

Nutritional Examinations

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods were weighed separately as raw materials with scales before cooked. The subjects were asked to take the photos before and after eating foods using disposable camera. The dietary records were checked and coded by nutritionists. The average intakes of food and nutrition per day were calculated according to the 4th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan. The substituted food composition table for Japanese foods were developed by National Cancer Center for the assessment of fatty acid intakes (Sasaki et al., *J Epidemiol*, 9: 190-207, 1999).

Three days dietary record (3DR)

1) Food intake

- Cereals
- Potatoes and starches
- Sugars and sweeteners
- Pulses
- Nuts and seeds
- Vegetables
- Fruits
- Mushrooms
- Seaweeds
- Fishes and shellfishes
- Meats
- Eggs
- Milks
- Fats and oils
- Confectioneries
- Beverages
- Seasonings and spices
- Prepared foods
- Water

2) Nutrition intake from foods

Energy

Water

Protein

Lipid

Carbohydrate

Ash

Sodium

Potassium

Calcium

Magnesium

Phosphorus

Iron

Zinc

Copper

Retinol

Carotene

Retinol equivalents

Vitamin D

Vitamin E

Vitamin K

Thiamin

Riboflavin

Niacin

Vitamin B6

Vitamin B12

Folate

Pantothenic acid

Vitamin C

Cholesterol

Water soluble dietary fibers

Water insoluble dietary fibers

Total dietary fibers

Salt

Manganese

Nitrogen

Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alginine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid

Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenoic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
Docosapentaenoic acid (n-3)
Docosapentaenoic acid (n-6)
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

3) Nutrition intake from supplements

Energy
Water
Protein
Lipid
Carbohydrate
Ash

Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
Vitamin K
Thiamin
Riboflavin
Niacin
Vitamin B6
Vitamin B12
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Manganese
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfur-containing amino acids
Phenylalanine

Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid

Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
Docosapentaenoic acid (n-3)
Docosapentaenoic acid (n-6)
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

4) Nutrition intake from foods and supplements

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc

Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
Vitamin K
Thiamin
Riboflavin
Niacin
Vitamin B6
Vitamin B12
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Manganese
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfur-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alanine

Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acid
Saturated fatty acid
Monounsaturated fatty acid
Polyunsaturated fatty acid
Unsaturated fatty acid
n-6 fatty acid
n-3 fatty acid
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid
Eicosenoic acid

Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
Docosapentaenoic acid (n-3)
Docosapentaenoic acid (n-6)
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

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

6) Frequency of supplement intake (Frequency questionnaire)

7) Beverage intakes

Three days dietary record (3DR)

1) Food intake (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	381.5	90.9	96	378.8	116.4	97	377.2	94.3	106	371.8	106.2	75	316.0	65.2	8	376.3	101.4	382
Male	517.6	135.7	77	519.6	141.6	78	512.1	136.0	111	494.0	124.3	95	428.8	115.7	16	506.7	134.2	377
Total	442.1	131.5	173	441.5	145.9	175	446.2	135.3	217	440.1	131.3	170	391.2	113.9	24	441.1	135.5	759

Potatoes and starches (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	66.9	43.8	96	54.4	48.4	97	57.4	41.5	106	57.0	47.7	75	58.9	46.0	8	59.0	45.2	382
Male	64.2	54.8	77	59.5	39.3	78	65.1	44.1	111	64.5	46.5	95	58.9	43.1	16	63.4	45.9	377
Total	65.7	48.9	173	56.7	44.5	175	61.4	42.9	217	61.2	47.0	170	58.9	43.1	24	61.2	45.6	759

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	9.2	9.0	96	10.8	8.7	97	9.5	6.6	106	8.7	6.4	75	10.7	10.4	8	9.6	7.9	382
Male	9.3	8.4	77	10.2	9.8	78	9.8	11.0	111	11.5	10.4	95	8.4	8.0	16	10.1	10.0	377
Total	9.2	8.7	173	10.5	9.2	175	9.6	9.1	217	10.3	8.9	170	9.2	8.7	24	9.9	9.0	759

Pulses (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	70.5	53.4	96	75.7	47.2	97	80.4	54.1	106	86.1	67.4	75	60.1	27.7	8	77.4	54.9	382
Male	65.9	44.2	77	69.8	44.5	78	88.7	47.2	111	87.0	52.8	95	62.0	38.8	16	78.6	48.2	377
Total	68.4	49.5	173	73.1	46.0	175	84.7	50.7	217	86.6	59.5	170	61.4	34.8	24	78.0	51.6	759

Nuts and seeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	7.9	11.7	96	6.6	11.6	97	8.6	14.1	106	4.4	6.4	75	3.1	5.7	8	7.0	11.6	382
Male	5.5	8.1	77	6.3	11.4	78	5.6	9.2	111	4.9	8.2	95	6.8	12.4	16	5.6	9.4	377
Total	6.8	10.3	173	6.4	11.5	175	7.1	11.9	217	4.7	7.4	170	5.6	10.6	24	6.3	10.5	759

Vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	242.8	93.2	96	272.6	102.4	97	309.1	106.4	106	279.8	132.8	75	284.9	84.6	8	276.9	109.9	382
Male	249.2	114.2	77	272.2	101.8	78	308.5	113.9	111	302.0	140.8	95	257.5	130.1	16	285.1	121.5	377
Total	245.6	102.8	173	272.4	101.8	175	308.8	110.1	217	292.2	137.4	170	266.6	115.7	24	281.0	115.8	759

Fruits (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	139.4	93.1	96	199.7	133.5	97	217.9	122.1	106	199.1	130.0	75	242.0	111.1	8	190.4	123.4	382
Male	132.7	163.1	77	138.5	122.4	78	181.6	130.4	111	199.3	137.1	95	168.0	86.8	16	166.6	138.4	377
Total	136.4	128.6	173	172.4	131.9	175	199.3	127.4	217	199.2	133.6	170	192.7	99.7	24	178.6	131.5	759

Mushrooms (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	14.5	12.9	96	19.6	16.8	97	19.1	16.8	106	14.9	11.9	75	16.3	10.6	8	17.2	15.0	382
Male	13.7	12.8	77	15.6	13.8	78	17.7	16.7	111	17.3	17.7	95	9.8	11.8	16	16.0	15.5	377
Total	14.1	12.8	173	17.9	15.6	175	18.4	16.7	217	16.3	15.4	170	12.0	11.6	24	16.6	15.3	759

Seaweeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	9.3	11.1	96	15.9	31.3	97	11.1	14.7	106	13.0	19.7	75	5.1	5.7	8	12.1	20.5	382
Male	13.7	18.1	77	10.9	10.1	78	16.1	18.1	111	11.9	13.2	95	8.5	6.9	16	13.1	15.3	377
Total	11.3	14.8	173	13.7	24.3	175	13.6	16.7	217	12.4	16.3	170	7.4	6.6	24	12.6	18.1	759

Fishes and shellfishes (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	77.3	39.3	96	86.8	47.8	97	88.2	46.3	106	80.7	39.9	75	49.3	15.9	8	82.8	43.7	382
Male	97.0	58.0	77	109.7	53.7	78	115.1	58.1	111	114.6	53.7	95	80.5	30.1	16	108.7	55.6	377
Total	86.1	49.3	173	97.0	51.7	175	102.0	54.2	217	99.6	50.8	170	70.1	29.9	24	95.7	51.6	759

Meats (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	63.2	27.7	96	56.2	29.6	97	55.9	32.3	106	48.0	30.1	75	47.4	28.1	8	56.1	30.3	382
Male	84.2	42.8	77	75.6	35.8	78	65.7	33.4	111	61.1	37.1	95	54.6	30.9	16	69.9	37.8	377
Total	72.5	36.7	173	64.8	33.8	175	60.9	33.2	217	55.3	34.7	170	52.2	29.6	24	63.0	34.9	759

Eggs (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	53.2	23.6	96	53.3	27.1	97	54.8	27.4	106	52.9	27.3	75	53.0	10.7	8	53.6	26.0	382
Male	59.4	26.8	77	54.9	25.6	78	59.8	26.4	111	59.1	24.6	95	52.5	18.2	16	58.2	25.6	377
Total	56.0	25.2	173	54.0	26.4	175	57.3	26.9	217	56.4	25.9	170	52.6	15.8	24	55.9	25.9	759

Milks (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	169.2	125.6	96	162.2	111.7	97	162.0	111.0	106	170.0	128.5	75	194.7	165.3	8	166.1	119.2	382
Male	154.4	144.5	77	179.0	169.8	78	177.0	138.6	111	157.0	148.1	95	194.9	147.1	16	168.5	149.1	377
Total	162.6	134.1	173	169.7	140.4	175	169.7	125.8	217	162.7	139.5	170	194.8	149.7	24	167.3	134.8	759

Fats and oils (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	12.1	5.3	96	10.2	5.9	97	10.6	5.3	106	8.3	5.4	75	4.9	2.5	8	10.3	5.6	382
Male	13.7	5.0	77	11.5	6.2	78	9.8	4.8	111	9.2	5.9	95	7.4	4.8	16	10.7	5.7	377
Total	12.8	5.2	173	10.8	6.0	175	10.2	5.1	217	8.8	5.7	170	6.5	4.3	24	10.5	5.7	759

Confectioneries (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	56.8	42.7	96	64.2	50.7	97	48.7	41.0	106	47.7	39.6	75	40.2	31.9	8	54.3	44.0	382
Male	43.4	51.4	77	37.9	41.2	78	36.1	43.5	111	38.7	44.3	95	51.0	49.8	16	39.3	45.2	377
Total	50.8	47.1	173	52.5	48.4	175	42.3	42.7	217	42.7	42.4	170	47.4	44.2	24	46.8	45.2	759

Beverages (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	781.5	370.6	96	814.4	422.3	97	873.8	411.3	106	698.5	340.4	75	577.4	267.3	8	794.9	392.9	382
Male	1067.7	554.1	77	1086.5	522.6	78	961.8	495.7	111	738.1	376.2	95	632.3	330.5	16	938.9	501.9	377
Total	908.9	481.6	173	935.7	487.5	175	918.8	457.5	217	720.6	360.4	170	614.0	306.0	24	866.4	455.8	759

Seasonings and spices (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	52.1	21.7	96	53.8	21.4	97	51.6	16.3	106	50.1	18.0	75	35.6	7.5	8	51.7	19.4	382
Male	63.2	28.6	77	66.5	27.8	78	63.3	22.4	111	58.7	21.9	95	44.7	12.6	16	62.0	24.8	377
Total	57.1	25.5	173	59.4	25.2	175	57.6	20.5	217	54.9	20.7	170	41.7	11.8	24	56.8	22.8	759

Prepared foods (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	40.4	58.4	96	29.9	48.2	97	19.7	41.6	106	32.0	64.1	75	7.5	21.2	8	29.6	52.8	382
Male	61.1	70.8	77	50.1	60.8	78	40.3	63.9	111	33.6	60.1	95	33.7	47.2	16	44.6	63.7	377
Total	49.6	64.8	173	38.9	54.9	175	30.2	55.0	217	32.9	61.7	170	24.9	41.8	24	37.1	58.9	759

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	244.9	213.5	96	301.9	344.0	97	259.5	265.5	106	301.5	302.5	75	268.1	259.9	8	275.0	283.3	382
Male	291.2	307.3	77	279.0	296.2	78	269.4	283.4	111	296.0	276.3	95	251.2	272.0	16	281.8	287.6	377
Total	265.5	259.7	173	291.7	322.9	175	264.6	274.2	217	298.4	287.3	170	256.8	262.5	24	278.4	285.3	759

2) Nutrition intake from foods (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
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									
Female	1948.5	473.4	96	2143.2	582.6	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	2199.4	604.1	759

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	71.6	13.1	96	73.0	14.0	97	73.1	15.2	106	69.2	15.8	75	59.3	6.8	8	71.7	14.5	382
Male	85.7	16.4	77	87.0	16.1	78	87.5	16.3	111	84.5	16.7	95	75.8	9.2	16	85.8	16.3	377
Total	77.9	16.2	173	79.2	16.4	175	80.5	17.3	217	77.7	17.9	170	70.3	11.5	24	78.7	16.9	759

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	61.5	14.4	96	55.8	15.5	97	51.8	13.8	106	45.6	13.6	75	39.6	7.8	8	53.8	15.4	382
Male	68.4	16.5	77	62.0	14.3	78	56.7	14.9	111	51.2	14.7	95	52.1	12.6	16	58.6	16.1	377
Total	64.6	15.7	173	58.6	15.3	175	54.3	14.5	217	48.7	14.4	170	48.0	12.6	24	56.2	15.9	759

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	262.4	47.8	96	274.1	58.7	97	275.2	56.8	106	260.7	55.2	75	246.6	47.3	8	268.3	54.9	382
Male	320.5	66.0	77	318.8	65.8	78	318.8	60.9	111	315.8	57.8	95	289.9	46.7	16	317.2	61.7	377
Total	288.3	63.4	173	294.0	65.7	175	297.5	62.7	217	291.5	62.8	170	275.5	50.4	24	292.5	63.3	759

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	17.9	3.9	96	18.4	4.0	97	19.0	4.1	106	17.9	3.9	75	15.8	3.2	8	18.3	4.0	382
Male	19.7	3.7	77	20.7	4.4	78	22.0	4.1	111	20.9	4.4	95	18.3	3.4	16	20.8	4.2	377
Total	18.7	3.9	173	19.4	4.3	175	20.5	4.4	217	19.6	4.4	170	17.4	3.5	24	19.6	4.3	759

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	3979	848	96	4059	937	97	4210	1028	106	3995	968	75	3296	615	8	4052	950	382
Male	4698	1010	77	4717	1123	78	4967	1024	111	4683	995	95	4395	738	16	4764	1030	377
Total	4299	988	173	4352	1073	175	4597	1092	217	4379	1039	170	4028	866	24	4406	1052	759

Potadium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	2496	580	96	2674	669	97	2836	650	106	2656	683	75	2676	706	8	2671	654	382
Male	2684	730	77	2866	663	78	3078	718	111	3009	752	95	2607	746	16	2916	733	377
Total	2580	656	173	2760	671	175	2960	695	217	2853	741	170	2630	718	24	2793	705	759

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	592.4	201.0	96	617.1	197.5	97	647.6	220.9	106	622.6	226.1	75	637.5	293.6	8	620.8	212.8	382
Male	588.4	191.8	77	634.2	230.9	78	697.8	225.7	111	680.7	297.4	95	669.7	257.5	16	656.8	244.4	377
Total	590.6	196.4	173	624.7	212.6	175	673.2	224.3	217	655.0	269.1	170	659.0	264.0	24	638.7	229.6	759

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	260.4	61.1	96	270.6	66.8	97	288.1	65.3	106	272.4	67.2	75	260.5	76.4	8	273.0	65.8	382
Male	297.1	75.3	77	311.9	77.1	78	331.1	73.8	111	316.0	73.4	95	273.7	73.7	16	313.9	75.7	377
Total	276.7	70.0	173	289.0	74.2	175	310.1	72.9	217	296.8	73.8	170	269.3	73.2	24	293.4	73.7	759

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	1072	219	96	1098	236	97	1118	252	106	1065	274	75	981	253	8	1088	245	382
Male	1227	254	77	1279	276	78	1314	261	111	1269	287	95	1133	213	16	1270	270	377
Total	1141	247	173	1179	269	175	1218	275	217	1179	298	170	1082	233	24	1178	273	759

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	8.3	1.9	96	8.8	2.2	97	9.4	2.4	106	9.2	2.3	75	8.5	1.6	8	8.9	2.2	382
Male	9.3	2.1	77	9.5	2.2	78	10.5	2.2	111	10.6	2.8	95	9.3	2.2	16	10.0	2.4	377
Total	8.7	2.0	173	9.1	2.2	175	10.0	2.4	217	10.0	2.7	170	9.0	2.0	24	9.5	2.4	759

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	8.3	2.2	96	8.1	2.0	97	8.4	2.0	106	7.8	1.8	75	7.0	1.3	8	8.1	2.0	382
Male	9.6	2.0	77	9.3	1.8	78	9.7	1.9	111	9.3	2.2	95	8.4	1.5	16	9.4	2.0	377
Total	8.8	2.2	173	8.7	2.0	175	9.0	2.0	217	8.7	2.1	170	7.9	1.6	24	8.8	2.1	759

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	1.18	0.30	96	1.30	0.42	97	1.33	0.33	106	1.25	0.31	75	1.09	0.24	8	1.26	0.34	382
Male	1.41	0.48	77	1.34	0.32	78	1.50	0.32	111	1.48	0.33	95	1.22	0.23	16	1.43	0.36	377
Total	1.28	0.40	173	1.32	0.38	175	1.42	0.33	217	1.38	0.34	170	1.18	0.24	24	1.35	0.36	759

Retinol (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	314	494	96	309	737	97	309	801	106	297	479	75	147	41	8	305	648	382
Male	327	561	77	378	797	78	330	520	111	678	1326	95	595	950	16	438	878	377
Total	320	523	173	340	763	175	319	671	217	510	1056	170	446	797	24	371	773	759

Carotene (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	3599	1984	96	4002	1918	97	4948	2520	106	4707	2955	75	5251	2775	8	4328	2411	382
Male	3516	2387	77	3668	2074	78	4523	2007	111	4655	2568	95	3913	3529	16	4148	2365	377
Total	3562	2166	173	3853	1991	175	4730	2277	217	4678	2737	170	4359	3298	24	4238	2388	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	911	608	96	983	902	97	1131	973	106	1079	671	75	1016	466	8	1026	811	382
Male	912	672	77	987	834	78	1084	648	111	1457	1428	95	1256	1216	16	1130	984	377
Total	912	636	173	985	870	175	1107	821	217	1291	1169	170	1176	1021	24	1078	902	759

Vitamin D (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	7.7	4.5	96	9.1	9.7	97	9.1	5.2	106	8.5	5.8	75	5.6	2.2	8	8.6	6.6	382
Male	8.7	6.2	77	10.4	6.6	78	12.0	6.7	111	12.3	7.8	95	8.7	4.9	16	10.9	6.9	377
Total	8.1	5.3	173	9.7	8.5	175	10.6	6.1	217	10.6	7.2	170	7.7	4.4	24	9.7	6.8	759

Vitamin E (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	8.9	2.7	96	10.2	9.5	97	9.6	3.0	106	8.4	2.8	75	7.3	1.8	8	9.3	5.4	382
Male	9.6	2.7	77	9.2	2.5	78	9.7	2.9	111	9.1	2.8	95	8.4	2.0	16	9.4	2.7	377
Total	9.2	2.7	173	9.8	7.3	175	9.6	2.9	217	8.8	2.8	170	8.0	2.0	24	9.3	4.3	759

Vitamin K (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N									
Female	223	105	96	222	129	97	285	170	106	258	137	75	295	239	8	248	143	382
Male	223	147	77	239	153	78	312	158	111	282	167	95	287	197	16	270	162	377
Total	223	125	173	230	140	175	298	165	217	271	154	170	289	206	24	259	153	759