

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

## Carbohydrate (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	262.6	47.7	96	274.4	58.7	97	275.3	56.8	106	260.8	55.2	75	246.6	47.3	8	268.4	54.8	382
Male	321.1	66.0	77	318.8	65.8	78	318.9	61.0	111	316.0	58.1	95	289.9	46.7	16	317.4	61.8	377
Total	288.7	63.5	173	294.2	65.6	175	297.6	62.8	217	291.6	63.0	170	275.5	50.4	24	292.7	63.3	759

## Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	17.9	3.9	96	18.5	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	19.5	4.3	175	20.5	4.4	217	19.6	4.5	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	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3982	851	96	4064	938	97	4212	1028	106	3995	968	75	3432	550	8	4058	948	382
Male	4702	1008	77	4721	1124	78	4970	1023	111	4684	996	95	4411	751	16	4768	1030	377
Total	4302	989	173	4357	1073	175	4600	1092	217	4380	1039	170	4085	826	24	4411	1051	759

## Potassium (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	2498	582	96	2679	675	97	2837	649	106	2656	683	75	2676	706	8	2673	656	382
Male	2684	730	77	2869	661	78	3082	720	111	3017	763	95	2613	744	16	2920	737	377
Total	2581	657	173	2764	674	175	2962	696	217	2858	749	170	2634	717	24	2796	708	759

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	598.7	210.0	96	634.8	210.7	97	662.3	235.8	106	640.6	233.5	75	673.9	307.1	8	635.3	224.5	382
Male	589.3	192.5	77	644.5	225.6	78	708.1	236.7	111	685.0	297.4	95	720.8	339.9	16	665.4	251.1	377
Total	594.5	201.9	173	639.2	216.8	175	685.7	236.9	217	665.4	271.2	170	705.2	323.3	24	650.3	238.4	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	260.9	61.8	96	272.8	71.4	97	290.9	64.9	106	273.1	67.5	75	260.5	76.4	8	274.7	67.2	382
Male	297.2	75.4	77	312.2	77.2	78	333.2	75.0	111	317.3	75.7	95	274.8	73.2	16	315.0	76.8	377
Total	277.1	70.4	173	290.4	76.3	175	312.5	73.2	217	297.8	75.3	170	270.0	72.9	24	294.7	74.8	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	1072	219	96	1099	236	97	1118	253	106	1065	274	75	981	253	8	1088	245	382
Male	1227	254	77	1280	275	78	1315	263	111	1274	294	95	1137	212	16	1272	272	377
Total	1141	247	173	1179	269	175	1218	276	217	1182	303	170	1085	233	24	1179	274	759

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	8.6	2.9	96	8.9	2.2	97	9.4	2.4	106	9.2	2.3	75	8.5	1.6	8	9.0	2.5	382
Male	9.3	2.1	77	9.5	2.3	78	10.6	2.3	111	10.7	3.0	95	9.3	2.2	16	10.1	2.5	377
Total	8.9	2.6	173	9.2	2.3	175	10.0	2.4	217	10.1	2.8	170	9.0	2.0	24	9.6	2.5	759



## Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	8.3	2.5	96	8.3	2.5	97	8.4	2.1	106	7.8	1.8	75	7.0	1.3	8	8.2	2.2	382
Male	9.6	2.0	77	9.3	1.8	78	9.8	2.6	111	9.3	2.2	95	8.4	1.5	16	9.5	2.2	377
Total	8.9	2.3	173	8.8	2.3	175	9.1	2.4	217	8.7	2.2	170	7.9	1.6	24	8.9	2.3	759

## Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	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	0.35	382
Male	1.41	0.48	77	1.34	0.32	78	1.50	0.32	111	1.48	0.34	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 ( $\mu$ 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 ( $\mu$ 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	3599	1983	96	4002	1918	97	4968	2526	106	4707	2955	75	5251	2775	8	4333	2413	382
Male	3516	2387	77	3668	2074	78	4543	2009	111	4671	2582	95	3913	3529	16	4158	2371	377
Total	3562	2166	173	3853	1991	175	4751	2280	217	4687	2745	170	4359	3298	24	4246	2393	759

Retinol equivalent ( $\mu\text{g}$ )

	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	921	606	96	1003	908	97	1182	1007	106	1102	678	75	1016	466	8	1052	826	382
Male	932	674	77	991	833	78	1115	659	111	1464	1428	95	1256	1216	16	1146	985	377
Total	926	635	173	997	873	175	1148	846	217	1305	1169	170	1176	1021	24	1098	909	759

Vitamin D ( $\mu\text{g}$ )

	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	4.5	96	9.5	10.5	97	9.5	5.6	106	8.7	5.9	75	5.6	2.2	8	8.8	7.0	382
Male	8.8	6.2	77	10.5	6.6	78	12.3	7.2	111	12.3	7.8	95	9.3	5.5	16	11.1	7.1	377
Total	8.3	5.4	173	9.9	9.0	175	10.9	6.6	217	10.7	7.2	170	8.1	4.9	24	10.0	7.1	759

Vitamin E (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	10.5	10.4	96	14.4	29.5	97	21.3	54.5	106	18.5	39.3	75	7.3	1.8	8	16.0	37.2	382
Male	12.0	14.6	77	10.0	7.4	78	14.2	23.9	111	14.4	35.3	95	25.7	52.9	16	13.4	25.6	377
Total	11.2	12.4	173	12.5	22.6	175	17.7	41.8	217	16.2	37.1	170	19.6	43.7	24	14.7	32.0	759

Vitamin K ( $\mu\text{g}$ )

	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	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	341	330	111	286	174	95	287	196	16	280	229	377
Total	223	125	173	230	140	175	313	265	217	274	159	170	290	206	24	264	191	759

Vitamin B<sub>1</sub> (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	1.87	4.11	96	3.03	11.21	97	3.84	12.06	106	5.73	16.85	75	3.27	7.19	8	3.50	11.57	382
Male	1.69	2.25	77	1.37	1.83	78	4.33	14.33	111	4.49	15.25	95	8.76	26.11	16	3.41	12.26	377
Total	1.79	3.40	173	2.29	8.46	175	4.09	13.24	217	5.04	15.94	170	6.93	21.62	24	3.45	11.91	759

Vitamin B<sub>2</sub> (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	1.69	1.08	96	1.70	1.32	97	2.29	3.44	106	3.28	7.47	75	1.30	0.36	8	2.16	3.90	382
Male	2.17	2.65	77	2.05	3.60	78	1.99	1.36	111	1.93	1.85	95	1.63	0.52	16	2.01	2.34	377
Total	1.90	1.95	173	1.86	2.59	175	2.13	2.59	217	2.53	5.17	170	1.52	0.49	24	2.09	3.22	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	16.5	6.0	96	16.8	5.3	97	19.4	14.0	106	18.6	14.1	75	12.9	3.7	8	17.7	10.5	382
Male	21.3	6.8	77	22.3	8.8	78	21.7	9.0	111	20.5	11.2	95	15.3	4.6	16	21.2	9.1	377
Total	18.6	6.8	173	19.2	7.6	175	20.6	11.7	217	19.7	12.5	170	14.5	4.4	24	19.4	10.0	759

Vitamin B<sub>6</sub> (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	1.67	1.90	96	2.84	9.42	97	3.79	9.81	106	5.56	14.30	75	1.17	0.34	8	3.31	9.56	382
Male	2.13	3.04	77	1.90	2.80	78	3.59	11.50	111	3.30	8.92	95	6.26	19.32	16	2.98	8.83	377
Total	1.87	2.47	173	2.42	7.25	175	3.69	10.68	217	4.30	11.62	170	4.56	15.79	24	3.15	9.20	759

Vitamin B<sub>12</sub> (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	9.4	18.2	96	27.1	118.7	97	27.0	148.8	106	45.4	204.6	75	248.1	510.5	8	30.8	154.3	382
Male	9.1	7.0	77	9.2	5.6	78	61.6	324.9	111	50.2	212.9	95	84.8	304.5	16	38.1	215.8	377
Total	9.2	14.3	173	19.1	88.7	175	44.7	254.6	217	48.1	208.7	170	139.2	382.1	24	34.5	187.3	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	306	93	96	342	116	97	404	153	106	362	111	75	353	99	8	354	126	382
Male	322	111	77	356	125	78	494	948	111	403	170	95	374	172	16	402	531	377
Total	313	101	173	348	120	175	450	687	217	385	148	170	367	150	24	378	385	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	5.59	1.31	96	5.90	2.02	97	6.54	2.70	106	6.65	5.31	75	5.77	1.04	8	6.15	3.03	382
Male	6.52	1.76	77	7.00	2.89	78	6.93	1.84	111	6.65	1.88	95	6.31	1.51	16	6.76	2.08	377
Total	6.00	1.59	173	6.39	2.50	175	6.74	2.30	217	6.65	3.78	170	6.13	1.37	24	6.45	2.62	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	159.0	259.4	96	174.9	241.3	97	186.3	199.4	106	167.8	228.1	75	126.8	65.2	8	171.7	229.6	382
Male	135.8	160.5	77	136.1	175.0	78	168.0	199.0	111	146.7	125.1	95	106.4	48.2	16	146.9	165.3	377
Total	148.7	220.6	173	157.6	214.6	175	176.9	199.0	217	156.0	177.7	170	113.2	53.9	24	159.3	200.5	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	366.4	129.7	96	362.9	139.2	97	350.2	125.0	106	322.2	135.1	75	303.9	138.6	8	351.0	132.6	382
Male	435.2	140.2	77	401.7	134.9	78	406.8	128.4	111	401.1	144.8	95	382.0	89.5	16	409.0	135.2	377
Total	397.0	138.4	173	380.2	138.3	175	379.1	129.6	217	366.3	145.6	170	355.9	111.8	24	379.8	136.9	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	4.1	4.4	96	3.7	1.1	97	4.0	1.2	106	3.8	1.5	75	4.2	1.1	8	3.9	2.4	382
Male	3.4	1.1	77	3.6	1.3	78	4.1	1.5	111	4.0	1.3	95	3.7	1.2	16	3.8	1.3	377
Total	3.8	3.4	173	3.6	1.2	175	4.0	1.3	217	3.9	1.4	170	3.9	1.2	24	3.9	2.0	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	10.6	2.9	96	11.4	3.9	97	12.8	3.8	106	12.1	3.8	75	13.1	2.6	8	11.8	3.7	382
Male	10.6	3.4	77	11.2	3.4	78	12.8	3.6	111	13.0	3.6	95	11.5	3.7	16	12.0	3.6	377
Total	10.6	3.1	173	11.3	3.7	175	12.8	3.7	217	12.6	3.7	170	12.0	3.4	24	11.9	3.7	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	15.3	6.1	96	15.9	5.1	97	17.6	4.9	106	16.7	5.2	75	17.8	3.3	8	16.4	5.4	382
Male	14.8	4.6	77	15.7	4.9	78	18.0	5.2	111	18.0	5.1	95	15.8	5.4	16	16.8	5.2	377
Total	15.1	5.5	173	15.8	5.0	175	17.8	5.1	217	17.4	5.2	170	16.5	4.8	24	16.6	5.3	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	10.0	2.1	96	10.1	2.4	97	10.5	2.6	106	10.0	2.5	75	8.3	1.6	8	10.1	2.4	382
Male	11.8	2.5	77	11.8	2.8	78	12.4	2.5	111	11.7	2.6	95	11.0	1.8	16	11.9	2.6	377
Total	10.8	2.5	173	10.9	2.7	175	11.5	2.7	217	11.0	2.7	170	10.1	2.2	24	11.0	2.6	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	3.67	1.17	96	4.22	1.45	97	4.63	1.82	106	4.14	1.22	75	3.90	1.54	8	4.17	1.49	382
Male	3.89	1.26	77	4.20	1.51	78	4.78	1.54	111	4.50	1.51	95	3.94	1.36	16	4.37	1.50	377
Total	3.77	1.21	173	4.21	1.47	175	4.71	1.68	217	4.34	1.39	170	3.93	1.39	24	4.27	1.50	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	9.6	1.8	96	9.7	2.2	97	9.8	2.0	106	9.2	2.3	75	8.3	0.9	8	9.6	2.1	382
Male	11.4	2.4	77	11.6	2.7	78	11.8	2.3	111	11.3	2.4	95	9.9	1.5	16	11.5	2.4	377
Total	10.4	2.3	173	10.5	2.6	175	10.8	2.4	217	10.4	2.6	170	9.3	1.5	24	10.5	2.4	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	3038	615	96	3064	631	97	3082	669	106	2947	751	75	2539	288	8	3029	661	382
Male	3579	727	77	3655	758	78	3709	727	111	3596	738	95	3248	442	16	3623	730	377
Total	3279	718	173	3328	749	175	3403	765	217	3310	809	170	3012	518	24	3324	756	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	5316	1064	96	5350	1097	97	5364	1143	106	5128	1275	75	4444	497	8	5283	1135	382
Male	6263	1240	77	6381	1303	78	6455	1245	111	6269	1261	95	5693	745	16	6321	1247	377
Total	5737	1236	173	5810	1296	175	5922	1313	217	5766	1386	170	5277	894	24	5799	1300	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	4329	977	96	4381	981	97	4457	1105	106	4238	1211	75	3534	522	8	4343	1061	382
Male	5164	1246	77	5383	1290	78	5439	1237	111	5245	1231	95	4681	871	16	5290	1240	377
Total	4700	1177	173	4828	1231	175	4959	1271	217	4801	1318	170	4299	939	24	4814	1247	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	1578	329	96	1593	335	97	1596	366	106	1515	406	75	1279	151	8	1568	357	382
Male	1905	416	77	1958	436	78	1964	413	111	1896	402	95	1707	239	16	1922	412	377
Total	1724	404	173	1755	424	175	1784	431	217	1728	445	170	1564	294	24	1744	424	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	1100	201	96	1113	224	97	1104	216	106	1044	232	75	932	109	8	1090	218	382
Male	1294	216	77	1290	245	78	1309	224	111	1281	226	95	1165	98	16	1289	224	377
Total	1187	229	173	1192	249	175	1209	242	217	1176	257	170	1087	150	24	1189	242	759

## Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2683	520	96	2708	544	97	2701	562	106	2564	623	75	2218	234	8	2661	559	382
Male	3203	617	77	3253	663	78	3279	621	111	3182	608	95	2878	314	16	3217	619	377
Total	2915	620	173	2951	657	175	2997	659	217	2909	686	170	2658	426	24	2937	651	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	3065	588	96	3096	633	97	3102	625	106	2968	712	75	2578	247	8	3054	634	382
Male	3589	657	77	3652	717	78	3710	683	111	3625	688	95	3276	387	16	3633	679	377
Total	3298	671	173	3344	725	175	3413	721	217	3335	770	170	3044	479	24	3342	717	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	2316	465	96	2329	497	97	2346	502	106	2255	564	75	1932	271	8	2308	503	382
Male	2732	546	77	2790	569	78	2837	551	111	2739	542	95	2450	320	16	2765	547	377
Total	2501	542	173	2534	577	175	2597	581	217	2525	600	170	2277	389	24	2535	572	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	5383	1051	96	5427	1127	97	5450	1123	106	5226	1272	75	4512	516	8	5364	1133	382
Male	6325	1200	77	6443	1282	78	6549	1231	111	6370	1229	95	5723	700	16	6401	1223	377
Total	5802	1211	173	5880	1298	175	6012	1299	217	5865	1368	170	5320	860	24	5879	1287	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	2637	533	96	2672	556	97	2693	597	106	2563	657	75	2179	247	8	2637	582	382
Male	3138	661	77	3227	692	78	3259	654	111	3159	655	95	2825	414	16	3184	659	377
Total	2860	642	173	2919	677	175	2983	687	217	2896	718	170	2610	477	24	2909	678	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	806	158	96	814	167	97	820	173	106	785	195	75	679	77	8	805	172	382
Male	949	183	77	966	195	78	988	189	111	959	192	95	864	109	16	963	188	377
Total	869	184	173	882	195	175	906	199	217	882	211	170	802	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	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	3579	707	96	3608	734	97	3635	766	106	3487	865	75	3007	352	8	3572	761	382
Male	4218	813	77	4312	874	78	4379	834	111	4255	850	95	3850	504	16	4278	834	377
Total	3863	818	173	3922	871	175	4016	882	217	3916	936	170	3569	606	24	3923	873	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	2132	492	96	2213	544	97	2214	586	106	2117	686	75	1682	218	8	2163	573	382
Male	2597	658	77	2777	772	78	2754	719	111	2683	667	95	2304	504	16	2690	702	377
Total	2339	615	173	2465	711	175	2491	710	217	2433	730	170	2097	520	24	2425	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	3974	880	97	4023	883	106	3845	950	75	3094	416	8	3920	876	382
Male	4748	984	77	4792	1000	78	4884	989	111	4753	932	95	4081	496	16	4770	968	377
Total	4266	983	173	4338	1018	175	4464	1031	217	4353	1040	170	3752	662	24	4342	1016	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	3296	674	96	3375	698	97	3402	766	106	3240	809	75	2691	359	8	3321	734	382
Male	4012	848	77	4114	904	78	4156	841	111	4022	810	95	3545	494	16	4058	842	377
Total	3615	834	173	3704	876	175	3787	888	217	3677	896	170	3260	606	24	3687	871	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	6110	1242	96	6301	1344	97	6409	1408	106	6120	1559	75	5167	707	8	6224	1381	382
Male	7269	1498	77	7510	1610	78	7706	1557	111	7468	1513	95	6547	993	16	7467	1538	377
Total	6626	1476	173	6840	1583	175	7073	1619	217	6874	1670	170	6087	1112	24	6841	1587	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	12815	2514	96	12839	2688	97	12621	2480	106	11879	2741	75	10786	831	8	12541	2599	382
Male	14756	2720	77	14867	2822	78	14845	2836	111	14550	2805	95	13389	1728	16	14695	2767	377
Total	13679	2774	173	13743	2921	175	13759	2886	217	13371	3072	170	12522	1931	24	13611	2891	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	2809	597	96	2857	625	97	2867	671	106	2709	683	75	2188	291	8	2805	644	382
Male	3433	756	77	3460	755	78	3513	768	111	3444	711	95	2925	394	16	3443	742	377
Total	3087	739	173	3126	747	175	3197	790	217	3120	787	170	2680	503	24	3122	764	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	4284	948	96	4232	987	97	4089	904	106	3838	1012	75	3660	347	8	4116	963	382
Male	4819	1039	77	4758	1054	78	4720	1062	111	4667	1059	95	4487	833	16	4725	1043	377
Total	4522	1022	173	4467	1048	175	4412	1035	217	4301	1115	170	4211	805	24	4419	1048	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	3065	590	96	3101	637	97	3105	626	106	2962	712	75	2588	255	8	3055	636	382
Male	3590	665	77	3641	720	78	3695	671	111	3603	689	95	3265	354	16	3621	677	377
Total	3299	675	173	3342	725	175	3407	713	217	3321	766	170	3040	456	24	3336	715	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	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	43.22	13.14	95	44.02	11.06	16	49.45	14.35	377
Total	54.92	14.13	173	49.64	13.66	175	45.81	12.76	217	41.23	12.91	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	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	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	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	13.66	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	12.99	4.21	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	4.23	170	10.88	2.83	24	13.64	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	39.50	10.08	77	35.55	8.52	78	32.57	9.48	111	29.34	9.14	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