

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	120	71	127	107	67	182	93	62	176	85	67	158	84	61	10	100	67	653
Male	125	82	130	92	74	187	98	70	200	92	71	181	64	66	13	99	74	711
Total	123	76	257	99	71	369	96	67	376	89	69	339	73	63	23	100	71	1364

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	157	83	127	144	87	182	133	83	176	124	90	158	141	82	10	139	86	653
Male	149	99	130	119	87	187	137	86	200	134	88	181	107	92	13	133	90	711
Total	153	91	257	132	87	369	135	85	376	129	89	339	122	88	23	136	88	1364

Pentadecenoic 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	0	0	127	0	0	182	0	1	176	0	1	158	0	0	10	0	1	653
Male	0	0	130	0	1	187	0	0	200	0	0	181	0	0	13	0	0	711
Total	0	0	257	0	0	369	0	1	376	0	1	339	0	0	23	0	0	1364

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	9.84	2.97	127	9.00	2.59	182	8.17	2.28	176	7.47	2.46	158	6.87	2.41	10	8.54	2.69	653
Male	10.90	2.98	130	9.70	3.09	187	9.54	2.76	200	8.53	2.49	181	6.83	2.70	13	9.52	2.95	711
Total	10.38	3.02	257	9.36	2.87	369	8.90	2.63	376	8.04	2.53	339	6.85	2.52	23	9.05	2.87	1364

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	995	353	127	966	354	182	870	328	176	768	325	158	964	657	10	898	356	653
Male	1169	473	130	1115	425	187	1044	456	200	957	367	181	626	347	13	1056	438	711
Total	1083	426	257	1041	398	369	962	410	376	869	360	339	773	521	23	980	408	1364

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1	2	127	2	2	182	2	5	176	2	4	158	0	1	10	2	4	653
Male	1	2	130	1	2	187	2	3	200	2	8	181	1	1	13	2	4	711
Total	1	2	257	1	2	369	2	4	376	2	6	339	1	1	23	2	4	1364

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	171	69	127	154	67	182	146	66	176	128	69	158	152	75	10	149	69	653
Male	178	81	130	160	77	187	166	75	200	154	69	181	104	84	13	162	76	711
Total	174	75	257	157	72	369	157	72	376	142	70	339	125	82	23	156	73	1364

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	108	39	127	103	39	182	97	42	176	86	39	158	89	44	10	98	41	653
Male	126	52	130	118	50	187	116	51	200	107	41	181	71	50	13	115	49	711
Total	117	47	257	110	46	369	107	48	376	97	41	339	79	47	23	107	46	1364

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3.82	1.29	127	3.39	1.11	182	3.06	0.95	176	2.75	0.99	158	2.48	0.99	10	3.22	1.14	653
Male	4.20	1.32	130	3.66	1.35	187	3.55	1.13	200	3.08	1.06	181	2.53	1.05	13	3.56	1.27	711
Total	4.01	1.32	257	3.52	1.25	369	3.32	1.08	376	2.92	1.04	339	2.51	1.00	23	3.39	1.22	1364

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	17.61	5.39	127	16.09	4.71	182	14.56	3.98	176	13.04	4.26	158	11.84	4.38	10	15.17	4.84	653
Male	20.14	5.47	130	17.67	5.60	187	17.21	5.36	200	14.89	4.71	181	12.62	5.12	13	17.19	5.58	711
Total	18.89	5.57	257	16.89	5.24	369	15.97	4.94	376	14.03	4.59	339	12.28	4.72	23	16.23	5.34	1364

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	11.18	3.42	127	10.38	2.83	182	9.98	2.59	176	9.51	3.14	158	7.61	1.80	10	10.17	3.02	653
Male	12.67	3.25	130	11.98	3.61	187	12.04	3.64	200	10.44	3.55	181	9.52	3.01	13	11.69	3.62	711
Total	11.93	3.41	257	11.19	3.34	369	11.08	3.35	376	10.01	3.40	339	8.69	2.69	23	10.96	3.43	1364

Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1585	564	127	1521	540	182	1452	467	176	1408	530	158	1082	241	10	1480	525	653
Male	1914	612	130	1727	563	187	1764	606	200	1545	629	181	1429	520	13	1720	613	711
Total	1751	611	257	1625	561	369	1618	567	376	1481	588	339	1278	450	23	1605	585	1364

Gamma-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0	0	127	0	0	182	0	0	176	0	0	158	0	0	10	0	0	653
Male	0	0	130	0	0	187	0	0	200	1	6	181	0	0	13	0	3	711
Total	0	0	257	0	0	369	0	0	376	1	4	339	0	0	23	0	2	1364

Octadecatetraenic 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	56	57	127	65	63	182	75	79	176	62	67	158	98	74	10	66	68	653
Male	66	70	130	96	84	187	95	92	200	92	77	181	48	86	13	89	83	711
Total	61	64	257	81	76	369	86	86	376	78	74	339	70	83	23	78	77	1364

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	218	97	127	204	77	182	181	65	176	166	71	158	178	107	10	191	80	653
Male	222	76	130	209	93	187	211	92	200	187	87	181	192	112	13	206	89	711
Total	220	87	257	207	85	369	197	82	376	177	80	339	185	107	23	199	85	1364

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	496	278	127	477	301	182	441	303	176	386	264	158	523	319	10	450	291	653
Male	556	336	130	545	303	187	551	353	200	501	319	181	291	179	13	533	328	711
Total	527	310	257	511	304	369	499	334	376	447	300	339	392	270	23	493	313	1364

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	35	23	127	29	16	182	27	16	176	23	13	158	17	13	10	28	17	653
Male	43	25	130	40	23	187	35	22	200	28	17	181	24	13	13	36	22	711
Total	39	24	257	34	21	369	31	19	376	26	16	339	21	13	23	32	20	1364

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	21	9	127	20	8	182	20	9	176	18	8	158	14	9	10	20	9	653
Male	25	11	130	25	11	187	24	10	200	23	9	181	20	10	13	24	10	711
Total	23	10	257	23	10	369	22	10	376	21	9	339	18	10	23	22	10	1364

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	24	24	127	29	28	182	29	28	176	26	27	158	49	40	10	27	27	653
Male	31	33	130	39	34	187	40	38	200	39	33	181	20	31	13	38	35	711
Total	28	29	257	34	31	369	35	34	376	33	31	339	32	37	23	33	32	1364

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	156	61	127	152	57	182	158	58	176	134	59	158	125	68	10	150	59	653
Male	179	64	130	184	65	187	178	72	200	169	61	181	146	79	13	177	67	711
Total	168	63	257	168	63	369	169	67	376	153	62	339	137	73	23	164	65	1364

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	249	201	127	293	219	182	318	274	176	278	232	158	438	307	10	290	238	653
Male	300	238	130	440	332	187	432	367	200	411	288	181	234	372	13	401	321	711
Total	275	221	257	368	291	369	378	332	376	349	271	339	323	353	23	348	290	1364

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	79	61	127	78	54	182	71	45	176	68	54	158	98	104	10	74	54	653
Male	90	66	130	100	114	187	91	84	200	80	74	181	97	117	13	91	89	711
Total	85	64	257	89	90	369	82	69	376	74	65	339	97	109	23	83	75	1364

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	252	249	127	237	264	182	242	295	176	197	243	158	273	155	10	232	264	653
Male	258	295	130	272	266	187	289	300	200	262	280	181	120	151	13	269	284	711
Total	255	272	257	254	266	369	267	298	376	232	265	339	187	168	23	251	275	1364

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0	0	127	0	0	182	0	0	176	0	0	158	0	0	10	0	0	653
Male	0	0	130	0	0	187	0	0	200	0	0	181	0	0	13	0	0	711
Total	0	0	257	0	0	369	0	0	376	0	0	339	0	0	23	0	0	1364

n-3 Docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	73	60	127	89	73	182	84	71	176	77	69	158	137	109	10	82	70	653
Male	95	85	130	117	92	187	118	102	200	114	87	181	63	72	13	112	93	711
Total	84	74	257	103	84	369	102	90	376	97	81	339	95	95	23	98	84	1364

n-6 Docosapentaenoic acid 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	2	4	127	2	4	182	3	5	176	3	5	158	1	1	10	2	4	653
Male	3	5	130	3	5	187	3	5	200	4	7	181	2	3	13	3	5	711
Total	2	4	257	3	5	369	3	5	376	3	6	339	2	2	23	3	5	1364

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	485	295	127	531	322	182	555	373	176	495	335	158	748	488	10	523	339	653
Male	585	380	130	747	466	187	745	523	200	696	424	181	435	399	13	698	461	711
Total	536	344	257	640	415	369	656	468	376	602	398	339	571	458	23	614	417	1364

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	12	29	127	13	27	182	11	22	176	10	25	158	31	54	10	12	26	653
Male	11	34	130	19	59	187	15	43	200	14	36	181	26	59	13	16	45	711
Total	12	32	257	16	46	369	13	35	376	12	31	339	28	56	23	14	37	1364

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	40	31	127	46	34	182	49	40	176	43	36	158	65	39	10	45	36	653
Male	48	39	130	64	47	187	65	52	200	61	44	181	35	42	13	60	47	711
Total	44	36	257	55	42	369	58	48	376	53	41	339	48	42	23	53	43	1364

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	4.1	7.0	127	3.3	8.0	182	2.9	7.9	176	1.3	2.7	158	0.7	1.4	10	2.8	6.8	653
Male	19.5	21.9	130	20.4	23.0	187	16.4	23.2	200	9.4	12.3	181	3.1	6.3	13	16.0	20.9	711
Total	11.9	18.0	257	12.0	19.3	369	10.1	19.0	376	5.7	10.0	339	2.1	4.9	23	9.7	17.1	1364

3) State of using supplement in previous 1 year (Frequency questionnaire)

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	87	33.3	130	45.8	107	39.5	98	36.4	7	31.8	429	38.8
	Male	102	37.4	133	44.9	144	49.5	137	49.8	8	47.1	524	45.5
	Total	189	35.4	263	45.3	251	44.7	235	43.2	15	38.5	953	42.2
Used	Female	174	66.7	154	54.2	164	60.5	171	63.6	15	68.2	678	61.2
	Male	171	62.6	163	55.1	147	50.5	138	50.2	9	52.9	628	54.5
	Total	345	64.6	317	54.7	311	55.3	309	56.8	24	61.5	1306	57.8

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	175	67.0	213	75.0	194	71.6	181	67.3	10	45.5	773	69.8
	Male	208	76.2	242	81.8	232	79.7	192	69.8	12	70.6	886	76.9
	Total	383	71.7	455	78.4	426	75.8	373	68.6	22	56.4	1659	73.4
Used	Female	86	33.0	71	25.0	77	28.4	88	32.7	12	54.5	334	30.2
	Male	65	23.8	54	18.2	59	20.3	83	30.2	5	29.4	266	23.1
	Total	151	28.3	125	21.6	136	24.2	171	31.4	17	43.6	600	26.6

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	235	90.0	266	93.7	253	93.4	247	91.8	22	100.0	1023	92.4
	Male	265	97.1	292	98.6	283	97.3	264	96.0	17	100.0	1121	97.3
	Total	500	93.6	558	96.2	536	95.4	511	93.9	39	100.0	2144	94.9
Used	Female	26	10.0	18	6.3	18	6.6	22	8.2	0	0	84	7.6
	Male	8	2.9	4	1.4	8	2.7	11	4.0	0	0	31	2.7
	Total	34	6.4	22	3.8	26	4.6	33	6.1	0	0	115	5.1

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	253	96.9	282	99.3	270	99.6	267	99.3	22	100.0	1094	98.8
	Male	270	98.9	294	99.3	288	99.0	272	98.9	17	100.0	1141	99.0
	Total	523	97.9	576	99.3	558	99.3	539	99.1	39	100.0	2235	98.9
Used	Female	8	3.1	2	0.7	1	0.4	2	0.7	0	0	13	1.2
	Male	3	1.1	2	0.7	3	1.0	3	1.1	0	0	11	1.0
	Total	11	2.1	4	0.7	4	0.7	5	0.9	0	0	24	1.1

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	256	98.1	277	97.5	268	98.9	267	99.3	22	100.0	1090	98.5
	Male	267	97.8	291	98.3	289	99.3	275	100.0	17	100.0	1139	98.9
	Total	523	97.9	568	97.9	557	99.1	542	99.6	39	100.0	2229	98.7
Used	Female	5	1.9	7	2.5	3	1.1	2	0.7	0	0	17	1.5
	Male	6	2.2	5	1.7	2	0.7	0	0	0	0	13	1.1
	Total	11	2.1	12	2.1	5	0.9	2	0.4	0	0	30	1.3

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	259	99.2	283	99.6	269	99.3	268	99.6	22	100.0	1101	99.5
	Male	273	100.0	296	100.0	291	100.0	274	99.6	17	100.0	1151	99.9
	Total	532	99.6	579	99.8	560	99.6	542	99.6	39	100.0	2252	99.7
Used	Female	2	0.8	1	0.4	2	0.7	1	0.4	0	0	6	0.5
	Male	0	0	0	0	0	0	1	0.4	0	0	1	0.1
	Total	2	0.4	1	0.2	2	0.4	2	0.4	0	0	7	0.3

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	132	50.6	175	61.6	153	56.5	151	56.1	11	50.0	622	56.2
	Male	143	52.4	171	57.8	189	64.9	182	66.2	12	70.6	697	60.5
	Total	275	51.5	346	59.7	342	60.9	333	61.2	23	59.0	1319	58.4
Used	Female	129	49.4	109	38.4	118	43.5	118	43.9	11	50.0	485	43.8
	Male	130	47.6	125	42.2	102	35.1	93	33.8	5	29.4	455	39.5
	Total	259	48.5	234	40.3	220	39.1	211	38.8	16	41.0	940	41.6

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	218	83.5	260	91.5	245	90.4	255	94.8	22	100.0	1000	90.3
	Male	215	78.8	267	90.2	258	88.7	260	94.5	14	82.4	1014	88.0
	Total	433	81.1	527	90.9	503	89.5	515	94.7	36	92.3	2014	89.2
Used	Female	43	16.5	24	8.5	26	9.6	14	5.2	0	0	107	9.7
	Male	58	21.2	29	9.8	33	11.3	15	5.5	3	17.6	138	12.0
	Total	101	18.9	53	9.1	59	10.5	29	5.3	3	7.7	245	10.8

4) Frequency of supplement intake (Frequency questionnaire)

Total supplement (time/day)

	40-49yr			50-59yr			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	0.44	0.65	174	0.61	0.80	154	0.88	0.82	164	0.96	0.85	171	0.91	0.92	15	0.73	0.81	678
Male	0.29	0.52	171	0.48	0.69	163	0.54	0.68	147	1.07	0.96	138	0.98	0.99	9	0.58	0.77	628
Total	0.37	0.59	345	0.54	0.74	317	0.72	0.77	311	1.00	0.90	309	0.93	0.93	24	0.65	0.79	1306

Vitamin supplement (time/day)

	40-49yr			50-59yr			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	0.55	0.73	86	0.77	0.92	71	1.03	0.86	77	1.34	0.94	88	1.42	0.85	12	0.94	0.91	334
Male	0.37	0.53	65	0.52	0.79	54	0.78	0.77	59	1.33	0.99	83	1.44	1.08	5	0.81	0.89	266
Total	0.47	0.65	151	0.66	0.87	125	0.92	0.83	136	1.33	0.96	171	1.42	0.89	17	0.89	0.91	600

Mineral supplement (time/day)

	40-49yr			50-59yr			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	0.50	0.65	26	1.09	1.01	18	1.04	0.77	18	1.17	0.84	22	.	.	0	0.92	0.85	84
Male	0.40	0.73	8	0.80	0.91	4	0.90	0.97	8	1.16	0.74	11	.	.	0	0.85	0.84	31
Total	0.48	0.66	34	1.04	0.98	22	1.00	0.82	26	1.17	0.80	33	.	.	0	0.90	0.84	115

Fat supplement (time/day)

	40-49yr			50-59yr			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	0.95	1.08	8	2.00	1.41	2	1.00	.	1	1.10	1.27	2	.	.	0	1.14	1.06	13
Male	0.40	0.53	3	1.00	0.00	2	2.33	0.58	3	2.33	0.58	3	.	.	0	1.56	1.01	11
Total	0.80	0.97	11	1.50	1.00	4	2.00	0.82	4	1.84	1.01	5	.	.	0	1.33	1.04	24

Protein supplement (time/day)

	40-49yr			50-59yr			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	0.80	0.84	5	1.43	0.98	7	0.67	0.58	3	1.00	0.00	2	.	.	0	1.06	0.83	17
Male	0.63	0.45	6	1.04	0.57	5	0.60	0.57	2	.	.	0	.	.	0	0.78	0.51	13
Total	0.71	0.62	11	1.27	0.82	12	0.64	0.50	5	1.00	0.00	2	.	.	0	0.94	0.71	30

Dietary Fiber supplement (time/day)

	40-49yr			50-59yr			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	1.50	2.12	2	3.00	.	1	1.00	0.00	2	2.00	.	1	.	.	0	1.67	1.21	6
Male	.	.	0	.	.	0	.	.	0	1.00	.	1	.	.	0	1.00	.	1
Total	1.50	2.12	2	3.00	.	1	1.00	0.00	2	1.50	0.71	2	.	.	0	1.57	1.13	7

Supplement contained other nutrients (time/day)

	40-49yr			50-59yr			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	0.45	0.63	129	0.61	0.73	109	0.75	0.71	118	0.77	0.80	118	0.85	1.02	11	0.65	0.73	485
Male	0.30	0.51	130	0.49	0.72	125	0.55	0.64	102	0.81	0.86	93	0.52	0.50	5	0.51	0.70	455
Total	0.37	0.58	259	0.54	0.72	234	0.66	0.69	220	0.79	0.82	211	0.75	0.89	16	0.58	0.72	940

Drug contained some nutrients (time/day)

	40-49yr			50-59yr			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	0.04	0.18	43	0.06	0.21	24	0.05	0.13	26	0.39	0.62	14	.	.	0	0.09	0.29	107
Male	0.04	0.14	58	0.08	0.19	29	0.04	0.18	33	0.31	0.58	15	0.07	0.12	3	0.08	0.25	138
Total	0.04	0.16	101	0.07	0.20	53	0.04	0.16	59	0.34	0.59	29	0.07	0.12	3	0.08	0.27	245

5) Beverage intakes

Frequency of beverage intakes
Japanese sake

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	120	65.6	100	51.8	95	60.9	102	58.3	6	85.7	423	59.2
	Once a month	24	13.1	16	8.3	7	4.5	12	6.9	1	14.3	60	8.4
	2 to 3 times a mo.	6	3.3	13	6.7	7	4.5	8	4.6	0	0	34	4.8
	Once a week	8	4.4	19	9.8	5	3.2	7	4.0	0	0	39	5.5
	2 to 3 times a week	18	9.8	25	13.0	21	13.5	15	8.6	0	0	79	11.1
	4 to 6 times a week	2	1.1	6	3.1	12	7.7	12	6.9	0	0	32	4.5
	Once a day	5	2.7	14	7.3	9	5.8	18	10.3	0	0	46	6.4
	2 to 3 times a day	0	0	0	0	0	0	1	0.6	0	0	1	0.1
Female	Never	145	87.9	147	89.1	150	86.7	150	84.3	11	100.0	603	87.1
	Once a month	7	4.2	9	5.5	10	5.8	5	2.8	0	0	31	4.5
	2 to 3 times a mo.	9	5.5	3	1.8	3	1.7	5	2.8	0	0	20	2.9
	Once a week	2	1.2	2	1.2	4	2.3	6	3.4	0	0	14	2.0
	2 to 3 times a week	1	0.6	2	1.2	3	1.7	5	2.8	0	0	11	1.6
	4 to 6 times a week	1	0.6	0	0	1	0.6	3	1.7	0	0	5	0.7
	Once a day	0	0	2	1.2	2	1.2	4	2.2	0	0	8	1.2
	2 to 3 times a day	0	0	0	0	0	0	0	0	0	0	0	0
Total	Never	265	76.1	247	69.0	245	74.5	252	71.4	17	94.4	1026	73.0
	Once a month	31	8.9	25	7.0	17	5.2	17	4.8	1	5.6	91	6.5
	2 to 3 times a mo.	15	4.3	16	4.5	10	3.0	13	3.7	0	0	54	3.8
	Once a week	10	2.9	21	5.9	9	2.7	13	3.7	0	0	53	3.8
	2 to 3 times a week	19	5.5	27	7.5	24	7.3	20	5.7	0	0	90	6.4
	4 to 6 times a week	3	0.9	6	1.7	13	4.0	15	4.2	0	0	37	2.6
	Once a day	5	1.4	16	4.5	11	3.3	22	6.2	0	0	54	3.8
	2 to 3 times a day	0	0	0	0	0	0	1	0.3	0	0	1	0.1

Frequency of beverage intakes
Japanese distilled alcoholic beverages (Shochu)

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	117	63.9	124	64.2	110	70.5	137	78.3	6	85.7	494	69.2
	Once a month	20	10.9	9	4.7	7	4.5	4	2.3	0	0	40	5.6
	2 to 3 times a mo.	9	4.9	12	6.2	7	4.5	2	1.1	0	0	30	4.2
	Once a week	8	4.4	11	5.7	3	1.9	10	5.7	0	0	32	4.5
	2 to 3 times a week	18	9.8	11	5.7	8	5.1	8	4.6	0	0	45	6.3
	4 to 6 times a week	4	2.2	11	5.7	9	5.8	4	2.3	0	0	28	3.9
	Once a day	7	3.8	15	7.8	12	7.7	10	5.7	1	14.3	45	6.3
Female	Never	135	81.8	149	90.3	155	89.6	165	92.7	10	90.9	614	88.7
	Once a month	12	7.3	5	3.0	4	2.3	4	2.2	0	0	25	3.6
	2 to 3 times a mo.	9	5.5	3	1.8	4	2.3	3	1.7	0	0	19	2.7
	Once a week	3	1.8	4	2.4	2	1.2	3	1.7	1	9.1	13	1.9
	2 to 3 times a week	2	1.2	3	1.8	4	2.3	1	0.6	0	0	10	1.4
	4 to 6 times a week	2	1.2	1	0.6	1	0.6	0	0	0	0	4	0.6
	Once a day	2	1.2	0	0	3	1.7	2	1.1	0	0	7	1.0
Total	Never	252	72.4	273	76.3	265	80.5	302	85.6	16	88.9	1108	78.8
	Once a month	32	9.2	14	3.9	11	3.3	8	2.3	0	0	65	4.6
	2 to 3 times a mo.	18	5.2	15	4.2	11	3.3	5	1.4	0	0	49	3.5
	Once a week	11	3.2	15	4.2	5	1.5	13	3.7	1	5.6	45	3.2
	2 to 3 times a week	20	5.7	14	3.9	12	3.6	9	2.5	0	0	55	3.9
	4 to 6 times a week	6	1.7	12	3.4	10	3.0	4	1.1	0	0	32	2.3
	Once a day	9	2.6	15	4.2	15	4.6	12	3.4	1	5.6	52	3.7

Frequency of beverage intakes
Regular or draft beer

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	58	31.7	48	24.9	65	41.7	94	53.7	5	71.4	270	37.8
	Once a month	27	14.8	21	10.9	14	9.0	21	12.0	1	14.3	84	11.8
	2 to 3 times a mo.	13	7.1	24	12.4	15	9.6	14	8.0	0	0	66	9.2
	Once a week	23	12.6	22	11.4	20	12.8	16	9.1	0	0	81	11.3
	2 to 3 times a week	33	18.0	39	20.2	17	10.9	14	8.0	0	0	103	14.4
	4 to 6 times a week	10	5.5	12	6.2	10	6.4	7	4.0	0	0	39	5.5
	Once a day	19	10.4	27	14.0	15	9.6	8	4.6	1	14.3	70	9.8
	2 to 3 times a day	0	0	0	0	0	0	1	0.6	0	0	1	0.1
Female	Never	101	61.2	116	70.3	130	75.1	145	81.5	10	90.9	502	72.5
	Once a month	17	10.3	14	8.5	12	6.9	9	5.1	1	9.1	53	7.7
	2 to 3 times a mo.	16	9.7	8	4.8	11	6.4	4	2.2	0	0	39	5.6
	Once a week	12	7.3	13	7.9	7	4.0	6	3.4	0	0	38	5.5
	2 to 3 times a week	13	7.9	11	6.7	8	4.6	7	3.9	0	0	39	5.6
	4 to 6 times a week	3	1.8	0	0	3	1.7	2	1.1	0	0	8	1.2
	Once a day	3	1.8	3	1.8	2	1.2	5	2.8	0	0	13	1.9
	2 to 3 times a day	0	0	0	0	0	0	0	0	0	0	0	0
Total	Never	159	45.7	164	45.8	195	59.3	239	67.7	15	83.3	772	54.9
	Once a month	44	12.6	35	9.8	26	7.9	30	8.5	2	11.1	137	9.7
	2 to 3 times a mo.	29	8.3	32	8.9	26	7.9	18	5.1	0	0	105	7.5
	Once a week	35	10.1	35	9.8	27	8.2	22	6.2	0	0	119	8.5
	2 to 3 times a week	46	13.2	50	14.0	25	7.6	21	5.9	0	0	142	10.1
	4 to 6 times a week	13	3.7	12	3.4	13	4.0	9	2.5	0	0	47	3.3
	Once a day	22	6.3	30	8.4	17	5.2	13	3.7	1	5.6	83	5.9
	2 to 3 times a day	0	0	0	0	0	0	1	0.3	0	0	1	0.1

Frequency of beverage intakes
Light beer

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	103	56.3	119	61.7	112	71.8	145	82.9	7	100.0	486	68.1
	Once a month	7	3.8	12	6.2	4	2.6	6	3.4	0	0	29	4.1
	2 to 3 times a mo.	9	4.9	5	2.6	6	3.8	5	2.9	0	0	25	3.5
	Once a week	9	4.9	7	3.6	12	7.7	4	2.3	0	0	32	4.5
	2 to 3 times a week	24	13.1	25	13.0	12	7.7	3	1.7	0	0	64	9.0
	4 to 6 times a week	12	6.6	9	4.7	1	0.6	3	1.7	0	0	25	3.5
	Once a day	19	10.4	16	8.3	9	5.8	8	4.6	0	0	52	7.3
	2 to 3 times a day	0	0	0	0	0	0	1	0.6	0	0	1	0.1
Female	Never	124	75.2	142	86.1	158	91.3	167	93.8	10	90.9	601	86.8
	Once a month	4	2.4	4	2.4	3	1.7	0	0	1	9.1	12	1.7
	2 to 3 times a mo.	5	3.0	4	2.4	2	1.2	3	1.7	0	0	14	2.0
	Once a week	11	6.7	2	1.2	4	2.3	2	1.1	0	0	19	2.7
	2 to 3 times a week	9	5.5	6	3.6	4	2.3	2	1.1	0	0	21	3.0
	4 to 6 times a week	5	3.0	6	3.6	0	0	3	1.7	0	0	14	2.0
	Once a day	7	4.2	1	0.6	2	1.2	1	0.6	0	0	11	1.6
	2 to 3 times a day	0	0	0	0	0	0	0	0	0	0	0	0
Total	Never	227	65.2	261	72.9	270	82.1	312	88.4	17	94.4	1087	77.3
	Once a month	11	3.2	16	4.5	7	2.1	6	1.7	1	5.6	41	2.9
	2 to 3 times a mo.	14	4.0	9	2.5	8	2.4	8	2.3	0	0	39	2.8
	Once a week	20	5.7	9	2.5	16	4.9	6	1.7	0	0	51	3.6
	2 to 3 times a week	33	9.5	31	8.7	16	4.9	5	1.4	0	0	85	6.0
	4 to 6 times a week	17	4.9	15	4.2	1	0.3	6	1.7	0	0	39	2.8
	Once a day	26	7.5	17	4.7	11	3.3	9	2.5	0	0	63	4.5
	2 to 3 times a day	0	0	0	0	0	0	1	0.3	0	0	1	0.1

Frequency of beverage intakes
Wine

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	146	79.8	138	71.5	132	84.6	147	84.0	7	100.0	570	79.8
	Once a month	18	9.8	28	14.5	15	9.6	10	5.7	0	0	71	9.9
	2 to 3 times a mo.	12	6.6	13	6.7	6	3.8	11	6.3	0	0	42	5.9
	Once a week	4	2.2	7	3.6	2	1.3	2	1.1	0	0	15	2.1
	2 to 3 times a week	1	0.5	5	2.6	1	0.6	4	2.3	0	0	11	1.5
	4 to 6 times a week	2	1.1	1	0.5	0	0	0	0	0	0	3	0.4
	Once a day	0	0	1	0.5	0	0	0	0	0	0	1	0.1
	4 or more times	0	0	0	0	0	0	1	0.6	0	0	1	0.1
Female	Never	131	79.4	139	84.2	149	86.1	159	89.3	11	100.0	589	85.1
	Once a month	18	10.9	10	6.1	18	10.4	5	2.8	0	0	51	7.4
	2 to 3 times a mo.	5	3.0	7	4.2	1	0.6	1	0.6	0	0	14	2.0
	Once a week	6	3.6	4	2.4	2	1.2	4	2.2	0	0	16	2.3
	2 to 3 times a week	2	1.2	1	0.6	2	1.2	3	1.7	0	0	8	1.2
	4 to 6 times a week	1	0.6	1	0.6	0	0	2	1.1	0	0	4	0.6
	Once a day	2	1.2	3	1.8	1	0.6	4	2.2	0	0	10	1.4
	4 or more times	0	0	0	0	0	0	0	0	0	0	0	0
Total	Never	277	79.6	277	77.4	281	85.4	306	86.7	18	100.0	1159	82.4
	Once a month	36	10.3	38	10.6	33	10.0	15	4.2	0	0	122	8.7
	2 to 3 times a mo.	17	4.9	20	5.6	7	2.1	12	3.4	0	0	56	4.0
	Once a week	10	2.9	11	3.1	4	1.2	6	1.7	0	0	31	2.2
	2 to 3 times a week	3	0.9	6	1.7	3	0.9	7	2.0	0	0	19	1.4
	4 to 6 times a week	3	0.9	2	0.6	0	0	2	0.6	0	0	7	0.5
	Once a day	2	0.6	4	1.1	1	0.3	4	1.1	0	0	11	0.8
	4 or more times	0	0	0	0	0	0	1	0.3	0	0	1	0.1

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

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	137	74.9	141	73.1	117	75.0	141	80.6	7	100.0	543	76.1
	Once a month	18	9.8	24	12.4	14	9.0	9	5.1	0	0	65	9.1
	2 to 3 times a mo.	7	3.8	8	4.1	5	3.2	6	3.4	0	0	26	3.6
	Once a week	6	3.3	7	3.6	9	5.8	2	1.1	0	0	24	3.4
	2 to 3 times a week	7	3.8	6	3.1	3	1.9	3	1.7	0	0	19	2.7
	4 to 6 times a week	3	1.6	3	1.6	3	1.9	5	2.9	0	0	14	2.0
	Once a day	5	2.7	4	2.1	5	3.2	8	4.6	0	0	22	3.1
	2 to 3 times a day	0	0	0	0	0	0	1	0.6	0	0	1	0.1
Female	Never	157	95.2	159	96.4	167	96.5	178	100.0	11	100.0	672	97.1
	Once a month	3	1.8	4	2.4	4	2.3	0	0	0	0	11	1.6
	2 to 3 times a mo.	3	1.8	0	0	0	0	0	0	0	0	3	0.4
	Once a week	0	0	0	0	0	0	0	0	0	0	0	0
	2 to 3 times a week	0	0	2	1.2	0	0	0	0	0	0	2	0.3
	4 to 6 times a week	0	0	0	0	1	0.6	0	0	0	0	1	0.1
	Once a day	2	1.2	0	0	1	0.6	0	0	0	0	3	0.4
	2 to 3 times a day	0	0	0	0	0	0	0	0	0	0	0	0
Total	Never	294	84.5	300	83.8	284	86.3	319	90.4	18	100.0	1215	86.4
	Once a month	21	6.0	28	7.8	18	5.5	9	2.5	0	0	76	5.4
	2 to 3 times a mo.	10	2.9	8	2.2	5	1.5	6	1.7	0	0	29	2.1
	Once a week	6	1.7	7	2.0	9	2.7	2	0.6	0	0	24	1.7
	2 to 3 times a week	7	2.0	8	2.2	3	0.9	3	0.8	0	0	21	1.5
	4 to 6 times a week	3	0.9	3	0.8	4	1.2	5	1.4	0	0	15	1.1
	Once a day	7	2.0	4	1.1	6	1.8	8	2.3	0	0	25	1.8
	2 to 3 times a day	0	0	0	0	0	0	1	0.3	0	0	1	0.1

Frequency of beverage intakes
Regular coffee

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	10	5.5	14	7.3	17	10.9	29	16.6	2	28.6	72	10.1
	Once a month	1	0.5	1	0.5	5	3.2	7	4.0	0	0	14	2.0
	2 to 3 times a mo.	1	0.5	3	1.6	5	3.2	13	7.4	0	0	22	3.1
	Once a week	5	2.7	1	0.5	9	5.8	7	4.0	1	14.3	23	3.2
	2 to 3 times a week	8	4.4	10	5.2	11	7.1	13	7.4	0	0	42	5.9
	4 to 6 times a week	6	3.3	9	4.7	9	5.8	4	2.3	1	14.3	29	4.1
	Once a day	26	14.2	44	22.8	42	26.9	56	32.0	2	28.6	170	23.8
	2 to 3 times a day	82	44.8	80	41.5	42	26.9	40	22.9	1	14.3	245	34.3
	4 or more times	44	24.0	31	16.1	16	10.3	6	3.4	0	0	97	13.6
Female	Never	9	5.5	8	4.8	21	12.1	40	22.5	1	9.1	79	11.4
	Once a month	3	1.8	4	2.4	8	4.6	10	5.6	1	9.1	26	3.8
	2 to 3 times a mo.	4	2.4	6	3.6	13	7.5	17	9.6	2	18.2	42	6.1
	Once a week	5	3.0	8	4.8	8	4.6	17	9.6	0	0	38	5.5
	2 to 3 times a week	9	5.5	18	10.9	25	14.5	20	11.2	3	27.3	75	10.8
	4 to 6 times a week	8	4.8	5	3.0	6	3.5	4	2.2	0	0	23	3.3
	Once a day	26	15.8	47	28.5	46	26.6	45	25.3	3	27.3	167	24.1
	2 to 3 times a day	78	47.3	58	35.2	41	23.7	23	12.9	1	9.1	201	29.0
	4 or more times	23	13.9	11	6.7	5	2.9	2	1.1	0	0	41	5.9
Total	Never	19	5.5	22	6.1	38	11.6	69	19.5	3	16.7	151	10.7
	Once a month	4	1.1	5	1.4	13	4.0	17	4.8	1	5.6	40	2.8
	2 to 3 times a mo.	5	1.4	9	2.5	18	5.5	30	8.5	2	11.1	64	4.6
	Once a week	10	2.9	9	2.5	17	5.2	24	6.8	1	5.6	61	4.3
	2 to 3 times a week	17	4.9	28	7.8	36	10.9	33	9.3	3	16.7	117	8.3
	4 to 6 times a week	14	4.0	14	3.9	15	4.6	8	2.3	1	5.6	52	3.7
	Once a day	52	14.9	91	25.4	88	26.7	101	28.6	5	27.8	337	24.0

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