

Vitamin B₁₂ (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 | 2.6 | 17.8 | 96 | 19.3 | 116.0 | 97 | 18.9 | 149.2 | 106 | 37.9 | 204.8 | 75 | 241.5 | 510.8 | 8 | 23.3 | 154.0 | 382 |
| Male | 0.4 | 2.8 | 77 | 0.0 | 0.1 | 78 | 51.9 | 324.9 | 111 | 39.5 | 212.8 | 95 | 76.2 | 304.5 | 16 | 28.6 | 215.7 | 377 |
| Total | 1.6 | 13.4 | 173 | 10.7 | 86.7 | 175 | 35.8 | 254.6 | 217 | 38.8 | 208.7 | 170 | 131.3 | 382.4 | 24 | 25.9 | 187.1 | 759 |

Folate (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 | 0.0 | 96 | 0.0 | 0.1 | 97 | 10.8 | 68.7 | 106 | 1.3 | 11.5 | 75 | 0.0 | 0.0 | 8 | 3.2 | 36.7 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.1 | 1.3 | 78 | 90.1 | 949.2 | 111 | 1.0 | 9.4 | 95 | 0.0 | 0.0 | 16 | 26.8 | 515.0 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.1 | 0.9 | 175 | 51.3 | 680.2 | 217 | 1.1 | 10.4 | 170 | 0.0 | 0.0 | 24 | 14.9 | 363.9 | 759 |

Pantothenic 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 | 0.00 | 0.00 | 96 | 0.17 | 1.28 | 97 | 0.51 | 2.49 | 106 | 1.09 | 5.23 | 75 | 0.00 | 0.00 | 8 | 0.40 | 2.75 | 382 |
| Male | 0.12 | 1.04 | 77 | 0.40 | 2.31 | 78 | 0.17 | 1.09 | 111 | 0.00 | 0.01 | 95 | 0.00 | 0.00 | 16 | 0.16 | 1.29 | 377 |
| Total | 0.05 | 0.70 | 173 | 0.27 | 1.81 | 175 | 0.33 | 1.91 | 217 | 0.48 | 3.50 | 170 | 0.00 | 0.00 | 24 | 0.28 | 2.16 | 759 |

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 | 49.3 | 252.9 | 96 | 48.1 | 224.7 | 97 | 31.9 | 174.7 | 106 | 41.7 | 213.7 | 75 | 0.0 | 0.0 | 8 | 41.6 | 214.6 | 382 |
| Male | 32.2 | 146.5 | 77 | 20.4 | 166.1 | 78 | 34.3 | 182.0 | 111 | 14.7 | 105.1 | 95 | 0.0 | 0.0 | 16 | 24.6 | 150.1 | 377 |
| Total | 41.7 | 211.9 | 173 | 35.7 | 200.7 | 175 | 33.1 | 178.0 | 217 | 26.6 | 162.2 | 170 | 0.0 | 0.0 | 24 | 33.2 | 185.5 | 759 |

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 | 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 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 | 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 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 | 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 |

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 | 0.0 | 0.0 | 96 | 0.0 | 0.2 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.0 | 0.1 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.2 | 78 | 0.1 | 0.5 | 111 | 0.1 | 0.7 | 95 | 0.0 | 0.0 | 16 | 0.1 | 0.4 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.2 | 175 | 0.0 | 0.4 | 217 | 0.1 | 0.5 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.3 | 759 |

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 | 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 |

Manganese (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 | 0.00 | 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 | 0.01 | 0.09 | 111 | 0.00 | 0.01 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.05 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.07 | 217 | 0.00 | 0.01 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.04 | 759 |

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 | 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 |

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 | 0.0 | 0.0 | 96 | 1.6 | 11.1 | 97 | 0.0 | 0.3 | 106 | 0.5 | 3.0 | 75 | 0.0 | 0.0 | 8 | 0.5 | 5.8 | 382 |
| Male | 2.5 | 22.2 | 77 | 2.5 | 21.5 | 78 | 1.0 | 9.5 | 111 | 5.9 | 48.2 | 95 | 5.0 | 20.0 | 16 | 3.0 | 28.7 | 377 |
| Total | 1.1 | 14.8 | 173 | 2.0 | 16.5 | 175 | 0.5 | 6.8 | 217 | 3.5 | 36.1 | 170 | 3.3 | 16.3 | 24 | 1.8 | 20.6 | 759 |

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 | 0.0 | 0.0 | 96 | 2.5 | 17.4 | 97 | 0.1 | 0.6 | 106 | 0.7 | 4.0 | 75 | 0.0 | 0.0 | 8 | 0.8 | 9.0 | 382 |
| Male | 7.8 | 68.4 | 77 | 4.3 | 36.9 | 78 | 1.6 | 15.3 | 111 | 9.1 | 73.5 | 95 | 8.0 | 32.0 | 16 | 5.6 | 51.9 | 377 |
| Total | 3.5 | 45.6 | 173 | 3.3 | 27.8 | 175 | 0.9 | 10.9 | 217 | 5.4 | 55.0 | 170 | 5.3 | 26.1 | 24 | 3.2 | 37.2 | 759 |

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 | 0.0 | 0.0 | 96 | 2.7 | 18.4 | 97 | 0.1 | 0.6 | 106 | 0.8 | 4.1 | 75 | 0.0 | 0.0 | 8 | 0.9 | 9.5 | 382 |
| Male | 0.0 | 0.1 | 77 | 3.5 | 28.3 | 78 | 1.9 | 17.2 | 111 | 9.9 | 79.9 | 95 | 9.0 | 36.0 | 16 | 4.2 | 43.8 | 377 |
| Total | 0.0 | 0.0 | 173 | 3.0 | 23.3 | 175 | 1.0 | 12.3 | 217 | 5.9 | 59.9 | 170 | 6.0 | 29.4 | 24 | 2.5 | 31.6 | 759 |

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 | 0.0 | 0.0 | 96 | 0.6 | 4.0 | 97 | 0.0 | 0.3 | 106 | 0.4 | 2.4 | 75 | 0.0 | 0.0 | 8 | 0.2 | 2.3 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.9 | 7.4 | 78 | 0.4 | 3.8 | 111 | 2.1 | 16.9 | 95 | 2.0 | 8.0 | 16 | 0.9 | 9.5 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.7 | 5.7 | 175 | 0.2 | 2.7 | 217 | 1.3 | 12.7 | 170 | 1.3 | 6.5 | 24 | 0.6 | 6.9 | 759 |

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 | 0.1 | 0.5 | 96 | 3.4 | 32.5 | 97 | 4.5 | 46.6 | 106 | 0.0 | 0.4 | 75 | 0.0 | 0.0 | 8 | 2.1 | 29.5 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.5 | 4.8 | 78 | 0.2 | 1.9 | 111 | 0.2 | 2.1 | 95 | 1.0 | 4.0 | 16 | 0.3 | 2.7 | 377 |
| Total | 0.0 | 0.4 | 173 | 2.1 | 24.4 | 175 | 2.3 | 32.6 | 217 | 0.1 | 1.6 | 170 | 0.7 | 3.3 | 24 | 1.2 | 21.0 | 759 |

Sulfur-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 | 0.1 | 0.5 | 96 | 1.9 | 15.3 | 97 | 0.0 | 0.3 | 106 | 0.4 | 2.6 | 75 | 0.0 | 0.0 | 8 | 0.6 | 7.8 | 382 |
| Male | 0.0 | 0.0 | 77 | 1.4 | 12.1 | 78 | 0.6 | 5.7 | 111 | 2.3 | 17.5 | 95 | 3.0 | 12.0 | 16 | 1.2 | 11.1 | 377 |
| Total | 0.0 | 0.4 | 173 | 1.7 | 13.9 | 175 | 0.3 | 4.1 | 217 | 1.5 | 13.2 | 170 | 2.0 | 9.8 | 24 | 0.9 | 9.6 | 759 |

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 | 0.0 | 0.0 | 96 | 1.5 | 10.4 | 97 | 0.0 | 0.4 | 106 | 0.4 | 2.4 | 75 | 0.0 | 0.0 | 8 | 0.5 | 5.4 | 382 |
| Male | 0.0 | 0.0 | 77 | 2.2 | 18.7 | 78 | 1.0 | 9.5 | 111 | 5.5 | 44.2 | 95 | 5.0 | 20.0 | 16 | 2.3 | 24.6 | 377 |
| Total | 0.0 | 0.0 | 173 | 1.8 | 14.6 | 175 | 0.5 | 6.8 | 217 | 3.2 | 33.1 | 170 | 3.3 | 16.3 | 24 | 1.4 | 17.8 | 759 |

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 | 0.0 | 0.0 | 96 | 0.3 | 3.0 | 97 | 0.0 | 0.1 | 106 | 0.1 | 1.2 | 75 | 0.0 | 0.0 | 8 | 0.1 | 1.6 | 382 |
| Male | 0.0 | 0.0 | 77 | 1.7 | 15.1 | 78 | 0.5 | 5.7 | 111 | 0.6 | 6.2 | 95 | 3.0 | 12.0 | 16 | 0.8 | 8.5 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.9 | 10.3 | 175 | 0.3 | 4.1 | 217 | 0.4 | 4.7 | 170 | 2.0 | 9.8 | 24 | 0.5 | 6.1 | 759 |

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 | 0.0 | 0.0 | 96 | 2.4 | 15.8 | 97 | 0.0 | 0.5 | 106 | 0.7 | 4.5 | 75 | 0.0 | 0.0 | 8 | 0.8 | 8.2 | 382 |
| Male | 0.0 | 0.0 | 77 | 4.6 | 38.9 | 78 | 1.9 | 19.0 | 111 | 8.0 | 60.8 | 95 | 10.0 | 40.0 | 16 | 4.0 | 37.6 | 377 |
| Total | 0.0 | 0.0 | 173 | 3.4 | 28.5 | 175 | 1.0 | 13.6 | 217 | 4.8 | 45.6 | 170 | 6.7 | 32.7 | 24 | 2.3 | 27.2 | 759 |

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 | 0.0 | 0.0 | 96 | 1.9 | 13.0 | 97 | 0.0 | 0.4 | 106 | 0.4 | 2.8 | 75 | 0.0 | 0.0 | 8 | 0.6 | 6.7 | 382 |
| Male | 0.0 | 0.0 | 77 | 2.4 | 20.8 | 78 | 1.1 | 11.4 | 111 | 6.3 | 50.6 | 95 | 6.0 | 24.0 | 16 | 2.7 | 28.2 | 377 |
| Total | 0.0 | 0.0 | 173 | 2.1 | 16.9 | 175 | 0.6 | 8.2 | 217 | 3.7 | 37.9 | 170 | 4.0 | 19.6 | 24 | 1.6 | 20.5 | 759 |

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 | 0.0 | 0.0 | 96 | 0.5 | 3.6 | 97 | 0.0 | 0.0 | 106 | 0.2 | 1.1 | 75 | 0.0 | 0.0 | 8 | 0.2 | 1.9 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.7 | 5.3 | 78 | 0.4 | 3.8 | 111 | 1.9 | 14.9 | 95 | 2.0 | 8.0 | 16 | 0.8 | 8.3 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.6 | 4.4 | 175 | 0.2 | 2.7 | 217 | 1.1 | 11.2 | 170 | 1.3 | 6.5 | 24 | 0.5 | 6.0 | 759 |

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 | 0.0 | 0.0 | 96 | 1.9 | 13.0 | 97 | 0.0 | 0.5 | 106 | 0.3 | 2.7 | 75 | 0.0 | 0.0 | 8 | 0.6 | 6.7 | 382 |
| Male | 6.4 | 56.4 | 77 | 2.8 | 23.6 | 78 | 1.4 | 13.3 | 111 | 7.4 | 59.1 | 95 | 7.0 | 28.0 | 16 | 4.4 | 41.5 | 377 |
| Total | 2.9 | 37.6 | 173 | 2.3 | 18.4 | 175 | 0.7 | 9.5 | 217 | 4.3 | 44.2 | 170 | 4.7 | 22.9 | 24 | 2.5 | 29.6 | 759 |

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 | 0.0 | 0.0 | 96 | 1.2 | 6.5 | 97 | 0.2 | 1.7 | 106 | 0.1 | 1.2 | 75 | 0.0 | 0.0 | 8 | 0.4 | 3.5 | 382 |
| Male | 0.0 | 0.0 | 77 | 1.4 | 10.2 | 78 | 0.6 | 5.7 | 111 | 3.2 | 25.3 | 95 | 3.0 | 12.0 | 16 | 1.4 | 14.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 1.3 | 8.3 | 175 | 0.4 | 4.2 | 217 | 1.8 | 19.0 | 170 | 2.0 | 9.8 | 24 | 0.9 | 10.2 | 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 | 0.2 | 2.1 | 96 | 1.4 | 7.4 | 97 | 0.3 | 2.4 | 106 | 0.9 | 5.6 | 75 | 0.0 | 0.0 | 8 | 0.7 | 4.8 | 382 |
| Male | 3.2 | 24.0 | 77 | 2.5 | 18.7 | 78 | 1.4 | 13.4 | 111 | 1.5 | 12.5 | 95 | 6.0 | 24.0 | 16 | 2.2 | 17.5 | 377 |
| Total | 1.5 | 16.1 | 173 | 1.9 | 13.6 | 175 | 0.9 | 9.8 | 217 | 1.2 | 10.0 | 170 | 4.0 | 19.6 | 24 | 1.4 | 12.8 | 759 |

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 | 0.0 | 0.0 | 96 | 1.2 | 8.6 | 97 | 0.2 | 1.7 | 106 | 0.4 | 3.1 | 75 | 0.0 | 0.0 | 8 | 0.4 | 4.6 | 382 |
| Male | 0.0 | 0.0 | 77 | 3.9 | 31.5 | 78 | 1.4 | 15.2 | 111 | 1.7 | 16.4 | 95 | 8.0 | 32.0 | 16 | 2.0 | 19.5 | 377 |
| Total | 0.0 | 0.0 | 173 | 2.4 | 21.9 | 175 | 0.8 | 10.9 | 217 | 1.1 | 12.4 | 170 | 5.3 | 26.1 | 24 | 1.2 | 14.2 | 759 |

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 | 0.0 | 0.0 | 96 | 2.6 | 16.7 | 97 | 0.1 | 1.0 | 106 | 0.5 | 4.6 | 75 | 0.0 | 0.0 | 8 | 0.8 | 8.7 | 382 |
| Male | 0.0 | 0.0 | 77 | 8.6 | 52.7 | 78 | 2.2 | 22.8 | 111 | 2.6 | 24.6 | 95 | 12.0 | 48.0 | 16 | 3.6 | 31.3 | 377 |
| Total | 0.0 | 0.0 | 173 | 5.3 | 37.3 | 175 | 1.2 | 16.3 | 217 | 1.7 | 18.6 | 170 | 8.0 | 39.2 | 24 | 2.2 | 22.9 | 759 |

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 | 0.0 | 0.0 | 96 | 1.9 | 14.6 | 97 | 0.2 | 2.2 | 106 | 0.9 | 5.8 | 75 | 0.0 | 0.0 | 8 | 0.7 | 7.9 | 382 |
| Male | 0.0 | 0.0 | 77 | 7.0 | 58.3 | 78 | 2.5 | 26.6 | 111 | 3.0 | 28.7 | 95 | 14.0 | 56.0 | 16 | 3.5 | 35.3 | 377 |
| Total | 0.0 | 0.0 | 173 | 4.2 | 40.3 | 175 | 1.4 | 19.1 | 217 | 2.1 | 21.8 | 170 | 9.3 | 45.7 | 24 | 2.1 | 25.5 | 759 |

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 | 0.1 | 0.5 | 96 | 1.4 | 8.3 | 97 | 0.4 | 4.1 | 106 | 0.2 | 1.9 | 75 | 0.0 | 0.0 | 8 | 0.5 | 4.8 | 382 |
| Male | 0.0 | 0.0 | 77 | 3.1 | 21.5 | 78 | 0.9 | 9.5 | 111 | 1.1 | 10.3 | 95 | 5.0 | 20.0 | 16 | 1.4 | 12.8 | 377 |
| Total | 0.0 | 0.4 | 173 | 2.1 | 15.6 | 175 | 0.7 | 7.3 | 217 | 0.7 | 7.8 | 170 | 3.3 | 16.3 | 24 | 0.9 | 9.7 | 759 |

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 | 0.0 | 0.0 | 96 | 0.9 | 5.7 | 97 | 0.2 | 2.5 | 106 | 0.2 | 1.5 | 75 | 0.0 | 0.0 | 8 | 0.3 | 3.2 | 382 |
| Male | 0.0 | 0.0 | 77 | 2.7 | 19.9 | 78 | 0.7 | 7.6 | 111 | 0.9 | 8.2 | 95 | 4.0 | 16.0 | 16 | 1.2 | 11.2 | 377 |
| Total | 0.0 | 0.0 | 173 | 1.7 | 13.9 | 175 | 0.5 | 5.7 | 217 | 0.6 | 6.2 | 170 | 2.7 | 13.1 | 24 | 0.7 | 8.2 | 759 |

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 | 0.0 | 0.0 | 96 | 0.7 | 6.2 | 97 | 0.1 | 0.6 | 106 | 0.3 | 2.3 | 75 | 0.0 | 0.0 | 8 | 0.3 | 3.3 | 382 |
| Male | 0.0 | 0.0 | 77 | 2.5 | 21.0 | 78 | 1.1 | 11.4 | 111 | 1.3 | 12.3 | 95 | 6.0 | 24.0 | 16 | 1.4 | 13.8 | 377 |
| Total | 0.0 | 0.0 | 173 | 1.5 | 14.7 | 175 | 0.6 | 8.2 | 217 | 0.8 | 9.3 | 170 | 4.0 | 19.6 | 24 | 0.8 | 10.0 | 759 |

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 | 0.00 | 0.01 | 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 | 0.02 | 77 | 0.00 | 0.00 | 78 | 0.00 | 0.00 | 111 | 0.00 | 0.04 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.02 | 377 |
| Total | 0.00 | 0.01 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.03 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.01 | 759 |

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 | 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 | 0.00 | 16 | 0.00 | 0.00 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.00 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.00 | 759 |

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 | 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 | 0.00 | 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 | 0.00 | 24 | 0.00 | 0.00 | 759 |

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 | 0.00 | 0.01 | 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 | 0.02 | 77 | 0.00 | 0.00 | 78 | 0.00 | 0.00 | 111 | 0.00 | 0.03 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.01 | 377 |
| Total | 0.00 | 0.01 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.02 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.01 | 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 | 0.00 | 0.01 | 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 | 0.02 | 77 | 0.00 | 0.00 | 78 | 0.00 | 0.00 | 111 | 0.00 | 0.03 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.02 | 377 |
| Total | 0.00 | 0.01 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.03 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.01 | 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 | 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 | 0.03 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.01 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.02 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.01 | 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 | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 0.00 | 0.01 | 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 | 0.02 | 77 | 0.00 | 0.00 | 78 | 0.00 | 0.00 | 111 | 0.00 | 0.00 | 95 | 0.00 | 0.00 | 16 | 0.00 | 0.01 | 377 |
| Total | 0.00 | 0.01 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.00 | 0.00 | 170 | 0.00 | 0.00 | 24 | 0.00 | 0.01 | 759 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 | 0.1 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.0 | 759 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 | 0.41 | 4.00 | 95 | 0.00 | 0.00 | 16 | 0.10 | 2.01 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.23 | 2.99 | 170 | 0.00 | 0.00 | 24 | 0.05 | 1.42 | 759 |

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 | 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 | 0.2 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.1 | 759 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 | 0.11 | 1.05 | 95 | 0.00 | 0.00 | 16 | 0.03 | 0.53 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.06 | 0.78 | 170 | 0.00 | 0.00 | 24 | 0.01 | 0.37 | 759 |

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 | 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 | 0.75 | 7.26 | 95 | 0.00 | 0.00 | 16 | 0.19 | 3.65 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 0.42 | 5.43 | 170 | 0.00 | 0.00 | 24 | 0.09 | 2.57 | 759 |

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 | 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 | 2.64 | 25.73 | 95 | 0.00 | 0.00 | 16 | 0.67 | 12.92 | 377 |
| Total | 0.00 | 0.00 | 173 | 0.00 | 0.00 | 175 | 0.00 | 0.00 | 217 | 1.48 | 19.24 | 170 | 0.00 | 0.00 | 24 | 0.33 | 9.10 | 759 |

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 | 0.5 | 5.1 | 96 | 0.0 | 0.0 | 97 | 0.0 | 0.0 | 106 | 0.0 | 0.0 | 75 | 0.0 | 0.0 | 8 | 0.1 | 2.6 | 382 |
| Male | 0.0 | 0.0 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.2 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.3 | 3.8 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.2 | 170 | 0.0 | 0.0 | 24 | 0.1 | 1.8 | 759 |

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 | 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 | 0.2 | 2.4 | 95 | 0.0 | 0.0 | 16 | 0.1 | 1.2 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.1 | 1.8 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.8 | 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 | 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 |

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 | 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 | 0.1 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.0 | 759 |

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 | 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 | 0.2 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.2 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.1 | 759 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 |

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 | 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 | 1.0 | 9.1 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.1 | 95 | 0.0 | 0.0 | 16 | 0.2 | 4.1 | 377 |
| Total | 0.5 | 6.1 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.1 | 2.9 | 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 | 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 | 0.1 | 95 | 0.0 | 0.0 | 16 | 0.0 | 0.1 | 377 |
| Total | 0.0 | 0.0 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.0 | 0.0 | 759 |

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 | 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 |

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 | 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 |

Docosapentaenoic acid n-3 (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 | 0.0 | 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 |

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 | 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 |

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 | 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 | 0.7 | 6.2 | 77 | 0.0 | 0.0 | 78 | 0.0 | 0.0 | 111 | 0.0 | 0.2 | 95 | 0.0 | 0.0 | 16 | 0.1 | 2.8 | 377 |
| Total | 0.3 | 4.1 | 173 | 0.0 | 0.0 | 175 | 0.0 | 0.0 | 217 | 0.0 | 0.1 | 170 | 0.0 | 0.0 | 24 | 0.1 | 2.0 | 759 |

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 | 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 |

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 | 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 | 0.1 | 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 |

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 | 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 |

4) Nutrition intake from foods and supplements (3DR)

Energy (kcal)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|----|--------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1929.2 | 307.1 | 96 | 1917.8 | 359.6 | 97 | 1886.8 | 344.4 | 106 | 1746.2 | 348.5 | 75 | 1580.2 | 235.5 | 8 | 1871.3 | 346.0 | 382 |
| Male | 2427.7 | 385.7 | 77 | 2352.1 | 365.1 | 78 | 2273.6 | 390.1 | 111 | 2152.2 | 346.7 | 95 | 1976.6 | 253.5 | 16 | 2278.1 | 384.9 | 377 |
| Total | 2151.1 | 423.8 | 173 | 2111.4 | 421.0 | 175 | 2084.6 | 415.6 | 217 | 1973.1 | 401.1 | 170 | 1844.5 | 308.6 | 24 | 2073.4 | 418.4 | 759 |

Water (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-------|-----|---------|-------|-----|---------|-------|-----|---------|-------|-----|--------|-------|----|--------|-------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 1948.5 | 473.4 | 96 | 2143.2 | 582.7 | 97 | 2217.7 | 576.5 | 106 | 1995.9 | 532.9 | 75 | 1845.4 | 547.6 | 8 | 2079.8 | 554.0 | 382 |
| Male | 2369.4 | 669.8 | 77 | 2407.6 | 695.0 | 78 | 2393.9 | 595.2 | 111 | 2193.8 | 568.7 | 95 | 1908.8 | 399.6 | 16 | 2320.7 | 628.8 | 377 |
| Total | 2135.8 | 605.0 | 173 | 2261.0 | 646.8 | 175 | 2307.8 | 591.4 | 217 | 2106.5 | 560.3 | 170 | 1887.7 | 443.1 | 24 | 2199.5 | 604.1 | 759 |

Protein (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 71.9 | 13.3 | 96 | 73.5 | 14.5 | 97 | 73.2 | 15.2 | 106 | 69.3 | 15.7 | 75 | 59.3 | 6.8 | 8 | 71.9 | 14.7 | 382 |
| Male | 85.7 | 16.4 | 77 | 87.2 | 16.3 | 78 | 87.8 | 16.5 | 111 | 84.7 | 16.8 | 95 | 75.9 | 9.0 | 16 | 86.0 | 16.4 | 377 |
| Total | 78.1 | 16.2 | 173 | 79.6 | 16.7 | 175 | 80.6 | 17.4 | 217 | 77.9 | 18.0 | 170 | 70.4 | 11.4 | 24 | 78.9 | 17.1 | 759 |

Lipid (g)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|------|-----|---------|------|-----|---------|------|-----|---------|------|-----|-------|------|----|-------|------|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Female | 61.6 | 14.5 | 96 | 55.8 | 15.6 | 97 | 51.8 | 13.8 | 106 | 45.6 | 13.6 | 75 | 39.7 | 7.8 | 8 | 53.8 | 15.4 | 382 |
| Male | 68.5 | 16.5 | 77 | 62.1 | 14.2 | 78 | 56.8 | 15.0 | 111 | 51.2 | 14.8 | 95 | 52.3 | 12.6 | 16 | 58.7 | 16.2 | 377 |
| Total | 64.7 | 15.7 | 173 | 58.7 | 15.3 | 175 | 54.4 | 14.6 | 217 | 48.7 | 14.5 | 170 | 48.1 | 12.6 | 24 | 56.2 | 16.0 | 759 |