

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	561	177	241	617	222	270	667	255	264	680	271	241	654	336	19	632	240	1035
Male	587	179	253	616	207	276	715	240	279	678	227	254	728	348	14	651	222	1076
Total	574	178	494	616	214	546	692	248	543	679	249	495	685	338	33	642	232	2111

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	1026	217	241	1054	218	270	1095	255	264	1068	269	241	995	259	19	1060	242	1035
Male	1194	249	253	1236	244	276	1269	254	279	1206	274	254	1132	358	14	1226	258	1076
Total	1112	248	494	1146	248	546	1184	268	543	1139	280	495	1053	308	33	1145	263	2111

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	2.4	241	11.0	2.8	270	11.6	3.1	264	11.2	3.1	241	10.4	2.7	19	11.0	2.9	1035
Male	11.4	2.5	253	12.1	2.7	276	13.0	3.1	279	12.3	3.2	254	11.6	3.5	14	12.2	3.0	1076
Total	10.7	2.5	494	11.5	2.8	546	12.3	3.2	543	11.8	3.2	495	10.9	3.1	33	11.6	3.0	2111

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	4226	981	241	4316	957	270	4432	1083	264	4364	1036	241	3869	818	19	4328	1015	1035
Male	4907	1039	253	5182	1224	276	5252	1243	279	4963	1268	254	4940	2152	14	5081	1221	1076
Total	4575	1066	494	4754	1181	546	4853	1237	543	4672	1197	495	4324	1595	33	4712	1186	2111

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	2634	606	241	2875	649	270	2997	759	264	2870	766	241	2595	740	19	2844	711	1035
Male	2821	649	253	3102	769	276	3331	778	279	3087	827	254	2905	946	14	3089	782	1076
Total	2730	635	494	2990	720	546	3169	786	543	2981	804	495	2726	834	33	2969	757	2111

Retinol (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	363	583	241	342	574	270	399	744	264	388	862	241	554	748	19	376	699	1035
Male	436	756	253	339	504	276	504	855	279	411	809	254	865	1761	14	429	765	1076
Total	401	678	494	341	539	546	453	804	543	400	834	495	686	1264	33	403	734	2111

Carotene (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	2733	1692	241	3077	1695	270	3537	1857	264	3427	2136	241	2886	1474	19	3192	1866	1035
Male	2686	1897	253	3155	2010	276	3723	2313	279	3561	2097	254	3605	2156	14	3294	2123	1076
Total	2709	1798	494	3116	1860	546	3633	2104	543	3496	2115	495	3191	1800	33	3244	2002	2111

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	2767	2159	241	2895	2163	270	3341	2688	264	3234	3168	241	3496	2641	19	3069	2578	1035
Male	2986	2682	253	2911	2012	276	3789	3196	279	3388	3118	254	4943	6503	14	3296	2885	1076
Total	2879	2441	494	2903	2086	546	3571	2966	543	3313	3140	495	4110	4651	33	3184	2740	2111

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	0.33	241	1.04	0.32	270	1.07	0.34	264	1.00	0.44	241	0.90	0.31	19	1.03	0.36	1035
Male	1.14	0.28	253	1.17	0.34	276	1.21	0.36	279	1.08	0.32	254	1.01	0.30	14	1.15	0.33	1076
Total	1.07	0.32	494	1.11	0.34	546	1.14	0.36	543	1.04	0.38	495	0.95	0.31	33	1.09	0.35	2111

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	1.41	0.38	241	1.45	0.36	270	1.51	0.42	264	1.43	0.41	241	1.34	0.35	19	1.45	0.39	1035
Male	1.57	0.38	253	1.62	0.39	276	1.70	0.43	279	1.59	0.44	254	1.54	0.53	14	1.62	0.41	1076
Total	1.49	0.39	494	1.54	0.39	546	1.61	0.44	543	1.51	0.43	495	1.42	0.44	33	1.54	0.41	2111

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	15.5	4.2	241	15.9	3.9	270	15.6	4.3	264	14.5	4.2	241	13.4	4.5	19	15.3	4.2	1035
Male	19.3	6.0	253	21.0	5.7	276	19.3	5.6	279	17.5	5.5	254	13.8	3.8	14	19.3	5.8	1076
Total	17.5	5.6	494	18.5	5.5	546	17.5	5.4	543	16.0	5.1	495	13.6	4.2	33	17.3	5.5	2111

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	122	66	241	151	78	270	163	80	264	150	71	241	121	67	19	147	75	1035
Male	130	112	253	140	90	276	168	96	279	148	73	254	139	65	14	147	94	1076
Total	126	92	494	145	84	546	166	88	543	149	72	495	129	66	33	147	86	2111

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	218	173	241	272	198	270	268	203	264	248	208	241	287	208	19	253	197	1035
Male	289	233	253	361	279	276	349	290	279	304	225	254	243	282	14	326	261	1076
Total	254	208	494	317	246	546	310	255	543	277	218	495	268	239	33	290	235	2111

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	7.7	2.2	241	8.0	2.1	270	7.8	2.3	264	7.3	2.5	241	6.8	2.4	19	7.7	2.3	1035
Male	8.4	2.2	253	8.7	2.3	276	9.1	2.5	279	8.2	2.6	254	7.8	2.6	14	8.6	2.4	1076
Total	8.1	2.2	494	8.3	2.3	546	8.5	2.5	543	7.8	2.6	495	7.2	2.5	33	8.2	2.4	2111

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	2.5	241	10.8	2.4	270	11.1	2.7	264	11.0	2.6	241	9.7	2.0	19	10.9	2.6	1035
Male	12.3	2.6	253	13.0	3.1	276	13.2	3.1	279	12.5	3.2	254	12.4	5.5	14	12.7	3.1	1076
Total	11.5	2.7	494	11.9	3.0	546	12.2	3.1	543	11.7	3.0	495	10.9	4.1	33	11.8	3.0	2111

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	348	138	241	338	135	270	326	131	264	302	132	241	272	146	19	327	135	1035
Male	417	166	253	408	155	276	396	157	279	378	150	254	352	169	14	399	158	1076
Total	383	156	494	373	150	546	362	149	543	341	146	495	306	159	33	364	151	2111

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	3.5	241	15.7	4.1	270	16.5	4.5	264	16.2	4.7	241	14.6	3.9	19	15.6	4.3	1035
Male	14.5	3.6	253	16.2	4.6	276	18.2	5.1	279	17.1	5.3	254	15.2	4.8	14	16.5	4.9	1076
Total	14.2	3.6	494	15.9	4.3	546	17.4	4.9	543	16.7	5.0	495	14.8	4.2	33	16.1	4.6	2111

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	241	2.3	0.9	270	2.4	0.9	264	2.4	1.0	241	1.8	0.7	19	2.2	0.9	1035
Male	1.9	0.7	253	2.3	1.0	276	2.7	1.1	279	2.6	1.2	254	2.4	1.1	14	2.4	1.0	1076
Total	1.9	0.7	494	2.3	0.9	546	2.6	1.0	543	2.5	1.1	495	2.1	0.9	33	2.3	1.0	2111

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	241	10.2	2.8	270	10.8	3.3	264	10.7	3.2	241	9.4	3.4	19	10.1	3.1	1035
Male	9.3	2.5	253	10.5	3.2	276	12.1	3.5	279	11.2	3.6	254	10.3	3.1	14	10.8	3.4	1076
Total	9.1	2.6	494	10.3	3.0	546	11.4	3.5	543	10.9	3.4	495	9.8	3.3	33	10.5	3.3	2111

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	389	225	241	464	261	270	499	279	264	436	280	241	412	226	19	448	265	1035
Male	440	265	253	451	244	276	535	295	279	483	286	254	394	258	14	477	275	1076
Total	415	247	494	457	252	546	517	288	543	460	284	495	404	236	33	463	270	2111

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	0.28	241	1.00	0.28	270	1.08	0.34	264	1.01	0.33	241	0.95	0.34	19	1.00	0.32	1035
Male	1.02	0.35	253	1.16	0.37	276	1.26	0.35	279	1.18	0.39	254	1.04	0.38	14	1.16	0.37	1076
Total	0.97	0.32	494	1.08	0.33	546	1.17	0.36	543	1.10	0.37	495	0.99	0.35	33	1.08	0.36	2111

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	5.7	5.4	241	5.9	4.7	270	6.2	5.9	264	6.1	5.8	241	4.8	2.8	19	5.9	5.4	1035
Male	6.3	5.6	253	7.7	6.8	276	7.9	6.5	279	7.4	6.9	254	5.7	8.6	14	7.4	6.5	1076
Total	6.0	5.5	494	6.8	5.9	546	7.0	6.3	543	6.8	6.4	495	5.2	5.9	33	6.7	6.1	2111

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	241	196	50	270	205	57	264	196	57	241	189	59	19	195	53	1035
Male	207	53	253	228	57	276	244	58	279	225	61	254	211	57	14	226	59	1076
Total	195	51	494	212	56	546	225	60	543	211	61	495	199	58	33	211	58	2111

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	6.0	2.7	241	6.1	2.2	270	6.4	2.7	264	6.2	2.7	241	6.1	2.1	19	6.2	2.6	1035
Male	7.4	3.3	253	7.6	3.4	276	7.9	3.3	279	7.4	2.7	254	6.5	1.0	14	7.6	3.2	1076
Total	6.7	3.1	494	6.9	3.0	546	7.2	3.1	543	6.8	2.8	495	6.3	1.7	33	6.9	3.0	2111

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	0.92	0.33	241	0.98	0.28	270	1.04	0.34	264	1.00	0.34	241	1.01	0.35	19	0.99	0.33	1035
Male	1.09	0.39	253	1.18	0.38	276	1.25	0.39	279	1.17	0.37	254	1.11	0.27	14	1.17	0.38	1076
Total	1.01	0.37	494	1.08	0.35	546	1.15	0.38	543	1.09	0.37	495	1.06	0.32	33	1.08	0.37	2111

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	2.2	241	10.8	2.0	270	10.9	2.3	264	10.5	2.3	241	9.8	1.9	19	10.7	2.2	1035
Male	12.8	2.6	253	13.2	2.5	276	13.2	2.5	279	12.3	2.6	254	10.9	2.6	14	12.8	2.6	1076
Total	11.7	2.7	494	12.0	2.6	546	12.1	2.6	543	11.4	2.6	495	10.2	2.2	33	11.8	2.6	2111

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	3071	631	241	3127	595	270	3152	670	264	3035	688	241	2819	542	19	3094	646	1035
Male	3663	754	253	3747	709	276	3740	723	279	3528	732	254	3126	771	14	3666	736	1076
Total	3375	756	494	3440	724	546	3454	756	543	3288	752	495	2949	656	33	3385	750	2111

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	5377	1080	241	5452	1015	270	5487	1142	264	5286	1179	241	4911	918	19	5395	1103	1035
Male	6395	1286	253	6513	1203	276	6508	1225	279	6152	1255	254	5465	1319	14	6385	1252	1076
Total	5899	1293	494	5988	1233	546	6011	1289	543	5730	1292	495	5146	1122	33	5900	1281	2111

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	4338	1042	241	4468	957	270	4526	1102	264	4343	1109	241	4089	929	19	4416	1053	1035
Male	5231	1269	253	5449	1174	276	5396	1207	279	5071	1211	254	4404	1281	14	5281	1226	1076
Total	4795	1246	494	4964	1179	546	4973	1235	543	4717	1217	495	4222	1085	33	4857	1223	2111

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	1599	353	241	1625	322	270	1631	361	264	1557	364	241	1461	294	19	1602	350	1035
Male	1928	430	253	1987	402	276	1952	397	279	1842	394	254	1617	416	14	1925	410	1076
Total	1768	427	494	1808	407	546	1796	412	543	1703	405	495	1527	354	33	1767	414	2111

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	1138	207	241	1150	201	270	1149	213	264	1097	219	241	1012	167	19	1132	211	1035
Male	1347	246	253	1358	233	276	1363	227	279	1288	241	254	1164	229	14	1338	239	1076
Total	1245	250	494	1255	241	546	1259	245	543	1195	250	495	1076	207	33	1237	248	2111

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	2737	545	241	2773	510	270	2778	563	264	2653	570	241	2471	445	19	2732	548	1035
Male	3275	660	253	3345	616	276	3314	607	279	3129	618	254	2780	636	14	3262	632	1076
Total	3012	664	494	3062	634	546	3053	644	543	2897	641	495	2602	547	33	3002	649	2111

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	3115	592	241	3166	567	270	3190	641	264	3077	669	241	2868	523	19	3134	618	1035
Male	3690	703	253	3759	672	276	3780	681	279	3576	706	254	3208	734	14	3698	696	1076
Total	3410	712	494	3466	689	546	3493	724	543	3333	731	495	3012	634	33	3422	716	2111

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	2332	479	241	2380	458	270	2409	505	264	2334	525	241	2163	419	19	2362	491	1035
Male	2800	570	253	2870	561	276	2863	546	279	2712	558	254	2415	575	14	2808	563	1076
Total	2572	577	494	2628	568	546	2642	573	543	2528	574	495	2270	499	33	2589	574	2111

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	5438	1064	241	5538	1020	270	5590	1141	264	5400	1187	241	5025	944	19	5487	1103	1035
Male	6483	1267	253	6619	1220	276	6630	1219	279	6276	1258	254	5605	1303	14	6496	1251	1076
Total	5973	1283	494	6084	1248	546	6124	1290	543	5850	1299	495	5271	1129	33	6001	1284	2111

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	2687	570	241	2743	530	270	2770	602	264	2657	610	241	2476	484	19	2712	578	1035
Male	3215	686	253	3323	649	276	3293	652	279	3103	659	254	2729	706	14	3230	668	1076
Total	2957	684	494	3036	660	546	3039	680	543	2886	673	495	2583	592	33	2976	677	2111

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	826	164	241	844	159	270	857	177	264	825	184	241	765	139	19	837	171	1035
Male	983	195	253	1006	186	276	1013	189	279	958	194	254	858	200	14	989	192	1076
Total	907	197	494	926	191	546	937	199	543	893	200	495	805	171	33	915	197	2111

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	3645	737	241	3709	692	270	3760	777	264	3618	802	241	3391	665	19	3680	752	1035
Male	4341	867	253	4439	823	276	4450	828	279	4210	840	254	3779	880	14	4356	846	1076
Total	4001	877	494	4078	843	546	4114	874	543	3922	873	495	3556	775	33	4025	870	2111

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	2191	550	241	2236	499	270	2252	580	264	2138	583	241	2056	515	19	2204	553	1035
Male	2636	681	253	2777	666	276	2725	666	279	2540	671	254	2094	572	14	2666	677	1076
Total	2419	659	494	2509	648	546	2495	668	543	2345	660	495	2072	532	33	2439	661	2111

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	3980	837	241	4133	804	270	4185	888	264	4033	938	241	3740	717	19	4080	868	1035
Male	4910	1035	253	5086	1018	276	5025	985	279	4729	981	254	4172	964	14	4933	1015	1076
Total	4456	1051	494	4614	1034	546	4617	1028	543	4390	1020	495	3923	845	33	4515	1037	2111

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	3381	734	241	3476	680	270	3504	760	264	3368	764	241	3161	624	19	3430	734	1035
Male	4118	888	253	4287	862	276	4214	838	279	3966	833	254	3454	869	14	4142	866	1076
Total	3758	896	494	3886	876	546	3869	876	543	3675	854	495	3285	740	33	3793	879	2111

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	6271	1335	241	6526	1291	270	6682	1452	264	6432	1495	241	6021	1246	19	6475	1398	1035
Male	7549	1610	253	7905	1586	276	7896	1561	279	7446	1568	254	6605	1686	14	7694	1597	1076
Total	6925	1613	494	7223	1603	546	7306	1625	543	6952	1613	495	6269	1454	33	7096	1622	2111

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	13134	2368	241	13118	2275	270	12901	2505	264	12369	2532	241	11249	1741	19	12858	2434	1035
Male	15229	2875	253	15196	2594	276	15265	2654	279	14336	2891	254	12768	2838	14	14987	2785	1076
Total	14207	2838	494	14169	2652	546	14116	2838	543	13379	2892	495	11893	2358	33	13943	2826	2111

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	2910	644	241	2987	592	270	2962	652	264	2824	651	241	2668	474	19	2919	634	1035
Male	3544	802	253	3660	774	276	3567	717	279	3361	749	254	2914	743	14	3528	769	1076
Total	3234	794	494	3327	767	546	3273	749	543	3100	752	495	2772	605	33	3229	769	2111

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	4314	845	241	4222	834	270	4069	873	264	3897	904	241	3514	588	19	4116	876	1035
Male	4844	980	253	4691	910	276	4767	936	279	4474	1025	254	3988	1070	14	4686	974	1076
Total	4586	953	494	4459	903	546	4428	970	543	4193	1009	495	3715	846	33	4407	970	2111

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	3091	601	241	3138	570	270	3158	640	264	3036	662	241	2816	531	19	3102	619	1035
Male	3637	706	253	3708	678	276	3713	677	279	3513	699	254	3147	718	14	3639	695	1076
Total	3371	711	494	3426	688	546	3443	715	543	3281	721	495	2956	629	33	3376	711	2111

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	51.47	13.82	241	47.26	12.64	270	43.09	11.22	264	39.72	11.95	241	38.40	10.66	19	45.26	13.12	1035
Male	58.32	14.35	253	53.35	14.20	276	50.60	13.71	279	45.21	12.11	254	38.89	14.57	14	51.69	14.45	1076
Total	54.98	14.49	494	50.34	13.78	546	46.95	13.10	543	42.54	12.33	495	38.61	12.26	33	48.54	14.19	2111

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	17.03	5.49	241	15.10	4.84	270	13.65	4.43	264	12.55	4.46	241	12.08	4.25	19	14.53	5.08	1035
Male	18.27	5.52	253	16.32	5.36	276	15.60	5.00	279	14.11	4.61	254	12.02	5.55	14	16.02	5.35	1076
Total	17.67	5.53	494	15.72	5.14	546	14.65	4.83	543	13.36	4.60	495	12.06	4.76	33	15.29	5.27	2111

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	20.47	5.79	241	18.75	5.57	270	16.74	4.73	264	15.16	4.94	241	15.01	4.75	19	17.73	5.62	1035
Male	23.78	6.41	253	21.44	6.33	276	19.86	6.05	279	17.43	5.16	254	14.89	6.00	14	20.55	6.45	1076
Total	22.16	6.33	494	20.11	6.11	546	18.35	5.66	543	16.33	5.18	495	14.96	5.23	33	19.17	6.21	2111

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	13.85	3.76	241	13.30	3.70	270	12.60	3.28	264	11.92	3.77	241	11.25	2.66	19	12.89	3.68	1035
Male	16.18	4.03	253	15.47	3.99	276	15.05	4.06	279	13.60	3.96	254	11.95	3.67	14	15.04	4.12	1076
Total	15.05	4.07	494	14.40	4.00	546	13.86	3.90	543	12.78	3.96	495	11.55	3.09	33	13.99	4.06	2111

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	34.32	9.00	241	32.06	8.71	270	29.36	7.49	264	27.10	8.25	241	26.24	6.96	19	30.64	8.76	1035
Male	39.97	9.78	253	36.94	9.59	276	34.92	9.42	279	31.01	8.45	254	26.80	9.35	14	35.60	9.89	1076
Total	37.21	9.81	494	34.53	9.48	546	32.22	8.97	543	29.11	8.57	495	26.47	7.93	33	33.16	9.68	2111

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	10.94	3.10	241	10.41	3.01	270	9.96	2.63	264	9.48	3.15	241	8.66	2.21	19	10.17	3.01	1035
Male	13.05	3.52	253	12.12	3.50	276	11.76	3.37	279	10.49	3.29	254	9.77	2.91	14	11.83	3.53	1076
Total	12.02	3.49	494	11.28	3.38	546	10.89	3.16	543	10.00	3.26	495	9.14	2.55	33	11.02	3.39	2111

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	2.51	0.88	241	2.59	0.92	270	2.50	0.98	264	2.39	0.96	241	2.50	0.80	19	2.50	0.94	1035
Male	3.00	0.93	253	3.25	1.13	276	3.16	1.20	279	2.90	1.08	254	2.26	1.14	14	3.07	1.11	1076
Total	2.76	0.94	494	2.93	1.08	546	2.84	1.15	543	2.65	1.06	495	2.40	0.95	33	2.79	1.07	2111

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	298	195	241	246	188	270	223	173	264	210	174	241	198	153	19	243	185	1035
Male	251	213	253	188	184	276	215	179	279	214	192	254	205	198	14	216	193	1076
Total	274	205	494	217	188	546	219	176	543	212	183	495	201	171	33	229	189	2111

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	195	129	241	161	124	270	144	113	264	137	114	241	128	101	19	158	122	1035
Male	164	139	253	123	118	276	140	117	279	139	127	254	134	129	14	141	126	1076
Total	179	135	494	142	122	546	142	115	543	138	120	495	130	112	33	150	124	2111

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	115	78	241	95	75	270	87	68	264	83	69	241	78	62	19	95	73	1035
Male	94	81	253	71	69	276	84	70	279	84	76	254	81	77	14	83	74	1076
Total	104	80	494	83	73	546	85	69	543	83	73	495	79	68	33	89	74	2111

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	237	157	241	197	150	270	175	135	264	167	137	241	154	125	19	193	147	1035
Male	200	163	253	151	135	276	170	135	279	168	151	254	164	156	14	171	147	1076
Total	218	161	494	173	145	546	172	135	543	167	144	495	158	137	33	182	147	2111

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	23	16	241	18	16	270	16	14	264	15	14	241	14	14	19	18	15	1035
Male	19	17	253	14	14	276	16	15	279	16	16	254	14	16	14	16	15	1076
Total	21	16	494	16	15	546	16	14	543	16	15	495	14	15	33	17	15	2111

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	297	196	241	242	178	270	217	167	264	203	164	241	188	150	19	238	179	1035
Male	246	195	253	187	164	276	210	165	279	204	180	254	194	186	14	211	177	1076
Total	271	197	494	214	173	546	214	166	543	203	172	495	191	163	33	224	178	2111

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	1300	623	241	1156	603	270	1037	561	264	980	551	241	999	539	19	1116	596	1035
Male	1238	663	253	1106	571	276	1143	592	279	1077	587	254	887	723	14	1137	607	1076
Total	1268	644	494	1131	587	546	1092	579	543	1030	571	495	951	615	33	1127	602	2111

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	123	74	241	102	66	270	90	60	264	83	62	241	74	54	19	99	67	1035
Male	117	79	253	93	76	276	95	68	279	89	70	254	72	69	14	98	74	1076
Total	120	77	494	98	71	546	92	64	543	86	66	495	73	59	33	98	71	2111

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	163	88	241	141	87	270	130	82	264	123	83	241	122	78	19	139	86	1035
Male	144	96	253	121	84	276	134	85	279	131	89	254	119	100	14	132	89	1076
Total	154	92	494	131	86	546	132	84	543	127	86	495	121	86	33	135	88	2111

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	0.02	0.16	241	0.08	0.77	270	0.07	0.57	264	0.05	0.54	241	0.00	0.00	19	0.06	0.56	1035
Male	0.03	0.30	253	0.11	0.91	276	0.03	0.35	279	0.01	0.24	254	0.00	0.00	14	0.05	0.53	1076
Total	0.02	0.24	494	0.09	0.84	546	0.05	0.47	543	0.03	0.42	495	0.00	0.00	33	0.05	0.54	2111

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	9.94	2.95	241	8.91	2.60	270	8.06	2.31	264	7.42	2.36	241	7.04	2.29	19	8.55	2.72	1035
Male	11.01	3.05	253	9.97	3.04	276	9.44	2.76	279	8.50	2.44	254	7.13	2.84	14	9.69	2.98	1076
Total	10.49	3.04	494	9.45	2.88	546	8.77	2.64	543	7.97	2.46	495	7.08	2.49	33	9.13	2.91	2111

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	977	366	241	940	351	270	849	328	264	776	333	241	898	508	19	886	356	1035
Male	1164	437	253	1147	440	276	1037	443	279	940	358	254	650	345	14	1067	432	1076
Total	1073	414	494	1045	411	546	946	402	543	860	355	495	793	457	33	979	407	2111

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	1.64	4.39	241	2.00	4.21	270	2.30	4.88	264	2.14	3.41	241	0.71	1.11	19	2.00	4.24	1035
Male	1.27	1.90	253	1.76	2.34	276	2.16	2.98	279	2.58	6.76	254	1.33	1.84	14	1.94	3.95	1076
Total	1.45	3.36	494	1.88	3.40	546	2.23	4.01	543	2.37	5.39	495	0.97	1.47	33	1.97	4.09	2111

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	172	69	241	152	67	270	142	66	264	130	65	241	131	67	19	149	68	1035
Male	173	80	253	165	78	276	164	76	279	150	70	254	115	90	14	162	77	1076
Total	173	75	494	158	73	546	153	72	543	140	68	495	124	77	33	156	73	2111

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	106	41	241	100	40	270	95	41	264	86	38	241	88	37	19	97	41	1035
Male	121	50	253	121	52	276	116	51	279	105	42	254	77	53	14	115	49	1076
Total	114	47	494	111	48	546	106	47	543	96	41	495	83	44	33	106	46	2111

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	3.89	1.34	241	3.35	1.12	270	3.05	0.99	264	2.75	0.96	241	2.63	1.00	19	3.25	1.18	1035
Male	4.24	1.37	253	3.77	1.37	276	3.52	1.15	279	3.06	1.03	254	2.66	1.12	14	3.63	1.31	1076
Total	4.07	1.37	494	3.56	1.27	546	3.29	1.10	543	2.91	1.01	495	2.64	1.04	33	3.44	1.26	2111

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	17.79	5.21	241	16.09	4.88	270	14.37	4.08	264	13.00	4.23	241	12.61	4.32	19	15.26	4.94	1035
Male	20.48	5.68	253	18.20	5.61	276	16.94	5.30	279	14.82	4.57	254	13.06	5.19	14	17.55	5.69	1076
Total	19.17	5.61	494	17.16	5.36	546	15.69	4.91	543	13.94	4.50	495	12.80	4.64	33	16.43	5.45	2111

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	11.31	3.23	241	10.65	3.15	270	10.05	2.70	264	9.49	3.15	241	8.62	2.35	19	10.34	3.12	1035
Male	13.23	3.60	253	12.23	3.51	276	11.85	3.52	279	10.57	3.37	254	9.75	3.03	14	11.94	3.62	1076
Total	12.29	3.55	494	11.45	3.43	546	10.97	3.27	543	10.05	3.30	495	9.10	2.67	33	11.16	3.48	2111

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	1644	550	241	1555	549	270	1465	481	264	1405	533	241	1268	354	19	1513	533	1035
Male	1971	634	253	1785	596	276	1738	579	279	1579	599	254	1458	512	14	1764	616	1076
Total	1811	616	494	1671	584	546	1606	550	543	1494	574	495	1349	431	33	1641	590	2111

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	0.15	0.26	241	0.25	0.45	270	0.26	0.41	264	0.26	0.40	241	0.33	0.52	19	0.23	0.40	1035
Male	0.19	0.30	253	0.27	0.37	276	0.27	0.42	279	0.58	5.02	254	0.18	0.24	14	0.32	2.46	1076
Total	0.17	0.28	494	0.26	0.41	546	0.27	0.41	543	0.42	3.61	495	0.26	0.42	33	0.28	1.78	2111

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	55	59	241	70	70	270	71	74	264	67	71	241	83	66	19	66	69	1035
Male	65	66	253	99	88	276	98	93	279	90	77	254	49	83	14	88	83	1076
Total	60	63	494	84	81	546	85	85	543	79	75	495	68	74	33	77	77	2111

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	220	89	241	205	80	270	180	70	264	166	71	241	177	93	19	192	81	1035
Male	230	85	253	209	88	276	214	91	279	188	88	254	202	114	14	210	90	1076
Total	225	87	494	207	84	546	197	83	543	177	81	495	188	102	33	201	86	2111

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	473	261	241	487	309	270	430	281	264	411	301	241	542	312	19	452	291	1035
Male	550	309	253	577	326	276	562	368	279	485	300	254	311	188	14	541	329	1076
Total	512	289	494	532	321	546	498	335	543	448	303	495	444	288	33	498	314	2111

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	33	20	241	29	17	270	27	16	264	24	14	241	19	14	19	28	17	1035
Male	44	25	253	41	26	276	35	22	279	28	17	254	25	13	14	37	24	1076
Total	39	23	494	35	23	546	31	20	543	26	16	495	21	13	33	33	21	2111

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	241	20	9	270	20	9	264	18	8	241	16	8	19	20	9	1035
Male	25	10	253	26	10	276	24	10	279	23	9	254	20	10	14	24	10	1076
Total	23	10	494	23	10	546	22	10	543	21	9	495	18	9	33	22	10	2111

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	22	23	241	30	28	270	28	27	264	27	27	241	43	37	19	27	27	1035
Male	29	30	253	41	35	276	41	38	279	37	32	254	20	30	14	37	34	1076
Total	26	27	494	35	32	546	34	34	543	32	30	495	33	35	33	32	31	2111

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	158	59	241	153	57	270	152	57	264	136	58	241	134	59	19	150	59	1035
Male	184	63	253	190	66	276	178	70	279	168	60	254	149	76	14	180	65	1076
Total	171	62	494	172	64	546	166	65	543	152	62	495	140	66	33	165	64	2111