

Eggs (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 60.5 | 31.6 | 133 | 62.4 | 30.9 | 143 | 63.8 | 26.5 | 125 | 57.1 | 27.9 | 130 | 60.9 | 29.4 | 531 |
| Female | 53.7 | 26.6 | 127 | 54.6 | 26.3 | 129 | 55.2 | 21.5 | 124 | 50.6 | 25.6 | 127 | 53.5 | 25.1 | 507 |
| total | 57.2 | 29.4 | 260 | 58.7 | 29.0 | 272 | 59.5 | 24.4 | 249 | 53.9 | 27.0 | 257 | 57.3 | 27.6 | 1038 |

Milks (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 150.2 | 132.9 | 133 | 149.0 | 130.5 | 143 | 149.3 | 138.7 | 125 | 165.8 | 124.4 | 130 | 153.5 | 131.5 | 531 |
| Female | 172.7 | 117.8 | 127 | 176.0 | 144.2 | 129 | 169.1 | 126.0 | 124 | 170.2 | 137.9 | 127 | 172.0 | 131.6 | 507 |
| total | 161.2 | 126.0 | 260 | 161.8 | 137.6 | 272 | 159.2 | 132.6 | 249 | 167.9 | 131.0 | 257 | 162.5 | 131.8 | 1038 |

Vegetables (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 279.9 | 105.4 | 133 | 326.0 | 127.1 | 143 | 321.8 | 134.2 | 125 | 295.9 | 144.7 | 130 | 306.1 | 129.5 | 531 |
| Female | 246.8 | 94.6 | 127 | 287.3 | 100.4 | 129 | 289.8 | 103.7 | 124 | 274.8 | 95.3 | 127 | 274.7 | 99.7 | 507 |
| total | 263.8 | 101.4 | 260 | 307.6 | 116.6 | 272 | 305.9 | 120.8 | 249 | 285.5 | 123.0 | 257 | 290.7 | 116.9 | 1038 |

Fruits (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 120.8 | 114.6 | 133 | 143.7 | 123.9 | 143 | 201.8 | 139.1 | 125 | 184.5 | 126.6 | 130 | 161.6 | 129.7 | 531 |
| Female | 129.0 | 97.7 | 127 | 168.7 | 103.4 | 129 | 195.5 | 128.2 | 124 | 175.7 | 114.1 | 127 | 167.1 | 113.6 | 507 |
| total | 124.8 | 106.5 | 260 | 155.6 | 115.1 | 272 | 198.7 | 133.5 | 249 | 180.1 | 120.4 | 257 | 164.3 | 122.1 | 1038 |

Fungi (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 16.5 | 19.4 | 133 | 21.6 | 19.0 | 143 | 23.5 | 20.5 | 125 | 20.8 | 24.0 | 130 | 20.6 | 20.9 | 531 |
| Female | 21.2 | 20.9 | 127 | 23.4 | 20.5 | 129 | 20.4 | 22.5 | 124 | 16.1 | 15.3 | 127 | 20.3 | 20.1 | 507 |
| total | 18.8 | 20.3 | 260 | 22.4 | 19.7 | 272 | 22.0 | 21.6 | 249 | 18.5 | 20.3 | 257 | 20.4 | 20.5 | 1038 |

Algae (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 6.5 | 11.4 | 133 | 6.7 | 6.5 | 143 | 6.9 | 7.6 | 125 | 9.8 | 15.3 | 130 | 7.4 | 10.8 | 531 |
| Female | 6.9 | 23.3 | 127 | 10.2 | 19.3 | 129 | 7.4 | 12.8 | 124 | 11.4 | 37.0 | 127 | 9.0 | 24.8 | 507 |
| total | 6.7 | 18.1 | 260 | 8.4 | 14.2 | 272 | 7.1 | 10.5 | 249 | 10.6 | 28.1 | 257 | 8.2 | 18.9 | 1038 |

Beverages (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 1001.4 | 485.9 | 133 | 1004.7 | 509.0 | 143 | 877.6 | 426.2 | 125 | 734.3 | 367.9 | 130 | 907.7 | 464.7 | 531 |
| Female | 654.4 | 337.9 | 127 | 712.0 | 305.4 | 129 | 703.0 | 325.7 | 124 | 570.9 | 259.1 | 127 | 660.0 | 312.5 | 507 |
| total | 831.9 | 454.0 | 260 | 865.9 | 448.6 | 272 | 790.6 | 388.7 | 249 | 653.6 | 328.6 | 257 | 786.8 | 416.4 | 1038 |

Seasonings and spices (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 44.4 | 17.4 | 133 | 43.2 | 17.1 | 143 | 42.9 | 16.3 | 125 | 34.9 | 14.7 | 130 | 41.4 | 16.8 | 531 |
| Female | 35.1 | 12.3 | 127 | 37.3 | 14.3 | 129 | 36.7 | 15.3 | 124 | 33.2 | 13.3 | 127 | 35.6 | 13.9 | 507 |
| total | 39.9 | 15.8 | 260 | 40.4 | 16.0 | 272 | 39.8 | 16.1 | 249 | 34.1 | 14.0 | 257 | 38.6 | 15.7 | 1038 |

Prepared foods (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n | mean | SD | n |
| Male | 34.2 | 43.2 | 133 | 34.3 | 53.6 | 143 | 28.3 | 48.4 | 125 | 25.4 | 45.3 | 130 | 30.7 | 47.9 | 531 |
| Female | 36.8 | 51.2 | 127 | 23.2 | 41.7 | 129 | 22.4 | 42.7 | 124 | 21.2 | 43.7 | 127 | 25.9 | 45.3 | 507 |
| total | 35.5 | 47.2 | 260 | 29.0 | 48.6 | 272 | 25.4 | 45.7 | 249 | 23.3 | 44.5 | 257 | 28.4 | 46.7 | 1038 |

2) Daily average of three days nutrition intake

Energy (kcal)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2311.0 | 398.6 | 133 | 2326.2 | 437.2 | 143 | 2263.6 | 396.6 | 125 | 2041.5 | 372.3 | 130 | 2238.0 | 417.6 | 531 |
| Female | 1849.4 | 270.4 | 127 | 1852.0 | 334.0 | 129 | 1794.3 | 323.4 | 124 | 1674.0 | 326.3 | 127 | 1792.7 | 321.9 | 507 |
| Total | 2085.5 | 412.3 | 260 | 2101.3 | 457.3 | 272 | 2029.9 | 431.1 | 249 | 1859.9 | 395.1 | 257 | 2020.5 | 435.0 | 1038 |

Water (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2086.5 | 514.3 | 133 | 2179.3 | 561.1 | 143 | 2079.7 | 495.9 | 125 | 1875.0 | 498.6 | 130 | 2058.1 | 529.9 | 531 |
| Female | 1612.1 | 426.4 | 127 | 1770.2 | 421.0 | 129 | 1771.5 | 471.7 | 124 | 1596.7 | 360.6 | 127 | 1687.4 | 428.4 | 507 |
| Total | 1854.8 | 528.8 | 260 | 1985.3 | 539.1 | 272 | 1926.2 | 507.2 | 249 | 1737.5 | 456.9 | 257 | 1877.1 | 517.1 | 1038 |

Protein (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 88.3 | 18.6 | 133 | 91.7 | 17.0 | 143 | 89.6 | 17.1 | 125 | 82.0 | 19.3 | 130 | 88.0 | 18.3 | 531 |
| Female | 73.5 | 12.9 | 127 | 78.3 | 16.3 | 129 | 73.5 | 16.4 | 124 | 68.4 | 14.8 | 127 | 73.5 | 15.5 | 507 |
| Total | 81.1 | 17.7 | 260 | 85.3 | 17.9 | 272 | 81.6 | 18.6 | 249 | 75.3 | 18.4 | 257 | 80.9 | 18.5 | 1038 |

Lipid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 67.9 | 17.4 | 133 | 62.6 | 15.9 | 143 | 59.1 | 17.2 | 125 | 53.0 | 15.4 | 130 | 60.8 | 17.3 | 531 |
| Female | 58.3 | 13.7 | 127 | 56.2 | 17.0 | 129 | 51.1 | 16.0 | 124 | 45.1 | 13.1 | 127 | 52.7 | 15.8 | 507 |
| Total | 63.2 | 16.4 | 260 | 59.6 | 16.7 | 272 | 55.1 | 17.1 | 249 | 49.1 | 14.8 | 257 | 56.8 | 17.1 | 1038 |

Carbohydrate (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 304.2 | 63.4 | 133 | 311.6 | 64.0 | 143 | 317.1 | 60.6 | 125 | 293.4 | 59.1 | 130 | 306.6 | 62.3 | 531 |
| Female | 252.0 | 40.5 | 127 | 256.6 | 52.2 | 129 | 258.9 | 49.0 | 124 | 249.6 | 54.0 | 127 | 254.3 | 49.2 | 507 |
| Total | 278.7 | 59.4 | 260 | 285.5 | 64.7 | 272 | 288.2 | 62.2 | 249 | 271.8 | 60.7 | 257 | 281.0 | 62.1 | 1038 |

Non-fibrous carbohydrate (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 297.7 | 63.0 | 133 | 302.4 | 64.3 | 143 | 308.0 | 60.8 | 125 | 285.4 | 57.1 | 130 | 298.4 | 61.8 | 531 |
| Female | 245.7 | 39.7 | 127 | 249.7 | 51.2 | 129 | 251.3 | 48.7 | 124 | 243.5 | 51.9 | 127 | 247.5 | 48.1 | 507 |
| Total | 272.3 | 58.9 | 260 | 277.4 | 64.0 | 272 | 279.8 | 61.9 | 249 | 264.7 | 58.4 | 257 | 273.5 | 61.1 | 1038 |

Fibrous carbohydrate (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4.1 | 1.2 | 133 | 4.9 | 1.8 | 143 | 5.2 | 1.4 | 125 | 4.9 | 1.7 | 130 | 4.8 | 1.6 | 531 |
| Female | 3.8 | 1.1 | 127 | 4.5 | 1.5 | 129 | 4.8 | 1.9 | 124 | 4.4 | 1.3 | 127 | 4.4 | 1.5 | 507 |
| Total | 4.0 | 1.2 | 260 | 4.7 | 1.7 | 272 | 5.0 | 1.7 | 249 | 4.7 | 1.5 | 257 | 4.6 | 1.6 | 1038 |

Ash (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 21.9 | 5.5 | 133 | 24.7 | 6.2 | 143 | 25.5 | 6.0 | 125 | 23.5 | 6.5 | 130 | 23.9 | 6.2 | 531 |
| Female | 19.3 | 4.1 | 127 | 21.7 | 5.0 | 129 | 21.6 | 5.3 | 124 | 19.8 | 4.5 | 127 | 20.6 | 4.8 | 507 |
| Total | 20.6 | 5.0 | 260 | 23.2 | 5.8 | 272 | 23.6 | 6.0 | 249 | 21.7 | 5.9 | 257 | 22.3 | 5.8 | 1038 |

Calcium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 597.0 | 195.7 | 133 | 663.3 | 209.9 | 143 | 677.1 | 211.3 | 125 | 699.4 | 309.0 | 130 | 658.8 | 237.6 | 531 |
| Female | 600.1 | 201.8 | 127 | 674.0 | 247.1 | 129 | 660.2 | 246.1 | 124 | 625.3 | 232.7 | 127 | 639.9 | 233.8 | 507 |
| Total | 598.5 | 198.3 | 260 | 668.4 | 227.9 | 272 | 668.6 | 229.0 | 249 | 662.8 | 276.0 | 257 | 649.5 | 235.8 | 1038 |

Phosphorus (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1225.6 | 263.6 | 133 | 1290.5 | 254.9 | 143 | 1274.8 | 274.7 | 125 | 1199.7 | 313.8 | 130 | 1248.3 | 278.7 | 531 |
| Female | 1051.0 | 211.4 | 127 | 1144.3 | 282.8 | 129 | 1093.4 | 267.3 | 124 | 1027.6 | 260.0 | 127 | 1079.3 | 259.9 | 507 |
| Total | 1140.3 | 254.5 | 260 | 1221.2 | 277.8 | 272 | 1184.5 | 285.4 | 249 | 1114.7 | 300.5 | 257 | 1165.7 | 282.5 | 1038 |

Iron (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|------|-----|---------|-----|-----|---------|-----|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 11.6 | 2.7 | 133 | 17.4 | 55.1 | 143 | 13.1 | 3.0 | 125 | 12.2 | 3.8 | 130 | 13.7 | 28.7 | 531 |
| Female | 10.4 | 2.5 | 127 | 11.0 | 2.8 | 129 | 11.5 | 4.0 | 124 | 10.4 | 2.5 | 127 | 10.8 | 3.0 | 507 |
| Total | 11.0 | 2.7 | 260 | 14.4 | 40.1 | 272 | 12.3 | 3.6 | 249 | 11.3 | 3.3 | 257 | 12.3 | 20.7 | 1038 |

Sodium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 5095.0 | 1390.7 | 133 | 5650.0 | 1496.4 | 143 | 5873.5 | 1551.6 | 125 | 5262.0 | 1412.3 | 130 | 5468.6 | 1491.1 | 531 |
| Female | 4363.7 | 1074.6 | 127 | 4782.6 | 1122.6 | 129 | 4739.1 | 1241.9 | 124 | 4451.7 | 1142.6 | 127 | 4584.1 | 1157.1 | 507 |
| Total | 4737.8 | 1296.8 | 260 | 5238.6 | 1398.9 | 272 | 5308.6 | 1513.8 | 249 | 4861.5 | 1346.2 | 257 | 5036.6 | 1409.0 | 1038 |

Potadium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|--------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3022.3 | 764.9 | 133 | 3278.4 | 763.1 | 143 | 3398.9 | 795.8 | 125 | 3126.5 | 1077.6 | 130 | 3205.4 | 867.6 | 531 |
| Female | 2720.6 | 649.2 | 127 | 3021.4 | 783.2 | 129 | 2997.0 | 811.1 | 124 | 2784.4 | 704.6 | 127 | 2880.7 | 748.9 | 507 |
| Total | 2874.9 | 725.3 | 260 | 3156.5 | 781.9 | 272 | 3198.7 | 826.8 | 249 | 2957.5 | 926.8 | 257 | 3046.8 | 827.5 | 1038 |

Retinol (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|--------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 337.6 | 420.3 | 133 | 352.4 | 541.3 | 143 | 505.7 | 982.9 | 125 | 412.5 | 732.7 | 130 | 399.5 | 695.3 | 531 |
| Female | 347.4 | 616.1 | 127 | 361.1 | 905.7 | 129 | 509.0 | 1322.1 | 124 | 271.6 | 392.1 | 127 | 371.4 | 878.9 | 507 |
| Total | 342.4 | 524.1 | 260 | 356.5 | 735.5 | 272 | 507.4 | 1161.9 | 249 | 342.9 | 592.6 | 257 | 385.8 | 790.1 | 1038 |

Carotene (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2878.0 | 1507.8 | 133 | 3646.1 | 2362.8 | 143 | 3511.6 | 1765.8 | 125 | 3607.1 | 2265.1 | 130 | 3412.5 | 2034.2 | 531 |
| Female | 2853.5 | 1496.4 | 127 | 2879.6 | 1533.9 | 129 | 3433.0 | 2175.9 | 124 | 3538.0 | 2077.0 | 127 | 3173.3 | 1864.2 | 507 |
| Total | 2866.0 | 1499.4 | 260 | 3282.6 | 2045.4 | 272 | 3472.5 | 1977.1 | 249 | 3572.9 | 2170.2 | 257 | 3295.7 | 1955.8 | 1038 |

Retinol potency (IU)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2757.9 | 1585.6 | 133 | 3228.2 | 2208.7 | 143 | 3662.7 | 3459.6 | 125 | 3410.7 | 2736.7 | 130 | 3257.4 | 2581.4 | 531 |
| Female | 2782.7 | 2213.8 | 127 | 2837.8 | 3282.6 | 129 | 3640.4 | 4659.7 | 124 | 2902.8 | 1876.0 | 127 | 3036.6 | 3197.0 | 507 |
| Total | 2770.0 | 1914.6 | 260 | 3043.1 | 2772.0 | 272 | 3651.6 | 4093.1 | 249 | 3159.7 | 2360.3 | 257 | 3149.5 | 2899.1 | 1038 |

Vitamin B1 (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.2 | 0.4 | 133 | 1.2 | 0.4 | 143 | 1.2 | 0.3 | 125 | 1.1 | 0.4 | 130 | 1.2 | 0.4 | 531 |
| Female | 1.0 | 0.2 | 127 | 1.0 | 0.3 | 129 | 1.0 | 0.3 | 124 | 0.9 | 0.4 | 127 | 1.0 | 0.3 | 507 |
| Total | 1.1 | 0.3 | 260 | 1.1 | 0.4 | 272 | 1.1 | 0.3 | 249 | 1.0 | 0.4 | 257 | 1.1 | 0.4 | 1038 |

Vitamin B2 (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.7 | 1.0 | 133 | 1.7 | 0.4 | 143 | 1.7 | 0.4 | 125 | 1.6 | 0.4 | 130 | 1.7 | 0.6 | 531 |
| Female | 1.4 | 0.3 | 127 | 1.5 | 0.4 | 129 | 1.5 | 0.5 | 124 | 1.3 | 0.3 | 127 | 1.5 | 0.4 | 507 |
| Total | 1.6 | 0.7 | 260 | 1.6 | 0.4 | 272 | 1.6 | 0.4 | 249 | 1.4 | 0.4 | 257 | 1.6 | 0.5 | 1038 |

Niacin (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 20.1 | 5.7 | 133 | 21.3 | 5.9 | 143 | 19.5 | 6.0 | 125 | 17.4 | 7.1 | 130 | 19.6 | 6.3 | 531 |
| Female | 15.8 | 4.6 | 127 | 17.1 | 4.9 | 129 | 15.3 | 4.7 | 124 | 14.8 | 8.2 | 127 | 15.8 | 5.8 | 507 |
| Total | 18.0 | 5.6 | 260 | 19.3 | 5.8 | 272 | 17.4 | 5.8 | 249 | 16.1 | 7.8 | 257 | 17.7 | 6.4 | 1038 |

Vitamin C (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 127.6 | 90.6 | 133 | 145.7 | 76.1 | 143 | 154.9 | 58.7 | 125 | 145.1 | 74.7 | 130 | 143.2 | 76.5 | 531 |
| Female | 115.1 | 54.3 | 127 | 139.3 | 67.8 | 129 | 159.3 | 80.0 | 124 | 131.6 | 49.1 | 127 | 136.2 | 65.6 | 507 |
| Total | 121.5 | 75.2 | 260 | 142.7 | 72.2 | 272 | 157.1 | 70.0 | 249 | 138.4 | 63.6 | 257 | 139.8 | 71.4 | 1038 |

Vitamin D (IU)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 273.0 | 253.0 | 133 | 343.4 | 250.8 | 143 | 296.9 | 240.8 | 125 | 276.3 | 228.2 | 130 | 298.4 | 244.7 | 531 |
| Female | 213.3 | 169.5 | 127 | 287.9 | 243.4 | 129 | 237.0 | 177.7 | 124 | 230.6 | 193.2 | 127 | 242.4 | 199.7 | 507 |
| Total | 243.9 | 217.9 | 260 | 317.0 | 248.4 | 272 | 267.1 | 213.4 | 249 | 253.7 | 212.5 | 257 | 271.0 | 225.5 | 1038 |

Vitamin E (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 9.0 | 3.0 | 133 | 9.5 | 5.7 | 143 | 9.3 | 3.2 | 125 | 8.0 | 2.6 | 130 | 9.0 | 3.9 | 531 |
| Female | 7.7 | 3.7 | 127 | 8.4 | 2.8 | 129 | 7.9 | 2.7 | 124 | 7.2 | 2.3 | 127 | 7.8 | 3.0 | 507 |
| Total | 8.4 | 3.4 | 260 | 9.0 | 4.6 | 272 | 8.6 | 3.0 | 249 | 7.6 | 2.5 | 257 | 8.4 | 3.5 | 1038 |

Salt (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 12.7 | 3.5 | 133 | 14.1 | 3.8 | 143 | 14.7 | 3.9 | 125 | 13.2 | 3.6 | 130 | 13.6 | 3.8 | 531 |
| Female | 10.9 | 2.7 | 127 | 12.0 | 2.8 | 129 | 11.9 | 3.1 | 124 | 11.1 | 2.9 | 127 | 11.5 | 2.9 | 507 |
| Total | 11.8 | 3.3 | 260 | 13.1 | 3.5 | 272 | 13.3 | 3.8 | 249 | 12.2 | 3.4 | 257 | 12.6 | 3.6 | 1038 |

Cholesterol (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 412.5 | 154.6 | 133 | 404.4 | 164.2 | 143 | 411.7 | 148.8 | 125 | 351.5 | 133.1 | 130 | 395.2 | 152.6 | 531 |
| Female | 339.2 | 114.9 | 127 | 360.1 | 141.8 | 129 | 340.7 | 142.2 | 124 | 292.0 | 123.0 | 127 | 333.0 | 133.0 | 507 |
| Total | 376.7 | 141.2 | 260 | 383.4 | 155.3 | 272 | 376.3 | 149.5 | 249 | 322.1 | 131.4 | 257 | 364.8 | 146.6 | 1038 |

Total dietary fiber (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 15.0 | 4.4 | 133 | 17.0 | 4.6 | 143 | 18.6 | 4.8 | 125 | 17.3 | 6.1 | 130 | 16.9 | 5.2 | 531 |
| Female | 14.1 | 3.8 | 127 | 15.8 | 4.6 | 129 | 16.1 | 4.3 | 124 | 15.2 | 4.3 | 127 | 15.3 | 4.3 | 507 |
| Total | 14.6 | 4.2 | 260 | 16.4 | 4.6 | 272 | 17.4 | 4.7 | 249 | 16.3 | 5.4 | 257 | 16.1 | 4.8 | 1038 |

Water soluble fiber (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2.0 | 0.9 | 133 | 2.4 | 1.0 | 143 | 2.6 | 0.9 | 125 | 2.5 | 1.0 | 130 | 2.4 | 1.0 | 531 |
| Female | 2.0 | 0.8 | 127 | 2.2 | 0.8 | 129 | 2.4 | 0.9 | 124 | 2.3 | 0.9 | 127 | 2.2 | 0.9 | 507 |
| Total | 2.0 | 0.8 | 260 | 2.3 | 0.9 | 272 | 2.5 | 0.9 | 249 | 2.4 | 1.0 | 257 | 2.3 | 0.9 | 1038 |

Water insoluble fiber (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 9.4 | 2.6 | 133 | 11.0 | 3.2 | 143 | 12.0 | 2.9 | 125 | 11.0 | 3.7 | 130 | 10.9 | 3.3 | 531 |
| Female | 8.9 | 2.6 | 127 | 10.1 | 3.0 | 129 | 10.3 | 3.0 | 124 | 10.0 | 3.0 | 127 | 9.8 | 2.9 | 507 |
| Total | 9.2 | 2.6 | 260 | 10.6 | 3.2 | 272 | 11.2 | 3.0 | 249 | 10.5 | 3.4 | 257 | 10.3 | 3.1 | 1038 |

Vitamin K (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 452.3 | 239.3 | 133 | 541.6 | 291.1 | 143 | 516.7 | 272.8 | 125 | 481.4 | 289.3 | 130 | 498.6 | 275.6 | 531 |
| Female | 413.9 | 246.5 | 127 | 521.5 | 304.1 | 129 | 463.4 | 244.7 | 124 | 397.0 | 231.8 | 127 | 449.1 | 262.4 | 507 |
| Total | 433.5 | 243.1 | 260 | 532.1 | 297.0 | 272 | 490.1 | 260.0 | 249 | 439.7 | 265.4 | 257 | 474.5 | 270.2 | 1038 |

Vitamin B6 (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.1 | 0.3 | 133 | 1.2 | 0.4 | 143 | 1.3 | 0.4 | 125 | 1.1 | 0.4 | 130 | 1.2 | 0.4 | 531 |
| Female | 0.9 | 0.3 | 127 | 1.1 | 0.4 | 129 | 1.0 | 0.3 | 124 | 1.0 | 0.3 | 127 | 1.0 | 0.3 | 507 |
| Total | 1.0 | 0.3 | 260 | 1.1 | 0.4 | 272 | 1.1 | 0.4 | 249 | 1.1 | 0.4 | 257 | 1.1 | 0.4 | 1038 |

Vitamin B12 (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6.1 | 6.0 | 133 | 6.5 | 4.9 | 143 | 8.1 | 9.2 | 125 | 5.3 | 4.4 | 130 | 6.5 | 6.4 | 531 |
| Female | 4.9 | 4.3 | 127 | 6.0 | 5.1 | 129 | 6.8 | 7.0 | 124 | 4.9 | 5.0 | 127 | 5.7 | 5.4 | 507 |
| Total | 5.5 | 5.2 | 260 | 6.3 | 5.0 | 272 | 7.4 | 8.2 | 249 | 5.1 | 4.7 | 257 | 6.1 | 6.0 | 1038 |

Magnesium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 216.2 | 57.8 | 133 | 237.3 | 55.1 | 143 | 238.2 | 57.5 | 125 | 217.9 | 91.4 | 130 | 227.5 | 67.5 | 531 |
| Female | 183.9 | 52.4 | 127 | 199.7 | 64.4 | 129 | 196.6 | 55.1 | 124 | 188.6 | 54.1 | 127 | 192.2 | 56.9 | 507 |
| Total | 200.4 | 57.4 | 260 | 219.5 | 62.5 | 272 | 217.5 | 60.0 | 249 | 203.4 | 76.6 | 257 | 210.2 | 65.0 | 1038 |

Zinc (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 7445.9 | 3423.1 | 133 | 7606.4 | 2987.0 | 143 | 7860.3 | 3483.7 | 125 | 6714.9 | 1878.6 | 130 | 7407.7 | 3030.6 | 531 |
| Female | 5803.0 | 2257.0 | 127 | 5979.6 | 1743.2 | 129 | 6348.9 | 2785.3 | 124 | 5837.6 | 2522.9 | 127 | 5990.1 | 2356.7 | 507 |
| Total | 6643.4 | 3021.1 | 260 | 6834.9 | 2602.5 | 272 | 7107.6 | 3238.7 | 249 | 6281.4 | 2259.3 | 257 | 6715.3 | 2811.9 | 1038 |

Copper (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1113.5 | 382.3 | 133 | 1173.5 | 334.1 | 143 | 1229.9 | 370.2 | 125 | 1076.6 | 317.3 | 130 | 1148.0 | 355.2 | 531 |
| Female | 897.7 | 302.3 | 127 | 961.4 | 263.7 | 129 | 1036.5 | 381.6 | 124 | 931.5 | 304.8 | 127 | 956.3 | 318.6 | 507 |
| Total | 1008.1 | 361.4 | 260 | 1072.9 | 320.3 | 272 | 1133.6 | 387.5 | 249 | 1004.9 | 319.0 | 257 | 1054.4 | 351.0 | 1038 |

Nitrogen (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 12.9 | 2.9 | 133 | 13.3 | 2.6 | 143 | 13.3 | 2.7 | 125 | 12.0 | 3.0 | 130 | 12.9 | 2.9 | 531 |
| Female | 10.5 | 1.9 | 127 | 11.4 | 2.4 | 129 | 10.8 | 2.6 | 124 | 10.0 | 2.3 | 127 | 10.7 | 2.4 | 507 |
| Total | 11.7 | 2.7 | 260 | 12.4 | 2.7 | 272 | 12.0 | 2.9 | 249 | 11.0 | 2.9 | 257 | 11.8 | 2.8 | 1038 |

Isoleucine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3555.7 | 828.0 | 133 | 3661.5 | 757.9 | 143 | 3629.4 | 744.2 | 125 | 3313.7 | 845.4 | 130 | 3542.3 | 804.1 | 531 |
| Female | 2909.7 | 556.2 | 127 | 3147.5 | 696.6 | 129 | 2970.2 | 720.9 | 124 | 2753.1 | 660.2 | 127 | 2945.8 | 674.4 | 507 |
| Total | 3240.2 | 777.5 | 260 | 3417.7 | 772.2 | 272 | 3301.1 | 802.3 | 249 | 3036.6 | 808.4 | 257 | 3250.9 | 800.9 | 1038 |

Leucine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6189.7 | 1409.3 | 133 | 6362.9 | 1294.5 | 143 | 6317.6 | 1281.9 | 125 | 5763.0 | 1436.4 | 130 | 6162.0 | 1373.4 | 531 |
| Female | 5078.8 | 948.4 | 127 | 5466.4 | 1196.9 | 129 | 5165.4 | 1233.5 | 124 | 4793.4 | 1133.0 | 127 | 5127.1 | 1155.1 | 507 |
| Total | 5647.0 | 1326.4 | 260 | 5937.7 | 1325.1 | 272 | 5743.8 | 1381.8 | 249 | 5283.8 | 1381.1 | 257 | 5656.5 | 1372.2 | 1038 |

Lysine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 5165.9 | 1407.0 | 133 | 5339.1 | 1250.0 | 143 | 5242.9 | 1214.1 | 125 | 4789.0 | 1385.9 | 130 | 5138.4 | 1329.5 | 531 |
| Female | 4207.0 | 904.4 | 127 | 4620.4 | 1154.1 | 129 | 4299.7 | 1165.9 | 124 | 3961.2 | 1071.0 | 127 | 4273.3 | 1101.4 | 507 |
| Total | 4697.5 | 1279.7 | 260 | 4998.2 | 1255.9 | 272 | 4773.2 | 1278.4 | 249 | 4380.0 | 1305.5 | 257 | 4715.8 | 1297.1 | 1038 |

Methionine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1879.4 | 460.6 | 133 | 1923.6 | 426.7 | 143 | 1895.4 | 409.6 | 125 | 1729.9 | 456.0 | 130 | 1858.5 | 444.0 | 531 |
| Female | 1517.6 | 300.0 | 127 | 1651.5 | 384.2 | 129 | 1535.8 | 377.2 | 124 | 1421.3 | 358.0 | 127 | 1532.0 | 364.7 | 507 |
| Total | 1702.7 | 429.8 | 260 | 1794.6 | 428.6 | 272 | 1716.3 | 432.3 | 249 | 1577.4 | 437.9 | 257 | 1699.0 | 438.5 | 1038 |

Cystine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1291.9 | 256.8 | 133 | 1319.6 | 247.6 | 143 | 1334.9 | 244.0 | 125 | 1206.0 | 265.6 | 130 | 1288.5 | 257.7 | 531 |
| Female | 1051.7 | 184.9 | 127 | 1115.2 | 222.3 | 129 | 1070.8 | 229.1 | 124 | 997.5 | 207.6 | 127 | 1058.9 | 215.2 | 507 |
| Total | 1174.6 | 254.4 | 260 | 1222.6 | 256.8 | 272 | 1203.4 | 270.8 | 249 | 1102.9 | 260.1 | 257 | 1176.4 | 264.0 | 1038 |

Sulfer-containing amino acids (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3170.2 | 702.5 | 133 | 3242.2 | 658.2 | 143 | 3229.5 | 638.6 | 125 | 2934.5 | 709.1 | 130 | 3145.8 | 687.0 | 531 |
| Female | 2567.9 | 472.5 | 127 | 2765.3 | 590.1 | 129 | 2605.2 | 594.0 | 124 | 2417.5 | 552.5 | 127 | 2589.6 | 566.5 | 507 |
| Total | 2876.0 | 671.6 | 260 | 3016.0 | 669.6 | 272 | 2918.6 | 690.4 | 249 | 2679.0 | 686.1 | 257 | 2874.1 | 689.4 | 1038 |

Phenylalanine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3566.9 | 774.6 | 133 | 3677.2 | 724.3 | 143 | 3671.2 | 725.0 | 125 | 3354.1 | 814.2 | 130 | 3569.1 | 769.0 | 531 |
| Female | 2928.9 | 530.6 | 127 | 3142.3 | 663.4 | 129 | 2998.2 | 695.8 | 124 | 2788.5 | 635.9 | 127 | 2965.0 | 645.2 | 507 |
| Total | 3255.3 | 738.1 | 260 | 3423.5 | 744.6 | 272 | 3336.1 | 785.3 | 249 | 3074.6 | 783.2 | 257 | 3274.0 | 772.4 | 1038 |

Tyrosine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2708.4 | 625.9 | 133 | 2800.0 | 579.0 | 143 | 2781.5 | 586.1 | 125 | 2532.1 | 651.7 | 130 | 2707.1 | 618.3 | 531 |
| Female | 2207.8 | 420.8 | 127 | 2410.6 | 530.4 | 129 | 2275.3 | 544.2 | 124 | 2099.9 | 497.6 | 127 | 2248.9 | 511.6 | 507 |
| Total | 2463.9 | 590.5 | 260 | 2615.3 | 588.6 | 272 | 2529.4 | 618.8 | 249 | 2318.5 | 618.7 | 257 | 2483.3 | 612.9 | 1038 |

Aromatic amino acids (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6272.0 | 1398.7 | 133 | 6471.9 | 1298.5 | 143 | 6442.3 | 1304.2 | 125 | 5879.2 | 1465.4 | 130 | 6269.8 | 1383.9 | 531 |
| Female | 5132.1 | 949.9 | 127 | 5547.7 | 1185.6 | 129 | 5266.5 | 1234.2 | 124 | 4883.4 | 1128.2 | 127 | 5208.4 | 1151.4 | 507 |
| Total | 5715.2 | 1327.4 | 260 | 6033.6 | 1327.1 | 272 | 5856.8 | 1397.5 | 249 | 5387.1 | 1399.1 | 257 | 5751.4 | 1381.1 | 1038 |

Threonine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3133.8 | 757.8 | 133 | 3234.3 | 688.8 | 143 | 3201.4 | 673.6 | 125 | 2913.0 | 761.4 | 130 | 3122.7 | 730.1 | 531 |
| Female | 2552.4 | 497.5 | 127 | 2775.9 | 621.5 | 129 | 2609.2 | 644.8 | 124 | 2415.3 | 581.5 | 127 | 2588.8 | 601.3 | 507 |
| Total | 2849.8 | 705.6 | 260 | 3016.9 | 695.4 | 272 | 2906.5 | 721.9 | 249 | 2667.1 | 721.6 | 257 | 2861.9 | 721.2 | 1038 |

Tryptophan (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 955.6 | 213.7 | 133 | 985.7 | 199.5 | 143 | 979.6 | 193.3 | 125 | 900.9 | 227.4 | 130 | 956.0 | 210.9 | 531 |
| Female | 779.3 | 145.6 | 127 | 843.4 | 183.0 | 129 | 804.3 | 188.2 | 124 | 746.9 | 171.1 | 127 | 793.6 | 175.8 | 507 |
| Total | 869.5 | 203.4 | 260 | 918.2 | 204.3 | 272 | 892.3 | 209.6 | 249 | 824.8 | 215.5 | 257 | 876.7 | 210.7 | 1038 |

Valine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4217.1 | 939.1 | 133 | 4347.9 | 890.1 | 143 | 4308.3 | 865.2 | 125 | 3951.8 | 979.6 | 130 | 4208.9 | 929.7 | 531 |
| Female | 3444.5 | 635.3 | 127 | 3725.7 | 816.6 | 129 | 3535.6 | 827.2 | 124 | 3282.6 | 764.4 | 127 | 3497.8 | 779.1 | 507 |
| Total | 3839.7 | 891.9 | 260 | 4052.9 | 909.4 | 272 | 3923.5 | 929.2 | 249 | 3621.1 | 940.0 | 257 | 3861.6 | 929.7 | 1038 |

Histidine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2588.7 | 778.3 | 133 | 2668.3 | 662.1 | 143 | 2589.0 | 645.3 | 125 | 2376.8 | 768.4 | 130 | 2558.3 | 722.0 | 531 |
| Female | 2082.0 | 483.3 | 127 | 2312.3 | 627.2 | 129 | 2080.1 | 574.5 | 124 | 1962.4 | 574.0 | 127 | 2110.2 | 579.9 | 507 |
| Total | 2341.2 | 697.6 | 260 | 2499.5 | 668.7 | 272 | 2335.5 | 661.0 | 249 | 2172.0 | 709.1 | 257 | 2339.4 | 693.3 | 1038 |

Alginine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4808.5 | 1139.4 | 133 | 4981.2 | 1035.8 | 143 | 4944.0 | 1128.1 | 125 | 4478.0 | 1168.3 | 130 | 4806.0 | 1131.3 | 531 |
| Female | 3790.1 | 744.8 | 127 | 4174.1 | 916.6 | 129 | 3956.4 | 983.5 | 124 | 3660.8 | 843.1 | 127 | 3896.1 | 894.5 | 507 |
| Total | 4311.0 | 1091.6 | 260 | 4598.4 | 1059.2 | 272 | 4452.2 | 1166.6 | 249 | 4074.1 | 1097.8 | 257 | 4361.6 | 1118.8 | 1038 |

Alanine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4021.5 | 983.6 | 133 | 4159.6 | 896.2 | 143 | 4112.6 | 878.3 | 125 | 3736.6 | 962.1 | 130 | 4010.4 | 942.7 | 531 |
| Female | 3208.9 | 633.4 | 127 | 3517.3 | 786.8 | 129 | 3323.8 | 821.6 | 124 | 3061.1 | 716.4 | 127 | 3278.4 | 759.3 | 507 |
| Total | 3624.5 | 924.1 | 260 | 3854.9 | 903.6 | 272 | 3719.8 | 936.3 | 249 | 3402.8 | 912.9 | 257 | 3652.9 | 932.5 | 1038 |

Aspartic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 7414.3 | 1767.9 | 133 | 7745.3 | 1640.5 | 143 | 7725.8 | 1668.5 | 125 | 7032.4 | 1858.0 | 130 | 7483.3 | 1753.4 | 531 |
| Female | 6005.1 | 1169.6 | 127 | 6644.4 | 1497.3 | 129 | 6315.8 | 1552.0 | 124 | 5834.7 | 1383.5 | 127 | 6201.1 | 1437.5 | 507 |
| Total | 6725.9 | 1660.3 | 260 | 7223.2 | 1665.0 | 272 | 7023.7 | 1756.6 | 249 | 6440.5 | 1744.0 | 257 | 6857.0 | 1729.4 | 1038 |

Glutamic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|--------|-----|---------|--------|-----|---------|--------|-----|-------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 14464 | 3148.0 | 133 | 14679 | 2763.5 | 143 | 14799 | 2848.8 | 125 | 13316 | 3114.5 | 130 | 14320 | 3019.1 | 531 |
| Female | 12157 | 2211.8 | 127 | 12702 | 2646.7 | 129 | 11965 | 2696.6 | 124 | 11244 | 2588.2 | 127 | 12020 | 2588.7 | 507 |
| Total | 13337 | 2960.8 | 260 | 13741 | 2878.9 | 272 | 13388 | 3111.4 | 249 | 12292 | 3043.4 | 257 | 13197 | 3041.6 | 1038 |

Glycine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3438.1 | 881.4 | 133 | 3526.2 | 747.8 | 143 | 3543.0 | 802.4 | 125 | 3163.8 | 833.6 | 130 | 3419.4 | 828.2 | 531 |
| Female | 2754.6 | 559.8 | 127 | 3014.4 | 687.9 | 129 | 2789.3 | 730.1 | 124 | 2598.8 | 629.8 | 127 | 2790.1 | 669.6 | 507 |
| Total | 3104.2 | 815.8 | 260 | 3283.5 | 762.9 | 272 | 3167.7 | 853.8 | 249 | 2884.6 | 790.9 | 257 | 3112.0 | 817.5 | 1038 |

Proline (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|--------|-----|---------|-------|-----|---------|--------|-----|---------|-------|-----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4556.9 | 1049.5 | 133 | 4530.2 | 941.8 | 143 | 4637.3 | 1016.7 | 125 | 4121.0 | 992.0 | 130 | 4461.9 | 1016.2 | 531 |
| Female | 3982.7 | 790.4 | 127 | 4081.6 | 957.2 | 129 | 3773.4 | 933.1 | 124 | 3578.2 | 917.5 | 127 | 3855.4 | 920.1 | 507 |
| Total | 4276.5 | 973.6 | 260 | 4317.5 | 973.6 | 272 | 4207.1 | 1065.8 | 249 | 3852.8 | 992.0 | 257 | 4165.7 | 1016.3 | 1038 |

Serine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3541.2 | 756.9 | 133 | 3653.9 | 732.4 | 143 | 3658.1 | 722.9 | 125 | 3327.3 | 787.7 | 130 | 3546.7 | 759.9 | 531 |
| Female | 2917.8 | 530.4 | 127 | 3134.5 | 662.6 | 129 | 2988.3 | 694.4 | 124 | 2770.8 | 621.9 | 127 | 2953.4 | 641.9 | 507 |
| Total | 3236.7 | 725.5 | 260 | 3407.6 | 745.6 | 272 | 3324.5 | 782.9 | 249 | 3052.3 | 762.1 | 257 | 3256.9 | 764.4 | 1038 |

Total fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 55.8 | 15.3 | 133 | 51.2 | 14.3 | 143 | 48.5 | 15.8 | 125 | 44.1 | 13.9 | 130 | 50.0 | 15.4 | 531 |
| Female | 48.0 | 12.4 | 127 | 46.6 | 15.4 | 129 | 42.6 | 13.7 | 124 | 37.1 | 11.5 | 127 | 43.6 | 13.9 | 507 |
| Total | 52.0 | 14.5 | 260 | 49.0 | 15.0 | 272 | 45.5 | 15.1 | 249 | 40.7 | 13.2 | 257 | 46.9 | 15.0 | 1038 |

Saturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 17.1 | 5.7 | 133 | 15.4 | 4.9 | 143 | 14.4 | 5.4 | 125 | 13.8 | 4.7 | 130 | 15.2 | 5.3 | 531 |
| Female | 15.6 | 4.9 | 127 | 14.4 | 5.5 | 129 | 13.3 | 5.0 | 124 | 11.7 | 4.2 | 127 | 13.8 | 5.1 | 507 |
| Total | 16.3 | 5.4 | 260 | 15.0 | 5.2 | 272 | 13.8 | 5.2 | 249 | 12.7 | 4.6 | 257 | 14.5 | 5.3 | 1038 |

Monounsaturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 22.3 | 6.5 | 133 | 20.0 | 6.4 | 143 | 18.9 | 6.7 | 125 | 16.8 | 5.7 | 130 | 19.6 | 6.6 | 531 |
| Female | 19.0 | 5.5 | 127 | 18.2 | 6.7 | 129 | 16.4 | 5.8 | 124 | 14.0 | 4.8 | 127 | 16.9 | 6.0 | 507 |
| Total | 20.7 | 6.3 | 260 | 19.2 | 6.6 | 272 | 17.7 | 6.4 | 249 | 15.4 | 5.4 | 257 | 18.3 | 6.5 | 1038 |

Polyunsaturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 16.4 | 4.7 | 133 | 15.7 | 4.3 | 143 | 15.1 | 5.1 | 125 | 13.5 | 5.1 | 130 | 15.2 | 4.9 | 531 |
| Female | 13.4 | 3.7 | 127 | 13.9 | 4.9 | 129 | 12.8 | 4.2 | 124 | 11.4 | 3.8 | 127 | 12.9 | 4.3 | 507 |
| Total | 14.9 | 4.5 | 260 | 14.8 | 4.7 | 272 | 14.0 | 4.8 | 249 | 12.4 | 4.6 | 257 | 14.0 | 4.8 | 1038 |

Unsaturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 38.5 | 10.5 | 133 | 35.4 | 10.1 | 143 | 33.9 | 11.1 | 125 | 30.0 | 10.2 | 130 | 34.5 | 10.9 | 531 |
| Female | 32.2 | 8.3 | 127 | 32.0 | 10.9 | 129 | 29.1 | 9.4 | 124 | 25.2 | 8.0 | 127 | 29.6 | 9.7 | 507 |
| Total | 35.4 | 10.0 | 260 | 33.8 | 10.6 | 272 | 31.5 | 10.6 | 249 | 27.7 | 9.5 | 257 | 32.1 | 10.6 | 1038 |

n-6 fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 13.1 | 4.0 | 133 | 12.2 | 3.7 | 143 | 12.0 | 4.4 | 125 | 10.5 | 4.4 | 130 | 12.0 | 4.2 | 531 |
| Female | 10.6 | 3.3 | 127 | 10.9 | 4.4 | 129 | 10.2 | 3.7 | 124 | 9.0 | 3.3 | 127 | 10.2 | 3.8 | 507 |
| Total | 11.9 | 3.9 | 260 | 11.6 | 4.1 | 272 | 11.1 | 4.2 | 249 | 9.8 | 3.9 | 257 | 11.1 | 4.1 | 1038 |

n-3 fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3.0 | 1.1 | 133 | 3.1 | 1.1 | 143 | 2.9 | 1.1 | 125 | 2.8 | 1.2 | 130 | 2.9 | 1.1 | 531 |
| Female | 2.4 | 0.8 | 127 | 2.7 | 1.0 | 129 | 2.5 | 1.0 | 124 | 2.3 | 1.0 | 127 | 2.5 | 1.0 | 507 |
| Total | 2.7 | 1.0 | 260 | 2.9 | 1.1 | 272 | 2.7 | 1.1 | 249 | 2.5 | 1.1 | 257 | 2.7 | 1.1 | 1038 |

Butyric acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 251.3 | 196.4 | 133 | 220.0 | 183.9 | 143 | 192.1 | 177.1 | 125 | 232.4 | 188.0 | 130 | 224.3 | 187.2 | 531 |
| Female | 286.7 | 177.8 | 127 | 260.6 | 218.8 | 129 | 226.7 | 196.5 | 124 | 216.4 | 174.0 | 127 | 247.8 | 194.1 | 507 |
| Total | 268.6 | 188.0 | 260 | 239.3 | 201.8 | 272 | 209.3 | 187.5 | 249 | 224.5 | 181.1 | 257 | 235.8 | 190.9 | 1038 |

Hexanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 158.7 | 124.1 | 133 | 138.6 | 115.6 | 143 | 121.3 | 110.9 | 125 | 146.6 | 118.6 | 130 | 141.5 | 117.9 | 531 |
| Female | 181.7 | 114.3 | 127 | 164.7 | 139.4 | 129 | 144.1 | 124.2 | 124 | 136.5 | 108.9 | 127 | 156.9 | 123.2 | 507 |
| Total | 170.0 | 119.7 | 260 | 151.0 | 127.9 | 272 | 132.7 | 118.0 | 249 | 141.6 | 113.8 | 257 | 149.0 | 120.7 | 1038 |

Octanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 90.8 | 71.0 | 133 | 79.7 | 66.8 | 143 | 70.0 | 64.3 | 125 | 84.2 | 68.1 | 130 | 81.3 | 67.8 | 531 |
| Female | 104.2 | 66.6 | 127 | 94.2 | 80.9 | 129 | 87.1 | 79.4 | 124 | 79.2 | 63.5 | 127 | 91.2 | 73.4 | 507 |
| Total | 97.3 | 69.1 | 260 | 86.6 | 74.1 | 272 | 78.5 | 72.6 | 249 | 81.7 | 65.8 | 257 | 86.1 | 70.7 | 1038 |

Decanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 198.5 | 150.1 | 133 | 173.3 | 139.9 | 143 | 151.8 | 135.7 | 125 | 180.9 | 144.5 | 130 | 176.4 | 143.2 | 531 |
| Female | 224.7 | 142.0 | 127 | 203.7 | 171.7 | 129 | 182.4 | 152.3 | 124 | 169.2 | 133.4 | 127 | 195.1 | 151.7 | 507 |
| Total | 211.3 | 146.5 | 260 | 187.7 | 156.2 | 272 | 167.0 | 144.8 | 249 | 175.1 | 139.0 | 257 | 185.5 | 147.6 | 1038 |

Decenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 19.3 | 15.2 | 133 | 17.2 | 14.5 | 143 | 15.0 | 14.1 | 125 | 18.1 | 14.6 | 130 | 17.4 | 14.6 | 531 |
| Female | 22.2 | 14.3 | 127 | 20.2 | 17.5 | 129 | 18.0 | 15.5 | 124 | 17.0 | 13.7 | 127 | 19.3 | 15.4 | 507 |
| Total | 20.7 | 14.8 | 260 | 18.6 | 16.0 | 272 | 16.5 | 14.9 | 249 | 17.5 | 14.1 | 257 | 18.3 | 15.1 | 1038 |

Lauric acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 239.1 | 178.4 | 133 | 209.8 | 165.4 | 143 | 184.0 | 158.7 | 125 | 215.2 | 168.5 | 130 | 212.4 | 168.6 | 531 |
| Female | 274.2 | 168.2 | 127 | 242.2 | 203.2 | 129 | 240.3 | 304.0 | 124 | 206.8 | 170.3 | 127 | 240.9 | 218.5 | 507 |
| Total | 256.3 | 174.0 | 260 | 225.2 | 184.7 | 272 | 212.1 | 243.4 | 249 | 211.1 | 169.1 | 257 | 226.3 | 195.0 | 1038 |

Myristic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1168.0 | 594.0 | 133 | 1086.6 | 556.4 | 143 | 979.5 | 580.4 | 125 | 1069.9 | 581.6 | 130 | 1077.7 | 579.9 | 531 |
| Female | 1204.3 | 603.5 | 127 | 1144.4 | 688.3 | 129 | 1023.6 | 613.9 | 124 | 926.9 | 558.0 | 127 | 1075.4 | 625.5 | 507 |
| Total | 1185.7 | 597.8 | 260 | 1114.0 | 621.9 | 272 | 1001.5 | 596.5 | 249 | 999.2 | 573.5 | 257 | 1076.5 | 602.3 | 1038 |

Myristoleic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 106.6 | 80.6 | 133 | 89.8 | 65.3 | 143 | 81.4 | 78.0 | 125 | 84.6 | 66.4 | 130 | 90.7 | 73.1 | 531 |
| Female | 115.9 | 79.7 | 127 | 98.8 | 76.2 | 129 | 84.7 | 71.7 | 124 | 75.0 | 54.7 | 127 | 93.7 | 72.7 | 507 |
| Total | 111.1 | 80.1 | 260 | 94.1 | 70.6 | 272 | 83.0 | 74.8 | 249 | 79.9 | 60.9 | 257 | 92.2 | 72.9 | 1038 |

Pentadecanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 141.5 | 85.2 | 133 | 130.2 | 81.5 | 143 | 118.3 | 84.8 | 125 | 131.8 | 82.7 | 130 | 130.6 | 83.7 | 531 |
| Female | 154.9 | 82.9 | 127 | 143.8 | 98.6 | 129 | 127.5 | 89.2 | 124 | 119.7 | 81.9 | 127 | 136.6 | 89.2 | 507 |
| Total | 148.1 | 84.2 | 260 | 136.7 | 90.1 | 272 | 122.9 | 87.0 | 249 | 125.8 | 82.4 | 257 | 133.5 | 86.4 | 1038 |

Pentadecenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.1 | 0.3 | 133 | 0.1 | 1.1 | 143 | 0.1 | 0.4 | 125 | 0.0 | 0.2 | 130 | 0.1 | 0.6 | 531 |
| Female | 0.0 | 0.2 | 127 | 0.1 | 0.6 | 129 | 0.2 | 1.2 | 124 | 0.0 | 0.1 | 127 | 0.1 | 0.7 | 507 |
| Total | 0.1 | 0.3 | 260 | 0.1 | 0.9 | 272 | 0.1 | 0.9 | 249 | 0.0 | 0.2 | 257 | 0.1 | 0.7 | 1038 |

Palmitic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 10.0 | 3.1 | 133 | 9.0 | 2.7 | 143 | 8.6 | 2.9 | 125 | 8.0 | 2.5 | 130 | 8.9 | 2.9 | 531 |
| Female | 8.8 | 2.6 | 127 | 8.2 | 2.9 | 129 | 7.7 | 2.6 | 124 | 6.7 | 2.2 | 127 | 7.9 | 2.7 | 507 |
| Total | 9.4 | 2.9 | 260 | 8.7 | 2.8 | 272 | 8.1 | 2.8 | 249 | 7.4 | 2.5 | 257 | 8.4 | 2.8 | 1038 |

Palmitoleic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1035.3 | 436.3 | 133 | 978.9 | 415.6 | 143 | 897.1 | 387.7 | 125 | 865.1 | 377.7 | 130 | 945.9 | 409.9 | 531 |
| Female | 894.8 | 386.5 | 127 | 871.3 | 381.7 | 129 | 808.4 | 367.5 | 124 | 684.9 | 312.3 | 127 | 815.1 | 371.3 | 507 |
| Total | 966.7 | 417.9 | 260 | 927.9 | 402.8 | 272 | 852.9 | 379.6 | 249 | 776.1 | 357.9 | 257 | 882.0 | 396.8 | 1038 |

Hexadecatrienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.1 | 1.6 | 133 | 1.6 | 1.7 | 143 | 1.4 | 1.9 | 125 | 1.7 | 2.7 | 130 | 1.4 | 2.0 | 531 |
| Female | 1.5 | 3.8 | 127 | 1.2 | 1.7 | 129 | 1.5 | 1.8 | 124 | 1.3 | 1.6 | 127 | 1.4 | 2.4 | 507 |
| Total | 1.3 | 2.9 | 260 | 1.4 | 1.8 | 272 | 1.4 | 1.9 | 249 | 1.5 | 2.2 | 257 | 1.4 | 2.2 | 1038 |

Heptadecanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 163.4 | 71.7 | 133 | 158.0 | 70.4 | 143 | 143.1 | 75.3 | 125 | 143.5 | 65.0 | 130 | 152.3 | 71.0 | 531 |
| Female | 159.7 | 70.6 | 127 | 154.5 | 77.5 | 129 | 135.7 | 65.7 | 124 | 123.5 | 70.5 | 127 | 143.5 | 72.5 | 507 |
| Total | 161.6 | 71.1 | 260 | 156.3 | 73.7 | 272 | 139.5 | 70.7 | 249 | 133.6 | 68.4 | 257 | 148.0 | 71.9 | 1038 |

Heptadecenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 111.8 | 50.5 | 133 | 110.4 | 47.2 | 143 | 104.0 | 54.0 | 125 | 98.7 | 40.7 | 130 | 106.4 | 48.4 | 531 |
| Female | 101.2 | 45.8 | 127 | 102.9 | 48.9 | 129 | 92.2 | 45.3 | 124 | 80.3 | 41.7 | 127 | 94.2 | 46.3 | 507 |
| Total | 106.6 | 48.5 | 260 | 106.8 | 48.1 | 272 | 98.1 | 50.1 | 249 | 89.6 | 42.2 | 257 | 100.4 | 47.8 | 1038 |

Stearic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3.8 | 1.4 | 133 | 3.3 | 1.2 | 143 | 3.1 | 1.3 | 125 | 2.8 | 1.1 | 130 | 3.3 | 1.3 | 531 |
| Female | 3.3 | 1.2 | 127 | 3.1 | 1.2 | 129 | 2.8 | 1.0 | 124 | 2.5 | 0.9 | 127 | 2.9 | 1.1 | 507 |
| Total | 3.6 | 1.3 | 260 | 3.2 | 1.2 | 272 | 3.0 | 1.2 | 249 | 2.6 | 1.0 | 257 | 3.1 | 1.2 | 1038 |

Oleic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 18.6 | 5.7 | 133 | 16.4 | 5.5 | 143 | 15.9 | 5.8 | 125 | 13.9 | 5.0 | 130 | 16.2 | 5.7 | 531 |
| Female | 15.7 | 4.8 | 127 | 15.2 | 6.0 | 129 | 13.8 | 5.0 | 124 | 11.8 | 4.2 | 127 | 14.1 | 5.2 | 507 |
| Total | 17.2 | 5.4 | 260 | 15.8 | 5.8 | 272 | 14.9 | 5.5 | 249 | 12.8 | 4.7 | 257 | 15.2 | 5.6 | 1038 |

Linoleic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 12.9 | 4.0 | 133 | 12.0 | 3.6 | 143 | 11.9 | 4.4 | 125 | 10.3 | 4.3 | 130 | 11.8 | 4.2 | 531 |
| Female | 10.4 | 3.2 | 127 | 10.7 | 4.4 | 129 | 10.0 | 3.7 | 124 | 8.9 | 3.3 | 127 | 10.0 | 3.7 | 507 |
| Total | 11.7 | 3.8 | 260 | 11.4 | 4.1 | 272 | 10.9 | 4.1 | 249 | 9.6 | 3.9 | 257 | 10.9 | 4.1 | 1038 |

Linolenic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1923.1 | 736.6 | 133 | 1760.6 | 560.5 | 143 | 1641.0 | 645.5 | 125 | 1451.7 | 603.7 | 130 | 1697.5 | 659.5 | 531 |
| Female | 1521.2 | 533.5 | 127 | 1500.5 | 653.7 | 129 | 1475.3 | 668.3 | 124 | 1297.2 | 617.6 | 127 | 1448.6 | 624.9 | 507 |
| Total | 1726.8 | 674.9 | 260 | 1637.2 | 619.2 | 272 | 1558.5 | 660.8 | 249 | 1375.4 | 614.3 | 257 | 1575.9 | 654.4 | 1038 |

γ -Linolenic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.3 | 0.4 | 133 | 0.3 | 0.4 | 143 | 0.4 | 0.5 | 125 | 0.4 | 0.6 | 130 | 0.3 | 0.5 | 531 |
| Female | 0.2 | 0.4 | 127 | 0.4 | 0.6 | 129 | 0.3 | 0.4 | 124 | 0.3 | 0.4 | 127 | 0.3 | 0.4 | 507 |
| Total | 0.2 | 0.4 | 260 | 0.3 | 0.5 | 272 | 0.3 | 0.4 | 249 | 0.4 | 0.5 | 257 | 0.3 | 0.5 | 1038 |

Octadecatetraenic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 68.5 | 76.1 | 133 | 87.0 | 89.1 | 143 | 80.5 | 79.3 | 125 | 87.8 | 84.3 | 130 | 81.0 | 82.6 | 531 |
| Female | 57.7 | 56.4 | 127 | 82.6 | 72.5 | 129 | 70.6 | 70.7 | 124 | 59.9 | 55.1 | 127 | 67.7 | 64.7 | 507 |
| Total | 63.2 | 67.3 | 260 | 84.9 | 81.5 | 272 | 75.5 | 75.1 | 249 | 74.0 | 72.6 | 257 | 74.5 | 74.7 | 1038 |

Arachidic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|-------|-----|---------|------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 228.0 | 88.2 | 133 | 209.0 | 96.8 | 143 | 218.6 | 122.4 | 125 | 186.7 | 86.6 | 130 | 210.6 | 100.1 | 531 |
| Female | 203.2 | 67.2 | 127 | 202.8 | 94.4 | 129 | 174.3 | 87.8 | 124 | 165.5 | 76.0 | 127 | 186.6 | 83.5 | 507 |
| Total | 215.9 | 79.5 | 260 | 206.1 | 95.5 | 272 | 196.6 | 108.7 | 249 | 176.2 | 82.1 | 257 | 198.8 | 93.1 | 1038 |

Eicosenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 520.5 | 286.4 | 133 | 523.5 | 375.5 | 143 | 518.2 | 359.9 | 125 | 494.9 | 378.0 | 130 | 514.5 | 351.3 | 531 |
| Female | 456.4 | 269.3 | 127 | 504.7 | 303.4 | 129 | 423.5 | 251.2 | 124 | 356.8 | 205.3 | 127 | 435.7 | 264.8 | 507 |
| Total | 489.2 | 279.5 | 260 | 514.6 | 342.7 | 272 | 471.0 | 313.5 | 249 | 426.6 | 312.3 | 257 | 476.0 | 314.4 | 1038 |

Eicosadienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 35.6 | 25.4 | 133 | 31.0 | 21.9 | 143 | 28.3 | 18.4 | 125 | 23.2 | 16.2 | 130 | 29.6 | 21.3 | 531 |
| Female | 24.7 | 14.6 | 127 | 26.6 | 18.3 | 129 | 23.0 | 14.7 | 124 | 17.6 | 10.7 | 127 | 23.0 | 15.2 | 507 |
| Total | 30.3 | 21.5 | 260 | 28.9 | 20.3 | 272 | 25.7 | 16.8 | 249 | 20.4 | 14.0 | 257 | 26.4 | 18.8 | 1038 |

Eicosatrienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|-----|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 25.5 | 10.7 | 133 | 25.6 | 10.7 | 143 | 24.8 | 10.4 | 125 | 23.8 | 8.5 | 130 | 24.9 | 10.1 | 531 |
| Female | 22.0 | 8.8 | 127 | 22.6 | 8.8 | 129 | 22.8 | 9.9 | 124 | 19.3 | 8.9 | 127 | 21.7 | 9.2 | 507 |
| Total | 23.8 | 10.0 | 260 | 24.2 | 9.9 | 272 | 23.8 | 10.2 | 249 | 21.6 | 8.9 | 257 | 23.3 | 9.8 | 1038 |

Eicosatetraenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 26.8 | 28.2 | 133 | 29.2 | 24.5 | 143 | 28.9 | 29.1 | 125 | 35.4 | 35.3 | 130 | 30.0 | 29.5 | 531 |
| Female | 21.2 | 21.4 | 127 | 29.4 | 27.5 | 129 | 27.5 | 24.0 | 124 | 23.0 | 24.2 | 127 | 25.3 | 24.5 | 507 |
| Total | 24.1 | 25.2 | 260 | 29.3 | 25.9 | 272 | 28.2 | 26.7 | 249 | 29.3 | 30.9 | 257 | 27.7 | 27.3 | 1038 |

Arachidonic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 163.7 | 63.3 | 133 | 162.6 | 68.3 | 143 | 160.3 | 66.0 | 125 | 145.3 | 54.4 | 130 | 158.1 | 63.6 | 531 |
| Female | 133.6 | 49.4 | 127 | 141.9 | 57.9 | 129 | 139.1 | 55.1 | 124 | 116.0 | 52.9 | 127 | 132.6 | 54.7 | 507 |
| Total | 149.0 | 58.8 | 260 | 152.8 | 64.3 | 272 | 149.8 | 61.6 | 249 | 130.8 | 55.6 | 257 | 145.7 | 60.7 | 1038 |

Eicosapentaenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 265.0 | 224.0 | 133 | 328.6 | 265.0 | 143 | 303.1 | 240.3 | 125 | 328.6 | 236.2 | 130 | 306.7 | 243.1 | 531 |
| Female | 223.5 | 179.1 | 127 | 302.3 | 242.1 | 129 | 276.5 | 230.8 | 124 | 242.9 | 235.9 | 127 | 261.4 | 224.8 | 507 |
| Total | 244.7 | 204.0 | 260 | 316.1 | 254.3 | 272 | 289.8 | 235.5 | 249 | 286.3 | 239.5 | 257 | 284.5 | 235.3 | 1038 |