

Threonine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 2637 | 533 | 96 | 2670 | 556 | 97 | 2693 | 597 | 106 | 2562 | 656 | 75 | 2179 | 247 | 8 | 2637 | 582 | 382 |
| Male | 3138 | 661 | 77 | 3224 | 692 | 78 | 3258 | 653 | 111 | 3153 | 651 | 95 | 2819 | 418 | 16 | 3181 | 657 | 377 |
| Total | 2860 | 642 | 173 | 2917 | 677 | 175 | 2982 | 686 | 217 | 2892 | 715 | 170 | 2606 | 477 | 24 | 2907 | 677 | 759 |

Tryptophan (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 806 | 158 | 96 | 813 | 167 | 97 | 820 | 173 | 106 | 785 | 195 | 75 | 679 | 77 | 8 | 805 | 172 | 382 |
| Male | 949 | 183 | 77 | 965 | 195 | 78 | 987 | 189 | 111 | 957 | 190 | 95 | 862 | 110 | 16 | 962 | 187 | 377 |
| Total | 869 | 184 | 173 | 881 | 194 | 175 | 906 | 199 | 217 | 881 | 210 | 170 | 801 | 132 | 24 | 883 | 196 | 759 |

Valine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3579 | 707 | 96 | 3606 | 734 | 97 | 3635 | 766 | 106 | 3487 | 865 | 75 | 3007 | 352 | 8 | 3571 | 761 | 382 |
| Male | 4211 | 813 | 77 | 4309 | 873 | 78 | 4378 | 832 | 111 | 4247 | 844 | 95 | 3843 | 507 | 16 | 4274 | 832 | 377 |
| Total | 3860 | 817 | 173 | 3920 | 870 | 175 | 4015 | 881 | 217 | 3912 | 931 | 170 | 3564 | 606 | 24 | 3920 | 871 | 759 |

Histidine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 2132 | 492 | 96 | 2212 | 544 | 97 | 2214 | 586 | 106 | 2117 | 686 | 75 | 1682 | 218 | 8 | 2163 | 573 | 382 |
| Male | 2597 | 658 | 77 | 2776 | 773 | 78 | 2754 | 719 | 111 | 2680 | 664 | 95 | 2301 | 508 | 16 | 2689 | 702 | 377 |
| Total | 2339 | 615 | 173 | 2463 | 712 | 175 | 2490 | 710 | 217 | 2431 | 728 | 170 | 2095 | 521 | 24 | 2424 | 692 | 759 |

Alginine (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 | 3879 | 796 | 96 | 3973 | 880 | 97 | 4023 | 884 | 106 | 3845 | 950 | 75 | 3094 | 416 | 8 | 3919 | 875 | 382 |
| Male | 4745 | 982 | 77 | 4789 | 1000 | 78 | 4883 | 988 | 111 | 4752 | 931 | 95 | 4075 | 499 | 16 | 4768 | 968 | 377 |
| Total | 4264 | 981 | 173 | 4337 | 1017 | 175 | 4463 | 1031 | 217 | 4351 | 1040 | 170 | 3748 | 662 | 24 | 4341 | 1015 | 759 |

Alanine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3296 | 674 | 96 | 3373 | 697 | 97 | 3401 | 766 | 106 | 3239 | 808 | 75 | 2691 | 359 | 8 | 3321 | 734 | 382 |
| Male | 4012 | 848 | 77 | 4110 | 904 | 78 | 4154 | 840 | 111 | 4020 | 810 | 95 | 3537 | 498 | 16 | 4056 | 842 | 377 |
| Total | 3615 | 834 | 173 | 3702 | 875 | 175 | 3787 | 887 | 217 | 3676 | 896 | 170 | 3255 | 606 | 24 | 3686 | 870 | 759 |

Aspartic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 6110 | 1242 | 96 | 6298 | 1344 | 97 | 6409 | 1409 | 106 | 6119 | 1558 | 75 | 5167 | 707 | 8 | 6223 | 1381 | 382 |
| Male | 7269 | 1498 | 77 | 7502 | 1608 | 78 | 7704 | 1555 | 111 | 7466 | 1512 | 95 | 6535 | 997 | 16 | 7464 | 1537 | 377 |
| Total | 6626 | 1476 | 173 | 6835 | 1581 | 175 | 7072 | 1618 | 217 | 6872 | 1669 | 170 | 6079 | 1111 | 24 | 6839 | 1586 | 759 |

Glutamic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 12815 | 2514 | 96 | 12837 | 2686 | 97 | 12621 | 2480 | 106 | 11878 | 2740 | 75 | 10786 | 831 | 8 | 12540 | 2599 | 382 |
| Male | 14756 | 2720 | 77 | 14860 | 2817 | 78 | 14843 | 2833 | 111 | 14547 | 2803 | 95 | 13375 | 1737 | 16 | 14692 | 2765 | 377 |
| Total | 13679 | 2774 | 173 | 13739 | 2917 | 175 | 13757 | 2884 | 217 | 13369 | 3070 | 170 | 12512 | 1932 | 24 | 13609 | 2889 | 759 |

Glycine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 2809 | 597 | 96 | 2855 | 624 | 97 | 2866 | 671 | 106 | 2709 | 683 | 75 | 2188 | 291 | 8 | 2804 | 644 | 382 |
| Male | 3433 | 756 | 77 | 3457 | 755 | 78 | 3512 | 767 | 111 | 3443 | 711 | 95 | 2920 | 396 | 16 | 3442 | 742 | 377 |
| Total | 3087 | 739 | 173 | 3123 | 746 | 175 | 3197 | 790 | 217 | 3119 | 787 | 170 | 2676 | 502 | 24 | 3121 | 764 | 759 |

Proline (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|-----|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 4284 | 948 | 96 | 4231 | 987 | 97 | 4089 | 904 | 106 | 3838 | 1012 | 75 | 3660 | 347 | 8 | 4116 | 963 | 382 |
| Male | 4819 | 1039 | 77 | 4756 | 1051 | 78 | 4720 | 1061 | 111 | 4666 | 1058 | 95 | 4483 | 835 | 16 | 4724 | 1042 | 377 |
| Total | 4522 | 1022 | 173 | 4465 | 1046 | 175 | 4412 | 1035 | 217 | 4301 | 1114 | 170 | 4208 | 805 | 24 | 4418 | 1047 | 759 |

Serine (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3065 | 590 | 96 | 3101 | 636 | 97 | 3105 | 627 | 106 | 2962 | 711 | 75 | 2588 | 255 | 8 | 3055 | 636 | 382 |
| Male | 3590 | 665 | 77 | 3638 | 719 | 78 | 3694 | 669 | 111 | 3602 | 688 | 95 | 3259 | 358 | 16 | 3620 | 676 | 377 |
| Total | 3299 | 675 | 173 | 3340 | 724 | 175 | 3406 | 712 | 217 | 3320 | 766 | 170 | 3036 | 456 | 24 | 3335 | 714 | 759 |

Total fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 52.45 | 13.35 | 96 | 47.53 | 13.88 | 97 | 43.87 | 11.91 | 106 | 38.70 | 12.22 | 75 | 34.04 | 6.44 | 8 | 45.74 | 13.70 | 382 |
| Male | 57.99 | 14.55 | 77 | 52.26 | 13.00 | 78 | 47.65 | 13.32 | 111 | 43.21 | 13.14 | 95 | 44.02 | 11.06 | 16 | 49.45 | 14.35 | 377 |
| Total | 54.91 | 14.13 | 173 | 49.64 | 13.66 | 175 | 45.81 | 12.76 | 217 | 41.22 | 12.90 | 170 | 40.70 | 10.75 | 24 | 47.58 | 14.14 | 759 |

Saturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 17.86 | 5.61 | 96 | 15.38 | 5.10 | 97 | 13.95 | 4.11 | 106 | 12.23 | 4.58 | 75 | 11.74 | 3.01 | 8 | 14.91 | 5.24 | 382 |
| Male | 18.39 | 5.66 | 77 | 16.59 | 5.47 | 78 | 14.96 | 4.60 | 111 | 13.72 | 4.80 | 95 | 15.66 | 5.58 | 16 | 15.71 | 5.35 | 377 |
| Total | 18.10 | 5.63 | 173 | 15.92 | 5.29 | 175 | 14.47 | 4.38 | 217 | 13.07 | 4.75 | 170 | 14.35 | 5.16 | 24 | 15.31 | 5.30 | 759 |

Monounsaturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 20.91 | 5.84 | 96 | 18.69 | 5.96 | 97 | 17.09 | 5.39 | 106 | 14.84 | 4.88 | 75 | 13.18 | 3.11 | 8 | 17.93 | 5.93 | 382 |
| Male | 23.17 | 6.15 | 77 | 20.69 | 5.40 | 78 | 18.28 | 5.87 | 111 | 16.42 | 5.62 | 95 | 16.58 | 4.75 | 16 | 19.24 | 6.22 | 377 |
| Total | 21.91 | 6.07 | 173 | 19.58 | 5.79 | 175 | 17.70 | 5.66 | 217 | 15.73 | 5.35 | 170 | 15.45 | 4.51 | 24 | 18.58 | 6.11 | 759 |

Polyunsaturated fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 13.65 | 3.69 | 96 | 13.38 | 4.12 | 97 | 12.74 | 3.84 | 106 | 11.56 | 4.14 | 75 | 9.08 | 1.80 | 8 | 12.82 | 4.00 | 382 |
| Male | 16.41 | 4.58 | 77 | 14.96 | 3.88 | 78 | 14.39 | 4.27 | 111 | 12.98 | 4.20 | 95 | 11.78 | 2.86 | 16 | 14.46 | 4.37 | 377 |
| Total | 14.88 | 4.32 | 173 | 14.08 | 4.08 | 175 | 13.58 | 4.14 | 217 | 12.36 | 4.22 | 170 | 10.88 | 2.83 | 24 | 13.63 | 4.26 | 759 |

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 | 34.47 | 8.63 | 96 | 32.00 | 9.52 | 97 | 29.76 | 8.58 | 106 | 26.32 | 8.53 | 75 | 22.20 | 4.34 | 8 | 30.68 | 9.26 | 382 |
| Male | 39.49 | 10.09 | 77 | 35.55 | 8.52 | 78 | 32.57 | 9.48 | 111 | 29.34 | 9.13 | 95 | 28.28 | 6.96 | 16 | 33.60 | 9.93 | 377 |
| Total | 36.71 | 9.61 | 173 | 33.58 | 9.24 | 175 | 31.19 | 9.14 | 217 | 28.01 | 8.97 | 170 | 26.25 | 6.77 | 24 | 32.13 | 9.70 | 759 |

n-6 fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 10.64 | 3.15 | 96 | 10.20 | 3.17 | 97 | 9.85 | 3.30 | 106 | 8.87 | 3.54 | 75 | 7.19 | 1.39 | 8 | 9.89 | 3.32 | 382 |
| Male | 12.84 | 3.85 | 77 | 11.42 | 3.48 | 78 | 10.88 | 3.32 | 111 | 9.65 | 3.53 | 95 | 9.02 | 2.47 | 16 | 11.00 | 3.66 | 377 |
| Total | 11.62 | 3.63 | 173 | 10.75 | 3.36 | 175 | 10.38 | 3.34 | 217 | 9.31 | 3.55 | 170 | 8.41 | 2.31 | 24 | 10.44 | 3.54 | 759 |

n-3 fatty acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 2.52 | 0.89 | 96 | 2.73 | 1.12 | 97 | 2.59 | 0.98 | 106 | 2.45 | 1.03 | 75 | 1.79 | 0.65 | 8 | 2.56 | 1.01 | 382 |
| Male | 3.13 | 1.12 | 77 | 3.17 | 0.96 | 78 | 3.14 | 1.29 | 111 | 2.99 | 1.20 | 95 | 2.59 | 0.58 | 16 | 3.08 | 1.15 | 377 |
| Total | 2.79 | 1.04 | 173 | 2.92 | 1.07 | 175 | 2.87 | 1.18 | 217 | 2.75 | 1.16 | 170 | 2.33 | 0.70 | 24 | 2.82 | 1.11 | 759 |

Butyric acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 328.1 | 211.8 | 96 | 251.1 | 192.8 | 97 | 208.5 | 136.3 | 106 | 190.6 | 177.3 | 75 | 218.6 | 154.1 | 8 | 246.1 | 186.9 | 382 |
| Male | 247.0 | 240.4 | 77 | 233.7 | 240.7 | 78 | 217.2 | 179.4 | 111 | 199.7 | 173.7 | 95 | 282.5 | 272.4 | 16 | 225.1 | 209.5 | 377 |
| Total | 292.0 | 227.9 | 173 | 243.4 | 215.0 | 175 | 213.0 | 159.5 | 217 | 195.7 | 174.9 | 170 | 261.2 | 237.8 | 24 | 235.6 | 198.6 | 759 |

Hexanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 249.5 | 164.1 | 96 | 195.4 | 147.8 | 97 | 164.5 | 111.2 | 106 | 158.3 | 146.5 | 75 | 184.3 | 135.3 | 8 | 192.9 | 146.3 | 382 |
| Male | 188.8 | 183.5 | 77 | 180.7 | 180.3 | 78 | 170.3 | 139.1 | 111 | 154.9 | 139.8 | 95 | 225.4 | 221.5 | 16 | 174.7 | 162.0 | 377 |
| Total | 222.5 | 175.1 | 173 | 188.8 | 162.8 | 175 | 167.5 | 126.0 | 217 | 156.4 | 142.4 | 170 | 211.7 | 194.9 | 24 | 183.8 | 154.4 | 759 |

Octanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|-------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 73.6 | 64.7 | 96 | 50.2 | 52.3 | 97 | 36.4 | 35.8 | 106 | 27.9 | 37.0 | 75 | 33.5 | 45.3 | 8 | 47.5 | 51.7 | 382 |
| Male | 49.0 | 60.6 | 77 | 40.5 | 54.8 | 78 | 30.2 | 37.1 | 111 | 28.4 | 40.2 | 95 | 56.2 | 104.0 | 16 | 36.8 | 51.7 | 377 |
| Total | 62.6 | 63.9 | 173 | 45.9 | 53.5 | 175 | 33.3 | 36.5 | 217 | 28.2 | 38.7 | 170 | 48.6 | 88.3 | 24 | 42.2 | 52.0 | 759 |

Decanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 275.2 | 179.9 | 96 | 209.8 | 158.4 | 97 | 176.2 | 117.4 | 106 | 166.8 | 154.7 | 75 | 191.0 | 136.9 | 8 | 208.1 | 157.9 | 382 |
| Male | 208.8 | 197.3 | 77 | 194.5 | 185.1 | 78 | 183.0 | 144.2 | 111 | 163.7 | 149.2 | 95 | 252.1 | 270.5 | 16 | 188.7 | 172.8 | 377 |
| Total | 245.6 | 190.2 | 173 | 203.0 | 170.5 | 175 | 179.7 | 131.5 | 217 | 165.0 | 151.2 | 170 | 231.8 | 233.0 | 24 | 198.5 | 165.7 | 759 |

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 | 13.4 | 12.2 | 96 | 8.4 | 9.7 | 97 | 7.2 | 7.4 | 106 | 6.0 | 8.2 | 75 | 3.3 | 4.2 | 8 | 8.8 | 9.9 | 382 |
| Male | 9.3 | 10.1 | 77 | 6.2 | 7.1 | 78 | 5.5 | 7.6 | 111 | 5.8 | 8.7 | 95 | 11.4 | 22.2 | 16 | 6.8 | 9.5 | 377 |
| Total | 11.6 | 11.5 | 173 | 7.5 | 8.7 | 175 | 6.4 | 7.5 | 217 | 5.9 | 8.4 | 170 | 8.7 | 18.5 | 24 | 7.8 | 9.7 | 759 |

Lauric acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 326.6 | 221.9 | 96 | 238.7 | 171.1 | 97 | 198.7 | 127.5 | 106 | 181.7 | 162.8 | 75 | 205.1 | 142.3 | 8 | 237.8 | 180.8 | 382 |
| Male | 238.5 | 211.3 | 77 | 215.5 | 194.0 | 78 | 200.6 | 152.7 | 111 | 181.9 | 159.3 | 95 | 278.7 | 306.2 | 16 | 210.1 | 185.0 | 377 |
| Total | 287.4 | 221.0 | 173 | 228.4 | 181.5 | 175 | 199.7 | 140.6 | 217 | 181.8 | 160.4 | 170 | 254.2 | 261.8 | 24 | 224.0 | 183.3 | 759 |

Myristic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|----|--------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1447.4 | 700.6 | 96 | 1234.9 | 622.8 | 97 | 1095.1 | 452.2 | 106 | 995.0 | 611.2 | 75 | 1003.5 | 517.9 | 8 | 1197.6 | 617.9 | 382 |
| Male | 1281.4 | 775.4 | 77 | 1261.3 | 709.0 | 78 | 1145.8 | 556.9 | 111 | 1087.7 | 592.9 | 95 | 1385.6 | 971.9 | 16 | 1192.9 | 669.6 | 377 |
| Total | 1373.5 | 737.3 | 173 | 1246.7 | 660.8 | 175 | 1121.1 | 507.9 | 217 | 1046.8 | 601.0 | 170 | 1258.2 | 855.3 | 24 | 1195.3 | 643.7 | 759 |

Myristoleic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 94.7 | 80.4 | 96 | 74.0 | 74.3 | 97 | 70.8 | 88.5 | 106 | 42.3 | 48.4 | 75 | 38.8 | 38.0 | 8 | 71.4 | 77.2 | 382 |
| Male | 76.0 | 60.5 | 77 | 83.3 | 88.9 | 78 | 54.3 | 68.5 | 111 | 41.9 | 53.5 | 95 | 58.6 | 88.0 | 16 | 61.8 | 70.8 | 377 |
| Total | 86.4 | 72.6 | 173 | 78.1 | 81.0 | 175 | 62.4 | 79.1 | 217 | 42.1 | 51.1 | 170 | 52.0 | 74.7 | 24 | 66.6 | 74.2 | 759 |

Pentadecanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 202.8 | 122.0 | 96 | 172.6 | 118.8 | 97 | 141.8 | 93.9 | 106 | 142.4 | 125.0 | 75 | 129.8 | 124.6 | 8 | 164.8 | 116.9 | 382 |
| Male | 161.8 | 136.5 | 77 | 166.0 | 141.2 | 78 | 154.0 | 119.5 | 111 | 139.9 | 113.7 | 95 | 201.3 | 164.1 | 16 | 156.5 | 128.5 | 377 |
| Total | 184.6 | 129.9 | 173 | 169.6 | 128.9 | 175 | 148.0 | 107.7 | 217 | 141.0 | 118.5 | 170 | 177.4 | 153.2 | 24 | 160.7 | 122.8 | 759 |

Pentadecenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.2 | 1.1 | 96 | 0.1 | 0.6 | 97 | 0.3 | 3.4 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.2 | 1.9 | 382 |
| Male | 1.3 | 9.7 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.2 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.3 | 4.4 | 377 |
| Total | 0.7 | 6.5 | 173 | 0.1 | 0.5 | 175 | 0.2 | 2.4 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.2 | 3.4 | 759 |

Palmitic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 10.25 | 2.93 | 96 | 8.93 | 2.71 | 97 | 8.22 | 2.37 | 106 | 7.14 | 2.40 | 75 | 6.64 | 1.45 | 8 | 8.67 | 2.82 | 382 |
| Male | 11.04 | 3.00 | 77 | 9.89 | 2.88 | 78 | 8.83 | 2.39 | 111 | 8.17 | 2.56 | 95 | 9.10 | 2.91 | 16 | 9.35 | 2.87 | 377 |
| Total | 10.60 | 2.98 | 173 | 9.36 | 2.82 | 175 | 8.53 | 2.39 | 217 | 7.72 | 2.54 | 170 | 8.28 | 2.75 | 24 | 9.00 | 2.86 | 759 |

Palmitoleic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|----|--------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1078.2 | 391.3 | 96 | 1002.6 | 424.2 | 97 | 947.0 | 400.6 | 106 | 805.8 | 327.7 | 75 | 718.7 | 336.6 | 8 | 961.6 | 400.8 | 382 |
| Male | 1227.1 | 479.2 | 77 | 1178.2 | 457.3 | 78 | 1060.9 | 417.5 | 111 | 979.0 | 364.6 | 95 | 1024.0 | 370.8 | 16 | 1096.9 | 433.5 | 377 |
| Total | 1144.5 | 437.7 | 173 | 1080.9 | 446.6 | 175 | 1005.2 | 412.4 | 217 | 902.6 | 358.3 | 170 | 922.2 | 381.8 | 24 | 1028.8 | 422.5 | 759 |

Hexadecatrienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.2 | 0.6 | 96 | 0.1 | 0.3 | 97 | 0.3 | 1.1 | 106 | 0.3 | 0.9 | 75 | 0.3 | 0.8 | 8 | 0.2 | 0.8 | 382 |
| Male | 0.1 | 0.3 | 77 | 0.2 | 0.8 | 78 | 0.1 | 0.5 | 111 | 0.1 | 0.4 | 95 | 0.1 | 0.3 | 16 | 0.1 | 0.5 | 377 |
| Total | 0.2 | 0.5 | 173 | 0.2 | 0.6 | 175 | 0.2 | 0.9 | 217 | 0.2 | 0.7 | 170 | 0.2 | 0.5 | 24 | 0.2 | 0.7 | 759 |

Heptadecanoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 124.9 | 59.6 | 96 | 107.9 | 54.6 | 97 | 99.5 | 60.8 | 106 | 81.6 | 48.8 | 75 | 56.3 | 36.7 | 8 | 103.6 | 58.4 | 382 |
| Male | 121.2 | 66.0 | 77 | 123.8 | 70.4 | 78 | 105.2 | 61.0 | 111 | 93.5 | 59.4 | 95 | 90.6 | 72.5 | 16 | 108.7 | 65.0 | 377 |
| Total | 123.3 | 62.4 | 173 | 115.0 | 62.4 | 175 | 102.4 | 60.8 | 217 | 88.3 | 55.1 | 170 | 79.2 | 64.1 | 24 | 106.2 | 61.8 | 759 |

Heptadecenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 76.2 | 43.7 | 96 | 73.6 | 44.9 | 97 | 74.2 | 52.6 | 106 | 61.9 | 37.1 | 75 | 38.4 | 23.4 | 8 | 71.4 | 45.5 | 382 |
| Male | 85.3 | 43.9 | 77 | 89.9 | 54.4 | 78 | 77.5 | 48.3 | 111 | 71.4 | 47.8 | 95 | 59.7 | 40.0 | 16 | 79.4 | 48.8 | 377 |
| Total | 80.2 | 43.9 | 173 | 80.9 | 49.9 | 175 | 75.9 | 50.3 | 217 | 67.2 | 43.5 | 170 | 52.6 | 36.2 | 24 | 75.4 | 47.3 | 759 |

Stearic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 4.06 | 1.33 | 96 | 3.42 | 1.16 | 97 | 3.08 | 1.01 | 106 | 2.66 | 1.00 | 75 | 2.58 | 0.70 | 8 | 3.32 | 1.23 | 382 |
| Male | 4.23 | 1.34 | 77 | 3.69 | 1.16 | 78 | 3.33 | 1.08 | 111 | 2.95 | 1.16 | 95 | 3.21 | 1.02 | 16 | 3.49 | 1.25 | 377 |
| Total | 4.14 | 1.33 | 173 | 3.54 | 1.16 | 175 | 3.21 | 1.05 | 217 | 2.82 | 1.10 | 170 | 3.00 | 0.96 | 24 | 3.40 | 1.24 | 759 |

Oleic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 18.65 | 5.33 | 96 | 16.38 | 5.38 | 97 | 15.02 | 4.96 | 106 | 12.97 | 4.45 | 75 | 11.62 | 2.62 | 8 | 15.80 | 5.42 | 382 |
| Male | 20.59 | 5.66 | 77 | 18.07 | 4.89 | 78 | 16.01 | 4.97 | 111 | 14.19 | 5.32 | 95 | 14.50 | 4.10 | 16 | 16.85 | 5.64 | 377 |
| Total | 19.51 | 5.55 | 173 | 17.13 | 5.22 | 175 | 15.53 | 4.98 | 217 | 13.65 | 4.98 | 170 | 13.54 | 3.87 | 24 | 16.32 | 5.55 | 759 |

Linoleic acid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 10.81 | 3.15 | 96 | 10.32 | 3.36 | 97 | 9.84 | 3.27 | 106 | 8.83 | 3.54 | 75 | 7.06 | 1.40 | 8 | 9.95 | 3.37 | 382 |
| Male | 12.90 | 3.81 | 77 | 11.43 | 3.55 | 78 | 10.89 | 3.41 | 111 | 9.66 | 3.57 | 95 | 8.90 | 2.64 | 16 | 11.02 | 3.72 | 377 |
| Total | 11.74 | 3.60 | 173 | 10.82 | 3.48 | 175 | 10.38 | 3.38 | 217 | 9.29 | 3.57 | 170 | 8.29 | 2.44 | 24 | 10.48 | 3.59 | 759 |

Linolenic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|----|--------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1570.6 | 579.6 | 96 | 1471.7 | 552.7 | 97 | 1379.1 | 543.8 | 106 | 1310.9 | 620.8 | 75 | 1033.3 | 266.0 | 8 | 1430.1 | 575.0 | 382 |
| Male | 1903.9 | 668.2 | 77 | 1628.8 | 548.1 | 78 | 1588.6 | 622.0 | 111 | 1342.9 | 552.8 | 95 | 1327.8 | 469.2 | 16 | 1588.3 | 623.7 | 377 |
| Total | 1719.0 | 640.6 | 173 | 1541.7 | 554.6 | 175 | 1486.2 | 593.1 | 217 | 1328.8 | 582.2 | 170 | 1229.6 | 430.4 | 24 | 1508.7 | 604.5 | 759 |

Gamma-Linolenic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.1 | 0.3 | 96 | 0.1 | 0.2 | 97 | 0.1 | 0.4 | 106 | 0.2 | 0.5 | 75 | 0.0 | 0.0 | 8 | 0.1 | 0.4 | 382 |
| Male | 0.1 | 0.2 | 77 | 0.2 | 0.4 | 78 | 0.1 | 0.3 | 111 | 0.2 | 0.5 | 95 | 0.3 | 0.6 | 16 | 0.2 | 0.4 | 377 |
| Total | 0.1 | 0.3 | 173 | 0.1 | 0.3 | 175 | 0.1 | 0.4 | 217 | 0.2 | 0.5 | 170 | 0.2 | 0.5 | 24 | 0.1 | 0.4 | 759 |

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 | 66.7 | 87.4 | 96 | 94.1 | 105.9 | 97 | 82.0 | 78.9 | 106 | 82.3 | 93.0 | 75 | 54.1 | 70.3 | 8 | 80.7 | 91.2 | 382 |
| Male | 80.3 | 90.5 | 77 | 102.5 | 92.2 | 78 | 92.6 | 84.6 | 111 | 114.2 | 112.4 | 95 | 73.6 | 47.7 | 16 | 96.8 | 94.4 | 377 |
| Total | 72.8 | 88.8 | 173 | 97.8 | 99.8 | 175 | 87.4 | 81.9 | 217 | 100.1 | 105.2 | 170 | 67.1 | 55.5 | 24 | 88.7 | 93.1 | 759 |

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 | 185.1 | 82.2 | 96 | 180.7 | 109.4 | 97 | 152.4 | 73.7 | 106 | 130.5 | 74.5 | 75 | 170.2 | 60.7 | 8 | 163.9 | 88.2 | 382 |
| Male | 206.8 | 103.5 | 77 | 174.4 | 89.4 | 78 | 155.9 | 97.4 | 111 | 153.3 | 112.6 | 95 | 163.4 | 85.9 | 16 | 169.8 | 102.2 | 377 |
| Total | 194.7 | 92.7 | 173 | 177.9 | 100.7 | 175 | 154.2 | 86.5 | 217 | 143.2 | 98.0 | 170 | 165.7 | 77.1 | 24 | 166.8 | 95.4 | 759 |

Eicosenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 513.7 | 371.0 | 96 | 562.5 | 453.3 | 97 | 480.2 | 294.3 | 106 | 464.4 | 367.4 | 75 | 366.9 | 259.1 | 8 | 504.1 | 373.0 | 382 |
| Male | 592.0 | 372.7 | 77 | 615.7 | 399.6 | 78 | 500.5 | 320.7 | 111 | 565.0 | 432.1 | 95 | 457.0 | 294.6 | 16 | 557.4 | 378.6 | 377 |
| Total | 548.6 | 372.7 | 173 | 586.2 | 429.8 | 175 | 490.6 | 307.5 | 217 | 520.6 | 406.8 | 170 | 427.0 | 280.9 | 24 | 530.6 | 376.5 | 759 |

Eicosadienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 24.1 | 20.8 | 96 | 19.7 | 22.1 | 97 | 15.8 | 16.8 | 106 | 14.2 | 16.2 | 75 | 14.8 | 13.8 | 8 | 18.6 | 19.4 | 382 |
| Male | 31.9 | 26.5 | 77 | 25.7 | 24.0 | 78 | 16.7 | 18.6 | 111 | 16.3 | 21.5 | 95 | 13.8 | 13.4 | 16 | 21.4 | 22.9 | 377 |
| Total | 27.6 | 23.7 | 173 | 22.4 | 23.1 | 175 | 16.3 | 17.7 | 217 | 15.4 | 19.3 | 170 | 14.1 | 13.2 | 24 | 20.0 | 21.3 | 759 |

Eicosatrienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 2.1 | 5.1 | 96 | 2.8 | 8.4 | 97 | 1.3 | 3.3 | 106 | 1.6 | 5.0 | 75 | 0.4 | 1.1 | 8 | 1.9 | 5.7 | 382 |
| Male | 1.9 | 3.8 | 77 | 0.8 | 1.7 | 78 | 1.3 | 6.8 | 111 | 1.4 | 4.8 | 95 | 1.2 | 1.5 | 16 | 1.3 | 4.8 | 377 |
| Total | 2.0 | 4.6 | 173 | 1.9 | 6.4 | 175 | 1.3 | 5.4 | 217 | 1.5 | 4.9 | 170 | 0.9 | 1.4 | 24 | 1.6 | 5.3 | 759 |

Eicosatetraenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 27.1 | 31.2 | 96 | 36.7 | 34.4 | 97 | 32.9 | 30.3 | 106 | 36.7 | 36.4 | 75 | 17.1 | 22.9 | 8 | 32.8 | 32.9 | 382 |
| Male | 31.7 | 31.4 | 77 | 40.6 | 33.9 | 78 | 42.3 | 42.3 | 111 | 48.6 | 45.1 | 95 | 26.4 | 30.7 | 16 | 40.7 | 39.3 | 377 |
| Total | 29.2 | 31.3 | 173 | 38.5 | 34.2 | 175 | 37.7 | 37.1 | 217 | 43.4 | 41.8 | 170 | 23.3 | 28.2 | 24 | 36.7 | 36.4 | 759 |

Arachidonic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 130.3 | 40.5 | 96 | 132.1 | 53.1 | 97 | 125.5 | 50.4 | 106 | 118.3 | 50.6 | 75 | 98.5 | 45.3 | 8 | 126.4 | 49.0 | 382 |
| Male | 161.9 | 57.2 | 77 | 158.5 | 58.9 | 78 | 153.4 | 59.9 | 111 | 147.2 | 56.3 | 95 | 145.7 | 48.3 | 16 | 154.3 | 57.8 | 377 |
| Total | 144.4 | 51.0 | 173 | 143.9 | 57.2 | 175 | 139.8 | 57.1 | 217 | 134.5 | 55.6 | 170 | 130.0 | 51.6 | 24 | 140.3 | 55.3 | 759 |

Eicosapentaenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 247.5 | 199.7 | 96 | 357.7 | 296.6 | 97 | 353.0 | 264.8 | 106 | 321.3 | 252.9 | 75 | 224.3 | 154.3 | 8 | 318.8 | 257.8 | 382 |
| Male | 328.7 | 264.4 | 77 | 430.6 | 268.8 | 78 | 438.4 | 318.6 | 111 | 478.4 | 325.8 | 95 | 328.9 | 138.9 | 16 | 419.8 | 298.3 | 377 |
| Total | 283.6 | 233.6 | 173 | 390.2 | 286.1 | 175 | 396.7 | 296.0 | 217 | 409.1 | 305.2 | 170 | 294.0 | 149.6 | 24 | 369.0 | 283.0 | 759 |

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 | 60.9 | 35.3 | 96 | 73.4 | 124.7 | 97 | 66.6 | 55.5 | 106 | 49.6 | 44.4 | 75 | 45.6 | 46.4 | 8 | 63.1 | 74.7 | 382 |
| Male | 86.1 | 60.9 | 77 | 86.3 | 78.1 | 78 | 68.2 | 69.2 | 111 | 61.4 | 78.7 | 95 | 41.9 | 24.0 | 16 | 72.8 | 71.6 | 377 |
| Total | 72.1 | 49.9 | 173 | 79.1 | 106.4 | 175 | 67.4 | 62.8 | 217 | 56.2 | 65.9 | 170 | 43.1 | 32.2 | 24 | 67.9 | 73.3 | 759 |

Docosenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 324.4 | 382.3 | 96 | 373.2 | 453.4 | 97 | 301.6 | 297.8 | 106 | 309.1 | 377.5 | 75 | 219.3 | 274.8 | 8 | 325.3 | 377.9 | 382 |
| Male | 340.1 | 390.8 | 77 | 400.1 | 431.1 | 78 | 291.7 | 273.0 | 111 | 367.3 | 438.4 | 95 | 287.4 | 239.5 | 16 | 342.9 | 377.9 | 377 |
| Total | 331.4 | 385.0 | 173 | 385.2 | 442.6 | 175 | 296.5 | 284.8 | 217 | 341.7 | 412.5 | 170 | 264.7 | 247.9 | 24 | 334.0 | 377.7 | 759 |

Docosadienoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.0 | 0.0 | 96 | 0.0 | 0.0 | 97 | 0.0 | 0.1 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.1 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.1 | 0.6 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.3 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.4 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.2 | 759 |

Docosapentaenoic acid n-3 (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 62.2 | 59.8 | 96 | 85.3 | 76.9 | 97 | 86.8 | 71.3 | 106 | 84.7 | 73.0 | 75 | 47.6 | 50.2 | 8 | 79.0 | 70.6 | 382 |
| Male | 78.7 | 71.6 | 77 | 106.5 | 77.5 | 78 | 114.5 | 94.7 | 111 | 121.7 | 95.0 | 95 | 96.6 | 62.3 | 16 | 106.6 | 86.8 | 377 |
| Total | 69.5 | 65.6 | 173 | 94.8 | 77.7 | 175 | 101.0 | 85.0 | 217 | 105.4 | 87.7 | 170 | 80.3 | 62.1 | 24 | 92.7 | 80.2 | 759 |

Docosapentaenoic acid acid n-6 (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1.0 | 4.3 | 96 | 2.0 | 9.2 | 97 | 0.7 | 4.8 | 106 | 0.1 | 0.6 | 75 | 0.2 | 0.6 | 8 | 1.0 | 5.7 | 382 |
| Male | 1.2 | 6.9 | 77 | 0.6 | 4.9 | 78 | 0.8 | 4.2 | 111 | 1.3 | 6.9 | 95 | 0.0 | 0.0 | 16 | 0.9 | 5.6 | 377 |
| Total | 1.1 | 5.6 | 173 | 1.3 | 7.6 | 175 | 0.7 | 4.5 | 217 | 0.8 | 5.2 | 170 | 0.1 | 0.3 | 24 | 0.9 | 5.7 | 759 |

Docosahexaenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|-------|-------|----|-------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 536.8 | 318.7 | 96 | 668.5 | 458.4 | 97 | 643.1 | 378.5 | 106 | 608.3 | 395.3 | 75 | 406.3 | 294.3 | 8 | 611.1 | 391.2 | 382 |
| Male | 688.4 | 455.4 | 77 | 843.7 | 449.3 | 78 | 849.3 | 519.2 | 111 | 873.4 | 506.6 | 95 | 714.7 | 332.5 | 16 | 815.7 | 485.5 | 377 |
| Total | 604.3 | 391.7 | 173 | 746.6 | 461.4 | 175 | 748.6 | 466.4 | 217 | 756.4 | 478.1 | 170 | 611.9 | 347.2 | 24 | 712.7 | 452.1 | 759 |

Lignoceric acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3.6 | 10.8 | 96 | 13.9 | 65.1 | 97 | 11.8 | 26.1 | 106 | 5.7 | 19.1 | 75 | 8.0 | 22.6 | 8 | 9.0 | 37.2 | 382 |
| Male | 9.4 | 23.2 | 77 | 17.4 | 40.9 | 78 | 9.4 | 29.9 | 111 | 12.1 | 36.7 | 95 | 2.2 | 6.8 | 16 | 11.4 | 32.6 | 377 |
| Total | 6.2 | 17.6 | 173 | 15.5 | 55.5 | 175 | 10.6 | 28.1 | 217 | 9.3 | 30.3 | 170 | 4.1 | 13.9 | 24 | 10.2 | 35.0 | 759 |

Tetracosenoic acid (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 36.7 | 41.4 | 96 | 52.8 | 57.8 | 97 | 46.9 | 42.3 | 106 | 47.7 | 47.6 | 75 | 33.0 | 36.5 | 8 | 45.7 | 47.6 | 382 |
| Male | 46.9 | 50.9 | 77 | 61.8 | 50.9 | 78 | 56.4 | 47.9 | 111 | 64.1 | 56.8 | 95 | 48.6 | 31.8 | 16 | 57.2 | 51.1 | 377 |
| Total | 41.3 | 46.0 | 173 | 56.8 | 54.8 | 175 | 51.8 | 45.4 | 217 | 56.9 | 53.4 | 170 | 43.4 | 33.5 | 24 | 51.4 | 49.7 | 759 |

Alcohol (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|-----|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3.1 | 6.1 | 96 | 1.9 | 5.3 | 97 | 3.0 | 6.2 | 106 | 1.5 | 3.8 | 75 | 1.2 | 2.8 | 8 | 2.4 | 5.5 | 382 |
| Male | 21.3 | 23.2 | 77 | 20.3 | 23.9 | 78 | 16.4 | 20.9 | 111 | 10.5 | 12.7 | 95 | 4.7 | 7.2 | 16 | 16.2 | 20.5 | 377 |
| Total | 11.2 | 18.4 | 173 | 10.1 | 18.8 | 175 | 9.9 | 16.9 | 217 | 6.5 | 10.8 | 170 | 3.6 | 6.2 | 24 | 9.3 | 16.5 | 759 |

3) Nutrition intake from supplements (3DR)

Energy (kcal)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.0 | 0.0 | 96 | 0.0 | 0.0 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.0 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.0 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.0 | 759 |

Water (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.0 | 0.2 | 96 | 0.0 | 0.4 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.2 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.0 | 377 |
| Total | 0.0 | 0.1 | 173 | 0.0 | 0.3 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.2 | 759 |

Protein (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.3 | 1.8 | 96 | 0.5 | 3.0 | 97 | 0.0 | 0.1 | 106 | 0.0 | 0.3 | 75 | 0.0 | 0.0 | 8 | 0.2 | 1.8 | 382 |
| Male | 0.0 | 0.2 | 77 | 0.3 | 1.4 | 78 | 0.3 | 2.0 | 111 | 0.2 | 1.2 | 95 | 0.1 | 0.5 | 16 | 0.2 | 1.4 | 377 |
| Total | 0.2 | 1.4 | 173 | 0.4 | 2.4 | 175 | 0.1 | 1.4 | 217 | 0.1 | 1.0 | 170 | 0.1 | 0.4 | 24 | 0.2 | 1.6 | 759 |

Lipid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.1 | 0.9 | 96 | 0.1 | 0.4 | 97 | 0.0 | 0.1 | 106 | 0.0 | 0.0 | 75 | 0.1 | 0.3 | 8 | 0.1 | 0.5 | 382 |
| Male | 0.0 | 0.1 | 77 | 0.1 | 0.8 | 78 | 0.1 | 0.8 | 111 | 0.1 | 0.3 | 95 | 0.1 | 0.6 | 16 | 0.1 | 0.6 | 377 |
| Total | 0.1 | 0.7 | 173 | 0.1 | 0.6 | 175 | 0.1 | 0.6 | 217 | 0.0 | 0.2 | 170 | 0.1 | 0.5 | 24 | 0.1 | 0.5 | 759 |

Carbohydrate (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.2 | 1.5 | 96 | 0.3 | 2.7 | 97 | 0.1 | 0.6 | 106 | 0.0 | 0.3 | 75 | 0.0 | 0.0 | 8 | 0.2 | 1.6 | 382 |
| Male | 0.7 | 4.8 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.3 | 111 | 0.2 | 2.2 | 95 | 0.0 | 0.0 | 16 | 0.2 | 2.4 | 377 |
| Total | 0.4 | 3.4 | 173 | 0.2 | 2.0 | 175 | 0.1 | 0.5 | 217 | 0.1 | 1.6 | 170 | 0.0 | 0.0 | 24 | 0.2 | 2.1 | 759 |

Ash (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.0 | 0.1 | 96 | 0.1 | 0.8 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.4 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.1 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.0 | 377 |
| Total | 0.0 | 0.1 | 173 | 0.0 | 0.6 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.3 | 759 |

Sodium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|-------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 3.8 | 20.9 | 96 | 5.4 | 28.2 | 97 | 2.0 | 9.7 | 106 | 0.2 | 1.7 | 75 | 136.0 | 384.7 | 8 | 5.8 | 58.5 | 382 |
| Male | 3.5 | 29.1 | 77 | 4.7 | 21.1 | 78 | 2.9 | 20.0 | 111 | 1.7 | 11.5 | 95 | 16.7 | 64.6 | 16 | 3.7 | 24.2 | 377 |
| Total | 3.6 | 24.8 | 173 | 5.1 | 25.3 | 175 | 2.5 | 15.8 | 217 | 1.1 | 8.7 | 170 | 56.5 | 226.0 | 24 | 4.7 | 44.9 | 759 |

Potadium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1.9 | 13.6 | 96 | 5.7 | 27.5 | 97 | 1.1 | 6.8 | 106 | 0.3 | 2.2 | 75 | 0.0 | 0.0 | 8 | 2.3 | 16.0 | 382 |
| Male | 0.0 | 0.0 | 77 | 2.6 | 14.7 | 78 | 3.9 | 22.1 | 111 | 7.7 | 45.1 | 95 | 6.0 | 20.1 | 16 | 3.9 | 26.8 | 377 |
| Total | 1.1 | 10.1 | 173 | 4.3 | 22.7 | 175 | 2.6 | 16.5 | 217 | 4.5 | 33.9 | 170 | 4.0 | 16.5 | 24 | 3.1 | 22.0 | 759 |

Calcium (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|-------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 6.3 | 53.4 | 96 | 17.7 | 74.9 | 97 | 14.7 | 71.4 | 106 | 18.0 | 85.6 | 75 | 36.4 | 103.0 | 8 | 14.5 | 72.0 | 382 |
| Male | 0.9 | 5.2 | 77 | 10.3 | 59.6 | 78 | 10.4 | 45.1 | 111 | 4.3 | 23.0 | 95 | 51.1 | 199.8 | 16 | 8.6 | 56.1 | 377 |
| Total | 3.9 | 39.9 | 173 | 14.4 | 68.4 | 175 | 12.5 | 59.3 | 217 | 10.3 | 59.5 | 170 | 46.2 | 171.2 | 24 | 11.6 | 64.6 | 759 |

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 | 0.5 | 3.6 | 96 | 2.3 | 17.5 | 97 | 2.8 | 21.6 | 106 | 0.7 | 4.2 | 75 | 0.0 | 0.0 | 8 | 1.6 | 14.6 | 382 |
| Male | 0.1 | 0.6 | 77 | 0.3 | 1.9 | 78 | 2.1 | 10.5 | 111 | 1.2 | 6.9 | 95 | 1.1 | 4.0 | 16 | 1.1 | 6.8 | 377 |
| Total | 0.3 | 2.7 | 173 | 1.4 | 13.1 | 175 | 2.4 | 16.9 | 217 | 1.0 | 5.8 | 170 | 0.7 | 3.3 | 24 | 1.3 | 11.4 | 759 |

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 | 0.0 | 0.1 | 96 | 1.2 | 7.2 | 97 | 0.1 | 0.8 | 106 | 0.2 | 1.5 | 75 | 0.0 | 0.0 | 8 | 0.4 | 3.7 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.4 | 3.1 | 78 | 0.8 | 7.7 | 111 | 5.2 | 34.8 | 95 | 4.0 | 16.0 | 16 | 1.8 | 18.3 | 377 |
| Total | 0.0 | 0.1 | 173 | 0.8 | 5.7 | 175 | 0.5 | 5.5 | 217 | 3.0 | 26.1 | 170 | 2.7 | 13.1 | 24 | 1.1 | 13.2 | 759 |

Iron (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.3 | 2.3 | 96 | 0.1 | 0.5 | 97 | 0.0 | 0.4 | 106 | 0.0 | 0.2 | 75 | 0.0 | 0.0 | 8 | 0.1 | 1.2 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.2 | 78 | 0.1 | 0.7 | 111 | 0.1 | 0.6 | 95 | 0.0 | 0.0 | 16 | 0.1 | 0.5 | 377 |
| Total | 0.2 | 1.7 | 173 | 0.0 | 0.4 | 175 | 0.1 | 0.6 | 217 | 0.1 | 0.5 | 170 | 0.0 | 0.0 | 24 | 0.1 | 0.9 | 759 |

Zinc (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.1 | 0.8 | 96 | 0.2 | 1.5 | 97 | 0.1 | 0.5 | 106 | 0.0 | 0.1 | 75 | 0.0 | 0.0 | 8 | 0.1 | 0.9 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.1 | 78 | 0.1 | 1.4 | 111 | 0.0 | 0.1 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.8 | 377 |
| Total | 0.0 | 0.6 | 173 | 0.1 | 1.1 | 175 | 0.1 | 1.1 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.1 | 0.8 | 759 |

Copper (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.00 | 0.00 | 96 | 0.00 | 0.00 | 97 | 0.00 | 0.00 | 106 | 0.00 | 0.00 | 75 | 0.00 | 0.00 | 8 | 0.00 | 0.00 | 382 |
| Male | 0.00 | 0.00 | 77 | 0.00 | 0.00 | 78 | 0.00 | 0.00 | 111 | 0.00 | 0.01 | 95 | 0.00 | 0.01 | 16 | 0.00 | 0.00 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.01 | 170 | 0.00 | 0.01 | 24 | 0.00 | 0.00 | 759 |

Retinol (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.0 | 0.0 | 96 | 0.0 | 0.0 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.0 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.0 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.0 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.0 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.0 | 759 |

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 | 0.5 | 5.3 | 96 | 0.0 | 0.0 | 97 | 20.4 | 209.8 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 5.8 | 110.5 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 20.3 | 213.6 | 111 | 16.3 | 158.8 | 95 | 0.0 | 0.0 | 16 | 10.1 | 140.5 | 377 |
| Total | 0.3 | 4.0 | 173 | 0.0 | 0.0 | 175 | 20.3 | 211.2 | 217 | 9.1 | 118.7 | 170 | 0.0 | 0.0 | 24 | 7.9 | 126.2 | 759 |

Retinol equivalent (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 | 9.7 | 54.5 | 96 | 19.6 | 109.6 | 97 | 50.7 | 327.1 | 106 | 22.7 | 149.4 | 75 | 0.0 | 0.0 | 8 | 26.0 | 194.6 | 382 |
| Male | 19.7 | 91.2 | 77 | 3.8 | 25.2 | 78 | 31.2 | 166.3 | 111 | 7.1 | 42.0 | 95 | 0.0 | 0.0 | 16 | 15.8 | 102.3 | 377 |
| Total | 14.2 | 73.1 | 173 | 12.6 | 83.5 | 175 | 40.7 | 257.3 | 217 | 14.0 | 104.0 | 170 | 0.0 | 0.0 | 24 | 20.9 | 155.7 | 759 |

Vitamin D (μg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.1 | 0.8 | 96 | 0.3 | 3.1 | 97 | 0.5 | 2.4 | 106 | 0.1 | 0.8 | 75 | 0.0 | 0.0 | 8 | 0.3 | 2.1 | 382 |
| Male | 0.1 | 1.1 | 77 | 0.1 | 0.8 | 78 | 0.3 | 2.5 | 111 | 0.0 | 0.1 | 95 | 0.6 | 2.3 | 16 | 0.2 | 1.5 | 377 |
| Total | 0.1 | 1.0 | 173 | 0.2 | 2.3 | 175 | 0.4 | 2.4 | 217 | 0.1 | 0.5 | 170 | 0.4 | 1.8 | 24 | 0.2 | 1.8 | 759 |

Vitamin E (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1.6 | 10.0 | 96 | 4.2 | 27.7 | 97 | 11.7 | 54.4 | 106 | 10.1 | 39.0 | 75 | 0.0 | 0.0 | 8 | 6.7 | 36.7 | 382 |
| Male | 2.3 | 14.2 | 77 | 0.9 | 6.8 | 78 | 4.5 | 23.8 | 111 | 5.4 | 35.1 | 95 | 17.3 | 52.4 | 16 | 4.1 | 25.4 | 377 |
| Total | 1.9 | 12.0 | 173 | 2.7 | 21.1 | 175 | 8.0 | 41.7 | 217 | 7.4 | 36.8 | 170 | 11.5 | 43.1 | 24 | 5.4 | 31.6 | 759 |

Vitamin K (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 | 0.0 | 0.4 | 96 | 0.0 | 0.1 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.2 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 29.3 | 308.5 | 111 | 4.3 | 41.0 | 95 | 0.3 | 1.1 | 16 | 9.7 | 168.6 | 377 |
| Total | 0.0 | 0.3 | 173 | 0.0 | 0.1 | 175 | 15.0 | 220.6 | 217 | 2.4 | 30.7 | 170 | 0.2 | 0.9 | 24 | 4.8 | 118.8 | 759 |

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 | 1.01 | 4.12 | 96 | 2.14 | 11.17 | 97 | 2.93 | 12.06 | 106 | 4.87 | 16.83 | 75 | 2.50 | 7.07 | 8 | 2.62 | 11.55 | 382 |
| Male | 0.69 | 2.22 | 77 | 0.36 | 1.51 | 78 | 3.30 | 14.33 | 111 | 3.51 | 15.20 | 95 | 7.65 | 26.03 | 16 | 2.40 | 12.23 | 377 |
| Total | 0.87 | 3.40 | 173 | 1.35 | 8.41 | 175 | 3.12 | 13.24 | 217 | 4.11 | 15.90 | 170 | 5.93 | 21.52 | 24 | 2.51 | 11.88 | 759 |

Vitamin B₂ (mg)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.40 | 1.03 | 96 | 0.34 | 1.27 | 97 | 0.86 | 3.46 | 106 | 1.95 | 7.50 | 75 | 0.00 | 0.00 | 8 | 0.81 | 3.91 | 382 |
| Male | 0.79 | 2.63 | 77 | 0.57 | 3.43 | 78 | 0.46 | 1.31 | 111 | 0.44 | 1.76 | 95 | 0.17 | 0.45 | 16 | 0.53 | 2.26 | 377 |
| Total | 0.57 | 1.92 | 173 | 0.44 | 2.47 | 175 | 0.66 | 2.59 | 217 | 1.11 | 5.19 | 170 | 0.11 | 0.38 | 24 | 0.67 | 3.20 | 759 |

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 | 1.4 | 4.8 | 96 | 0.7 | 3.0 | 97 | 3.5 | 13.3 | 106 | 4.1 | 13.7 | 75 | 0.0 | 0.0 | 8 | 2.3 | 9.8 | 382 |
| Male | 1.7 | 4.8 | 77 | 1.1 | 5.0 | 78 | 2.1 | 5.9 | 111 | 2.1 | 8.7 | 95 | 0.6 | 1.8 | 16 | 1.8 | 6.3 | 377 |
| Total | 1.5 | 4.8 | 173 | 0.9 | 4.0 | 175 | 2.8 | 10.2 | 217 | 3.0 | 11.2 | 170 | 0.4 | 1.5 | 24 | 2.0 | 8.2 | 759 |

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 | 0.58 | 1.90 | 96 | 1.65 | 9.28 | 97 | 2.52 | 9.79 | 106 | 4.38 | 14.29 | 75 | 0.00 | 0.00 | 8 | 2.12 | 9.51 | 382 |
| Male | 0.82 | 3.02 | 77 | 0.45 | 2.75 | 78 | 2.10 | 11.51 | 111 | 1.85 | 8.85 | 95 | 4.98 | 19.21 | 16 | 1.56 | 8.80 | 377 |
| Total | 0.69 | 2.46 | 173 | 1.12 | 7.16 | 175 | 2.31 | 10.68 | 217 | 2.97 | 11.60 | 170 | 3.32 | 15.70 | 24 | 1.84 | 9.16 | 759 |