

Fats and oils (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	12.8	6.2	261	11.2	5.9	278	10.1	6.2	273	8.7	5.4	268	10.7	6.1	1080
Female	11.1	5.7	261	11.0	6.4	277	8.5	4.8	274	7.8	5.2	273	9.6	5.7	1085
total	11.9	6.0	522	11.1	6.2	555	9.3	5.6	547	8.2	5.3	541	10.1	6.0	2165

Nuts and seeds (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	5.3	7.4	261	5.7	10.0	278	7.6	15.7	273	5.1	7.3	268	5.9	10.7	1080
Female	6.0	12.9	261	7.9	12.8	277	7.6	12.3	274	5.1	7.8	273	6.6	11.7	1085
total	5.6	10.5	522	6.8	11.5	555	7.6	14.1	547	5.1	7.6	541	6.3	11.2	2165

Beans (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	85.1	50.8	261	94.4	56.5	278	95.7	61.0	273	91.5	52.8	268	91.8	55.5	1080
Female	69.0	45.3	261	80.3	54.8	277	85.5	52.2	274	81.1	49.8	273	79.1	51.0	1085
total	77.0	48.7	522	87.3	56.0	555	90.6	56.9	547	86.3	51.5	541	85.4	53.7	2165

Fishes and shellfishes (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	107.9	52.6	261	121.1	54.4	278	119.2	55.1	273	108.8	47.2	268	114.4	52.7	1080
Female	90.6	50.0	261	99.6	47.9	277	92.7	43.1	274	86.4	39.0	273	92.4	45.3	1085
total	99.3	52.0	522	110.4	52.3	555	105.9	51.2	547	97.5	44.6	541	103.3	50.4	2165

Meats (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	93.9	46.5	261	89.9	46.4	278	74.0	44.9	273	66.8	38.8	268	81.1	45.6	1080
Female	73.6	38.2	261	64.5	36.1	277	64.6	39.3	274	53.2	33.8	273	63.9	37.5	1085
total	83.8	43.7	522	77.2	43.5	555	69.3	42.4	547	59.9	37.0	541	72.5	42.6	2165

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	60.8	30.9	261	63.0	30.7	278	62.3	26.7	273	56.1	27.4	268	60.6	29.1	1080
Female	55.1	27.0	261	53.6	25.7	277	53.6	25.6	274	51.8	25.9	273	53.5	26.0	1085
total	57.9	29.1	522	58.3	28.7	555	57.9	26.5	547	53.9	26.7	541	57.0	27.8	2165

Milks and daily 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	148.7	131.3	261	146.4	134.8	278	162.7	140.2	273	178.9	127.3	268	159.2	134.0	1080
Female	180.2	128.1	261	185.4	137.4	277	184.1	116.3	274	179.7	130.6	273	182.4	128.2	1085
total	164.4	130.5	522	165.9	137.4	555	173.4	129.1	547	179.3	128.9	541	170.8	131.6	2165

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	267.9	110.7	261	311.2	125.1	278	321.0	139.4	273	292.9	130.6	268	298.7	128.4	1080
Female	244.5	93.2	261	283.2	94.2	277	297.1	113.5	274	274.2	112.5	273	275.1	105.5	1085
total	256.2	102.9	522	297.2	111.6	555	309.0	127.6	547	283.5	122.1	541	286.9	118.1	2165

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	118.9	101.4	261	137.1	115.2	278	193.0	132.5	273	171.6	125.3	268	155.4	122.6	1080
Female	140.3	96.7	261	174.9	113.3	277	188.5	113.9	274	178.3	120.6	273	170.9	112.9	1085
total	129.6	99.6	522	156.0	115.7	555	190.7	123.5	547	174.9	122.9	541	163.1	118.1	2165

Mushrooms (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	17.2	20.7	261	20.0	17.8	278	20.9	18.9	273	18.3	20.6	268	19.1	19.5	1080
Female	19.0	18.6	261	20.9	19.6	277	18.2	19.4	274	15.7	16.3	273	18.5	18.6	1085
total	18.1	19.7	522	20.4	18.7	555	19.5	19.2	547	17.0	18.6	541	18.8	19.1	2165

Seaweeds (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	6.8	10.3	261	7.7	9.2	278	8.7	14.0	273	10.9	16.6	268	8.5	12.9	1080
Female	7.2	18.8	261	8.7	16.1	277	7.2	10.8	274	10.5	27.0	273	8.4	19.1	1085
total	7.0	15.1	522	8.2	13.1	555	7.9	12.5	547	10.7	22.4	541	8.5	16.3	2165

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	977.3	464.0	261	1001.8	485.4	278	848.3	413.7	273	751.6	366.9	268	895.0	446.2	1080
Female	687.4	352.4	261	669.9	301.2	277	676.0	323.5	274	562.2	263.6	273	648.6	315.0	1085
total	832.4	436.4	522	836.1	436.6	555	762.0	380.8	547	656.0	332.5	541	771.5	405.1	2165

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	40.9	16.3	261	41.1	16.7	278	38.9	16.5	273	34.3	14.2	268	38.8	16.1	1080
Female	33.9	11.6	261	35.9	13.7	277	34.8	14.2	274	31.4	12.2	273	34.0	13.1	1085
total	37.4	14.5	522	38.5	15.5	555	36.8	15.5	547	32.8	13.3	541	36.4	14.9	2165

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	41.6	50.1	261	32.6	50.5	278	29.2	48.4	273	26.7	47.5	268	32.4	49.4	1080
Female	33.0	47.6	261	24.4	39.5	277	25.5	45.8	274	22.5	41.5	273	26.3	43.8	1085
total	37.3	49.0	522	28.5	45.5	555	27.4	47.1	547	24.6	44.5	541	29.3	46.7	2165

2) Nutrition intake (3DR)

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	2266.9	391.5	267	2259.4	406.0	272	2217.5	394.6	273	2024.0	349.1	268	2192.2	397.9	1080
Female	1846.6	282.8	264	1846.8	301.6	272	1778.8	303.2	276	1703.7	323.4	273	1793.4	308.5	1085
Total	2058.0	401.1	531	2053.1	412.6	544	1996.9	414.3	549	1862.3	372.3	541	1992.4	407.9	2165

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	2036.6	525.6	267	2133.0	538.5	272	2050.6	510.8	273	1892.3	490.8	268	2028.6	523.3	1080
Female	1650.7	433.0	264	1732.8	391.8	272	1746.4	458.6	276	1601.1	389.3	273	1683.1	422.9	1085
Total	1844.7	518.6	531	1932.9	511.3	544	1897.6	508.2	549	1745.4	465.5	541	1855.5	505.9	2165

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	86.7	17.3	267	89.4	16.7	272	88.2	17.5	273	81.4	18.2	268	86.4	17.7	1080
Female	73.1	13.7	264	76.0	14.8	272	73.4	14.9	276	68.9	15.0	273	72.8	14.8	1085
Total	79.9	17.0	531	82.7	17.1	544	80.7	17.9	549	75.1	17.8	541	79.6	17.7	2165

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	66.3	16.4	267	60.8	15.8	272	58.0	16.6	273	52.9	14.0	268	59.5	16.4	1080
Female	57.9	13.6	264	55.7	15.2	272	50.0	13.5	276	45.9	13.3	273	52.3	14.7	1085
Total	62.1	15.6	531	58.2	15.7	544	54.0	15.6	549	49.4	14.1	541	55.9	16.0	2165

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	299.3	62.1	267	302.0	62.1	272	310.8	62.7	273	287.9	56.9	268	300.0	61.5	1080
Female	252.7	43.5	264	258.6	48.5	272	257.9	48.8	276	254.6	53.4	273	256.0	48.7	1085
Total	276.1	58.4	531	280.3	59.8	544	284.2	62.0	549	271.1	57.6	541	277.9	59.7	2165

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	292.6	61.2	267	293.7	61.9	272	301.7	62.7	273	279.9	55.9	268	292.0	60.9	1080
Female	246.1	42.7	264	251.7	47.6	272	250.1	48.1	276	248.2	51.9	273	249.1	47.7	1085
Total	269.5	57.7	531	272.7	59.0	544	275.8	61.4	549	263.9	56.1	541	270.5	58.7	2165

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	4.0	1.2	267	4.6	1.4	272	5.1	1.6	273	4.7	1.5	268	4.6	1.5	1080
Female	3.7	1.1	264	4.4	1.3	272	4.7	1.4	276	4.5	1.3	273	4.3	1.3	1085
Total	3.8	1.1	531	4.5	1.3	544	4.9	1.5	549	4.6	1.4	541	4.5	1.4	2165

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	21.5	4.9	267	23.4	5.5	272	24.4	6.1	273	22.8	5.8	268	23.0	5.7	1080
Female	19.1	4.2	264	21.0	4.5	272	21.2	4.9	276	20.2	4.7	273	20.4	4.7	1085
Total	20.3	4.7	531	22.2	5.2	544	22.8	5.7	549	21.5	5.4	541	21.7	5.4	2165

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	583.9	190.5	267	641.8	223.1	272	690.3	244.1	273	670.3	242.8	268	646.8	229.5	1080
Female	576.6	192.9	264	649.9	215.3	272	656.4	223.0	276	626.5	230.0	273	627.8	217.9	1085
Total	580.3	191.5	531	645.8	219.0	544	673.3	234.1	549	648.2	237.2	541	637.3	223.9	2165

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	1195.4	245.2	267	1256.9	256.8	272	1264.3	289.4	273	1184.8	284.3	268	1225.7	271.6	1080
Female	1034.2	205.0	264	1109.2	241.7	272	1088.9	247.4	276	1033.3	263.7	273	1066.7	242.7	1085
Total	1115.3	239.8	531	1183.0	259.9	544	1176.1	282.8	549	1108.3	284.1	541	1146.0	269.4	2165

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	11.5	2.6	267	12.3	2.6	272	13.0	3.3	273	12.0	3.0	268	12.2	3.0	1080
Female	10.1	2.4	264	10.9	2.5	272	11.4	2.9	276	10.7	2.7	273	10.8	2.7	1085
Total	10.8	2.6	531	11.6	2.7	544	12.2	3.2	549	11.3	3.0	541	11.5	2.9	2165

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	4987.1	1256.3	267	5366.8	1389.6	272	5451.2	1527.7	273	5040.5	1335.3	268	5213.3	1394.3	1080
Female	4286.5	1119.0	264	4583.0	1108.2	272	4609.6	1168.6	276	4431.8	1106.9	273	4479.6	1132.0	1085
Total	4638.8	1239.5	531	4974.9	1315.5	544	5028.1	1421.7	549	4733.3	1261.6	541	4845.6	1321.3	2165

Potassium (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	2912.9	713.3	267	3152.0	715.7	272	3321.8	862.1	273	3064.3	822.9	268	3114.0	794.3	1080
Female	2659.7	597.1	264	2971.5	676.1	272	2977.8	754.2	276	2794.6	719.2	273	2852.7	701.6	1085
Total	2787.0	669.6	531	3061.7	701.4	544	3148.8	827.0	549	2928.2	783.3	541	2983.1	760.4	2165

Retinol (μ 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	337.3	467.3	267	349.2	538.9	272	446.6	821.9	273	417.3	729.9	268	387.8	656.5	1080
Female	318.9	520.4	264	300.5	635.2	272	444.2	1099.7	276	347.1	636.7	273	353.3	760.4	1085
Total	328.1	494.0	531	324.9	589.0	544	445.4	970.7	549	381.9	684.7	541	370.5	710.5	2165

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	2736.2	1409.5	267	3322.7	1785.6	272	3700.5	2118.4	273	3418.1	2026.8	268	3296.9	1887.1	1080
Female	2759.7	1415.8	264	3090.5	1667.1	272	3560.7	1971.8	276	3447.3	1887.3	273	3219.4	1777.5	1085
Total	2747.9	1411.4	531	3206.6	1729.7	544	3630.2	2045.3	549	3432.8	1955.9	541	3258.0	1833.0	2165

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	2671.7	1697.0	267	3035.2	2067.8	272	3569.8	2986.3	273	3313.9	2665.3	268	3149.6	2429.2	1080
Female	2625.2	1923.5	264	2744.9	2399.2	272	3486.1	3863.3	276	3097.3	2387.6	273	2993.0	2768.9	1085
Total	2648.6	1811.6	531	2890.1	2242.3	544	3527.8	3452.3	549	3204.6	2529.0	541	3071.1	2605.6	2165

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	1.1	0.3	267	1.2	0.3	272	1.2	0.4	273	1.1	0.3	268	1.1	0.3	1080
Female	1.0	0.2	264	1.0	0.3	272	1.0	0.3	276	0.9	0.3	273	1.0	0.3	1085
Total	1.0	0.3	531	1.1	0.3	544	1.1	0.3	549	1.0	0.3	541	1.1	0.3	2165

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	1.6	0.4	267	1.6	0.4	272	1.7	0.4	273	1.6	0.4	268	1.6	0.4	1080
Female	1.4	0.3	264	1.5	0.4	272	1.5	0.4	276	1.4	0.4	273	1.4	0.4	1085
Total	1.5	0.3	531	1.6	0.4	544	1.6	0.4	549	1.5	0.4	541	1.5	0.4	2165

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	19.6	5.6	267	20.5	5.5	272	18.9	5.7	273	17.2	5.8	268	19.1	5.8	1080
Female	15.6	4.6	264	16.4	4.5	272	15.2	4.4	276	13.8	4.1	273	15.2	4.5	1085
Total	17.6	5.5	531	18.4	5.4	544	17.0	5.5	549	15.5	5.3	541	17.1	5.5	2165

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	121.8	78.6	267	133.9	65.1	272	152.5	69.0	273	140.6	70.1	268	137.3	71.6	1080
Female	119.3	59.9	264	142.3	62.7	272	155.3	74.3	276	134.8	55.8	273	138.1	64.8	1085
Total	120.5	69.9	531	138.1	64.0	544	153.9	71.7	549	137.7	63.3	541	137.7	68.3	2165

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	258.6	226.9	267	311.7	233.4	272	288.4	226.6	273	271.6	224.4	268	282.7	228.4	1080
Female	218.5	175.4	264	261.5	211.8	272	243.9	190.3	276	213.1	183.3	273	234.4	191.5	1085
Total	238.7	203.8	531	286.6	224.0	544	266.0	210.2	549	242.1	206.6	541	258.5	212.1	2165

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	8.4	2.4	267	8.7	2.4	272	9.0	2.8	273	8.0	2.4	268	8.5	2.5	1080
Female	7.5	2.0	264	8.2	2.4	272	7.8	2.3	276	7.3	2.2	273	7.7	2.3	1085
Total	8.0	2.3	531	8.4	2.4	544	8.4	2.7	549	7.6	2.3	541	8.1	2.5	2165

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	12.4	3.2	267	13.3	3.5	272	13.6	3.9	273	12.6	3.4	268	13.0	3.5	1080
Female	10.7	2.8	264	11.4	2.8	272	11.5	3.0	276	11.1	2.8	273	11.2	2.9	1085
Total	11.5	3.1	531	12.4	3.3	544	12.5	3.6	549	11.8	3.2	541	12.1	3.3	2165

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	406.0	151.3	267	409.3	155.9	272	396.8	145.6	273	354.4	142.3	268	391.7	150.3	1080
Female	343.8	120.1	264	347.9	136.4	272	332.6	134.7	276	296.6	125.9	273	330.1	130.9	1085
Total	375.1	140.1	531	378.6	149.5	544	364.5	143.8	549	325.2	137.2	541	360.8	144.2	2165

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	14.7	3.8	267	16.4	4.3	272	18.3	5.3	273	16.6	4.8	268	16.5	4.8	1080
Female	13.8	3.6	264	15.7	4.1	272	16.1	4.2	276	15.4	4.1	273	15.3	4.1	1085
Total	14.3	3.7	531	16.1	4.2	544	17.2	4.9	549	16.0	4.5	541	15.9	4.5	2165

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	0.8	267	2.3	0.9	272	2.7	1.1	273	2.4	1.0	268	2.4	1.0	1080
Female	1.9	0.7	264	2.2	0.8	272	2.4	0.9	276	2.3	0.9	273	2.2	0.8	1085
Total	2.0	0.8	531	2.3	0.9	544	2.5	1.0	549	2.3	0.9	541	2.3	0.9	2165

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	9.3	2.5	267	10.6	3.0	272	12.0	3.6	273	10.7	3.4	268	10.7	3.3	1080
Female	8.7	2.5	264	10.2	2.7	272	10.4	3.0	276	10.1	2.8	273	9.9	2.8	1085
Total	9.0	2.5	531	10.4	2.9	544	11.2	3.4	549	10.4	3.1	541	10.3	3.1	2165

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	460.3	260.0	267	494.3	244.4	272	505.7	273.9	273	467.3	280.2	268	482.1	265.3	1080
Female	393.3	232.6	264	482.0	264.3	272	481.8	254.6	276	394.8	223.6	273	438.4	248.0	1085
Total	427.0	248.8	531	488.2	254.4	544	493.7	264.4	549	430.7	255.6	541	460.2	257.6	2165

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	1.0	0.3	267	1.2	0.4	272	1.2	0.4	273	1.1	0.4	268	1.1	0.4	1080
Female	0.9	0.3	264	1.1	0.3	272	1.0	0.3	276	1.0	0.3	273	1.0	0.3	1085
Total	1.0	0.3	531	1.1	0.4	544	1.1	0.4	549	1.0	0.4	541	1.1	0.4	2165

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	5.9	267	7.2	6.3	272	7.5	7.7	273	6.0	5.3	268	6.7	6.4	1080
Female	5.1	4.9	264	5.4	4.6	272	6.6	6.8	276	5.3	5.3	273	5.6	5.5	1085
Total	5.6	5.5	531	6.3	5.6	544	7.1	7.3	549	5.6	5.3	541	6.2	6.0	2165

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	209.0	56.6	267	228.9	53.1	272	238.3	63.0	273	214.0	61.9	268	222.7	59.9	1080
Female	179.2	47.9	264	198.5	55.1	272	198.1	53.7	276	190.0	50.7	273	191.5	52.5	1085
Total	194.2	54.5	531	213.7	56.2	544	218.1	61.8	549	201.9	57.8	541	207.1	58.4	2165

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	7095.4	3011.8	267	7561.4	3510.6	272	7755.0	3279.2	273	6879.3	2419.9	268	7325.9	3100.7	1080
Female	5722.2	2360.9	264	6040.6	1995.6	272	6212.2	2436.8	276	6028.7	2567.2	273	6003.8	2353.5	1085
Total	6412.6	2791.2	531	6801.0	2952.5	544	6979.4	2985.5	549	6450.1	2529.1	541	6663.3	2829.4	2165

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	1091.9	396.6	267	1164.7	377.7	272	1235.3	380.8	273	1098.7	338.6	268	1148.2	378.1	1080
Female	884.1	308.3	264	980.0	286.2	272	1018.4	329.0	276	974.5	304.2	273	965.0	310.8	1085
Total	988.6	370.0	531	1072.3	347.3	544	1126.3	371.6	549	1036.0	327.4	541	1056.4	357.8	2165

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	12.8	2.7	267	13.2	2.6	272	13.2	2.7	273	12.2	2.8	268	12.9	2.7	1080
Female	10.7	2.1	264	11.2	2.3	272	10.9	2.4	276	10.3	2.3	273	10.8	2.3	1085
Total	11.7	2.7	531	12.2	2.7	544	12.1	2.8	549	11.2	2.7	541	11.8	2.7	2165

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	3532.1	776.7	267	3650.7	745.7	272	3623.8	762.7	273	3376.1	793.5	268	3546.5	776.1	1080
Female	2952.4	595.9	264	3094.2	658.0	272	3014.6	660.0	276	2837.8	666.6	273	2974.9	652.1	1085
Total	3243.9	750.4	531	3372.4	755.8	544	3317.5	774.8	549	3104.5	779.6	541	3260.0	771.4	2165

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	6163.7	1319.7	267	6343.3	1276.5	272	6312.3	1306.7	273	5866.9	1345.4	268	6172.8	1323.8	1080
Female	5157.3	1017.9	264	5383.0	1125.5	272	5241.3	1128.7	276	4939.5	1140.0	273	5180.4	1115.1	1085
Total	5663.3	1281.4	531	5863.1	1294.8	544	5773.9	1331.9	549	5398.9	1328.6	541	5675.5	1320.2	2165

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	5144.2	1301.9	267	5356.6	1255.8	272	5233.2	1259.4	273	4923.0	1322.8	268	5165.3	1293.0	1080
Female	4276.5	979.7	264	4521.4	1098.6	272	4384.7	1078.9	276	4086.6	1086.0	273	4317.7	1072.9	1085
Total	4712.8	1231.1	531	4939.0	1250.6	544	4806.7	1245.7	549	4501.0	1278.5	541	4740.5	1260.9	2165

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	1872.4	431.7	267	1928.7	421.6	272	1887.9	411.0	273	1763.3	436.2	268	1863.4	428.9	1080
Female	1546.6	325.7	264	1616.0	362.2	272	1557.4	349.9	276	1458.9	359.5	273	1544.7	353.8	1085
Total	1710.4	415.6	531	1772.3	422.7	544	1721.7	415.5	549	1609.7	427.0	541	1703.7	424.1	2165

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	1286.9	249.7	267	1309.4	232.6	272	1321.4	243.6	273	1209.7	245.3	268	1282.1	246.3	1080
Female	1067.5	192.9	264	1100.8	208.4	272	1075.8	208.9	276	1023.6	208.8	273	1066.9	206.6	1085
Total	1177.8	248.6	531	1205.1	244.1	544	1197.9	257.8	549	1115.8	245.7	541	1174.3	251.5	2165

Sulfur-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	3158.4	666.0	267	3237.0	638.7	272	3208.6	639.7	273	2971.8	668.3	268	3144.6	660.4	1080
Female	2612.8	507.1	264	2715.1	554.0	272	2631.6	544.9	276	2481.1	556.6	273	2610.1	547.0	1085
Total	2887.1	651.7	531	2976.1	651.9	544	2918.5	659.9	549	2724.2	661.2	541	2876.7	662.4	2165

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	3552.7	727.4	267	3654.3	703.1	272	3666.5	738.0	273	3397.8	748.3	268	3568.6	736.2	1080
Female	2965.5	562.5	264	3101.3	619.9	272	3032.0	635.2	276	2872.0	636.9	273	2992.9	619.8	1085
Total	3260.7	713.4	531	3377.8	717.7	544	3347.5	757.4	549	3132.5	741.9	541	3280.1	738.6	2165

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	2698.4	586.0	267	2797.2	573.4	272	2784.3	594.5	273	2579.2	603.8	268	2715.4	595.1	1080
Female	2235.1	446.4	264	2363.7	503.2	272	2310.4	501.7	276	2170.7	496.4	273	2270.3	492.7	1085
Total	2468.0	570.1	531	2580.4	581.0	544	2546.1	598.3	549	2373.1	588.4	541	2492.3	589.7	2165

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	6247.6	1310.1	267	6445.7	1271.0	272	6441.3	1326.0	273	5971.4	1349.7	268	6277.9	1326.8	1080
Female	5194.8	1006.0	264	5459.8	1114.2	272	5336.7	1131.7	276	5037.5	1127.7	273	5257.7	1106.7	1085
Total	5724.2	1281.2	531	5952.7	1292.0	544	5886.0	1349.4	549	5500.1	1326.5	541	5766.7	1323.5	2165

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	3116.8	703.5	267	3231.0	679.0	272	3187.0	686.8	273	2969.6	713.5	268	3126.8	701.8	1080
Female	2590.7	537.0	264	2722.7	589.3	272	2648.8	592.7	276	2483.8	590.0	273	2611.7	583.9	1085
Total	2855.2	678.9	531	2976.8	684.2	544	2916.5	694.9	549	2724.4	697.3	541	2868.6	694.8	2165

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	951.0	201.0	267	981.6	193.9	272	981.8	202.1	273	913.8	208.4	268	957.3	203.0	1080
Female	789.9	154.3	264	830.8	172.8	272	815.8	173.3	276	769.7	173.6	273	801.7	170.3	1085
Total	870.9	196.4	531	906.2	198.4	544	898.4	205.5	549	841.1	204.6	541	879.3	202.8	2165

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	4193.1	885.8	267	4329.6	871.1	272	4307.6	883.2	273	4015.6	915.2	268	4212.4	896.3	1080
Female	3494.0	681.0	264	3666.9	764.3	272	3583.9	760.7	276	3382.0	771.2	273	3532.1	752.2	1085
Total	3845.5	863.9	531	3998.3	883.3	544	3943.8	899.3	549	3695.9	902.4	541	3871.4	894.3	2165

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	2586.9	726.8	267	2660.6	669.7	272	2615.7	674.4	273	2445.3	763.4	268	2577.6	712.9	1080
Female	2107.6	501.5	264	2247.3	601.5	272	2141.5	563.8	276	1997.3	556.3	273	2123.5	563.7	1085
Total	2348.6	668.9	531	2453.9	668.7	544	2377.3	664.5	549	2219.2	703.1	541	2350.0	681.3	2165

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	4769.1	1059.2	267	4961.2	1012.1	272	4896.9	1104.0	273	4517.5	1037.4	268	4787.3	1065.9	1080
Female	3831.9	785.3	264	4088.8	879.4	272	3997.7	897.1	276	3755.0	858.0	273	3919.1	865.6	1085
Total	4303.1	1043.6	531	4525.0	1043.0	544	4444.8	1100.6	549	4132.7	1023.9	541	4352.2	1063.2	2165

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	3995.3	916.2	267	4156.8	877.5	272	4076.5	884.0	273	3793.2	904.5	268	4006.4	904.5	1080
Female	3251.9	679.7	264	3436.0	745.8	272	3359.0	754.9	276	3142.9	728.8	273	3297.9	735.7	1085
Total	3625.7	888.2	531	3796.4	890.0	544	3715.8	896.0	549	3465.0	882.0	541	3651.3	897.0	2165

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	7353.5	1647.5	267	7704.6	1614.9	272	7671.4	1715.7	273	7141.3	1707.8	268	7469.6	1685.9	1080
Female	6053.4	1251.9	264	6509.4	1405.3	272	6398.6	1430.9	276	6008.3	1410.7	273	6244.2	1392.6	1085
Total	6707.1	1601.1	531	7107.0	1626.3	544	7031.5	1701.2	549	6569.6	1663.1	541	6855.5	1662.6	2165

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	14456	3008.6	267	14591	2706.0	272	14724	2834.2	273	13479	2900.8	268	14315	2901.3	1080
Female	12381	2374.0	264	12581	2451.2	272	12124	2465.1	276	11562	2575.8	273	12160	2494.5	1085
Total	13425	2901.4	531	13586	2768.6	544	13417	2954.6	549	12512	2902.2	541	13235	2911.4	2165

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	3424.1	824.2	267	3523.2	743.3	272	3483.1	801.1	273	3204.5	774.1	268	3409.5	794.6	1080
Female	2784.6	623.1	264	2939.1	645.7	272	2838.9	679.2	276	2651.5	617.6	273	2803.6	649.6	1085
Total	3106.2	797.5	531	3231.1	754.5	544	3159.2	808.7	549	2925.4	751.7	541	3105.9	786.1	2165

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	4569.2	1040.5	267	4512.3	933.3	272	4630.9	1001.3	273	4179.4	975.4	268	4473.7	1002.1	1080
Female	4062.9	856.7	264	4065.5	887.6	272	3842.3	857.8	276	3677.2	921.6	273	3910.4	895.2	1085
Total	4317.5	985.8	531	4288.9	937.0	544	4234.4	1011.3	549	3926.0	980.5	541	4191.4	990.7	2165

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	3527.4	719.6	267	3635.3	704.7	272	3642.3	724.9	273	3368.7	734.1	268	3544.2	728.3	1080
Female	2960.0	560.0	264	3090.9	620.9	272	3018.4	629.0	276	2850.8	630.2	273	2980.2	616.7	1085
Total	3245.3	704.4	531	3363.1	717.3	544	3328.6	746.2	549	3107.3	730.6	541	3261.6	731.1	2165

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	57.2	15.0	267	52.5	14.3	272	49.8	14.9	273	45.7	12.4	268	51.3	14.8	1080
Female	50.2	12.2	264	48.2	13.5	272	43.3	12.0	276	39.7	11.9	273	45.3	13.1	1085
Total	53.7	14.1	531	50.4	14.1	544	46.5	13.9	549	42.7	12.5	541	48.3	14.3	2165

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	17.8	5.6	267	16.2	5.3	272	15.4	5.4	273	14.4	4.6	268	15.9	5.4	1080
Female	16.5	5.0	264	15.4	5.2	272	13.8	4.5	276	12.7	4.5	273	14.6	5.0	1085
Total	17.1	5.4	531	15.8	5.3	544	14.6	5.0	549	13.6	4.6	541	15.3	5.2	2165

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	23.1	6.6	267	20.9	6.5	272	19.5	6.3	273	17.5	5.1	268	20.2	6.5	1080
Female	20.0	5.4	264	19.0	6.0	272	16.7	5.1	276	15.1	5.0	273	17.7	5.7	1085
Total	21.6	6.2	531	20.0	6.3	544	18.1	5.9	549	16.3	5.2	541	19.0	6.2	2165

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	16.2	4.4	267	15.3	4.0	272	14.9	4.7	273	13.7	4.1	268	15.0	4.4	1080
Female	13.6	3.5	264	13.7	4.1	272	12.8	3.7	276	11.8	3.7	273	13.0	3.8	1085
Total	14.9	4.2	531	14.5	4.1	544	13.8	4.4	549	12.8	4.0	541	14.0	4.2	2165

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	39.3	10.4	267	36.2	9.8	272	34.3	10.3	273	31.2	8.6	268	35.2	10.2	1080
Female	33.5	8.1	264	32.7	9.4	272	29.4	8.2	276	26.9	8.2	273	30.6	8.9	1085
Total	36.4	9.7	531	34.5	9.7	544	31.9	9.6	549	29.0	8.6	541	32.9	9.8	2165

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	3.8	267	12.1	3.5	272	11.8	4.1	273	10.7	3.4	268	11.9	3.8	1080
Female	10.8	3.0	264	10.8	3.6	272	10.2	3.1	276	9.4	3.2	273	10.3	3.3	1085
Total	12.0	3.6	531	11.5	3.6	544	11.0	3.7	549	10.1	3.4	541	11.1	3.6	2165

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	267	3.1	1.1	272	3.0	1.1	273	2.9	1.1	268	3.0	1.1	1080
Female	2.5	0.8	264	2.6	0.9	272	2.5	0.9	276	2.3	0.9	273	2.5	0.9	1085
Total	2.7	1.0	531	2.9	1.0	544	2.7	1.1	549	2.6	1.1	541	2.7	1.0	2165

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	240.2	207.2	267	207.3	186.1	272	213.5	183.9	273	234.2	186.1	268	223.7	191.2	1080
Female	283.0	174.2	264	268.8	206.8	272	232.7	175.6	276	222.3	172.8	273	251.4	184.4	1085
Total	261.5	192.5	531	238.0	198.9	544	223.1	179.9	549	228.2	179.4	541	237.6	188.3	2165

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	157.5	134.9	267	136.2	121.9	272	139.5	120.2	273	152.8	121.0	268	146.4	124.8	1080
Female	184.8	114.6	264	174.7	136.1	272	151.9	114.5	276	145.5	113.2	273	164.0	120.9	1085
Total	171.0	125.8	531	155.4	130.5	544	145.8	117.4	549	149.1	117.1	541	155.2	123.1	2165

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	91.2	79.4	267	80.0	73.9	272	83.3	71.9	273	91.8	72.5	268	86.5	74.5	1080
Female	109.1	68.9	264	103.8	82.2	272	91.3	68.8	276	87.8	68.8	273	97.9	72.8	1085
Total	100.1	74.8	531	91.9	79.0	544	87.3	70.4	549	89.8	70.6	541	92.2	73.9	2165

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	192.5	158.2	267	166.5	142.6	272	169.0	140.3	273	182.8	141.2	268	177.6	145.9	1080
Female	223.9	138.3	264	211.2	162.7	272	183.8	136.1	276	175.5	134.7	273	198.3	144.6	1085
Total	208.1	149.4	531	188.8	154.4	544	176.4	138.3	549	179.1	137.9	541	188.0	145.6	2165

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	18.0	16.5	267	15.7	15.1	272	15.8	14.8	273	17.7	14.9	268	16.8	15.4	1080
Female	21.3	14.1	264	19.9	17.1	272	17.6	14.5	276	16.8	14.3	273	18.9	15.1	1085
Total	19.7	15.4	531	17.8	16.3	544	16.7	14.7	549	17.2	14.6	541	17.8	15.3	2165

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	237.8	191.4	267	209.3	183.9	272	207.7	168.0	273	222.5	168.3	268	219.2	178.3	1080
Female	280.0	166.3	264	258.0	195.4	272	224.7	164.0	276	217.8	167.3	273	244.8	175.3	1085
Total	258.8	180.4	531	233.7	191.1	544	216.2	166.1	549	220.2	167.7	541	232.0	177.2	2165

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	1209.0	639.5	267	1136.5	600.9	272	1113.6	584.2	273	1141.8	585.9	268	1150.0	603.1	1080
Female	1267.1	593.7	264	1212.5	666.4	272	1069.0	549.7	276	1013.3	565.4	273	1139.2	603.3	1085
Total	1237.9	617.3	531	1174.5	635.1	544	1091.2	567.0	549	1077.0	578.7	541	1144.5	603.1	2165

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	115.4	85.9	267	105.2	85.8	272	98.6	76.3	273	96.6	68.6	268	103.9	79.7	1080
Female	129.8	84.1	264	109.2	75.3	272	95.7	67.8	276	88.4	60.2	273	105.5	73.8	1085
Total	122.5	85.2	531	107.2	80.7	544	97.2	72.1	549	92.4	64.5	541	104.7	76.8	2165

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	141.3	94.8	267	129.6	89.1	272	133.4	88.5	273	140.5	88.2	268	136.2	90.2	1080
Female	160.0	83.2	264	152.7	97.5	272	135.4	83.0	276	129.0	83.9	273	144.1	87.9	1085
Total	150.6	89.6	531	141.2	94.0	544	134.4	85.7	549	134.7	86.2	541	140.2	89.1	2165

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	267	0.1	0.8	272	0.0	0.3	273	0.0	0.3	268	0.1	0.5	1080
Female	0.1	1.1	264	0.0	0.4	272	0.1	1.0	276	0.0	0.0	273	0.1	0.8	1085
Total	0.1	0.8	531	0.1	0.6	544	0.1	0.7	549	0.0	0.2	541	0.1	0.6	2165

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	10.7	3.1	267	9.8	2.9	272	9.3	2.9	273	8.6	2.5	268	9.6	3.0	1080
Female	9.6	2.7	264	9.0	2.8	272	8.1	2.4	276	7.5	2.4	273	8.5	2.7	1085
Total	10.2	3.0	531	9.4	2.9	544	8.7	2.7	549	8.0	2.5	541	9.1	2.9	2165

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	1127.3	418.1	267	1102.6	439.7	272	989.4	384.3	273	944.8	369.1	268	1040.9	410.3	1080
Female	986.1	388.2	264	938.4	359.6	272	853.7	346.9	276	769.9	329.7	273	886.1	365.3	1085
Total	1057.1	409.3	531	1020.5	409.6	544	921.2	371.9	549	856.5	360.2	541	963.3	396.0	2165

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	1.2	2.9	267	1.5	2.1	272	1.7	2.8	273	1.7	6.6	268	1.5	4.0	1080
Female	1.3	3.0	264	1.4	4.0	272	1.6	2.5	276	1.4	2.2	273	1.4	3.0	1085
Total	1.2	2.9	531	1.5	3.2	544	1.6	2.6	549	1.5	4.9	541	1.5	3.5	2165

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	172.4	78.4	267	166.7	79.9	272	157.9	74.2	273	157.3	72.4	268	163.6	76.5	1080
Female	172.6	74.4	264	162.8	77.7	272	145.0	65.4	276	134.7	70.4	273	153.6	73.5	1085
Total	172.5	76.4	531	164.8	78.8	544	151.4	70.1	549	145.9	72.3	541	158.6	75.1	2165

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	118.0	48.8	267	119.1	52.2	272	112.5	48.4	273	106.2	41.8	268	114.0	48.2	1080
Female	109.2	47.9	264	104.5	45.1	272	95.7	41.8	276	86.5	40.4	273	98.9	44.6	1085
Total	113.6	48.5	531	111.8	49.2	544	104.0	45.9	549	96.3	42.2	541	106.4	47.0	2165

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	4.1	1.4	267	3.7	1.3	272	3.4	1.4	273	3.1	1.1	268	3.6	1.4	1080
Female	3.7	1.2	264	3.4	1.2	272	3.0	1.0	276	2.8	1.0	273	3.2	1.2	1085
Total	3.9	1.3	531	3.5	1.3	544	3.2	1.2	549	2.9	1.1	541	3.4	1.3	2165

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	19.9	5.8	267	17.8	5.7	272	16.6	5.6	273	14.9	4.5	268	17.3	5.7	1080
Female	17.3	4.8	264	16.4	5.5	272	14.4	4.5	276	13.1	4.4	273	15.3	5.1	1085
Total	18.6	5.5	531	17.1	5.6	544	15.5	5.2	549	14.0	4.6	541	16.3	5.5	2165

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	13.2	3.8	267	12.2	3.5	272	11.9	4.1	273	10.8	3.5	268	12.0	3.8	1080
Female	11.1	3.1	264	11.0	3.6	272	10.2	3.1	276	9.4	3.2	273	10.4	3.3	1085
Total	12.1	3.6	531	11.6	3.6	544	11.0	3.7	549	10.1	3.4	541	11.2	3.7	2165

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	1957.5	687.7	267	1752.7	568.5	272	1667.9	633.0	273	1539.8	565.4	268	1729.1	633.1	1080
Female	1578.5	534.6	264	1553.2	580.2	272	1463.1	547.2	276	1374.9	563.7	273	1491.6	561.8	1085
Total	1769.1	644.3	531	1652.9	582.5	544	1564.9	599.7	549	1456.6	570.0	541	1610.0	610.0	2165

Gamma-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	0.2	0.4	267	0.3	0.4	272	0.3	0.4	273	0.4	0.8	268	0.3	0.5	1080
Female	0.2	0.4	264	0.3	0.5	272	0.3	0.4	276	0.3	0.5	273	0.3	0.5	1085
Total	0.2	0.4	531	0.3	0.5	544	0.3	0.4	549	0.3	0.7	541	0.3	0.5	2165

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	69.5	74.5	267	87.7	83.9	272	89.0	82.4	273	91.2	80.7	268	84.4	80.8	1080
Female	57.3	58.2	264	75.3	73.9	272	69.3	66.4	276	61.4	58.4	273	65.9	64.9	1085
Total	63.5	67.1	531	81.5	79.2	544	79.1	75.4	549	76.2	71.8	541	75.1	73.8	2165

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	224.8	87.6	267	204.3	89.1	272	210.9	105.5	273	183.4	84.0	268	205.9	93.1	1080
Female	208.9	75.2	264	206.7	90.3	272	173.0	79.3	276	171.1	81.8	273	189.7	83.7	1085
Total	216.9	82.0	531	205.5	89.6	544	191.9	95.1	549	177.2	83.1	541	197.8	88.8	2165

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	527.8	288.0	267	531.9	328.7	272	527.5	337.4	273	494.7	321.8	268	520.5	319.6	1080
Female	467.6	264.0	264	503.8	310.4	272	407.7	221.9	276	396.2	274.3	273	443.5	272.6	1085
Total	497.9	277.7	531	517.8	319.7	544	467.2	291.2	549	445.0	302.5	541	481.9	299.4	2165