

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
Male	7304	1543	139	7623	1672	179	7841	1645	213	7262	1589	180	6755	1351	28	7505	1630	739
Female	6099	1295	160	6350	1319	171	6439	1420	187	6177	1560	178	5684	994	21	6254	1402	717
Total	6659	1536	299	7001	1637	350	7185	1694	400	6723	1664	358	6296	1314	49	6889	1645	1456

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
Male	14859	2711	139	14872	2803	179	15068	2968	213	14109	2904	180	13460	2650	28	14687	2880	739
Female	12879	2515	160	12930	2563	171	12689	2444	187	11769	2613	178	11272	1557	21	12519	2556	717
Total	13800	2785	299	13923	2855	350	13956	2979	400	12946	2998	358	12523	2482	49	13619	2932	1456

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
Male	3424	755	139	3556	779	179	3559	805	213	3319	758	180	3023	547	28	3454	779	739
Female	2807	614	160	2906	631	171	2865	632	187	2722	684	178	2489	476	21	2815	642	717
Total	3094	749	299	3238	781	350	3235	807	400	3022	781	358	2794	578	49	3139	783	1456

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
Male	4831	982	139	4722	1015	179	4783	1097	213	4503	1064	180	4376	1027	28	4694	1052	739
Female	4326	943	160	4254	946	171	4114	892	187	3731	916	178	3639	576	21	4086	944	717
Total	4561	992	299	4493	1008	350	4470	1059	400	4119	1064	358	4060	931	49	4394	1045	1456

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
Male	3611	684	139	3655	734	179	3763	718	213	3506	725	180	3303	584	28	3628	720	739
Female	3086	611	160	3130	614	171	3105	628	187	2951	675	178	2785	411	21	3059	632	717
Total	3330	696	299	3398	726	350	3455	752	400	3230	753	358	3081	574	49	3348	735	1456

Total fatty acids (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
Male	59.39	15.39	139	52.42	13.46	179	48.73	13.57	213	42.80	13.75	180	40.99	11.31	28	49.89	15.02	739
Female	52.46	13.57	160	48.18	14.48	171	42.99	11.73	187	37.51	10.72	178	35.68	8.81	21	44.76	13.76	717
Total	55.68	14.83	299	50.35	14.11	350	46.05	13.05	400	40.17	12.60	358	38.71	10.55	49	47.37	14.64	1456

Saturated fatty acids (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
Male	18.70	5.85	139	16.54	5.40	179	15.27	4.93	213	13.57	5.19	180	14.03	5.57	28	15.76	5.59	739
Female	17.71	5.55	160	15.57	5.37	171	13.77	4.27	187	11.66	4.20	178	11.45	3.52	21	14.49	5.30	717
Total	18.17	5.70	299	16.07	5.40	350	14.57	4.69	400	12.62	4.81	358	12.92	4.92	49	15.13	5.48	1456

Monounsaturated fatty acids (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
Male	24.01	6.77	139	20.86	5.69	179	18.66	5.77	213	16.42	5.94	180	15.29	4.63	28	19.53	6.54	739
Female	20.94	5.99	160	19.01	6.14	171	16.60	5.10	187	14.34	4.40	178	13.67	4.08	21	17.50	5.93	717
Total	22.37	6.53	299	19.96	5.98	350	17.70	5.55	400	15.39	5.32	358	14.59	4.44	49	18.53	6.33	1456

Polyunsaturated fatty acids (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
Male	16.66	4.52	139	14.98	3.96	179	14.75	4.34	213	12.73	4.11	180	11.66	2.91	28	14.55	4.41	739
Female	13.78	3.88	160	13.55	4.18	171	12.55	3.93	187	11.46	3.69	178	10.50	2.45	21	12.73	4.00	717
Total	15.12	4.42	299	14.29	4.12	350	13.72	4.29	400	12.09	3.95	358	11.16	2.76	49	13.66	4.31	1456

Unsaturated fatty acids (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
Male	40.58	10.64	139	35.74	8.93	179	33.30	9.49	213	29.07	9.39	180	26.85	6.97	28	33.99	10.31	739
Female	34.63	9.05	160	32.47	9.80	171	29.06	8.39	187	25.71	7.48	178	24.11	5.91	21	30.14	9.28	717
Total	37.40	10.24	299	34.14	9.49	350	31.32	9.23	400	27.40	8.65	358	25.68	6.62	49	32.09	10.00	1456

n-6 fatty acids (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
Male	13.05	3.79	139	11.31	3.30	179	11.18	3.48	213	9.56	3.37	180	8.78	2.22	28	11.08	3.64	739
Female	10.67	3.22	160	10.43	3.34	171	9.61	3.31	187	8.79	3.05	178	8.22	1.95	21	9.80	3.29	717
Total	11.78	3.69	299	10.88	3.35	350	10.45	3.49	400	9.18	3.24	358	8.54	2.10	49	10.45	3.53	1456

n-3 fatty acids (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
Male	3.15	1.10	139	3.29	1.14	179	3.16	1.21	213	2.86	1.13	180	2.67	0.94	28	3.10	1.15	739
Female	2.56	0.87	160	2.68	1.04	171	2.58	0.98	187	2.47	1.10	178	2.16	0.88	21	2.56	1.00	717
Total	2.84	1.03	299	2.99	1.13	350	2.89	1.14	400	2.67	1.13	358	2.45	0.94	49	2.83	1.11	1456

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
Male	244.7	229.5	139	221.0	207.5	179	220.3	178.5	213	197.4	177.7	180	269.0	277.9	28	221.3	200.5	739
Female	321.7	201.9	160	255.8	188.9	171	213.8	149.9	187	179.6	167.3	178	176.6	140.1	21	238.3	183.2	717
Total	285.9	218.2	299	238.0	199.1	350	217.3	165.6	400	188.6	172.6	358	229.4	231.8	49	229.7	192.3	1456

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
Male	188.2	178.8	139	172.6	159.3	179	178.1	147.7	213	157.2	146.1	180	213.4	212.6	28	174.9	159.3	739
Female	241.4	155.5	160	197.8	145.6	171	172.6	125.7	187	146.2	138.8	178	138.9	113.8	21	186.4	144.4	717
Total	216.7	168.6	299	184.9	153.1	350	175.5	137.7	400	151.7	142.4	358	181.5	179.4	49	180.6	152.2	1456

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
Male	47.4	56.1	139	40.7	50.4	179	31.9	36.3	213	29.7	39.0	180	50.0	89.6	28	37.1	47.9	739
Female	71.9	59.9	160	51.0	51.2	171	34.5	36.7	187	28.4	36.5	178	29.8	41.3	21	45.1	49.2	717
Total	60.5	59.4	299	45.7	51.0	350	33.1	36.5	400	29.1	37.7	358	41.4	73.0	49	41.1	48.7	1456

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
Male	208.6	191.9	139	186.4	167.1	179	189.4	154.6	213	166.8	155.4	180	231.3	244.8	28	188.4	169.7	739
Female	265.3	170.5	160	213.6	154.9	171	183.6	133.0	187	154.3	146.3	178	148.1	120.7	21	200.7	155.3	717
Total	239.0	182.7	299	199.7	161.6	350	186.7	144.7	400	160.6	150.8	358	195.6	203.7	49	194.4	162.8	1456

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
Male	9.2	9.9	139	7.2	8.5	179	6.4	8.3	213	6.4	8.8	180	8.9	17.9	28	7.2	9.3	739
Female	12.9	11.6	160	9.3	9.7	171	7.0	7.6	187	5.5	7.5	178	4.4	6.8	21	8.4	9.5	717
Total	11.2	10.9	299	8.2	9.1	350	6.7	8.0	400	5.9	8.2	358	7.0	14.3	49	7.8	9.4	1456

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
Male	236.5	203.6	139	209.6	178.6	179	207.9	164.1	213	184.7	166.3	180	250.5	269.2	28	209.6	181.4	739
Female	311.6	203.9	160	241.5	167.1	171	205.7	143.4	187	170.1	154.6	178	165.1	131.8	21	227.8	174.0	717
Total	276.7	206.8	299	225.2	173.6	350	206.9	154.6	400	177.4	160.5	358	213.9	223.2	49	218.6	177.9	1456

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
Male	1272.8	750.9	139	1263.9	689.5	179	1156.5	613.7	213	1064.8	616.2	180	1260.4	935.5	28	1186.0	677.7	739
Female	1417.5	692.1	160	1222.3	614.9	171	1092.5	512.4	187	927.9	582.5	178	880.6	485.4	21	1148.9	622.3	717
Total	1350.2	722.4	299	1243.6	653.5	350	1126.5	568.8	400	996.7	602.7	358	1097.7	791.5	49	1167.7	651.1	1456

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
Male	82.3	95.5	139	84.6	94.3	179	55.6	67.3	213	46.9	56.8	180	49.0	72.3	28	65.3	79.9	739
Female	98.6	89.5	160	74.7	72.4	171	61.3	80.2	187	43.3	50.3	178	30.4	35.7	21	67.4	76.0	717
Total	91.0	92.6	299	79.7	84.3	350	58.3	73.6	400	45.1	53.7	358	41.0	59.6	49	66.3	78.0	1456

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
Male	163.4	145.0	139	159.9	127.3	179	160.9	130.3	213	143.4	121.1	180	183.9	154.5	28	157.7	131.3	739
Female	198.0	122.3	160	171.2	119.2	171	142.6	102.5	187	132.2	115.0	178	114.4	98.8	21	158.4	116.8	717
Total	181.9	134.3	299	165.4	123.3	350	152.3	118.3	400	137.9	118.1	358	154.1	136.7	49	158.1	124.3	1456

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
Male	0.75	7.20	139	0.00	0.05	179	0.02	0.15	213	0.00	0.00	180	0.00	0.00	28	0.15	3.13	739
Female	0.26	1.63	160	0.30	2.70	171	0.20	2.54	187	0.10	1.30	178	0.00	0.00	21	0.21	2.10	717
Total	0.48	5.05	299	0.15	1.89	350	0.10	1.74	400	0.05	0.92	358	0.00	0.00	49	0.18	2.67	1456

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
Male	11.26	3.19	139	9.86	2.89	179	9.03	2.63	213	8.08	2.78	180	8.09	2.82	28	9.38	3.05	739
Female	10.21	2.96	160	9.05	2.90	171	8.07	2.38	187	6.84	2.17	178	6.86	1.96	21	8.44	2.87	717
Total	10.70	3.11	299	9.46	2.92	350	8.58	2.56	400	7.46	2.57	358	7.57	2.54	49	8.92	3.00	1456

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
Male	1226.4	469.2	139	1212.1	500.5	179	1038.4	398.6	213	964.1	374.9	180	930.4	357.0	28	1093.6	445.7	739
Female	1091.7	436.5	160	1009.8	414.2	171	912.9	387.2	187	773.9	340.5	178	733.2	298.9	21	936.1	409.6	717
Total	1154.3	456.2	299	1113.3	470.7	350	979.7	397.8	400	869.5	370.2	358	845.9	344.4	49	1016.1	435.4	1456

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
Male	0.12	0.38	139	0.18	0.63	179	0.14	0.46	213	0.15	0.63	180	0.14	0.51	28	0.15	0.54	739
Female	0.14	0.48	160	0.10	0.29	171	0.24	0.87	187	0.21	0.72	178	0.21	0.57	21	0.18	0.64	717
Total	0.13	0.44	299	0.14	0.49	350	0.18	0.68	400	0.18	0.68	358	0.17	0.53	49	0.16	0.59	1456

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
Male	121.5	67.9	139	128.7	71.8	179	104.8	61.8	213	90.0	58.1	180	85.8	67.5	28	109.4	66.5	739
Female	124.6	62.4	160	106.5	58.5	171	93.9	56.4	187	81.2	51.7	178	58.1	48.7	21	99.5	59.4	717
Total	123.2	65.0	299	117.9	66.5	350	99.7	59.5	400	85.6	55.1	358	73.9	61.2	49	104.5	63.3	1456

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
Male	87.3	51.1	139	97.4	58.3	179	77.5	48.3	213	70.5	46.5	180	56.6	42.5	28	81.7	51.9	739
Female	78.1	48.5	160	72.8	45.9	171	70.4	48.0	187	59.0	42.6	178	42.6	31.1	21	69.0	46.5	717
Total	82.4	49.9	299	85.3	54.0	350	74.2	48.2	400	64.8	44.9	358	50.6	38.3	49	75.4	49.7	1456

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
Male	4.34	1.38	139	3.71	1.24	179	3.38	1.11	213	2.93	1.21	180	2.85	1.02	28	3.51	1.31	739
Female	4.02	1.31	160	3.47	1.27	171	3.03	1.03	187	2.55	0.94	178	2.42	0.72	21	3.22	1.25	717
Total	4.17	1.35	299	3.59	1.26	350	3.21	1.09	400	2.74	1.10	358	2.67	0.92	49	3.37	1.29	1456

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
Male	21.52	6.31	139	18.09	5.04	179	16.43	5.11	213	14.29	5.55	180	13.30	3.96	28	17.15	5.97	739
Female	18.69	5.44	160	16.77	5.65	171	14.58	4.76	187	12.58	3.96	178	12.07	3.58	21	15.45	5.44	717
Total	20.00	6.02	299	17.45	5.38	350	15.57	5.03	400	13.44	4.89	358	12.77	3.81	49	16.31	5.78	1456

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
Male	13.13	3.77	139	11.32	3.36	179	11.22	3.56	213	9.55	3.42	180	8.69	2.32	28	11.10	3.70	739
Female	10.88	3.28	160	10.53	3.48	171	9.67	3.33	187	8.70	3.04	178	8.10	1.99	21	9.86	3.36	717
Total	11.93	3.69	299	10.94	3.43	350	10.49	3.54	400	9.13	3.26	358	8.44	2.19	49	10.49	3.59	1456

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
Male	1988.6	662.7	139	1659.7	577.9	179	1648.2	654.9	213	1372.3	562.2	180	1309.1	464.5	28	1635.0	644.2	739
Female	1599.9	600.4	160	1523.6	574.9	171	1377.3	536.2	187	1305.0	527.6	178	1208.6	422.0	21	1439.0	567.0	717
Total	1780.6	658.4	299	1593.2	579.6	350	1521.5	616.6	400	1338.8	545.5	358	1266.0	445.1	49	1538.4	615.1	1456

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
Male	0.08	0.16	139	0.16	0.35	179	0.14	0.30	213	0.17	0.47	180	0.30	0.57	28	0.15	0.36	739
Female	0.08	0.27	160	0.08	0.21	171	0.12	0.37	187	0.18	0.42	178	0.12	0.25	21	0.12	0.33	717
Total	0.08	0.22	299	0.12	0.30	350	0.13	0.33	400	0.18	0.44	358	0.23	0.47	49	0.13	0.35	1456

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
Male	74.1	82.5	139	112.2	106.2	179	89.3	80.0	213	97.8	97.1	180	83.6	73.9	28	93.9	92.1	739
Female	65.0	76.4	160	80.9	95.5	171	78.6	75.0	187	79.5	87.3	178	63.6	76.5	21	75.9	83.7	717
Total	69.2	79.3	299	96.9	102.2	350	84.3	77.8	400	88.7	92.7	358	75.1	74.9	49	85.0	88.5	1456

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
Male	212.2	102.1	139	169.8	86.4	179	162.3	95.9	213	146.8	105.0	180	146.2	94.5	28	169.1	99.5	739
Female	191.2	83.7	160	177.8	98.9	171	149.6	76.4	187	126.5	71.7	178	138.6	71.3	21	159.6	86.1	717
Total	200.9	93.2	299	173.7	92.7	350	156.4	87.4	400	136.7	90.5	358	142.9	84.6	49	164.4	93.2	1456

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
Male	578.5	322.7	139	653.5	447.8	179	497.2	293.1	213	523.4	379.1	180	450.2	329.2	28	555.0	368.0	739
Female	506.1	334.9	160	521.3	393.0	171	459.8	292.0	187	430.7	328.6	178	389.6	327.8	21	475.5	339.0	717
Total	539.7	330.7	299	588.9	426.5	350	479.7	292.8	400	477.3	357.4	358	424.2	326.6	49	515.8	356.1	1456

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
Male	32.5	25.8	139	26.2	24.9	179	17.0	17.9	213	16.2	22.2	180	10.7	13.6	28	21.7	23.2	739
Female	21.7	19.4	160	20.5	21.6	171	14.6	16.2	187	11.9	15.0	178	11.3	12.8	21	16.9	18.4	717
Total	26.7	23.2	299	23.5	23.5	350	15.9	17.1	400	14.0	19.1	358	10.9	13.1	49	19.3	21.1	1456

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
Male	1.5	3.2	139	1.6	3.5	179	1.0	5.2	213	1.0	3.6	180	0.8	1.5	28	1.2	4.0	739
Female	2.7	7.7	160	2.4	6.9	171	1.6	4.2	187	1.4	4.4	178	0.6	1.7	21	1.9	5.8	717
Total	2.1	6.0	299	2.0	5.4	350	1.3	4.7	400	1.2	4.0	358	0.7	1.6	49	1.6	5.0	1456

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
Male	32.1	31.5	139	45.6	38.5	179	38.9	37.6	213	43.1	40.0	180	34.6	35.4	28	40.1	37.5	739
Female	28.8	29.6	160	32.7	31.2	171	32.6	27.6	187	34.1	34.6	178	25.9	32.7	21	32.0	30.9	717
Total	30.4	30.5	299	39.3	35.7	350	36.0	33.4	400	38.6	37.7	358	30.9	34.2	49	36.1	34.6	1456

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
Male	161.8	56.7	139	162.8	63.1	179	153.5	56.9	213	143.4	60.9	180	138.8	48.7	28	154.3	59.5	739
Female	133.8	48.7	160	133.0	54.9	171	124.3	50.1	187	117.4	54.3	178	107.4	42.5	21	126.3	52.2	717
Total	146.8	54.3	299	148.3	61.0	350	139.8	55.7	400	130.5	59.1	358	125.4	48.3	49	140.5	57.8	1456

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
Male	312.4	260.1	139	460.4	299.7	179	427.7	301.8	213	426.7	293.8	180	381.5	260.2	28	411.9	294.1	739
Female	251.8	189.8	160	320.8	270.4	171	350.2	249.0	187	329.9	287.5	178	260.0	182.7	21	313.5	253.4	717
Total	280.0	226.9	299	392.2	293.8	350	391.5	280.7	400	378.6	294.3	358	329.4	236.0	49	363.5	279.1	1456

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
Male	90.7	84.2	139	82.6	76.6	179	78.6	78.3	213	62.9	71.7	180	46.5	30.0	28	76.8	76.9	739
Female	64.4	46.7	160	75.6	100.9	171	61.1	54.9	187	55.3	56.7	178	45.5	33.9	21	63.4	67.6	717
Total	76.6	68.0	299	79.2	89.2	350	70.4	68.8	400	59.1	64.7	358	46.1	31.4	49	70.2	72.7	1456

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
Male	307.1	329.4	139	436.2	465.0	179	286.9	256.2	213	327.0	378.1	180	281.1	287.1	28	336.4	363.9	739
Female	296.8	338.7	160	328.6	397.8	171	282.6	300.2	187	286.7	334.6	178	242.2	320.5	21	296.5	342.6	717
Total	301.6	333.9	299	383.6	436.2	350	284.9	277.2	400	306.9	357.2	358	264.4	299.2	49	316.8	354.0	1456

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
Male	0.000	0.000	139	0.011	0.149	179	0.029	0.411	213	0.000	0.000	180	0.000	0.000	28	0.011	0.233	739
Female	0.000	0.000	160	0.007	0.066	171	0.010	0.098	187	0.000	0.000	178	0.000	0.000	21	0.004	0.060	717
Total	0.000	0.000	299	0.009	0.116	350	0.020	0.307	400	0.000	0.000	358	0.000	0.000	49	0.008	0.171	1456

n-3 Docosapentaenoic 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
Male	74.7	70.2	139	118.3	87.1	179	107.9	86.6	213	110.8	85.7	180	99.8	63.5	28	104.5	84.0	739
Female	64.3	57.4	160	79.3	73.3	171	89.0	69.5	187	87.6	84.2	178	67.9	65.9	21	80.2	72.3	717
Total	69.1	63.8	299	99.2	82.8	350	99.1	79.5	400	99.2	85.6	358	86.1	65.8	49	92.6	79.4	1456

n-6 Docosapentaenoic 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
Male	1.6	7.4	139	1.3	6.9	179	0.9	5.5	213	0.9	5.4	180	0.1	0.5	28	1.1	6.1	739
Female	1.0	5.1	160	1.6	7.8	171	0.5	3.7	187	0.6	3.4	178	0.1	0.4	21	0.9	5.2	717
Total	1.3	6.3	299	1.4	7.3	350	0.7	4.8	400	0.7	4.5	358	0.1	0.4	49	1.0	5.7	1456

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
Male	659.3	428.4	139	878.9	475.1	179	829.1	483.1	213	797.9	467.2	180	734.6	362.3	28	798.1	468.2	739
Female	542.7	303.3	160	629.3	425.1	171	643.3	368.7	187	628.8	448.6	178	518.5	344.8	21	610.3	391.7	717
Total	596.9	370.8	299	757.0	467.7	350	742.2	442.7	400	713.8	465.2	358	642.0	367.5	49	705.6	442.2	1456

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
Male	12.0	40.3	139	15.6	39.6	179	14.9	37.3	213	11.8	33.8	180	4.1	11.4	28	13.4	37.0	739
Female	5.3	19.0	160	13.2	52.2	171	10.1	24.8	187	7.7	26.9	178	3.7	14.1	21	9.0	32.9	717
Total	8.4	30.9	299	14.4	46.1	350	12.6	32.1	400	9.8	30.6	358	3.9	12.5	49	11.2	35.1	1456

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
Male	42.3	45.0	139	67.3	54.8	179	56.3	45.9	213	57.1	50.3	180	50.1	38.8	28	56.3	49.4	739
Female	37.1	37.7	160	47.0	51.8	171	46.7	40.5	187	46.9	47.9	178	36.2	38.8	21	44.4	44.8	717
Total	39.5	41.3	299	57.4	54.2	350	51.8	43.7	400	52.0	49.3	358	44.1	39.0	49	50.4	47.6	1456

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
Male	19.9	24.9	139	19.9	22.4	179	17.1	23.8	213	11.3	14.3	180	6.1	10.1	28	16.5	21.7	739
Female	3.4	6.6	160	3.1	8.1	171	3.1	7.8	187	1.2	2.9	178	1.0	2.0	21	2.6	6.6	717
Total	11.1	19.4	299	11.7	18.9	350	10.5	19.5	400	6.3	11.5	358	3.9	8.1	49	9.7	17.5	1456

3) Nutrient intake from dietary supplements (SDR)

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.2	160	0.0	0.3	171	0.0	0.1	187	0.0	0.0	178	0.0	0.0	21	0.0	0.2	717
Total	0.0	0.1	299	0.0	0.2	350	0.0	0.1	400	0.0	0.0	358	0.0	0.0	49	0.0	0.1	1456

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
Male	0.1	0.3	139	0.1	1.0	179	0.5	4.8	213	0.1	0.9	180	0.1	0.4	28	0.2	2.7	739
Female	0.8	6.6	160	0.3	2.3	171	0.2	1.2	187	0.2	1.1	178	0.1	0.3	21	0.3	3.4	717
Total	0.4	4.8	299	0.2	1.7	350	0.4	3.6	400	0.1	1.0	358	0.1	0.4	49	0.3	3.1	1456

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
Male	0.0	0.1	139	0.1	0.5	179	0.2	1.9	213	0.0	0.2	180	0.1	0.4	28	0.1	1.0	739
Female	0.1	0.7	160	0.1	0.4	171	0.1	0.5	187	0.0	0.1	178	0.1	0.2	21	0.1	0.4	717
Total	0.1	0.5	299	0.1	0.5	350	0.2	1.4	400	0.0	0.2	358	0.1	0.3	49	0.1	0.8	1456

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
Male	0.4	3.5	139	0.0	0.1	179	0.1	0.8	213	0.1	1.6	180	0.0	0.0	28	0.1	1.8	739
Female	0.3	1.5	160	0.2	2.1	171	0.2	0.7	187	0.0	0.2	178	0.0	0.0	21	0.2	1.3	717
Total	0.3	2.6	299	0.1	1.5	350	0.1	0.7	400	0.1	1.1	358	0.0	0.0	49	0.2	1.6	1456

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.1	160	0.0	0.6	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.3	717
Total	0.0	0.1	299	0.0	0.4	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.2	1456

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
Male	2.5	22.1	139	2.3	14.2	179	7.8	88.6	213	0.9	8.4	180	9.5	48.9	28	3.9	50.1	739
Female	13.2	91.4	160	3.6	21.6	171	2.7	11.5	187	2.1	17.1	178	53.1	237.2	21	6.6	61.1	717
Total	8.2	68.7	299	2.9	18.2	350	5.5	65.1	400	1.5	13.4	358	28.2	158.9	49	5.2	55.8	1456

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
Male	0.8	5.7	139	1.5	10.6	179	3.8	21.2	213	4.4	33.1	180	3.4	15.3	28	2.8	20.9	739
Female	1.4	10.7	160	3.3	20.9	171	2.1	12.1	187	2.3	22.0	178	1.5	6.7	21	2.2	17.0	717
Total	1.1	8.7	299	2.4	16.5	350	3.0	17.5	400	3.3	28.1	358	2.6	12.3	49	2.5	19.1	1456

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
Male	3.1	16.2	139	5.3	41.0	179	10.9	50.3	213	4.5	34.1	180	29.2	151.1	28	7.2	48.2	739
Female	22.7	140.8	160	23.2	101.7	171	16.8	69.4	187	17.5	87.1	178	21.2	69.0	21	19.9	100.6	717
Total	13.6	103.9	299	14.0	77.3	350	13.6	60.0	400	10.9	66.2	358	25.7	121.8	49	13.5	78.8	1456

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
Male	0.9	6.1	139	0.2	1.5	179	1.5	9.4	213	1.8	15.7	180	0.6	3.0	28	1.1	9.7	739
Female	3.2	16.0	160	3.7	21.1	171	3.1	20.1	187	1.5	16.2	178	1.0	4.4	21	2.8	18.2	717
Total	2.1	12.4	299	1.9	14.8	350	2.3	15.4	400	1.6	15.9	358	0.8	3.6	49	1.9	14.6	1456

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
Male	1.0	11.5	139	1.0	11.0	179	1.2	10.1	213	2.7	25.3	180	2.3	12.1	28	1.5	15.6	739
Female	0.1	0.5	160	0.7	5.4	171	0.2	1.4	187	1.3	13.8	178	1.0	4.4	21	0.6	7.4	717
Total	0.5	7.8	299	0.8	8.7	350	0.7	7.4	400	2.0	20.4	358	1.7	9.5	49	1.0	12.3	1456

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
Male	0.1	1.0	139	0.0	0.2	179	0.1	0.8	213	0.1	0.5	180	0.0	0.0	28	0.1	0.7	739
Female	0.4	2.4	160	0.1	0.9	171	0.1	0.5	187	0.1	0.7	178	0.0	0.1	21	0.2	1.3	717
Total	0.3	1.9	299	0.1	0.6	350	0.1	0.7	400	0.1	0.6	358	0.0	0.1	49	0.1	1.0	1456

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
Male	0.0	0.3	139	0.1	1.2	179	0.2	1.7	213	0.0	0.1	180	0.0	0.0	28	0.1	1.1	739
Female	0.2	1.3	160	0.2	1.4	171	0.1	0.6	187	0.0	0.0	178	0.0	0.0	21	0.1	1.0	717
Total	0.1	1.0	299	0.1	1.3	350	0.1	1.3	400	0.0	0.1	358	0.0	0.0	49	0.1	1.0	1456

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
Male	0.00	0.00	139	0.00	0.00	179	0.01	0.09	213	0.00	0.01	180	0.00	0.00	28	0.00	0.05	739
Female	0.02	0.18	160	0.01	0.14	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.01	0.11	717
Total	0.01	0.13	299	0.01	0.10	350	0.00	0.07	400	0.00	0.00	358	0.00	0.00	49	0.00	0.08	1456

Retinol (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
Male	0.0	0.0	139	0.0	0.0	179	31.2	455.6	213	0.0	0.0	180	0.0	0.0	28	9.0	244.6	739
Female	0.0	0.0	160	0.0	0.0	171	0.4	6.1	187	0.0	0.0	178	15.6	71.4	21	0.6	12.6	717
Total	0.0	0.0	299	0.0	0.0	350	16.8	332.5	400	0.0	0.0	358	6.7	46.8	49	4.8	174.5	1456

Carotene (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.4	169.6	139	37.0	495.0	179	21.4	220.4	213	8.6	115.4	180	0.0	0.0	28	19.9	286.0	739
Female	178.4	1264.6	160	821.8	10208	171	32.6	281.2	187	3.9	36.6	178	0.0	0.0	21	245.3	5022.4	717
Total	102.1	934.5	299	420.4	7144.0	350	26.7	250.4	400	6.3	85.7	358	0.0	0.0	49	130.9	3530.9	1456

Retinol equivalents (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
Male	28.7	138.8	139	9.4	86.3	179	57.9	503.3	213	20.4	225.4	180	0.0	0.0	28	29.3	301.5	739
Female	36.8	214.6	160	163.9	1796.9	171	53.5	308.1	187	20.3	120.3	178	18.0	71.7	21	66.8	899.1	717
Total	33.0	183.0	299	84.9	1258.0	350	55.9	422.9	400	20.4	180.7	358	7.7	47.2	49	47.8	666.5	1456

Vitamin D (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
Male	0.2	1.6	139	0.1	0.5	179	0.2	1.8	213	0.1	0.7	180	0.3	1.7	28	0.1	1.3	739
Female	0.2	0.8	160	0.4	3.0	171	0.4	2.2	187	0.2	0.9	178	0.3	1.1	21	0.3	1.9	717
Total	0.2	1.3	299	0.2	2.1	350	0.3	2.0	400	0.1	0.8	358	0.3	1.5	49	0.2	1.7	1456

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
Male	4.0	19.0	139	1.3	9.7	179	4.3	20.3	213	4.4	29.7	180	9.9	40.0	28	3.7	22.0	739
Female	6.2	29.6	160	10.0	50.1	171	8.3	42.8	187	6.0	30.0	178	0.7	3.0	21	7.4	38.6	717
Total	5.2	25.2	299	5.5	35.9	350	6.1	32.8	400	5.2	29.8	358	5.9	30.4	49	5.6	31.4	1456

Vitamin K (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.6	183.9	139	0.0	0.2	179	15.3	222.7	213	2.3	29.8	180	0.2	0.8	28	7.9	144.3	739
Female	0.4	2.5	160	19.2	248.5	171	0.3	2.7	187	0.0	0.4	178	0.0	0.0	21	4.7	121.4	717
Total	7.5	125.4	299	9.4	173.7	350	8.2	162.5	400	1.2	21.1	358	0.1	0.6	49	6.3	133.5	1456

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.87	3.70	139	0.54	2.87	179	3.51	14.07	213	2.37	11.62	180	4.37	19.78	28	2.05	10.50	739
Female	1.52	7.84	160	1.61	8.97	171	3.25	13.40	187	3.60	13.01	178	1.29	4.55	21	2.50	11.08	717
Total	1.22	6.27	299	1.06	6.61	350	3.39	13.75	400	2.98	12.33	358	3.05	15.20	49	2.27	10.79	1456

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.65	2.20	139	0.42	2.39	179	1.03	7.72	213	0.51	2.64	180	0.10	0.35	28	0.65	4.60	739
Female	0.48	1.57	160	0.32	1.20	171	1.19	4.24	187	1.52	6.04	178	0.29	1.31	21	0.88	3.86	717
Total	0.56	1.89	299	0.37	1.90	350	1.10	6.33	400	1.01	4.67	358	0.18	0.89	49	0.76	4.25	1456

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
Male	2.3	6.3	139	0.8	3.8	179	2.2	7.5	213	1.8	7.4	180	0.4	1.4	28	1.7	6.4	739
Female	2.3	7.6	160	1.2	6.2	171	4.0	14.8	187	3.4	13.2	178	2.4	10.9	21	2.8	11.2	717
Total	2.3	7.0	299	1.0	5.1	350	3.0	11.5	400	2.6	10.7	358	1.2	7.2	49	2.2	9.1	1456

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.92	3.85	139	0.32	1.92	179	2.52	12.01	213	1.15	6.52	180	2.85	14.54	28	1.37	8.00	739
Female	1.34	7.03	160	1.30	7.55	171	2.86	11.29	187	2.78	10.41	178	0.32	1.44	21	2.05	9.23	717
Total	1.14	5.77	299	0.80	5.47	350	2.68	11.67	400	1.96	8.70	358	1.76	11.01	49	1.70	8.63	1456

Vitamin B12 (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.0	172.0	139	0.3	3.2	179	43.1	273.1	213	21.1	155.4	180	43.5	230.2	28	22.8	187.1	739
Female	12.6	120.8	160	32.4	241.3	171	25.5	172.5	187	19.5	139.0	178	92.0	325.2	21	24.7	180.9	717
Total	15.6	146.6	299	16.0	169.2	350	34.9	231.5	400	20.3	147.3	358	64.3	272.9	49	23.8	184.0	1456

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
Male	1.9	17.6	139	0.1	0.9	179	47.9	685.3	213	3.8	45.2	180	0.0	0.0	28	15.1	368.6	739
Female	6.9	52.1	160	2.3	30.6	171	7.9	56.2	187	0.6	7.5	178	0.0	0.0	21	4.3	40.9	717
Total	4.5	40.0	299	1.2	21.4	350	29.2	501.4	400	2.2	32.5	358	0.0	0.0	49	9.8	264.1	1456

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
Male	0.19	1.06	139	0.20	1.55	179	0.32	2.39	213	0.08	1.02	180	0.00	0.00	28	0.19	1.64	739
Female	0.27	1.69	160	0.41	2.60	171	0.77	3.43	187	0.79	4.23	178	0.00	0.00	21	0.55	3.13	717
Total	0.23	1.43	299	0.30	2.13	350	0.53	2.93	400	0.43	3.09	358	0.00	0.00	49	0.37	2.49	1456

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
Male	24.7	120.2	139	18.9	165.6	179	31.7	176.2	213	15.5	106.5	180	0.0	0.0	28	22.1	145.1	739
Female	42.9	211.7	160	47.0	209.8	171	50.2	226.0	187	29.7	160.7	178	7.2	32.7	21	41.5	200.5	717
Total	34.4	175.2	299	32.6	188.7	350	40.3	201.0	400	22.6	136.2	358	3.1	21.4	49	31.6	174.8	1456

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.1	1.2	180	0.0	0.0	28	0.0	0.6	739
Female	0.0	0.5	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.2	717
Total	0.0	0.3	299	0.0	0.0	350	0.0	0.0	400	0.0	0.8	358	0.0	0.0	49	0.0	0.4	1456

Water soluble dietary fibers (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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Water insoluble dietary fibers (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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Total dietary fibers (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
Male	0.0	0.0	139	0.0	0.2	179	0.1	1.0	213	0.1	0.5	180	0.0	0.0	28	0.1	0.6	739
Female	0.0	0.2	160	0.0	0.1	171	0.0	0.2	187	0.0	0.1	178	0.0	0.0	21	0.0	0.2	717
Total	0.0	0.1	299	0.0	0.1	350	0.1	0.8	400	0.0	0.4	358	0.0	0.0	49	0.0	0.4	1456

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

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
Male	0.00	0.00	139	0.00	0.00	179	0.03	0.34	213	0.00	0.01	180	0.00	0.00	28	0.01	0.18	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.01	178	0.00	0.00	21	0.00	0.01	717
Total	0.00	0.00	299	0.00	0.00	350	0.01	0.25	400	0.00	0.01	358	0.00	0.00	49	0.00	0.13	1456

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
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

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
Male	3.6	23.0	139	1.1	14.2	179	1.6	14.1	213	3.1	35.0	180	2.9	15.1	28	2.3	22.6	739
Female	23.8	292.5	160	1.0	8.4	171	0.1	1.2	187	0.3	2.3	178	0.1	0.5	21	5.6	138.3	717
Total	14.4	214.5	299	1.0	11.7	350	0.9	10.3	400	1.7	24.9	358	1.7	11.4	49	3.9	98.3	1456

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
Male	7.2	54.7	139	2.0	24.4	179	2.7	22.7	213	4.8	53.5	180	4.6	24.2	28	4.0	39.6	739
Female	42.7	529.7	160	1.5	13.1	171	0.2	2.7	187	0.5	3.7	178	0.2	1.0	21	10.1	250.3	717
Total	26.2	389.1	299	1.8	19.7	350	1.6	16.7	400	2.7	38.0	358	2.7	18.3	49	7.0	177.9	1456

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
Male	0.4	4.0	139	1.5	18.7	179	2.9	24.6	213	5.2	58.1	180	5.1	27.2	28	2.8	33.3	739
Female	33.0	411.1	160	1.7	13.9	171	0.2	2.1	187	0.8	4.4	178	0.2	1.1	21	8.0	194.3	717
Total	17.9	300.7	299	1.6	16.5	350	1.7	18.0	400	3.0	41.3	358	3.0	20.6	49	5.4	138.4	1456

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
Male	0.1	1.4	139	1.7	18.1	179	0.7	5.5	213	1.1	12.3	180	1.1	6.0	28	0.9	11.2	739
Female	8.4	102.8	160	0.4	3.1	171	0.1	0.6	187	0.2	1.7	178	0.1	0.4	21	2.1	48.6	717
Total	4.6	75.2	299	1.1	13.1	350	0.4	4.0	400	0.7	8.8	358	0.7	4.6	49	1.5	35.0	1456

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
Male	0.0	0.5	139	0.2	3.1	179	0.2	2.1	213	0.1	1.5	180	0.6	3.0	28	0.2	2.1	739
Female	10.8	94.9	160	6.6	65.8	171	7.7	78.3	187	8.2	107.9	178	0.0	0.1	21	8.0	86.6	717
Total	5.8	69.5	299	3.4	46.1	350	3.7	53.6	400	4.1	76.1	358	0.3	2.3	49	4.0	60.9	1456

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
Male	0.2	1.8	139	0.6	8.0	179	0.9	7.1	213	1.2	12.7	180	1.7	9.1	28	0.8	8.5	739
Female	14.3	173.9	160	1.1	11.5	171	0.1	1.2	187	0.3	2.1	178	0.1	0.5	21	3.6	82.4	717
Total	7.7	127.3	299	0.9	9.9	350	0.5	5.3	400	0.8	9.1	358	1.0	6.9	49	2.2	58.1	1456

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
Male	0.3	2.7	139	1.0	12.3	179	1.6	13.4	213	2.9	32.1	180	2.9	15.1	28	1.5	18.7	739
Female	26.6	332.0	160	0.9	7.9	171	0.1	1.5	187	0.3	2.1	178	0.1	0.6	21	6.3	156.9	717
Total	14.4	242.9	299	0.9	10.4	350	0.9	9.8	400	1.6	22.8	358	1.7	11.4	49	3.9	110.9	1456

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
Male	0.0	0.2	139	0.8	9.9	179	0.5	5.6	213	0.3	4.5	180	1.7	9.1	28	0.5	6.4	739
Female	20.8	260.9	160	0.2	2.3	171	0.1	1.2	187	0.2	1.3	178	0.0	0.1	21	4.8	123.2	717
Total	11.1	190.8	299	0.5	7.3	350	0.3	4.2	400	0.3	3.3	358	1.0	6.9	49	2.6	86.6	1456

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
Male	0.4	3.6	139	2.0	25.7	179	2.7	22.2	213	4.2	44.2	180	5.7	30.2	28	2.6	28.5	739
Female	54.4	679.9	160	1.4	11.9	171	0.2	2.7	187	0.6	4.1	178	0.2	0.8	21	12.7	321.2	717
Total	29.3	497.3	299	1.7	20.2	350	1.5	16.3	400	2.4	31.5	358	3.3	22.9	49	7.6	226.3	1456

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
Male	0.0	0.5	139	1.1	13.8	179	1.7	15.2	213	3.3	36.8	180	3.4	18.1	28	1.7	21.3	739
Female	20.2	253.0	160	1.1	9.8	171	0.1	1.5	187	0.3	2.2	178	0.1	0.6	21	4.9	119.6	717
Total	10.8	185.1	299	1.1	12.0	350	1.0	11.2	400	1.8	26.2	358	2.0	13.7	49	3.3	85.3	1456

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
Male	0.1	0.8	139	0.3	3.5	179	0.6	4.9	213	1.0	10.8	180	1.1	6.0	28	0.5	6.3	739
Female	7.0	87.0	160	0.3	2.7	171	0.0	0.6	187	0.1	0.9	178	0.0	0.0	21	1.7	41.1	717
Total	3.8	63.6	299	0.3	3.1	350	0.3	3.6	400	0.6	7.7	358	0.7	4.6	49	1.1	29.2	1456

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
Male	4.6	42.9	139	1.3	15.6	179	2.1	18.0	213	3.9	43.0	180	4.0	21.2	28	2.9	31.0	739
Female	25.6	316.2	160	1.2	9.9	171	0.2	1.8	187	0.3	2.5	178	0.2	0.8	21	6.1	149.5	717
Total	15.8	233.1	299	1.2	13.1	350	1.2	13.2	400	2.1	30.5	358	2.4	16.0	49	4.5	107.2	1456

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
Male	0.4	2.9	139	0.6	6.7	179	0.9	7.6	213	1.7	18.4	180	1.7	9.1	28	0.9	10.7	739
Female	13.4	166.0	160	1.0	5.8	171	0.1	1.4	187	0.1	1.0	178	0.6	2.9	21	3.3	78.5	717
Total	7.3	121.5	299	0.8	6.3	350	0.5	5.7	400	0.9	13.1	358	1.3	7.1	49	2.1	55.6	1456

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
Male	3.5	23.5	139	1.1	12.4	179	1.8	16.7	213	0.8	9.1	180	3.4	18.1	28	1.8	15.9	739
Female	34.1	419.0	160	1.1	6.1	171	0.3	2.7	187	0.9	5.2	178	0.5	2.2	21	8.2	198.0	717
Total	19.9	306.8	299	1.1	9.8	350	1.1	12.3	400	0.9	7.4	358	2.2	13.8	49	4.9	139.4	1456

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
Male	0.4	3.8	139	1.7	20.8	179	1.3	13.9	213	0.9	11.9	180	4.6	24.2	28	1.3	14.8	739
Female	20.3	253.0	160	1.0	7.1	171	0.3	2.9	187	0.4	3.1	178	0.6	2.9	21	5.0	119.6	717
Total	11.1	185.1	299	1.4	15.7	350	0.8	10.3	400	0.7	8.7	358	2.9	18.3	49	3.1	84.6	1456