257	117.7	48.8	234	110.6	45.3	78	129.0	52.4	1050
Total	143.6	61.8	476	145.6	61.6	485	143.8	62.0	524	126.6	54.8	480	115.2	51.4	150	138.2	60.3	2115

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	331.0	359.9	229	258.4	300.8	251	184.0	245.4	267	137.0	207.0	246	127.3	195.6	72	218.5	286.3	1065
Female	240.6	262.7	247	183.6	226.2	234	141.6	190.7	257	117.7	175.0	234	119.1	177.3	78	167.3	218.5	1050
Total	284.1	316.1	476	222.4	269.7	485	163.2	221.1	524	127.6	192.1	480	123.0	185.7	150	193.1	256.1	2115

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.960	1.460	229	3.858	1.335	251	3.781	1.369	267	3.089	1.115	246	2.844	1.170	72	3.614	1.368	1065
Female	3.880	1.328	247	3.568	1.331	234	3.117	1.074	257	2.806	1.032	234	2.699	1.472	78	3.297	1.292	1050
Total	3.918	1.392	476	3.718	1.339	485	3.455	1.276	524	2.951	1.083	480	2.769	1.333	150	3.457	1.340	2115

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	179.7	64.2	229	179.5	69.2	251	172.7	63.5	267	140.4	53.2	246	140.6	82.2	72	166.2	66.4	1065
Female	163.2	53.1	247	158.3	50.7	234	145.7	49.3	257	127.8	43.9	234	121.4	55.8	78	146.8	52.0	1050
Total	171.2	59.3	476	169.3	61.9	485	159.5	58.5	524	134.2	49.3	480	130.6	70.2	150	156.6	60.5	2115

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.0	57.1	229	102.8	94.1	251	99.0	91.6	267	79.0	62.9	246	78.2	59.8	72	92.8	78.2	1065

Female	79.9	41.5	247	81.2	51.6	234	80.4	55.4	257	65.0	32.0	234	60.4	37.1	78	75.5	46.2	1050
Total	86.7	50.1	476	92.4	77.3	485	89.9	76.5	524	72.2	50.7	480	68.9	49.9	150	84.2	64.9	2115

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	40.7	29.6	229	45.1	50.0	251	42.6	48.7	267	32.2	31.4	246	30.3	24.5	72	39.5	40.8	1065
Female	34.8	21.4	247	35.0	26.1	234	33.2	27.8	257	25.6	15.7	234	23.5	18.8	78	31.6	23.4	1050
Total	37.6	25.8	476	40.2	40.6	485	38.0	40.1	524	29.0	25.2	480	26.8	21.9	150	35.6	33.5	2115

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	22.1	229	25.1	20.9	251	22.2	19.0	267	19.7	16.7	246	19.6	17.8	72	23.1	19.7	1065
Female	30.1	20.6	247	24.0	19.3	234	21.0	16.2	257	19.5	16.7	234	17.6	13.5	78	23.2	18.4	1050
Total	28.6	21.4	476	24.6	20.1	485	21.6	17.7	524	19.6	16.7	480	18.5	15.7	150	23.2	19.1	2115

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.0	71.7	229	85.2	66.8	251	91.5	68.1	267	74.6	55.2	246	68.7	52.0	72	83.4	65.1	1065
Female	95.4	63.9	247	84.7	52.5	234	76.0	51.3	257	70.9	52.8	234	61.9	47.6	78	80.3	55.7	1050
Total	90.9	67.9	476	84.9	60.3	485	83.9	60.9	524	72.8	54.0	480	65.1	49.7	150	81.9	60.7	2115

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	72.8	89.8	229	53.6	72.2	251	36.4	60.5	267	25.3	49.1	246	23.3	46.0	72	44.8	69.9	1065
Female	46.1	60.9	247	37.5	65.8	234	25.3	44.5	257	18.5	36.8	234	21.1	40.3	78	31.1	53.4	1050
Total	58.9	77.3	476	45.8	69.6	485	30.9	53.5	524	22.0	43.6	480	22.2	43.0	150	38.0	62.6	2115

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	890.9	390.2	229	922.6	386.1	251	952.9	400.7	267	762.8	328.6	246	779.7	563.3	72	876.8	399.4	1065
Female	762.4	287.2	247	768.8	311.6	234	737.4	302.5	257	680.3	297.0	234	637.8	287.8	78	730.2	301.2	1050
Total	824.2	346.3	476	848.4	360.1	485	847.2	371.6	524	722.6	316.0	480	705.9	446.1	150	804.0	361.5	2115

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1193.8	1276.4	229	926.1	1070.7	251	663.5	872.7	267	483.3	732.5	246	431.8	685.2	72	782.1	1018.6	1065
Female	791.1	907.2	247	614.4	765.0	234	477.6	666.8	257	378.5	562.1	234	410.0	624.0	78	554.7	744.4	1050
Total	984.8	1117.5	476	775.7	947.7	485	572.3	783.3	524	432.2	656.4	480	420.5	652.0	150	669.2	900.1	2115

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.24	6.86	229	19.50	5.81	251	18.70	5.94	267	14.87	4.91	246	13.71	5.28	72	18.00	6.28	1065
Female	18.18	5.51	247	17.28	5.11	234	15.48	4.62	257	13.80	4.90	234	12.62	4.52	78	15.93	5.33	1050
Total	19.17	6.27	476	18.43	5.59	485	17.12	5.57	524	14.35	4.93	480	13.15	4.91	150	16.97	5.92	2115

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	524.5	348.6	229	577.6	366.6	251	650.4	454.2	267	520.7	402.6	246	501.8	401.9	72	566.2	400.3	1065
Female	459.5	340.8	247	524.1	416.0	234	511.7	402.2	257	463.1	365.5	234	464.5	369.5	78	487.9	381.6	1050
Total	490.8	345.7	476	551.8	391.7	485	582.4	434.6	524	492.6	385.7	480	482.4	384.6	150	527.3	393.0	2115

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	333.9	474.3	229	397.0	520.4	251	511.0	663.1	267	403.9	553.3	246	384.6	536.9	72	412.8	561.6	1065
Female	297.1	477.4	247	390.6	597.8	234	390.8	569.4	257	352.9	527.9	234	379.7	527.4	78	359.4	543.8	1050
Total	314.8	475.7	476	393.9	558.5	485	452.0	621.3	524	379.1	541.1	480	382.0	530.2	150	386.3	553.3	2115

Tetracosenoic acid (mg)

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

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.8	10.9	229	9.3	12.3	251	13.3	16.1	267	9.7	10.8	246	10.5	12.5	72	10.1	12.9	1065
Female	5.6	8.8	247	8.1	12.9	234	9.6	13.2	257	8.0	11.0	234	7.2	8.7	78	7.8	11.5	1050
Total	6.7	9.9	476	8.7	12.6	485	11.5	14.9	524	8.9	10.9	480	8.8	10.8	150	9.0	12.3	2115

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.5	7.9	229	8.0	10.3	251	11.1	14.2	267	8.9	9.5	246	10.4	13.5	72	8.8	11.2	1065
Female	4.8	6.4	247	6.3	7.5	234	9.0	12.2	257	8.1	12.2	234	7.5	8.8	78	7.1	10.0	1050
Total	5.6	7.2	476	7.2	9.1	485	10.1	13.3	524	8.5	10.9	480	8.9	11.3	150	8.0	10.6	2115

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	282.1	282.4	229	210.9	246.0	251	160.0	221.1	267	107.5	169.8	246	96.7	160.9	72	181.8	237.0	1065
Female	172.2	219.0	247	140.7	180.6	234	113.2	171.9	257	94.7	150.4	234	101.8	159.8	78	128.2	182.9	1050
Total	225.1	257.2	476	177.0	219.5	485	137.1	199.7	524	101.2	160.6	480	99.4	159.8	150	155.2	213.5	2115

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.26	3.74	229	10.73	3.11	251	10.35	2.99	267	8.91	2.72	246	8.75	2.85	72	10.19	3.25	1065
Female	9.56	3.01	247	9.29	2.71	234	9.03	2.80	257	8.08	2.55	234	7.73	2.51	78	8.90	2.82	1050
Total	10.38	3.48	476	10.03	3.01	485	9.70	2.97	524	8.50	2.67	480	8.22	2.72	150	9.55	3.11	2115

α -Linolenic acid (mg)

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

γ -Linolenic acid (mg)

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

Octadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	80.2	99.5	229	92.9	93.2	251	111.5	117.9	267	94.1	98.0	246	96.7	96.3	72	95.3	102.9	1065
Female	61.3	80.3	247	79.3	95.8	234	86.9	94.2	257	77.1	78.8	234	89.8	89.6	78	77.2	88.2	1050
Total	70.4	90.5	476	86.3	94.6	485	99.4	107.5	524	85.8	89.5	480	93.1	92.6	150	86.3	96.3	2115

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	66.4	32.3	229	64.4	29.6	251	63.4	31.6	267	48.9	24.3	246	43.4	24.5	72	59.6	30.3	1065
Female	55.5	29.9	247	51.8	29.4	234	48.0	24.7	257	40.5	19.4	234	40.7	18.9	78	48.4	26.4	1050
Total	60.7	31.5	476	58.3	30.2	485	55.8	29.4	524	44.8	22.4	480	42.0	21.8	150	54.0	29.0	2115

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.0	11.3	229	28.9	11.6	251	30.2	11.4	267	26.3	9.9	246	25.0	10.7	72	28.2	11.2	1065
Female	25.8	9.3	247	24.6	9.5	234	24.2	8.9	257	22.9	8.3	234	22.0	9.0	78	24.2	9.1	1050
Total	26.9	10.4	476	26.8	10.8	485	27.2	10.7	524	24.6	9.3	480	23.5	9.9	150	26.2	10.4	2115

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.5	34.3	229	43.4	33.8	251	48.3	37.0	267	42.4	37.3	246	40.7	31.4	72	42.9	35.5	1065
Female	30.7	26.6	247	35.5	29.7	234	39.0	31.2	257	37.0	29.2	234	38.4	32.5	78	35.8	29.6	1050
Total	34.0	30.7	476	39.6	32.1	485	43.7	34.6	524	39.7	33.7	480	39.5	31.9	150	39.4	32.9	2115

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	160.7	60.6	229	172.9	61.8	251	180.8	65.2	267	162.9	58.5	246	152.1	62.1	72	168.5	62.2	1065
Female	141.3	52.6	247	144.9	55.8	234	145.4	56.1	257	139.6	50.6	234	137.3	54.3	78	142.4	53.9	1050
Total	150.6	57.3	476	159.4	60.6	485	163.4	63.3	524	151.5	56.0	480	144.4	58.5	150	155.6	59.7	2115

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	235.8	225.1	229	316.1	243.0	251	383.2	292.3	267	344.0	264.2	246	356.0	267.4	72	324.8	263.9	1065
Female	193.8	178.0	247	254.7	202.7	234	298.7	234.3	257	286.9	191.2	234	294.8	248.3	78	261.3	210.4	1050
Total	214.0	202.9	476	286.5	226.3	485	341.8	268.5	524	316.2	233.0	480	324.2	258.6	150	293.3	240.9	2115

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	9.9	229	8.1	9.8	251	10.9	13.1	267	8.5	9.8	246	9.7	11.8	72	8.7	10.9	1065
Female	5.0	8.3	247	6.7	9.3	234	8.5	11.6	257	6.9	8.9	234	6.9	8.8	78	6.8	9.6	1050
Total	5.8	9.1	476	7.4	9.5	485	9.7	12.4	524	7.7	9.4	480	8.2	10.4	150	7.8	10.4	2115

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.6	229	0.9	1.2	251	0.7	1.1	267	0.4	0.7	246	0.4	0.8	72	0.8	1.2	1065
Female	0.9	1.1	247	0.6	1.1	234	0.5	0.9	257	0.4	0.7	234	0.4	0.8	78	0.6	0.9	1050
Total	1.1	1.4	476	0.8	1.1	485	0.6	1.0	524	0.4	0.7	480	0.4	0.8	150	0.7	1.1	2115

Docosatetraenoic acid (mg)

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

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	72.8	69.0	229	96.0	78.8	251	108.5	76.3	267	99.2	81.1	246	102.3	76.5	72	95.3	77.5	1065
Female	61.6	53.2	247	77.8	59.6	234	87.7	69.3	257	86.1	64.1	234	87.7	76.0	78	79.0	63.8	1050
Total	67.0	61.5	476	87.2	70.7	485	98.3	73.6	524	92.8	73.6	480	94.7	76.3	150	87.2	71.5	2115

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.9	11.0	229	13.8	11.2	251	16.2	13.7	267	12.4	10.0	246	15.0	12.1	72	14.2	11.7	1065
Female	9.3	8.0	247	11.2	10.9	234	12.0	11.3	257	10.3	8.6	234	10.3	8.6	78	10.7	9.8	1050
Total	11.5	9.8	476	12.6	11.2	485	14.1	12.7	524	11.4	9.4	480	12.6	10.7	150	12.5	10.9	2115

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	448.3	380.5	229	576.2	384.7	251	679.5	458.1	267	619.9	427.3	246	625.5	421.0	72	588.0	422.9	1065
Female	368.7	295.0	247	467.4	332.5	234	526.2	373.3	257	512.5	314.4	234	529.5	410.1	78	473.3	342.2	1050
Total	407.0	340.8	476	523.7	364.2	485	604.3	425.2	524	567.5	380.0	480	575.6	416.8	150	531.1	389.1	2115

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.1	18.2	229	18.2	22.7	251	18.4	20.6	267	11.4	15.8	246	7.7	12.5	72	15.1	19.5	1065
Female	4.4	11.2	247	3.8	8.3	234	2.4	5.7	257	1.9	6.1	234	1.2	1.9	78	3.0	7.9	1050
Total	9.1	15.7	476	11.3	18.8	485	10.6	17.2	524	6.8	13.0	480	4.3	9.4	150	9.1	16.1	2115

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

Energy (kcal)

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

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2281.3	727.9	229	2328.7	633.4	251	2430.9	617.0	267	2209.1	601.3	246	1972.4	447.2	72	2292.4	642.8	1065
Female	1952.3	628.9	247	2128.1	534.8	234	2199.0	558.6	257	2060.4	593.9	234	1897.0	527.4	78	2071.8	584.4	1050
Total	2110.6	697.3	476	2231.9	595.8	485	2317.1	599.9	524	2136.6	601.7	480	1933.2	490.4	150	2182.9	624.2	2115

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	79.7	17.2	229	81.9	15.6	251	85.9	15.5	267	78.5	14.0	246	77.5	18.6	72	81.4	16.1	1065
Female	67.0	12.5	247	68.9	13.0	234	70.6	13.5	257	68.6	13.8	234	64.2	13.6	78	68.5	13.3	1050
Total	73.1	16.2	476	75.6	15.8	485	78.4	16.4	524	73.7	14.8	480	70.6	17.5	150	75.0	16.1	2115

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	64.2	18.1	229	62.3	15.0	251	60.9	15.6	267	50.7	13.7	246	47.8	15.6	72	58.7	16.6	1065
Female	58.3	14.9	247	55.3	14.3	234	51.4	13.2	257	46.4	12.9	234	43.9	12.9	78	52.2	14.6	1050
Total	61.1	16.7	476	59.0	15.0	485	56.3	15.3	524	48.6	13.5	480	45.8	14.3	150	55.5	16.0	2115

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	308.5	70.0	229	304.2	60.6	251	308.5	62.0	267	297.8	60.2	246	286.9	55.2	72	303.6	62.8	1065
Female	251.5	48.5	247	256.1	48.7	234	260.2	52.1	257	258.7	53.2	234	251.2	56.0	78	256.2	51.1	1050
Total	278.9	66.2	476	281.0	60.2	485	284.8	62.2	524	278.7	60.1	480	268.3	58.2	150	280.1	62.0	2115

Ash (g)

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

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4353	1019	229	4509	957	251	4821	980	267	4538	1068	246	4488	1026	72	4559	1019	1065
Female	3651	779	247	3691	749	234	4109	2456	257	3974	902	234	3834	893	78	3858	1419	1050
Total	3989	968	476	4114	954	485	4472	1889	524	4263	1029	480	4148	1010	150	4211	1282	2115

Potassium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2503	722	229	2714	640	251	2994	698	267	2864	696	246	2768	778	72	2777	716	1065
Female	2237	517	247	2508	595	234	2726	583	257	2615	638	234	2472	655	78	2519	615	1050
Total	2365	637	476	2614	627	485	2863	657	524	2742	679	480	2614	730	150	2649	680	2115

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	534.7	218.7	229	573.8	215.3	251	625.7	215.8	267	641.7	271.9	246	637.5	278.2	72	598.4	238.2	1065
Female	539.4	192.1	247	560.1	228.5	234	626.5	233.0	257	612.7	222.5	234	561.9	206.4	78	583.4	221.1	1050
Total	537.1	205.1	476	567.2	221.6	485	626.1	224.2	524	627.6	249.2	480	598.2	245.6	150	590.9	229.9	2115

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	282.6	95.4	229	298.4	70.2	251	326.1	86.2	267	316.0	93.3	246	310.1	112.4	72	306.8	89.8	1065
Female	239.3	57.5	247	268.0	74.7	234	283.5	63.6	257	277.5	89.1	234	254.3	65.3	78	266.2	73.2	1050
Total	260.2	80.9	476	283.7	73.9	485	305.2	78.8	524	297.2	93.2	480	281.1	94.9	150	286.6	84.5	2115

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1148	529	229	1175	247	251	1251	255	267	1180	239	246	1167	315	72	1189	334	1065
Female	979	211	247	1018	211	234	1061	223	257	1042	235	234	982	235	78	1022	223	1050
Total	1060	406	476	1099	243	485	1158	258	524	1113	247	480	1071	290	150	1106	297	2115

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.9	3.2	229	9.2	2.2	251	10.0	2.5	267	9.9	2.8	246	9.9	2.7	72	9.5	2.7	1065
Female	7.5	2.0	247	8.4	2.9	234	9.1	2.6	257	9.0	2.5	234	8.7	2.3	78	8.5	2.6	1050
Total	8.2	2.8	476	8.8	2.6	485	9.6	2.6	524	9.5	2.7	480	9.3	2.5	150	9.0	2.7	2115

Zinc (mg)

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

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.31	0.47	229	1.34	0.30	251	1.44	0.33	267	1.41	0.40	246	1.34	0.27	72	1.37	0.37	1065
Female	1.05	0.25	247	1.15	0.30	234	1.23	0.27	257	1.20	0.28	234	1.18	0.28	78	1.16	0.28	1050
Total	1.18	0.39	476	1.25	0.31	485	1.34	0.32	524	1.31	0.36	480	1.26	0.29	150	1.27	0.35	2115

Manganese (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.47	2.72	229	5.24	4.46	251	5.13	3.21	267	4.82	1.92	246	4.45	1.27	72	4.90	3.14	1065
Female	4.13	3.39	247	4.57	3.44	234	4.39	1.97	257	4.49	2.09	234	4.07	1.31	78	4.37	2.72	1050
Total	4.29	3.09	476	4.91	4.01	485	4.77	2.70	524	4.66	2.01	480	4.25	1.30	150	4.63	2.95	2115

Retinol (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	240	471	229	284	589	251	322	786	267	246	508	246	308	628	72	277	609	1065
Female	231	527	247	240	431	234	268	552	257	289	614	234	279	612	78	259	541	1050
Total	235	501	476	263	519	485	296	681	524	267	562	480	293	618	150	268	576	2115

 α -Carotene (micor g)

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

 β -Carotene (micro g)

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

Cryptoxanthin (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	257	547	229	372	908	251	471	1341	267	604	1062	246	401	738	72	428	1009	1065
Female	391	798	247	385	694	234	554	901	257	686	1189	234	612	890	78	512	917	1050
Total	327	691	476	378	811	485	512	1146	524	644	1125	480	511	824	150	469	965	2115

 β -Carotene equivalents (micro g)

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

Retinol activity equivalents (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	631	607	229	666	649	251	708	807	267	645	576	246	700	710	72	666	672	1065
Female	528	544	247	592	548	234	670	626	257	715	650	234	629	696	78	626	605	1050
Total	577	577	476	630	603	485	689	723	524	679	614	480	663	701	150	646	640	2115

Vitamin D (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.0	5.2	229	8.3	5.3	251	10.1	6.3	267	9.4	5.5	246	8.7	5.5	72	8.8	5.7	1065
Female	5.9	4.3	247	6.9	4.6	234	8.7	5.3	257	37.1	429.8	234	8.0	5.3	78	13.9	203.0	1050
Total	6.4	4.8	476	7.6	5.0	485	9.4	5.9	524	22.9	300.1	480	8.3	5.4	150	11.3	143.1	2115

 α -Tocopherols (mg)

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

 β -Tocopherols (mg)

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

 γ -Tocopherols (mg)

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

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

Vitamin B12 (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.2	172.1	229	24.5	133.9	251	35.3	188.3	267	66.4	378.2	246	9.4	5.8	72	37.7	229.5	1065
Female	18.7	119.0	247	16.8	101.6	234	35.1	182.2	257	74.7	299.3	234	119.4	404.0	78	42.3	215.8	1050
Total	25.7	147.0	476	20.8	119.3	485	35.2	185.2	524	70.4	341.7	480	66.6	295.6	150	40.0	222.7	2115

Folate (micro g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	322	144	229	355	120	251	402	186	267	394	150	246	364	130	72	369	154	1065
Female	289	108	247	337	157	234	383	169	257	372	120	234	347	122	78	346	144	1050
Total	305	128	476	347	139	485	393	178	524	383	137	480	356	126	150	358	149	2115

Pantothenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.07	11.37	229	6.71	2.54	251	7.08	3.57	267	6.67	3.09	246	12.45	54.82	72	7.47	15.40	1065
Female	7.20	19.76	247	7.07	8.97	234	6.73	5.48	257	7.79	26.33	234	13.80	48.87	78	7.68	21.19	1050
Total	7.62	16.26	476	6.88	6.49	485	6.91	4.60	524	7.22	18.51	480	13.15	51.64	150	7.58	18.50	2115

Vitamin C (mg)

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

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	361.4	138.6	229	386.6	145.4	251	398.5	146.2	267	363.6	133.9	246	341.2	138.2	72	375.8	141.9	1065
Female	322.2	117.6	247	321.9	117.3	234	322.1	123.9	257	315.1	114.0	234	302.4	137.5	78	319.1	119.8	1050
Total	341.0	129.5	476	355.4	136.4	485	361.0	140.9	524	340.0	126.8	480	321.0	138.7	150	347.6	134.4	2115

Water soluble dietary fibers (g)

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

Water insoluble dietary fibers (g)

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

Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.3	5.0	229	15.4	4.6	251	17.3	4.8	267	17.7	5.0	246	16.7	5.1	72	16.3	5.0	1065
Female	13.0	3.7	247	14.6	4.0	234	16.7	4.4	257	16.9	8.8	234	15.6	5.0	78	15.3	5.7	1050
Total	13.7	4.4	476	15.0	4.4	485	17.1	4.6	524	17.3	7.1	480	16.2	5.1	150	15.8	5.4	2115

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.0	2.6	229	11.4	2.4	251	12.1	2.5	267	11.4	2.7	246	11.3	2.6	72	11.5	2.6	1065
Female	9.2	2.0	247	9.3	1.9	234	10.0	2.0	257	10.0	2.3	234	9.6	2.3	78	9.6	2.1	1050
Total	10.1	2.5	476	10.4	2.4	485	11.1	2.5	524	10.7	2.6	480	10.4	2.6	150	10.6	2.5	2115

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	30.6	79.8	229	24.8	56.9	251	20.5	33.4	267	20.3	37.9	246	18.2	31.6	72	23.4	53.1	1065
Female	27.8	57.7	247	27.3	65.8	234	20.4	38.2	257	15.2	24.1	234	14.1	19.7	78	22.1	47.8	1050
Total	29.1	69.2	476	26.0	61.3	485	20.4	35.8	524	17.8	32.0	480	16.1	26.1	150	22.8	50.5	2115

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3430	761	229	3529	721	251	3707	711	267	3409	635	246	3408	825	72	3516	725	1065
Female	2904	585	247	2969	602	234	3038	615	257	2960	620	234	2784	615	78	2955	609	1050
Total	3157	724	476	3259	722	485	3379	745	524	3190	666	480	3084	786	150	3238	726	2115

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5988	1295	229	6160	1227	251	6450	1211	267	5934	1089	246	5921	1414	72	6127	1236	1065
Female	5093	1010	247	5193	1031	234	5295	1045	257	5159	1055	234	4849	1049	78	5161	1041	1050
Total	5524	1238	476	5693	1234	485	5883	1271	524	5556	1140	480	5363	1345	150	5648	1241	2115

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4751	1216	229	4944	1196	251	5281	1184	267	4806	1044	246	4925	1447	72	4954	1198	1065
Female	3962	931	247	4101	968	234	4284	1031	257	4197	1022	234	3947	1031	78	4123	999	1050
Total	4342	1146	476	4537	1170	485	4792	1218	524	4509	1077	480	4417	1337	150	4541	1179	2115

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1797	423	229	1860	407	251	1953	396	267	1779	353	246	1785	489	72	1846	407	1065
Female	1493	319	247	1533	327	234	1571	338	257	1535	338	234	1443	349	78	1527	334	1050
Total	1639	402	476	1703	405	485	1766	415	524	1660	367	480	1607	454	150	1687	405	2115

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1280	270	229	1292	234	251	1339	229	267	1246	211	246	1211	229	72	1285	238	1065
Female	1083	198	247	1098	201	234	1108	195	257	1074	197	234	1012	196	78	1085	199	1050
Total	1178	255	476	1198	239	485	1225	242	524	1163	221	480	1108	234	150	1186	241	2115

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3065	664	229	3144	621	251	3284	604	267	3019	547	246	2990	698	72	3123	623	1065
Female	2568	500	247	2622	509	234	2672	518	257	2605	524	234	2450	530	78	2605	516	1050
Total	2807	635	476	2892	626	485	2984	641	524	2817	574	480	2709	672	150	2866	628	2115

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3461	736	229	3549	669	251	3716	673	267	3442	611	246	3408	744	72	3538	685	1065
Female	2946	560	247	3002	569	234	3066	584	257	2982	582	234	2814	574	78	2986	576	1050
Total	3194	699	476	3285	680	485	3397	709	524	3218	639	480	3099	723	150	3264	691	2115

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2619	578	229	2700	554	251	2844	548	267	2600	490	246	2594	612	72	2688	555	1065
Female	2213	448	247	2259	461	234	2308	469	257	2250	474	234	2119	457	78	2248	465	1050
Total	2408	553	476	2487	556	485	2581	576	524	2430	513	480	2347	585	150	2470	558	2115

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6057	1296	229	6229	1213	251	6545	1211	267	6021	1097	246	5990	1357	72	6207	1232	1065
Female	5134	997	247	5236	1015	234	5355	1046	257	5221	1051	234	4920	1023	78	5214	1032	1050
Total	5578	1239	476	5750	1226	485	5961	1279	524	5631	1146	480	5434	1306	150	5714	1240	2115

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2980	679	229	3090	652	251	3263	645	267	2986	574	246	2986	757	72	3078	655	1065
Female	2493	518	247	2567	534	234	2651	555	257	2583	551	234	2431	549	78	2564	544	1050
Total	2727	648	476	2838	652	485	2963	675	524	2789	598	480	2698	711	150	2823	655	2115

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	929	213	229	949	191	251	992	186	267	920	169	246	913	213	72	946	193	1065
Female	787	162	247	803	169	234	818	161	257	796	163	234	750	158	78	797	164	1050
Total	855	201	476	879	195	485	907	195	524	859	177	480	828	203	150	872	194	2115

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4043	879	229	4165	829	251	4375	819	267	4043	744	246	4033	970	72	4155	839	1065
Female	3423	682	247	3494	694	234	3584	703	257	3508	716	234	3312	713	78	3489	703	1050
Total	3721	842	476	3841	836	485	3987	860	524	3782	778	480	3658	917	150	3824	843	2115

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2512	687	229	2598	671	251	2745	656	267	2456	573	246	2572	901	72	2582	675	1065
Female	2053	487	247	2128	503	234	2171	523	257	2117	520	234	1984	513	78	2108	511	1050
Total	2274	634	476	2371	640	485	2464	660	524	2291	573	480	2266	781	150	2347	644	2115

Alginine (mg)

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

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3824	875	229	3943	826	251	4151	835	267	3791	735	246	3791	944	72	3924	838	1065
Female	3115	660	247	3236	678	234	3324	692	257	3248	694	234	3061	682	78	3219	685	1050
Total	3456	848	476	3602	835	485	3745	871	524	3527	764	480	3411	894	150	3574	843	2115

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6918	1603	229	7212	1501	251	7685	1559	267	7082	1384	246	7076	1693	72	7228	1549	1065
Female	5727	1209	247	5996	1261	234	6241	1322	257	6113	1319	234	5797	1280	78	6004	1291	1050
Total	6300	1532	476	6625	1516	485	6977	1617	524	6609	1436	480	6411	1620	150	6620	1552	2115

Glutamic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.473	3.087	229	14.635	2.727	251	15.121	2.647	267	13.943	2.465	246	13.625	2.951	72	14.494	2.783	1065
Female	12.669	2.364	247	12.676	2.291	234	12.771	2.357	257	12.203	2.379	234	11.355	2.384	78	12.494	2.378	1050

Total 13.537 2.878 476 13.690 2.707 485 13.968 2.769 524 13.095 2.573 480 12.444 2.895 150 13.501 2.776 2115

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3322	775	229	3393	715	251	3554	724	267	3229	683	246	3189	774	72	3366	737	1065
Female	2706	585	247	2822	622	234	2855	626	257	2754	599	234	2584	575	78	2770	610	1050
Total	3003	749	476	3117	729	485	3211	762	524	2997	685	480	2874	740	150	3070	739	2115

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4711	1107	229	4733	1000	251	4824	977	267	4435	921	246	4266	1087	72	4651	1020	1065
Female	4339	915	247	4276	868	234	4202	853	257	3958	862	234	3651	855	78	4156	894	1050
Total	4518	1028	476	4513	965	485	4519	969	524	4202	923	480	3946	1018	150	4405	991	2115

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3378	731	229	3492	683	251	3650	681	267	3378	626	246	3335	753	72	3470	694	1065
Female	2899	560	247	2951	571	234	3026	586	257	2942	581	234	2786	585	78	2943	578	1050
Total	3129	690	476	3231	686	485	3344	708	524	3165	642	480	3049	723	150	3208	691	2115

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	55.45	16.03	229	56.76	37.58	251	53.54	26.62	267	43.03	12.15	246	40.70	13.66	72	51.41	25.41	1065
Female	50.12	13.33	247	47.58	12.67	234	47.09	38.39	257	39.49	11.31	234	39.61	24.89	78	45.66	22.98	1050
Total	52.68	14.91	476	52.33	28.77	485	50.37	33.05	524	41.30	11.87	480	40.13	20.23	150	48.56	24.40	2115

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.85	5.85	229	17.22	5.33	251	16.78	5.42	267	14.10	4.81	246	13.25	5.35	72	16.26	5.58	1065
Female	17.57	5.59	247	16.04	5.30	234	14.40	4.59	257	13.06	4.57	234	12.14	4.76	78	15.04	5.32	1050
Total	17.70	5.71	476	16.65	5.34	485	15.61	5.16	524	13.59	4.71	480	12.68	5.06	150	15.65	5.48	2115

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.25	7.33	229	22.39	6.17	251	22.37	13.92	267	17.13	5.45	246	15.89	6.22	72	20.91	9.25	1065
Female	20.52	5.93	247	19.60	5.62	234	17.67	5.12	257	15.77	5.12	234	14.61	4.88	78	18.12	5.77	1050
Total	21.83	6.77	476	21.05	6.07	485	20.06	10.81	524	16.46	5.33	480	15.22	5.58	150	19.53	7.84	2115

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.45	4.50	229	17.17	35.67	251	14.35	11.19	267	11.80	3.39	246	11.55	3.42	72	14.26	18.49	1065

Female	12.09	3.49	247	12.01	3.29	234	15.03	36.95	257	10.62	3.08	234	12.81	22.47	78	12.52	19.49	1050
Total	13.22	4.17	476	14.68	25.87	485	14.68	27.05	524	11.22	3.29	480	12.20	16.34	150	13.39	19.01	2115

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	36.18	11.00	229	38.43	36.29	251	35.95	24.77	267	28.39	8.07	246	26.95	9.00	72	34.23	22.94	1065
Female	31.66	8.78	247	30.88	8.10	234	32.14	37.51	257	25.96	7.66	234	26.94	23.16	78	29.98	20.85	1050
Total	33.83	10.15	476	34.79	26.94	485	34.08	31.69	524	27.20	7.96	480	26.95	17.77	150	32.12	22.03	2115

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.76	3.78	229	11.19	3.11	251	11.44	11.14	267	9.24	2.80	246	8.97	2.82	72	10.77	6.31	1065
Female	9.88	2.93	247	9.62	2.77	234	9.35	2.83	257	8.38	2.59	234	8.02	2.56	78	9.22	2.84	1050
Total	10.78	3.49	476	10.43	3.05	485	10.42	8.25	524	8.82	2.73	480	8.48	2.72	150	10.00	4.96	2115

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.10	19.06	229	13.46	42.58	251	7.44	17.75	267	5.93	15.35	246	5.84	15.49	72	8.76	25.71	1065
Female	11.16	22.75	247	9.53	22.64	234	9.13	39.60	257	8.27	29.01	234	6.51	25.36	78	9.31	29.22	1050
Total	10.17	21.06	476	11.56	34.45	485	8.27	30.47	524	7.07	23.05	480	6.19	21.14	150	9.03	27.50	2115

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	174.0	166.6	229	180.9	180.9	251	188.7	178.0	267	176.5	146.8	246	183.5	178.4	72	180.5	169.4	1065
Female	260.4	196.5	247	212.8	160.5	234	201.0	170.8	257	190.4	161.4	234	169.0	146.0	78	212.9	173.4	1050
Total	218.9	187.6	476	196.3	171.9	485	194.7	174.5	524	183.3	154.1	480	176.0	162.0	150	196.6	172.1	2115

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	109.7	106.2	229	113.6	116.5	251	119.5	114.0	267	112.8	95.3	246	117.7	114.3	72	114.3	108.8	1065
Female	162.9	126.2	247	134.5	101.3	234	126.7	108.6	257	119.4	100.7	234	108.2	92.9	78	134.0	109.9	1050
Total	137.3	119.9	476	123.7	109.8	485	123.0	111.3	524	116.1	97.9	480	112.8	103.5	150	124.1	109.8	2115

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	7.1	229	3.7	9.0	251	2.7	6.7	267	2.3	5.7	246	2.3	6.0	72	2.9	7.2	1065
Female	4.6	8.5	247	3.8	8.6	234	2.4	5.8	257	3.3	10.6	234	1.6	3.1	78	3.3	8.3	1050
Total	3.9	7.9	476	3.8	8.8	485	2.5	6.2	524	2.8	8.5	480	1.9	4.7	150	3.1	7.7	2115

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
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	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.2	7.1	229	3.7	9.0	251	2.7	6.7	267	2.3	5.7	246	2.3	6.0	72	2.9	7.2	1065
Female	4.6	8.5	247	3.8	8.6	234	2.4	5.8	257	3.3	10.6	234	1.6	3.1	78	3.3	8.3	1050
Total	3.9	7.9	476	3.8	8.8	485	2.5	6.2	524	2.8	8.5	480	1.9	4.7	150	3.1	7.7	2115

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	179.1	144.6	229	177.6	153.6	251	177.5	152.9	267	167.5	134.2	246	170.8	151.3	72	175.1	146.9	1065
Female	245.1	167.3	247	207.6	142.7	234	186.3	140.0	257	177.7	138.6	234	153.0	122.4	78	200.5	148.5	1050
Total	213.4	160.1	476	192.1	149.0	485	181.8	146.6	524	172.5	136.3	480	161.5	136.8	150	187.7	148.2	2115

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	381.8	393.0	229	333.9	347.2	251	306.9	313.8	267	317.1	400.2	246	332.1	325.3	72	333.4	361.6	1065
Female	448.4	365.1	247	428.2	438.2	234	343.5	302.9	257	316.8	338.6	234	245.2	225.4	78	373.8	360.1	1050
Total	416.3	379.9	476	379.4	396.1	485	324.8	308.8	524	317.0	371.1	480	286.9	280.3	150	353.5	361.3	2115

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	68.0	87.1	229	60.7	91.2	251	40.2	71.8	267	30.8	60.4	246	28.3	58.9	72	48.0	78.6	1065
Female	60.5	81.2	247	46.8	81.9	234	30.0	59.3	257	32.9	92.2	234	22.1	38.8	78	41.0	77.9	1050
Total	64.1	84.1	476	54.0	87.0	485	35.2	66.1	524	31.8	77.5	480	25.1	49.4	150	44.5	78.3	2115

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1111.7	613.7	229	1143.0	611.5	251	1206.4	609.7	267	1063.4	560.3	246	1040.2	658.3	72	1126.8	604.9	1065
Female	1271.4	645.7	247	1171.9	577.8	234	1100.8	568.5	257	1019.4	540.5	234	936.0	515.0	78	1126.4	588.2	1050
Total	1194.6	634.9	476	1156.9	595.1	485	1154.6	591.7	524	1042.0	550.6	480	986.0	588.4	150	1126.6	596.5	2115

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	103.1	62.4	229	108.6	61.8	251	117.7	62.6	267	102.3	53.7	246	101.0	67.7	72	107.8	61.0	1065
Female	121.4	69.0	247	110.3	56.3	234	105.4	57.4	257	98.2	54.8	234	91.7	52.7	78	107.6	59.9	1050
Total	112.6	66.4	476	109.5	59.2	485	111.7	60.4	524	100.3	54.2	480	96.2	60.3	150	107.7	60.4	2115

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	649.5	707.8	229	510.4	591.2	251	349.7	485.4	267	253.3	396.2	246	235.3	385.5	72	422.0	563.6	1065
Female	464.7	514.9	247	353.4	452.5	234	262.9	384.7	257	221.8	369.0	234	218.4	339.7	78	318.1	437.5	1050
Total	553.6	621.5	476	434.7	534.1	485	307.1	440.7	524	237.9	383.1	480	226.5	361.2	150	370.4	507.5	2115

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.183	3.345	229	9.887	2.970	251	9.731	2.908	267	8.155	2.554	246	7.588	2.756	72	9.356	3.064	1065
Female	9.833	3.013	247	9.070	2.748	234	8.281	2.440	257	7.512	2.477	234	6.971	2.386	78	8.553	2.816	1050
Total	10.002	3.179	476	9.493	2.891	485	9.020	2.782	524	7.841	2.534	480	7.267	2.580	150	8.958	2.970	2115

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.4	26.3	229	29.0	24.9	251	24.3	21.4	267	20.9	19.0	246	20.8	20.4	72	25.9	23.2	1065
Female	34.9	25.7	247	27.7	24.0	234	23.6	19.6	257	20.4	18.3	234	19.6	18.5	78	26.2	22.5	1050
Total	33.2	26.1	476	28.4	24.4	485	23.9	20.5	524	20.6	18.6	480	20.2	19.4	150	26.0	22.8	2115

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	146.0	68.0	229	153.4	65.0	251	161.4	69.7	267	135.1	58.8	246	120.1	57.2	72	147.3	66.0	1065
Female	141.3	55.4	247	137.3	56.7	234	125.6	46.3	257	117.7	48.8	234	110.6	45.3	78	129.0	52.4	1050
Total	143.6	61.8	476	145.6	61.6	485	143.8	62.0	524	126.6	54.8	480	115.2	51.4	150	138.2	60.3	2115

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	331.0	359.9	229	258.4	300.8	251	184.0	245.4	267	137.0	207.0	246	127.3	195.6	72	218.5	286.3	1065
Female	240.6	262.7	247	183.6	226.2	234	141.6	190.7	257	117.7	175.0	234	119.1	177.3	78	167.3	218.5	1050
Total	284.1	316.1	476	222.4	269.7	485	163.2	221.1	524	127.6	192.1	480	123.0	185.7	150	193.1	256.1	2115

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.960	1.460	229	3.858	1.335	251	3.781	1.369	267	3.089	1.115	246	2.844	1.170	72	3.614	1.368	1065
Female	3.880	1.328	247	3.568	1.331	234	3.117	1.074	257	2.806	1.032	234	2.699	1.472	78	3.297	1.292	1050
Total	3.918	1.392	476	3.718	1.339	485	3.455	1.276	524	2.951	1.083	480	2.769	1.333	150	3.457	1.340	2115

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	179.7	64.2	229	179.5	69.2	251	172.7	63.5	267	140.4	53.3	246	140.6	82.2	72	166.2	66.4	1065
Female	163.2	53.1	247	158.3	50.7	234	145.7	49.3	257	127.8	43.9	234	121.4	55.8	78	146.8	52.0	1050
Total	171.2	59.3	476	169.3	61.9	485	159.5	58.5	524	134.3	49.3	480	130.6	70.2	150	156.6	60.5	2115

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.0	57.1	229	102.8	94.1	251	99.0	91.6	267	79.0	62.9	246	78.2	59.8	72	92.8	78.2	1065
Female	79.9	41.5	247	81.2	51.6	234	80.4	55.4	257	65.0	32.0	234	60.4	37.1	78	75.5	46.2	1050
Total	86.7	50.1	476	92.4	77.3	485	89.9	76.5	524	72.2	50.7	480	68.9	49.9	150	84.2	64.9	2115

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	40.7	29.6	229	45.1	50.0	251	42.6	48.7	267	32.2	31.4	246	30.3	24.5	72	39.5	40.8	1065
Female	34.8	21.4	247	35.0	26.1	234	33.2	27.8	257	25.6	15.7	234	23.5	18.8	78	31.6	23.4	1050
Total	37.6	25.8	476	40.2	40.6	485	38.0	40.1	524	29.0	25.2	480	26.8	21.9	150	35.6	33.5	2115

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	22.1	229	25.1	20.9	251	22.3	19.1	267	19.8	16.7	246	19.6	17.8	72	23.2	19.8	1065
Female	30.1	20.6	247	24.0	19.3	234	21.3	16.5	257	19.8	16.7	234	18.2	15.3	78	23.4	18.6	1050
Total	28.6	21.4	476	24.6	20.1	485	21.8	17.8	524	19.8	16.7	480	18.9	16.5	150	23.3	19.2	2115

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	86.0	71.7	229	85.2	66.8	251	91.5	68.1	267	74.6	55.2	246	68.7	52.0	72	83.4	65.1	1065
Female	95.4	63.9	247	84.7	52.5	234	76.0	51.3	257	70.9	52.8	234	61.9	47.6	78	80.3	55.7	1050
Total	90.9	67.9	476	84.9	60.3	485	83.9	60.9	524	72.8	54.0	480	65.1	49.7	150	81.9	60.7	2115

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	72.8	89.8	229	53.6	72.2	251	36.4	60.5	267	25.3	49.1	246	23.3	46.0	72	44.8	69.9	1065
Female	46.1	60.9	247	37.5	65.8	234	25.3	44.5	257	18.5	36.8	234	21.1	40.3	78	31.1	53.4	1050
Total	58.9	77.3	476	45.8	69.6	485	30.9	53.5	524	22.0	43.6	480	22.2	43.0	150	38.0	62.6	2115

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	890.9	390.2	229	922.6	386.1	251	952.9	400.7	267	762.8	328.6	246	779.7	563.3	72	876.8	399.4	1065
Female	762.4	287.2	247	768.8	311.6	234	737.4	302.5	257	680.3	297.0	234	637.8	287.8	78	730.2	301.2	1050
Total	824.2	346.3	476	848.4	360.1	485	847.2	371.6	524	722.6	316.0	480	705.9	446.1	150	804.0	361.5	2115

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1193.8	1276.4	229	926.1	1070.7	251	663.5	872.7	267	483.3	732.5	246	431.8	685.2	72	782.1	1018.6	1065
Female	791.1	907.2	247	614.4	765.0	234	477.6	666.8	257	378.5	562.1	234	410.0	624.0	78	554.7	744.4	1050
Total	984.8	1117.5	476	775.7	947.7	485	572.3	783.3	524	432.2	656.4	480	420.5	652.0	150	669.2	900.1	2115

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.241	6.856	229	19.499	5.811	251	18.697	5.938	267	14.873	4.912	246	13.713	5.280	72	17.998	6.283	1065
Female	18.181	5.512	247	17.276	5.113	234	15.477	4.620	257	13.797	4.904	234	12.623	4.522	78	15.928	5.335	1050
Total	19.172	6.274	476	18.427	5.592	485	17.118	5.566	524	14.348	4.933	480	13.146	4.914	150	16.970	5.921	2115

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	524.5	348.6	229	577.6	366.6	251	650.4	454.2	267	520.7	402.6	246	501.8	401.9	72	566.2	400.3	1065
Female	459.5	340.8	247	524.1	416.0	234	511.7	402.2	257	463.1	365.5	234	464.5	369.5	78	487.9	381.6	1050
Total	490.8	345.7	476	551.8	391.7	485	582.4	434.6	524	492.6	385.7	480	482.4	384.6	150	527.3	393.0	2115

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	333.9	474.3	229	397.0	520.4	251	511.0	663.1	267	403.9	553.3	246	384.6	536.9	72	412.8	561.6	1065
Female	297.1	477.4	247	390.6	597.8	234	390.8	569.4	257	352.9	527.9	234	379.7	527.4	78	359.4	543.8	1050
Total	314.8	475.7	476	393.9	558.5	485	452.0	621.3	524	379.1	541.1	480	382.0	530.2	150	386.3	553.3	2115

Tetracosenoic acid (mg)

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

Hexadecadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.8	10.9	229	9.3	12.3	251	13.3	16.1	267	9.7	10.8	246	10.5	12.5	72	10.1	12.9	1065
Female	5.6	8.8	247	8.1	12.9	234	9.6	13.2	257	8.0	11.0	234	7.2	8.7	78	7.8	11.5	1050
Total	6.7	9.9	476	8.7	12.6	485	11.5	14.9	524	8.9	10.9	480	8.8	10.8	150	9.0	12.3	2115

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.5	7.9	229	8.0	10.3	251	11.1	14.2	267	8.9	9.5	246	10.4	13.5	72	8.8	11.2	1065
Female	4.8	6.4	247	6.3	7.5	234	9.0	12.2	257	8.1	12.2	234	7.5	8.8	78	7.1	10.0	1050
Total	5.6	7.2	476	7.2	9.1	485	10.1	13.3	524	8.5	10.9	480	8.9	11.3	150	8.0	10.6	2115

Hexadecatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	282.1	282.4	229	210.9	246.0	251	160.0	221.1	267	107.5	169.8	246	96.7	160.9	72	181.8	237.0	1065
Female	172.2	219.0	247	140.7	180.6	234	113.2	171.9	257	94.7	150.4	234	101.8	159.8	78	128.2	182.9	1050
Total	225.1	257.2	476	177.0	219.5	485	137.1	199.7	524	101.2	160.6	480	99.4	159.8	150	155.2	213.5	2115

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.257	3.738	229	10.727	3.105	251	10.346	2.993	267	8.906	2.718	246	8.753	2.846	72	10.191	3.253	1065

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

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	236.1	224.9	229	317.5	242.2	251	388.7	300.4	267	349.6	278.2	246	356.0	267.4	72	327.9	269.6	1065
Female	194.3	178.1	247	263.1	233.6	234	302.1	236.0	257	287.9	191.0	234	295.4	247.8	78	264.4	217.8	1050
Total	214.4	202.8	476	291.3	239.4	485	346.2	273.9	524	319.5	241.4	480	324.5	258.3	150	296.4	247.3	2115

Henicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	9.9	229	8.1	9.8	251	10.9	13.1	267	8.5	9.8	246	9.7	11.8	72	8.7	10.9	1065
Female	5.0	8.3	247	6.7	9.3	234	8.5	11.6	257	6.9	8.9	234	6.9	8.8	78	6.8	9.6	1050
Total	5.8	9.1	476	7.4	9.5	485	9.7	12.4	524	7.7	9.4	480	8.2	10.4	150	7.8	10.4	2115

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	1.6	229	0.9	1.2	251	0.7	1.1	267	0.4	0.7	246	0.4	0.8	72	0.8	1.2	1065
Female	0.9	1.1	247	0.6	1.1	234	0.5	0.9	257	0.4	0.7	234	0.4	0.8	78	0.6	0.9	1050
Total	1.1	1.4	476	0.8	1.1	485	0.6	1.0	524	0.4	0.7	480	0.4	0.8	150	0.7	1.1	2115

Docosatetraenoic acid (mg)

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

n-3 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	72.8	69.0	229	96.0	78.8	251	108.5	76.3	267	99.2	81.1	246	102.3	76.5	72	95.3	77.5	1065
Female	61.6	53.2	247	77.8	59.6	234	87.7	69.3	257	86.1	64.1	234	87.7	76.0	78	79.0	63.8	1050
Total	67.0	61.5	476	87.2	70.7	485	98.3	73.6	524	92.8	73.6	480	94.7	76.3	150	87.2	71.5	2115

n-6 docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.9	11.0	229	15.2	24.8	251	16.2	13.7	267	12.4	10.0	246	15.0	12.1	72	14.5	15.9	1065
Female	9.3	8.0	247	11.2	10.9	234	12.0	11.3	257	10.3	8.6	234	10.3	8.6	78	10.7	9.8	1050
Total	11.5	9.8	476	13.3	19.5	485	14.1	12.7	524	11.4	9.4	480	12.6	10.7	150	12.6	13.3	2115

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	450.1	379.9	229	579.8	384.0	251	683.2	460.8	267	623.5	430.2	246	625.5	421.0	72	591.1	424.1	1065
Female	370.2	295.5	247	469.8	333.6	234	531.2	372.5	257	519.3	318.0	234	532.8	408.1	78	477.1	343.2	1050
Total	408.7	340.7	476	526.8	364.4	485	608.7	426.2	524	572.7	382.8	480	577.3	415.5	150	534.5	390.1	2115

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.1	18.2	229	18.2	22.7	251	18.4	20.6	267	11.4	15.8	246	7.7	12.5	72	15.1	19.5	1065
Female	4.4	11.2	247	3.9	8.3	234	2.4	5.7	257	1.9	6.1	234	1.2	1.9	78	3.0	7.9	1050
Total	9.1	15.7	476	11.3	18.8	485	10.6	17.2	524	6.8	13.0	480	4.3	9.4	150	9.1	16.1	2115

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

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	117	45.5	124	45.3	135	48.9	128	47.4	43	44.8	547	46.6
	Female	88	33.6	93	37.3	94	34.7	71	28.5	30	30.6	376	33.3
	Total	205	39.5	217	41.5	229	41.9	199	38.3	73	37.6	923	40.1
Used	Male	140	54.5	150	54.7	141	51.1	142	52.6	53	55.2	626	53.4
	Female	174	66.4	156	62.7	177	65.3	178	71.5	68	69.4	753	66.7
	Total	314	60.5	306	58.5	318	58.1	320	61.7	121	62.4	1379	59.9

Vitamin supplement

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

Mineral supplement

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

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	255	99.2	268	97.8	273	98.9	264	97.8	95	99.0	1155	98.5

	Female	258	98.5	241	96.8	264	97.4	243	97.6	96	98.0	1102	97.6
	Total	513	98.8	509	97.3	537	98.2	507	97.7	191	98.5	2257	98.0
Used	Male	2	0.8	6	2.2	3	1.1	6	2.2	1	1.0	18	1.5
	Female	4	1.5	8	3.2	7	2.6	6	2.4	2	2.0	27	2.4
	Total	6	1.2	14	2.7	10	1.8	12	2.3	3	1.5	45	2.0

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	241	93.8	264	96.4	268	97.1	268	99.3	94	97.9	1135	96.8
	Female	256	97.7	244	98.0	265	97.8	243	97.6	98	100.0	1106	98.0
	Total	497	95.8	508	97.1	533	97.4	511	98.5	192	99.0	2241	97.4
Used	Male	16	6.2	10	3.6	8	2.9	2	0.7	2	2.1	38	3.2
	Female	6	2.3	5	2.0	6	2.2	6	2.4	0	0.0	23	2.0
	Total	22	4.2	15	2.9	14	2.6	8	1.5	2	1.0	61	2.6

Dietary fiber supplement

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

Supplement contained other nutrients

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

Drink type supplement

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

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Male	235	91.4	252	92.0	251	90.9	260	96.3	88	91.7	1086	92.6

	Female	233	88.9	232	93.2	252	93.0	232	93.2	96	98.0	1045	92.6
	Total	468	90.2	484	92.5	503	92.0	492	94.8	184	94.8	2131	92.6
Used	Male	22	8.6	22	8.0	25	9.1	10	3.7	8	8.3	87	7.4
	Female	29	11.1	17	6.8	19	7.0	17	6.8	2	2.0	84	7.4
	Total	51	9.8	39	7.5	44	8.0	27	5.2	10	5.2	171	7.4

5) Frequency of supplement intake (DSFQ)

Total supplement

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

Vitamin supplement

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

	Female	19	7.3	20	8.0	15	5.5	20	8.0	9	9.2	83	7.4
	Total	34	6.6	31	5.9	29	5.3	27	5.2	13	6.7	134	5.8
10-	Male	0	0.0	0	0.0	1	0.4	1	0.4	0	0.0	2	0.2
	Female	3	1.1	1	0.4	1	0.4	1	0.4	0	0.0	6	0.5
	Total	3	0.6	1	0.2	2	0.4	2	0.4	0	0.0	8	0.3

Mineral supplement

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

Fat supplement

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

10-	Male	0	0.0	0	0.0	1	0.4	1	0.4	0	0.0	2	0.2
	Female	3	1.1	1	0.4	1	0.4	1	0.4	0	0.0	6	0.5
	Total	3	0.6	1	0.2	2	0.4	2	0.4	0	0.0	8	0.3

Protein and amino acid supplement

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

Dietary fiber supplement

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

Supplement contained other nutrients

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

Drink type supplement

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

Drug contained some nutrients

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

6) Beverage and citrus fruits intakes

Frequency of intakes Japanese sake

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

Frequency of intakes
Japanese distilled alcoholic beverages (Shochu)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	152	59.4	138	50.4	158	57.2	189	70.0	82	85.4	719	61.3
	Once a month	15	5.9	14	5.1	8	2.9	5	1.9	4	4.2	46	3.9
	2 to 3 times a mo.	18	7.0	17	6.2	9	3.3	5	1.9	1	1.0	50	4.3
	Once a week	19	7.4	18	6.6	15	5.4	9	3.3	1	1.0	62	5.3
	2 to 3 times a week	24	9.4	37	13.5	27	9.8	17	6.3	3	3.1	108	9.2
	4 to 6 times a week	11	4.3	15	5.5	17	6.2	13	4.8	1	1.0	57	4.9
	Once a day or more	17	6.6	35	12.8	42	15.2	32	11.9	4	4.2	130	11.1
Female	Never	234	89.3	226	90.8	252	93.0	240	96.4	98	100.0	1050	93.0
	Once a month	2	0.8	4	1.6	3	1.1	0	0.0	0	0.0	9	0.8
	2 to 3 times a mo.	6	2.3	8	3.2	3	1.1	2	0.8	0	0.0	19	1.7
	Once a week	4	1.5	3	1.2	6	2.2	5	2.0	0	0.0	18	1.6
	2 to 3 times a week	9	3.4	3	1.2	4	1.5	1	0.4	0	0.0	17	1.5
	4 to 6 times a week	3	1.1	3	1.2	1	0.4	0	0.0	0	0.0	7	0.6
	Once a day or more	4	1.5	2	0.8	2	0.7	1	0.4	0	0.0	9	0.8
Total	Never	386	74.5	364	69.6	410	75.0	429	82.7	180	92.8	1769	76.9
	Once a month	17	3.3	18	3.4	11	2.0	5	1.0	4	2.1	55	2.4
	2 to 3 times a mo.	24	4.6	25	4.8	12	2.2	7	1.3	1	0.5	69	3.0
	Once a week	23	4.4	21	4.0	21	3.8	14	2.7	1	0.5	80	3.5
	2 to 3 times a week	33	6.4	40	7.6	31	5.7	18	3.5	3	1.5	125	5.4
	4 to 6 times a week	14	2.7	18	3.4	18	3.3	13	2.5	1	0.5	64	2.8
	Once a day or more	21	4.1	37	7.1	44	8.0	33	6.4	4	2.1	139	6.0

Frequency of intakes
Shochu-based beverage (Chuhai)

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

Frequency of intakes
Regular or draft beer

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	61	23.8	74	27.0	79	28.6	157	58.1	64	66.7	435	37.1
	Once a month	23	9.0	22	8.0	11	4.0	14	5.2	5	5.2	75	6.4
	2 to 3 times a mo.	23	9.0	19	6.9	19	6.9	11	4.1	7	7.3	79	6.7
	Once a week	25	9.8	31	11.3	34	12.3	22	8.1	3	3.1	115	9.8
	2 to 3 times a week	42	16.4	40	14.6	55	19.9	23	8.5	7	7.3	167	14.2
	4 to 6 times a week	25	9.8	22	8.0	24	8.7	10	3.7	1	1.0	82	7.0
	Once a day or more	57	22.3	66	24.1	54	19.6	33	12.2	9	9.4	219	18.7
Female	Never	165	63.0	159	63.9	204	75.3	207	83.1	85	86.7	820	72.6
	Once a month	14	5.3	16	6.4	8	3.0	12	4.8	5	5.1	55	4.9
	2 to 3 times a mo.	14	5.3	14	5.6	14	5.2	10	4.0	1	1.0	53	4.7
	Once a week	16	6.1	18	7.2	11	4.1	3	1.2	3	3.1	51	4.5
	2 to 3 times a week	21	8.0	11	4.4	19	7.0	8	3.2	2	2.0	61	5.4
	4 to 6 times a week	16	6.1	10	4.0	4	1.5	1	0.4	0	0.0	31	2.7
	Once a day or more	16	6.1	21	8.4	11	4.1	8	3.2	2	2.0	58	5.1
Total	Never	226	43.6	233	44.6	283	51.7	364	70.1	149	76.8	1255	54.5
	Once a month	37	7.1	38	7.3	19	3.5	26	5.0	10	5.2	130	5.6
	2 to 3 times a mo.	37	7.1	33	6.3	33	6.0	21	4.0	8	4.1	132	5.7
	Once a week	41	7.9	49	9.4	45	8.2	25	4.8	6	3.1	166	7.2
	2 to 3 times a week	63	12.2	51	9.8	74	13.5	31	6.0	9	4.6	228	9.9
	4 to 6 times a week	41	7.9	32	6.1	28	5.1	11	2.1	1	0.5	113	4.9
	Once a day or more	73	14.1	87	16.6	65	11.9	41	7.9	11	5.7	277	12.0

Frequency of intakes
Wine

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

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

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
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Male	Never	187	73.0	206	75.2	235	85.1	210	77.8	75	78.1	913	77.9
	Once a month	12	4.7	14	5.1	5	1.8	12	4.4	6	6.3	49	4.2
	2 to 3 times a mo.	12	4.7	11	4.0	5	1.8	14	5.2	4	4.2	46	3.9
	Once a week	19	7.4	13	4.7	10	3.6	7	2.6	5	5.2	54	4.6
	2 to 3 times a week	13	5.1	13	4.7	6	2.2	12	4.4	2	2.1	46	3.9
	4 to 6 times a week	4	1.6	4	1.5	1	0.4	1	0.4	0	0.0	10	0.9
	Once a day or more	9	3.5	13	4.7	14	5.1	14	5.2	4	4.2	54	4.6
Female	Never	127	48.5	141	56.6	181	66.8	146	58.6	65	66.3	660	58.5
	Once a month	29	11.1	14	5.6	24	8.9	16	6.4	6	6.1	89	7.9
	2 to 3 times a mo.	27	10.3	20	8.0	16	5.9	24	9.6	7	7.1	94	8.3
	Once a week	26	9.9	17	6.8	14	5.2	24	9.6	8	8.2	89	7.9
	2 to 3 times a week	25	9.5	32	12.9	20	7.4	23	9.2	7	7.1	107	9.5
	4 to 6 times a week	6	2.3	4	1.6	1	0.4	2	0.8	0	0.0	13	1.2
	Once a day or more	22	8.4	21	8.4	15	5.5	14	5.6	5	5.1	77	6.8
Total	Never	314	60.6	347	66.3	416	76.1	356	68.6	140	72.2	1573	68.4
	Once a month	41	7.9	28	5.4	29	5.3	28	5.4	12	6.2	138	6.0
	2 to 3 times a mo.	39	7.5	31	5.9	21	3.8	38	7.3	11	5.7	140	6.1
	Once a week	45	8.7	30	5.7	24	4.4	31	6.0	13	6.7	143	6.2
	2 to 3 times a week	38	7.3	45	8.6	26	4.8	35	6.7	9	4.6	153	6.6
	4 to 6 times a week	10	1.9	8	1.5	2	0.4	3	0.6	0	0.0	23	1.0
	Once a day or more	31	6.0	34	6.5	29	5.3	28	5.4	9	4.6	131	5.7

Frequency of intakes
Green tea

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

Frequency of intakes
Oolong tea

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	158	61.7	138	50.4	184	66.7	208	77.0	85	88.5	773	66.0
	Once a month	15	5.9	15	5.5	13	4.7	14	5.2	1	1.0	58	4.9

	2 to 3 times a mo.	16	6.3	20	7.3	16	5.8	12	4.4	2	2.1	66	5.6
	Once a week	9	3.5	18	6.6	10	3.6	13	4.8	1	1.0	51	4.4
	2 to 3 times a week	13	5.1	15	5.5	17	6.2	5	1.9	2	2.1	52	4.4
	4 to 6 times a week	5	2.0	1	0.4	3	1.1	2	0.7	0	0.0	11	0.9
	Once a day or more	40	15.6	67	24.5	33	12.0	16	5.9	5	5.2	161	13.7
Female	Never	170	64.9	143	57.4	183	67.5	185	74.3	81	82.7	762	67.5
	Once a month	17	6.5	15	6.0	16	5.9	11	4.4	7	7.1	66	5.8
	2 to 3 times a mo.	12	4.6	15	6.0	9	3.3	12	4.8	2	2.0	50	4.4
	Once a week	4	1.5	12	4.8	13	4.8	12	4.8	2	2.0	43	3.8
	2 to 3 times a week	14	5.3	11	4.4	12	4.4	5	2.0	2	2.0	44	3.9
	4 to 6 times a week	3	1.1	3	1.2	8	3.0	3	1.2	1	1.0	18	1.6
	Once a day or more	42	16.0	50	20.1	30	11.1	21	8.4	3	3.1	146	12.9
Total	Never	328	63.3	281	53.7	367	67.1	393	75.7	166	85.6	1535	66.7
	Once a month	32	6.2	30	5.7	29	5.3	25	4.8	8	4.1	124	5.4
	2 to 3 times a mo.	28	5.4	35	6.7	25	4.6	24	4.6	4	2.1	116	5.0
	Once a week	13	2.5	30	5.7	23	4.2	25	4.8	3	1.5	94	4.1
	2 to 3 times a week	27	5.2	26	5.0	29	5.3	10	1.9	4	2.1	96	4.2
	4 to 6 times a week	8	1.5	4	0.8	11	2.0	5	1.0	1	0.5	29	1.3
	Once a day or more	82	15.8	117	22.4	63	11.5	37	7.1	8	4.1	307	13.3

Frequency of intakes
Satsuma mandarin (Mikan)

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

Frequency of intakes
Citrus fruit

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	149	58.2	124	45.3	94	34.1	118	43.7	43	44.8	528	45.1
	Once a month	21	8.2	25	9.1	26	9.4	7	2.6	4	4.2	83	7.1
	2 to 3 times a mo.	27	10.5	29	10.6	28	10.1	16	5.9	4	4.2	104	8.9

	Once a week	27	10.5	35	12.8	37	13.4	41	15.2	14	14.6	154	13.1
	2 to 3 times a week	23	9.0	31	11.3	41	14.9	26	9.6	14	14.6	135	11.5
	4 to 6 times a week	1	0.4	5	1.8	4	1.4	14	5.2	2	2.1	26	2.2
	Once a day or more	8	3.1	25	9.1	46	16.7	48	17.8	15	15.6	142	12.1
Female	Never	99	37.8	60	24.1	58	21.4	57	22.9	22	22.4	296	26.2
	Once a month	34	13.0	17	6.8	7	2.6	9	3.6	5	5.1	72	6.4
	2 to 3 times a mo.	38	14.5	29	11.6	23	8.5	19	7.6	7	7.1	116	10.3
	Once a week	34	13.0	42	16.9	43	15.9	29	11.6	10	10.2	158	14.0
	2 to 3 times a week	26	9.9	53	21.3	66	24.4	51	20.5	25	25.5	221	19.6
	4 to 6 times a week	9	3.4	9	3.6	9	3.3	13	5.2	2	2.0	42	3.7
	Once a day or more	22	8.4	39	15.7	65	24.0	71	28.5	27	27.6	224	19.8
Total	Never	248	47.9	184	35.2	152	27.8	175	33.7	65	33.5	824	35.8
	Once a month	55	10.6	42	8.0	33	6.0	16	3.1	9	4.6	155	6.7
	2 to 3 times a mo.	65	12.5	58	11.1	51	9.3	35	6.7	11	5.7	220	9.6
	Once a week	61	11.8	77	14.7	80	14.6	70	13.5	24	12.4	312	13.6
	2 to 3 times a week	49	9.5	84	16.1	107	19.6	77	14.8	39	20.1	356	15.5
	4 to 6 times a week	10	1.9	14	2.7	13	2.4	27	5.2	4	2.1	68	3.0
	Once a day or more	30	5.8	64	12.2	111	20.3	119	22.9	42	21.6	366	15.9

Frequency of intakes
Orange juice

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

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.6	9.4	256	3.1	7.4	274	5.5	12.8	276	4.8	12.7	270	5.4	11.2	96	4.1	10.9	1172
Female	0.2	1.5	262	0.3	3.2	249	0.3	2.3	271	0.3	2.1	249	0.1	0.4	98	0.3	2.2	1129
Total	1.4	6.8	518	1.8	6.0	523	2.9	9.6	547	2.7	9.5	519	2.7	8.3	194	2.2	8.2	2301

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

Average intakes per day (ml/day)
Black tea

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

Average intakes per day (ml/day)
Green tea

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

Average intakes per day (ml/day)
Oolong tea

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

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

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

Average intakes per day (piece/day)
Citrus fruit

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

Average intakes per day (ml/day)
Orange juice

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

