

Meats (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	72.2	33.7	127	70.3	35.5	182	63.8	31.1	176	55.8	31.1	158	28.9	27.3	10	64.8	33.6	653
Male	94.4	47.7	130	87.0	43.7	187	74.9	42.3	200	67.2	43.8	181	46.9	32.1	13	79.2	45.1	711
Total	83.4	42.8	257	78.8	40.7	369	69.7	37.8	376	61.9	38.8	339	39.1	30.8	23	72.3	40.7	1364

Eggs (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	52.4	24.6	127	51.7	27.2	182	56.3	25.3	176	53.2	28.2	158	31.5	25.1	10	53.1	26.5	653
Male	58.5	31.7	130	55.8	26.8	187	58.6	27.9	200	57.1	26.8	181	67.3	43.5	13	57.6	28.4	711
Total	55.5	28.5	257	53.8	27.1	369	57.5	26.7	376	55.2	27.5	339	51.8	40.2	23	55.5	27.6	1364

Milks and daily foods (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	171.6	110.4	127	151.0	110.7	182	157.4	111.1	176	154.4	129.7	158	167.7	123.4	10	157.8	115.7	653
Male	177.6	150.0	130	127.4	131.6	187	164.4	137.2	200	158.1	133.7	181	175.5	138.7	13	155.7	138.2	711
Total	174.7	131.7	257	139.0	122.2	369	161.1	125.6	376	156.4	131.7	339	172.1	129.4	23	156.7	127.9	1364

Vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	256.6	106.0	127	289.7	106.4	182	321.4	118.4	176	284.2	118.7	158	247.8	104.7	10	289.8	114.6	653
Male	246.5	104.5	130	294.9	112.9	187	333.1	128.4	200	301.1	126.4	181	297.2	136.0	13	298.4	123.1	711
Total	251.5	105.2	257	292.3	109.7	369	327.6	123.8	376	293.2	123.0	339	275.7	123.3	23	294.3	119.1	1364

Fruits (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	143.6	101.0	127	180.5	125.8	182	187.6	130.7	176	179.0	134.5	158	217.8	98.1	10	175.4	125.3	653
Male	121.9	107.8	130	141.1	116.4	187	167.5	129.9	200	175.9	124.3	181	169.2	99.6	13	154.4	122.0	711
Total	132.7	104.9	257	160.5	122.6	369	176.9	130.5	376	177.4	128.9	339	190.3	99.7	23	164.5	124.0	1364

Mushrooms (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	21.4	20.3	127	21.0	20.7	182	19.2	22.2	176	17.1	22.0	158	17.8	25.5	10	19.6	21.4	653
Male	17.1	17.9	130	20.4	20.2	187	18.7	19.3	200	15.8	17.1	181	17.1	14.9	13	18.1	18.7	711
Total	19.2	19.2	257	20.7	20.4	369	19.0	20.7	376	16.4	19.5	339	17.4	19.6	23	18.8	20.1	1364

Seaweeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	7.7	13.0	127	7.8	13.5	182	12.1	22.8	176	8.6	22.0	158	17.9	32.5	10	9.3	18.9	653
Male	6.6	10.2	130	8.3	12.2	187	8.7	12.9	200	9.3	13.8	181	7.3	13.6	13	8.3	12.5	711
Total	7.1	11.6	257	8.1	12.8	369	10.3	18.3	376	9.0	18.1	339	11.9	23.7	23	8.8	15.9	1364

Beverages (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	749.2	387.2	127	750.0	351.9	182	699.4	400.4	176	683.6	337.9	158	553.8	274.9	10	717.2	369.0	653
Male	1058.3	549.5	130	1029.7	505.1	187	942.3	496.5	200	798.5	450.5	181	585.0	298.6	13	943.4	505.8	711
Total	905.6	499.9	257	891.7	457.7	369	828.6	469.4	376	744.9	405.5	339	571.4	282.5	23	835.1	459.6	1364

Seasonings and spices (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	31.9	11.9	127	31.9	11.5	182	33.3	13.4	176	31.3	12.1	158	28.4	13.5	10	32.1	12.3	653
Male	38.2	12.6	130	37.7	13.1	187	38.6	13.4	200	34.5	14.3	181	31.8	15.4	13	37.1	13.5	711
Total	35.1	12.6	257	34.9	12.7	369	36.1	13.6	376	33.0	13.4	339	30.3	14.4	23	34.7	13.2	1364

Prepared foods (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	38.2	50.5	127	29.6	45.5	182	31.0	50.4	176	25.4	51.9	158	24.6	48.7	10	30.6	49.5	653
Male	60.8	62.2	130	38.5	55.6	187	38.0	60.0	200	26.4	44.8	181	11.9	26.4	13	38.9	56.4	711
Total	49.7	57.7	257	34.1	51.0	369	34.7	55.8	376	26.0	48.1	339	17.4	37.3	23	34.9	53.4	1364

2) Nutrition intake from foods (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1810	316	127	1808	311	182	1791	310	176	1698	343	158	1561	256	10	1773	322	653
Male	2280	358	130	2225	373	187	2233	371	200	2016	375	181	1785	319	13	2176	385	711
Total	2048	411	257	2019	402	369	2026	408	376	1868	394	339	1688	308	23	1983	409	1364

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1719.3	462.6	127	1782.8	449.7	182	1809.3	528.0	176	1724.3	455.6	158	1529.9	461.7	10	1759.6	476.9	653
Male	2118.0	572.4	130	2132.9	568.6	187	2168.3	592.9	200	1940.9	573.5	181	1711.2	454.2	13	2083.5	583.3	711
Total	1921.0	557.1	257	1960.2	541.8	369	2000.3	590.6	376	1839.9	532.2	339	1632.4	456.3	23	1928.4	558.8	1364

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	72.1	13.2	127	73.0	13.3	182	73.7	15.0	176	70.5	15.5	158	64.5	13.5	10	72.3	14.4	653
Male	87.3	16.9	130	88.4	15.6	187	88.2	16.9	200	82.7	17.5	181	71.6	17.4	13	86.4	17.0	711
Total	79.8	17.0	257	80.8	16.4	369	81.4	17.6	376	77.0	17.7	339	68.5	15.9	23	79.6	17.3	1364

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	58.4	15.2	127	54.3	13.7	182	50.5	12.5	176	46.0	13.5	158	42.8	11.9	10	51.9	14.3	653
Male	66.6	15.2	130	60.2	15.9	187	59.5	15.3	200	52.3	13.8	181	43.3	15.9	13	58.8	15.9	711
Total	62.5	15.7	257	57.3	15.1	369	55.3	14.8	376	49.4	14.0	339	43.1	14.0	23	55.5	15.6	1364

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	242.8	45.9	127	253.0	48.6	182	258.2	51.4	176	250.6	59.1	158	231.3	41.8	10	251.5	51.7	653
Male	295.3	52.4	130	294.9	55.6	187	307.2	59.2	200	287.6	61.6	181	271.8	40.0	13	296.2	57.8	711
Total	269.4	55.8	257	274.2	56.2	369	284.2	60.8	376	270.4	63.1	339	254.2	44.9	23	274.8	59.3	1364

Non-fibrous carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	236.6	44.8	127	246.0	47.2	182	251.0	50.5	176	243.5	58.5	158	226.2	41.4	10	244.6	50.7	653
Male	288.3	51.9	130	286.7	54.7	187	297.9	59.3	200	279.8	60.5	181	265.5	37.6	13	288.0	57.2	711
Total	262.8	54.9	257	266.6	55.0	369	275.9	60.0	376	262.9	62.2	339	248.4	43.3	23	267.2	58.3	1364

Fibrous carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3.7	1.2	127	4.2	1.3	182	4.6	1.4	176	4.5	1.3	158	4.3	1.7	10	4.3	1.4	653
Male	3.7	1.2	130	4.3	1.5	187	5.0	1.6	200	4.8	1.7	181	4.8	1.6	13	4.5	1.6	711
Total	3.7	1.2	257	4.3	1.4	369	4.8	1.5	376	4.6	1.5	339	4.6	1.6	23	4.4	1.5	1364

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	18.7	4.1	127	19.5	3.9	182	20.3	4.6	176	19.5	4.3	158	17.2	4.4	10	19.5	4.3	653
Male	20.9	4.2	130	22.4	5.0	187	23.5	5.3	200	22.1	5.4	181	21.8	9.2	13	22.3	5.2	711
Total	19.9	4.3	257	20.9	4.7	369	22.0	5.2	376	20.9	5.1	339	19.8	7.7	23	21.0	5.0	1364

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	570	177	127	608	214	182	663	256	176	687	284	158	644	323	10	635	243	653
Male	599	187	130	622	222	187	714	239	200	679	229	181	709	355	13	659	230	711
Total	585	183	257	615	218	369	690	248	376	682	256	339	681	335	23	648	236	1364

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1028	214	127	1049	214	182	1100	254	176	1076	280	158	991	271	10	1064	244	653
Male	1217	251	130	1234	248	187	1279	264	200	1207	279	181	1115	367	13	1234	265	711
Total	1124	251	257	1143	250	369	1195	274	376	1146	287	339	1061	328	23	1153	269	1364

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	10.1	2.6	127	10.7	2.9	182	11.5	3.0	176	11.0	3.1	158	9.4	3.0	10	10.8	3.0	653
Male	11.1	2.4	130	12.0	2.8	187	13.0	3.0	200	12.3	3.5	181	11.4	3.6	13	12.2	3.0	711
Total	10.6	2.5	257	11.4	2.9	369	12.3	3.1	376	11.7	3.4	339	10.5	3.4	23	11.5	3.1	1364

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	4232	1032	127	4254	923	182	4381	1102	176	4287	1049	158	3599	778	10	4282	1025	653
Male	4895	1072	130	5142	1275	187	5213	1244	200	4900	1337	181	4999	2228	13	5053	1275	711
Total	4567	1101	257	4704	1199	369	4824	1249	376	4614	1248	339	4390	1860	23	4684	1224	1364

Potadium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2666	614	127	2832	636	182	2984	760	176	2855	772	158	2664	920	10	2844	712	653
Male	2847	659	130	3090	752	187	3324	775	200	3105	886	181	2897	985	13	3112	798	711
Total	2758	642	257	2963	708	369	3165	786	376	2989	843	339	2795	943	23	2983	770	1364

Retinol (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	416	718	127	372	654	182	429	760	176	358	852	158	494	772	10	394	747	653
Male	440	744	130	323	498	187	476	802	200	450	900	181	912	1823	13	431	784	711
Total	428	730	257	347	580	369	454	782	376	407	878	339	731	1450	23	413	767	1364

Carotene (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2739	1942	127	3026	1726	182	3358	1657	176	3472	2332	158	3014	1725	10	3167	1928	653
Male	2567	1415	130	3046	2088	187	3748	2412	200	3516	2123	181	3477	2188	13	3283	2132	711
Total	2652	1695	257	3036	1915	369	3565	2099	376	3496	2220	339	3276	1971	23	3228	2037	1364

Retinol potency (IU)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2941	2633	127	2957	2437	182	3338	2713	176	3162	3196	158	3359	2868	10	3112	2750	653
Male	2930	2616	130	2796	1967	187	3707	3110	200	3492	3503	181	5026	6761	13	3295	3009	711
Total	2936	2619	257	2875	2210	369	3534	2933	376	3338	3362	339	4301	5386	23	3207	2888	1364

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1.00	0.38	127	1.03	0.33	182	1.07	0.33	176	1.01	0.50	158	0.89	0.36	10	1.03	0.39	653
Male	1.13	0.29	130	1.16	0.35	187	1.22	0.38	200	1.10	0.34	181	1.01	0.31	13	1.16	0.35	711
Total	1.07	0.34	257	1.10	0.35	369	1.15	0.36	376	1.06	0.43	339	0.96	0.33	23	1.09	0.37	1364

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1.42	0.41	127	1.43	0.36	182	1.51	0.45	176	1.42	0.40	158	1.28	0.43	10	1.45	0.41	653
Male	1.59	0.39	130	1.60	0.38	187	1.69	0.43	200	1.61	0.46	181	1.51	0.54	13	1.62	0.42	711
Total	1.50	0.41	257	1.52	0.38	369	1.61	0.45	376	1.52	0.44	339	1.41	0.50	23	1.54	0.43	1364

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	15.8	4.4	127	15.8	4.0	182	15.8	4.7	176	14.3	4.3	158	13.9	5.2	10	15.4	4.4	653
Male	19.9	6.0	130	21.2	5.5	187	19.6	6.0	200	17.8	5.7	181	13.5	3.8	13	19.5	5.9	711
Total	17.8	5.7	257	18.5	5.5	369	17.8	5.7	376	16.2	5.4	339	13.7	4.3	23	17.5	5.6	1364

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	124	77	127	141	67	182	155	77	176	143	69	158	123	76	10	142	73	653
Male	124	100	130	137	91	187	165	99	200	147	74	181	139	68	13	145	92	711
Total	124	89	257	139	80	369	160	89	376	145	72	339	132	70	23	143	83	1364

Vitamin D (IU)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	238	192	127	258	189	182	261	185	176	231	196	158	306	225	10	249	191	653
Male	321	241	130	342	267	187	361	304	200	305	222	181	234	291	13	332	264	711
Total	280	222	257	301	235	369	314	260	376	270	213	339	265	261	23	292	236	1364

Vitamin E (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	7.6	2.4	127	7.9	2.0	182	8.0	2.4	176	7.3	2.6	158	7.0	3.1	10	7.7	2.3	653
Male	8.4	2.1	130	8.5	2.2	187	9.3	2.6	200	8.3	2.6	181	7.9	2.7	13	8.6	2.5	711
Total	8.0	2.3	257	8.2	2.1	369	8.7	2.6	376	7.9	2.6	339	7.5	2.9	23	8.2	2.4	1364

Salt (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	10.6	2.6	127	10.7	2.3	182	11.0	2.8	176	10.8	2.7	158	9.1	1.9	10	10.8	2.6	653
Male	12.2	2.7	130	12.9	3.2	187	13.1	3.2	200	12.3	3.4	181	12.6	5.7	13	12.7	3.2	711
Total	11.4	2.8	257	11.8	3.0	369	12.1	3.2	376	11.6	3.2	339	11.1	4.8	23	11.8	3.1	1364

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	346	140	127	340	134	182	335	136	176	304	137	158	234	155	10	330	138	653
Male	412	167	130	389	148	187	394	160	200	371	143	181	348	175	13	389	155	711
Total	380	157	257	365	144	369	367	152	376	340	144	339	298	173	23	361	150	1364

Total dietary fiber (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	13.9	3.7	127	15.3	3.9	182	16.1	4.3	176	15.9	4.6	158	14.1	4.3	10	15.4	4.2	653
Male	14.3	3.5	130	16.0	4.6	187	18.0	5.0	200	17.2	5.7	181	15.1	5.0	13	16.5	5.0	711
Total	14.1	3.6	257	15.7	4.3	369	17.1	4.8	376	16.6	5.3	339	14.7	4.6	23	16.0	4.7	1364

Water soluble dietary fiber (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1.9	0.7	127	2.2	0.8	182	2.3	0.9	176	2.3	0.9	158	1.7	0.6	10	2.2	0.9	653
Male	1.9	0.6	130	2.2	0.9	187	2.7	1.0	200	2.6	1.2	181	2.4	1.1	13	2.4	1.0	711
Total	1.9	0.7	257	2.2	0.9	369	2.5	1.0	376	2.4	1.1	339	2.1	1.0	23	2.3	1.0	1364

Water insoluble dietary fiber (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	8.8	2.6	127	9.9	2.6	182	10.5	3.1	176	10.5	3.2	158	9.2	3.7	10	10.0	3.0	653
Male	9.1	2.5	130	10.4	3.1	187	12.0	3.5	200	11.1	3.9	181	10.4	3.2	13	10.8	3.5	711
Total	9.0	2.5	257	10.2	2.9	369	11.3	3.4	376	10.8	3.6	339	9.9	3.4	23	10.4	3.3	1364

Vitamin K (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	377	243	127	436	250	182	469	270	176	438	295	158	294	124	10	432	266	653
Male	395	242	130	428	239	187	523	304	200	469	292	181	358	230	13	458	276	711
Total	386	242	257	432	244	369	498	289	376	455	293	339	330	190	23	445	272	1364

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.91	0.30	127	0.99	0.27	182	1.09	0.34	176	1.00	0.35	158	1.03	0.37	10	1.00	0.32	653
Male	1.04	0.34	130	1.15	0.35	187	1.28	0.36	200	1.21	0.42	181	1.04	0.40	13	1.18	0.38	711
Total	0.97	0.33	257	1.07	0.32	369	1.19	0.36	376	1.11	0.40	339	1.04	0.38	23	1.10	0.36	1364

Vitamin B12 (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	5.5	5.5	127	6.2	5.1	182	6.1	5.5	176	5.8	5.7	158	4.7	3.2	10	5.9	5.4	653
Male	6.0	4.9	130	7.3	6.8	187	7.6	6.4	200	7.7	7.4	181	5.7	8.9	13	7.2	6.6	711
Total	5.8	5.2	257	6.7	6.1	369	6.9	6.0	376	6.8	6.7	339	5.3	6.9	23	6.6	6.1	1364

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	182	47	127	194	50	182	203	55	176	196	59	158	191	64	10	194	54	653
Male	214	55	130	227	58	187	243	59	200	224	66	181	208	58	13	228	61	711
Total	198	54	257	211	57	369	224	60	376	211	64	339	201	60	23	212	60	1364

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	5.8	2.2	127	6.0	2.2	182	6.3	2.6	176	5.9	1.9	158	5.7	1.8	10	6.0	2.3	653
Male	7.0	1.7	130	7.5	3.5	187	7.5	2.4	200	7.2	2.5	181	6.5	1.1	13	7.3	2.6	711
Total	6.4	2.0	257	6.8	3.0	369	7.0	2.6	376	6.6	2.3	339	6.2	1.5	23	6.7	2.5	1364

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.90	0.30	127	0.97	0.27	182	1.03	0.34	176	0.98	0.29	158	0.97	0.32	10	0.97	0.30	653
Male	1.07	0.31	130	1.17	0.38	187	1.21	0.32	200	1.15	0.34	181	1.13	0.27	13	1.15	0.34	711
Total	0.99	0.31	257	1.07	0.34	369	1.13	0.34	376	1.07	0.33	339	1.06	0.30	23	1.07	0.34	1364

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	10.5	2.1	127	10.7	1.9	182	10.9	2.4	176	10.5	2.4	158	9.6	2.2	10	10.6	2.2	653
Male	12.8	2.6	130	13.0	2.5	187	13.2	2.6	200	12.3	2.7	181	10.8	2.7	13	12.8	2.6	711
Total	11.7	2.6	257	11.9	2.5	369	12.1	2.7	376	11.4	2.7	339	10.3	2.5	23	11.8	2.7	1364

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3067	621	127	3094	578	182	3149	683	176	3033	705	158	2757	633	10	3084	649	653
Male	3646	749	130	3700	701	187	3750	745	200	3520	752	181	3091	791	13	3647	744	711
Total	3360	746	257	3401	710	369	3468	776	376	3293	769	339	2946	731	23	3377	755	1364

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	5367	1061	127	5399	989	182	5486	1160	176	5281	1206	158	4813	1060	10	5379	1107	653
Male	6369	1265	130	6438	1192	187	6528	1262	200	6140	1294	181	5401	1351	13	6356	1266	711
Total	5874	1270	257	5925	1212	369	6040	1321	376	5740	1323	339	5145	1243	23	5888	1288	1364

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	4350	1001	127	4418	941	182	4508	1133	176	4339	1140	158	4019	1090	10	4404	1058	653
Male	5236	1290	130	5380	1139	187	5406	1247	200	5064	1228	181	4352	1318	13	5262	1235	711
Total	4798	1237	257	4906	1150	369	4986	1275	376	4726	1240	339	4207	1209	23	4851	1230	1364

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1596	346	127	1611	318	182	1635	375	176	1554	374	158	1431	336	10	1598	354	653
Male	1930	431	130	1958	392	187	1960	410	200	1841	401	181	1605	431	13	1917	412	711
Total	1765	425	257	1787	397	369	1808	425	376	1708	414	339	1529	394	23	1764	417	1364

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1128	213	127	1138	196	182	1155	219	176	1091	222	158	975	193	10	1127	214	653
Male	1327	234	130	1341	231	187	1365	232	200	1285	253	181	1161	238	13	1328	240	711
Total	1229	245	257	1241	237	369	1267	249	376	1195	257	339	1080	234	23	1231	249	1364

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2722	545	127	2747	499	182	2788	584	176	2644	582	158	2403	510	10	2723	555	653
Male	3257	652	130	3299	606	187	3324	625	200	3125	637	181	2765	659	13	3244	635	711
Total	2993	657	257	3027	620	369	3073	662	376	2901	657	339	2607	614	23	2995	652	1364

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3099	588	127	3134	551	182	3191	649	176	3073	682	158	2811	633	10	3123	621	653
Male	3664	679	130	3719	669	187	3789	699	200	3569	735	181	3173	752	13	3681	704	711
Total	3385	695	257	3431	679	369	3509	738	376	3338	752	339	3016	711	23	3414	721	1364

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2323	466	127	2349	443	182	2398	510	176	2333	543	158	2135	505	10	2350	492	653
Male	2778	553	130	2837	569	187	2867	556	200	2701	574	181	2380	584	13	2792	569	711
Total	2553	560	257	2597	566	369	2648	584	376	2529	588	339	2274	553	23	2580	577	1364

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	5412	1047	127	5475	989	182	5577	1153	176	5395	1217	158	4945	1147	10	5463	1106	653
Male	6432	1230	130	6545	1224	187	6644	1248	200	6258	1304	181	5532	1327	13	6461	1266	711
Total	5928	1250	257	6018	1235	369	6144	1315	376	5856	1334	339	5277	1260	23	5983	1292	1364

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2685	559	127	2713	512	182	2767	618	176	2650	624	158	2429	569	10	2703	581	653
Male	3207	682	130	3278	636	187	3302	673	200	3096	678	181	2705	729	13	3215	674	711
Total	2949	676	257	2999	643	369	3052	700	376	2888	690	339	2585	665	23	2970	681	1364

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	824	163	127	834	154	182	855	180	176	822	188	158	746	163	10	833	172	653
Male	978	191	130	994	184	187	1016	193	200	955	202	181	849	206	13	984	195	711
Total	902	193	257	915	188	369	940	203	376	893	206	339	804	191	23	912	199	1364

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3636	728	127	3669	672	182	3756	792	176	3614	823	158	3322	779	10	3667	757	653
Male	4322	854	130	4385	815	187	4466	851	200	4200	870	181	3739	902	13	4337	855	711
Total	3983	864	257	4031	829	369	4134	896	376	3927	896	339	3558	858	23	4017	876	1364

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2202	547	127	2203	493	182	2263	602	176	2116	594	158	2105	598	10	2197	562	653
Male	2647	700	130	2747	645	187	2733	688	200	2548	661	181	2051	571	13	2661	679	711
Total	2427	666	257	2479	636	369	2513	690	376	2346	666	339	2075	570	23	2439	667	1364

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3959	819	127	4094	779	182	4159	910	176	4027	973	158	3692	882	10	4063	875	653
Male	4876	1000	130	5030	1023	187	5053	1024	200	4701	1023	181	4150	1000	13	4908	1031	711
Total	4423	1022	257	4568	1023	369	4635	1069	376	4387	1053	339	3951	958	23	4504	1048	1364

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3378	723	127	3444	661	182	3496	790	176	3357	789	158	3097	755	10	3419	743	653
Male	4104	880	130	4229	851	187	4229	872	200	3954	862	181	3441	903	13	4122	876	711
Total	3746	883	257	3842	857	369	3886	911	376	3676	880	339	3291	842	23	3785	887	1364

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	6275	1322	127	6443	1237	182	6652	1482	176	6427	1538	158	5929	1539	10	6455	1405	653
Male	7526	1582	130	7818	1582	187	7922	1609	200	7418	1625	181	6559	1746	13	7669	1620	711
Total	6908	1586	257	7140	1579	369	7328	1674	376	6956	1659	339	6285	1653	23	7088	1637	1364

Glutamic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	13064	2422	127	13021	2230	182	12979	2527	176	12324	2473	158	11056	2029	10	12819	2428	653
Male	15038	2744	130	15044	2567	187	15267	2721	200	14371	3000	181	12606	2886	13	14890	2794	711
Total	14062	2767	257	14047	2608	369	14196	2866	376	13417	2946	339	11932	2616	23	13899	2821	1364

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2885	621	127	2971	581	182	2961	684	176	2810	671	158	2611	560	10	2907	642	653
Male	3523	782	130	3602	743	187	3572	745	200	3342	765	181	2894	770	13	3500	766	711
Total	3208	775	257	3291	738	369	3286	778	376	3094	769	339	2771	687	23	3216	769	1364

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	4273	885	127	4209	839	182	4112	873	176	3888	872	158	3451	622	10	4106	876	653
Male	4783	926	130	4645	918	187	4753	967	200	4493	1062	181	3895	1053	13	4648	983	711
Total	4531	940	257	4430	906	369	4453	977	376	4211	1023	339	3702	902	23	4389	971	1364

serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3077	597	127	3107	552	182	3163	648	176	3033	678	158	2768	619	10	3093	621	653
Male	3608	681	130	3664	676	187	3726	697	200	3506	730	181	3119	739	13	3621	704	711
Total	3346	692	257	3389	677	369	3462	730	376	3285	743	339	2966	697	23	3368	716	1364

Total fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	50.81	14.21	127	47.20	12.26	182	43.54	11.05	176	39.75	11.97	158	36.63	10.61	10	44.95	12.87	653
Male	57.32	13.74	130	51.81	14.40	187	51.19	13.89	200	45.26	12.34	181	37.40	14.02	13	50.71	14.28	711
Total	54.10	14.32	257	49.53	13.57	369	47.61	13.19	376	42.69	12.46	339	37.07	12.38	23	47.95	13.92	1364

Saturated fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	16.69	5.35	127	15.32	4.86	182	13.85	4.43	176	12.61	4.68	158	12.12	4.43	10	14.48	5.01	653
Male	18.17	5.32	130	15.87	5.46	187	15.76	5.03	200	14.20	4.62	181	11.36	5.16	13	15.75	5.29	711
Total	17.44	5.38	257	15.60	5.17	369	14.86	4.85	376	13.46	4.71	339	11.69	4.77	23	15.14	5.19	1364

Monounsaturated fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	20.32	5.92	127	18.80	5.47	182	17.03	4.69	176	15.19	4.90	158	14.28	5.05	10	17.68	5.53	653
Male	23.46	6.22	130	20.71	6.29	187	20.09	6.13	200	17.54	5.28	181	14.35	5.88	13	20.11	6.33	711
Total	21.91	6.26	257	19.77	5.96	369	18.66	5.70	376	16.44	5.23	339	14.32	5.41	23	18.95	6.08	1364

polyunsaturated fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	13.68	3.92	127	12.97	3.39	182	12.59	3.26	176	11.90	3.74	158	10.20	2.41	10	12.70	3.60	653
Male	15.60	3.75	130	15.10	4.10	187	15.27	4.18	200	13.45	4.14	181	11.68	3.67	13	14.76	4.15	711
Total	14.65	3.95	257	14.05	3.91	369	14.01	4.00	376	12.73	4.03	339	11.03	3.21	23	13.77	4.03	1364

Unsaturated fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	33.99	9.38	127	31.77	8.25	182	29.60	7.40	176	27.08	8.17	158	24.46	6.93	10	30.37	8.59	653
Male	39.08	9.41	130	35.87	9.71	187	35.35	9.64	200	30.97	8.73	181	25.98	9.19	13	34.88	9.82	711
Total	36.56	9.72	257	33.85	9.24	369	32.66	9.12	376	29.16	8.68	339	25.32	8.15	23	32.72	9.52	1364

n-6 fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	10.83	3.24	127	10.14	2.70	182	9.89	2.58	176	9.51	3.13	158	7.74	1.78	10	10.02	2.92	653
Male	12.45	3.14	130	11.82	3.60	187	11.92	3.46	200	10.35	3.48	181	9.52	2.86	13	11.54	3.52	711
Total	11.65	3.29	257	10.99	3.29	369	10.97	3.24	376	9.96	3.34	339	8.75	2.56	23	10.81	3.33	1364

n-3 fatty acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2.47	0.84	127	2.53	0.90	182	2.51	1.01	176	2.34	0.94	158	2.55	1.08	10	2.47	0.93	653
Male	2.99	0.98	130	3.16	1.14	187	3.19	1.24	200	2.90	1.08	181	2.23	1.18	13	3.06	1.14	711
Total	2.73	0.95	257	2.85	1.07	369	2.87	1.19	376	2.64	1.05	339	2.37	1.13	23	2.77	1.08	1364

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	281	180	127	255	189	182	227	176	176	213	188	158	241	160	10	242	184	653
Male	256	214	130	188	189	187	220	182	200	218	192	181	177	174	13	217	193	711
Total	268	198	257	221	192	369	224	179	376	216	190	339	205	168	23	229	189	1364

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	183	119	127	166	125	182	147	115	176	139	123	158	156	107	10	158	121	653
Male	167	140	130	123	122	187	144	119	200	142	127	181	118	119	13	142	126	711
Total	175	130	257	144	125	369	146	117	376	140	125	339	134	113	23	149	124	1364

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	108	71	127	98	75	182	89	69	176	84	74	158	93	65	10	94	73	653
Male	96	83	130	71	72	187	86	71	200	85	76	181	72	72	13	83	75	711
Total	102	77	257	84	75	369	88	70	376	84	75	339	81	68	23	89	74	1364

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	220	142	127	203	151	182	179	138	176	169	148	158	186	134	10	192	146	653
Male	201	163	130	150	140	187	174	139	200	171	151	181	145	144	13	171	147	711
Total	210	153	257	176	148	369	176	138	376	170	149	339	163	138	23	181	147	1364

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	21	15	127	19	16	182	17	14	176	15	15	158	17	15	10	18	15	653
Male	19	17	130	14	15	187	17	15	200	16	16	181	12	14	13	16	16	711
Total	20	16	257	16	15	369	17	14	376	16	16	339	14	15	23	17	15	1364

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	276	172	127	251	180	182	225	172	176	205	177	158	225	164	10	237	176	653
Male	249	194	130	184	169	187	216	169	200	208	180	181	171	172	13	211	177	711
Total	262	183	257	217	178	369	220	170	376	207	178	339	195	167	23	224	177	1364

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1257	591	127	1188	612	182	1064	570	176	980	601	158	1132	623	10	1117	601	653
Male	1261	665	130	1086	586	187	1158	595	200	1100	580	181	807	686	13	1137	607	711
Total	1259	628	257	1136	600	369	1114	585	376	1044	592	339	949	665	23	1127	604	1364