

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

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	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

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	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

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	41.7	25.9	267	37.9	22.2	272	32.4	20.3	273	28.2	18.0	268	35.0	22.3	1080
Female	30.1	16.1	264	30.8	20.8	272	26.7	16.9	276	22.0	14.7	273	27.4	17.6	1085
Total	35.9	22.3	531	34.3	21.8	544	29.5	18.9	549	25.1	16.7	541	31.2	20.5	2165

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	24.8	10.5	267	25.2	9.8	272	23.9	9.8	273	22.6	9.2	268	24.1	9.9	1080
Female	20.7	8.8	264	20.6	8.4	272	20.6	8.7	276	17.8	8.3	273	19.9	8.6	1085
Total	22.8	9.9	531	22.9	9.4	544	22.2	9.4	549	20.2	9.1	541	22.0	9.5	2165

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	27.5	27.3	267	35.2	29.0	272	36.2	33.7	273	38.8	34.6	268	34.4	31.5	1080
Female	22.1	21.6	264	29.6	27.2	272	28.0	25.0	276	26.4	25.2	273	26.6	25.0	1085
Total	24.8	24.8	531	32.4	28.2	544	32.1	29.9	549	32.5	30.8	541	30.5	28.7	2165

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	184.6	68.8	267	184.8	68.7	272	174.8	63.6	273	164.9	63.1	268	177.3	66.5	1080
Female	153.6	52.3	264	154.2	56.8	272	150.4	56.5	276	131.7	54.7	273	147.4	55.8	1085
Total	169.2	63.0	531	169.5	64.8	544	162.5	61.3	549	148.1	61.3	541	162.3	63.2	2165

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	313.0	252.3	267	409.0	308.3	272	387.3	290.1	273	408.4	293.5	268	379.6	289.2	1080
Female	254.5	199.3	264	321.7	251.8	272	312.9	257.3	276	286.3	236.2	273	294.2	238.7	1085
Total	283.9	229.2	531	365.4	284.6	544	349.9	276.4	549	346.8	272.8	541	336.8	268.4	2165

Behenic 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	101.1	76.3	267	95.5	96.0	272	96.5	133.4	273	76.5	62.5	268	92.4	96.4	1080
Female	76.4	49.3	264	92.0	106.4	272	79.4	91.3	276	69.4	66.4	273	79.3	81.9	1085
Total	88.8	65.5	531	93.8	101.3	544	87.9	114.4	549	72.9	64.5	541	85.9	89.7	2165

Docosenoic 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	251.2	269.9	267	273.5	318.4	272	283.6	298.1	273	259.6	278.8	268	267.1	291.9	1080
Female	241.0	241.8	264	275.3	287.9	272	200.9	199.7	276	198.7	231.8	273	228.7	243.9	1085
Total	246.1	256.1	531	274.4	303.3	544	242.0	256.6	549	228.9	257.7	541	247.9	269.6	2165

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

n-3 Docosapentaenoic 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	85.8	67.7	267	107.0	74.5	272	104.3	86.6	273	114.9	89.6	268	103.0	80.7	1080
Female	67.3	52.4	264	86.6	69.4	272	85.1	65.3	276	79.4	71.0	273	79.7	65.4	1085
Total	76.6	61.2	531	96.8	72.7	544	94.6	77.1	549	97.0	82.6	541	91.3	74.3	2165

n-6 Docosapentaenoic 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	2.4	4.3	267	2.8	5.1	272	3.6	6.8	273	3.7	6.1	268	3.1	5.7	1080
Female	1.9	3.9	264	2.4	4.1	272	2.6	4.5	276	2.3	5.1	273	2.3	4.4	1085
Total	2.1	4.1	531	2.6	4.6	544	3.1	5.8	549	3.0	5.6	541	2.7	5.1	2165

Docosahexaenoic 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	587.8	362.5	267	708.2	425.3	272	679.0	430.3	273	702.4	429.5	268	669.6	415.3	1080
Female	475.1	280.7	264	575.2	355.9	272	545.2	338.7	276	497.0	353.5	273	523.5	335.8	1085
Total	531.8	329.0	531	641.7	397.4	544	611.7	392.4	549	598.8	405.8	541	596.4	384.5	2165

Lignoceric 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	16.1	37.2	267	17.1	47.4	272	20.1	69.5	273	12.0	31.0	268	16.3	48.7	1080
Female	10.2	23.0	264	20.2	54.5	272	15.3	47.1	276	10.8	31.7	273	14.2	41.2	1085
Total	13.2	31.1	531	18.6	51.1	544	17.7	59.3	549	11.4	31.4	541	15.2	45.1	2165

Tetracosenoic 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	49.2	38.1	267	60.8	43.3	272	61.7	46.6	273	61.9	43.4	268	58.4	43.2	1080
Female	40.3	30.4	264	51.1	38.3	272	47.9	35.7	276	42.8	35.0	273	45.6	35.2	1085
Total	44.8	34.7	531	56.0	41.1	544	54.8	42.0	549	52.3	40.5	541	52.0	39.9	2165

Alcohol (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	2.7	8.0	267	5.6	12.7	272	5.3	12.8	273	5.2	10.8	268	4.7	11.3	1080
Female	0.9	4.0	264	0.5	1.1	272	0.5	1.6	276	0.5	1.5	273	0.6	2.3	1085
Total	1.8	6.4	531	3.0	9.4	544	2.9	9.4	549	2.8	8.0	541	2.6	8.4	2165

附表2. 「アミノ酸データベース (等々力)」を用いた場合のアミノ酸摂取量推定値
 国立長寿医療研究センター・老化に関する長期縦断疫学調査(NILS-LSA)における3日間秤量食事調査結果から
 1日平均アミノ酸摂取量を性・年齢群別に推定した。

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	3672.6	776.4	267	3781.5	753.7	272	3766.4	786.3	273	3523.3	808.7	268	3686.7	787.1	1080
Female	3120.5	599.6	264	3258.6	663.4	272	3165.8	666.0	276	2985.8	688.6	273	3132.8	662.2	1085
Total	3398.1	746.5	531	3520.0	756.1	544	3464.5	787.3	549	3252.1	796.6	541	3409.1	778.0	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	6407.3	1324.2	267	6576.2	1290.2	272	6568.2	1347.5	273	6132.7	1371.5	268	6422.4	1343.8	1080
Female	5462.9	1027.9	264	5681.1	1136.4	272	5514.2	1138.9	276	5204.1	1180.0	273	5465.5	1134.5	1085
Total	5937.8	1275.8	531	6128.7	1294.6	544	6038.3	1352.9	549	5664.1	1359.2	541	5942.9	1332.0	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	5253.3	1281.2	267	5500.2	1274.1	272	5390.2	1307.5	273	5087.3	1342.5	268	5308.9	1308.9	1080
Female	4440.2	996.1	264	4703.9	1095.0	272	4551.0	1091.8	276	4260.9	1117.6	273	4489.4	1087.5	1085
Total	4849.1	1217.3	531	5102.0	1251.9	544	4968.3	1274.0	549	4670.3	1300.5	541	4898.2	1270.6	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	1938.5	432.1	267	1993.0	425.8	272	1957.4	423.0	273	1838.4	443.6	268	1932.2	434.3	1080
Female	1627.5	329.5	264	1695.6	363.6	272	1630.2	355.6	276	1530.7	371.6	273	1620.9	360.0	1085
Total	1783.9	414.5	531	1844.3	422.6	544	1792.9	423.2	549	1683.1	436.5	541	1776.2	428.0	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	1351.9	252.7	267	1369.7	237.4	272	1386.9	251.9	273	1278.5	252.5	268	1347.0	251.7	1080
Female	1148.5	196.7	264	1178.9	213.9	272	1146.7	210.5	276	1092.3	217.8	273	1141.5	212.0	1085
Total	1250.8	248.2	531	1274.3	245.1	544	1266.1	261.1	549	1184.5	253.2	541	1244.0	254.3	2165

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	3289.9	669.0	267	3362.3	647.6	272	3344.0	659.4	273	3116.2	682.3	268	3278.7	670.7	1080
Female	2775.0	513.8	264	2873.3	560.5	272	2775.8	552.8	276	2622.1	577.4	273	2761.4	558.5	1085
Total	3033.9	649.6	531	3117.8	652.7	544	3058.3	670.8	549	2866.9	677.7	541	3019.4	668.9	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	3706.1	731.7	267	3798.7	711.6	272	3826.9	761.5	273	3563.5	762.5	268	3724.6	748.2	1080
Female	3156.1	569.9	264	3287.5	629.7	272	3203.5	638.9	276	3036.9	659.8	273	3171.1	631.7	1085
Total	3432.7	711.1	531	3543.1	718.4	544	3513.5	768.1	549	3297.8	759.1	541	3447.2	745.4	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	2804.9	586.8	267	2897.5	579.1	272	2893.7	608.0	273	2694.1	615.4	268	2823.2	602.4	1080
Female	2366.5	450.9	264	2491.5	509.8	272	2427.7	504.6	276	2284.7	513.1	273	2392.8	500.8	1085
Total	2587.0	567.3	531	2694.5	581.7	544	2659.4	604.7	549	2487.5	601.5	541	2607.5	594.1	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	6502.0	1314.7	267	6685.0	1284.5	272	6706.1	1362.3	273	6246.5	1374.6	268	6536.3	1345.3	1080
Female	5512.6	1016.7	264	5769.6	1130.1	272	5621.1	1137.4	276	5312.0	1166.8	273	5554.1	1126.0	1085
Total	6010.1	1275.0	531	6227.3	1292.6	544	6160.6	1365.7	549	5774.9	1356.0	541	6044.1	1333.7	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	3232.8	705.1	267	3344.3	687.4	272	3310.9	707.1	273	3097.7	727.7	268	3247.1	712.3	1080
Female	2732.2	542.2	264	2863.1	592.7	272	2777.3	599.1	276	2609.2	608.3	273	2745.6	592.9	1085
Total	2983.9	676.9	531	3103.7	685.0	544	3042.7	706.8	549	2851.2	712.7	541	2995.8	701.4	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	988.5	201.7	267	1016.5	196.0	272	1020.8	207.2	273	954.8	212.3	268	995.3	205.8	1080
Female	836.5	155.8	264	876.9	174.9	272	858.3	173.9	276	810.7	179.1	273	845.7	172.8	1085
Total	912.9	195.6	531	946.7	198.3	544	939.1	207.6	549	882.1	208.9	541	920.3	204.2	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	4361.4	889.8	267	4488.6	881.8	272	4484.2	911.9	273	4199.8	935.1	268	4384.4	911.2	1080
Female	3701.0	689.2	264	3871.2	772.1	272	3772.0	766.4	276	3565.3	798.5	273	3727.6	765.3	1085
Total	4033.0	861.6	531	4179.9	883.8	544	4126.2	913.5	549	3879.6	924.3	541	4055.2	903.0	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	2665.8	717.6	267	2735.9	668.5	272	2703.0	686.6	273	2538.6	768.5	268	2661.3	714.0	1080
Female	2207.1	504.7	264	2345.8	606.5	272	2232.7	566.4	276	2085.8	568.5	273	2217.9	569.9	1085
Total	2437.8	661.5	531	2540.9	666.9	544	2466.6	671.1	549	2310.1	711.4	541	2439.1	682.7	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	4950.0	1062.0	267	5134.6	1027.6	272	5095.4	1125.6	273	4720.6	1065.7	268	4976.3	1081.7	1080
Female	4050.3	798.3	264	4305.6	896.4	272	4204.3	908.2	276	3952.4	880.6	273	4128.8	882.0	1085
Total	4502.7	1041.7	531	4720.1	1048.9	544	4647.4	1114.3	549	4333.0	1048.8	541	4551.6	1073.6	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	4151.9	919.7	267	4310.0	889.7	272	4242.9	908.2	273	3967.9	927.1	268	4169.1	919.0	1080
Female	3439.2	691.4	264	3619.8	755.1	272	3527.8	766.7	276	3308.7	755.1	273	3474.2	751.0	1085
Total	3797.6	888.2	531	3964.9	893.8	544	3883.4	912.4	549	3635.2	906.1	541	3820.8	907.9	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	7641.1	1660.8	267	7988.1	1643.5	272	7989.7	1767.1	273	7458.4	1747.0	268	7771.3	1718.5	1080
Female	6400.8	1271.8	264	6854.6	1430.6	272	6721.6	1446.5	276	6318.9	1455.4	273	6575.6	1419.7	1085
Total	7024.4	1603.8	531	7421.4	1640.5	544	7352.2	1732.9	549	6883.4	1703.3	541	7172.0	1685.1	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	15186	3055.6	267	15268	2770.4	272	15426	2949.9	273	14205	2944.8	268	15024	2966.1	1080
Female	13243	2415.8	264	13417	2493.0	272	12880	2483.9	276	12293	2669.1	273	12955	2551.1	1085
Total	14220	2920.2	531	14342	2791.1	544	14146	3006.5	549	13240	2965.2	541	13987	2952.5	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	3564.1	831.4	267	3658.7	753.6	272	3632.4	821.1	273	3353.8	790.8	268	3553.0	807.5	1080
Female	2949.0	633.7	264	3099.9	655.2	272	2986.2	689.6	276	2794.1	639.9	273	2957.3	663.5	1085
Total	3258.3	800.6	531	3379.3	758.9	544	3307.5	823.3	549	3071.3	770.6	541	3254.5	796.5	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	4781.1	1065.4	267	4703.1	948.3	272	4828.0	1040.8	273	4386.6	989.3	268	4675.4	1024.9	1080
Female	4329.5	876.2	264	4319.7	896.1	272	4069.1	867.7	276	3895.9	944.1	273	4151.7	913.6	1085
Total	4556.6	1000.9	531	4511.4	941.5	544	4446.5	1029.5	549	4139.0	996.6	541	4413.0	1005.2	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	3653.4	724.0	267	3741.7	715.1	272	3764.1	751.7	273	3499.4	760.9	268	3665.4	744.4	1080
Female	3127.3	568.6	264	3252.3	628.0	272	3165.1	635.4	276	2986.3	651.6	273	3132.8	628.7	1085
Total	3391.8	702.0	531	3497.0	715.6	544	3463.0	756.9	549	3240.5	752.4	541	3398.5	738.4	2165