

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	1.0	10.1	139	3.8	35.0	179	1.8	19.0	213	1.3	17.9	180	6.9	36.3	28	2.2	23.4	739
Female	53.8	679.9	160	1.7	12.7	171	0.6	5.1	187	0.5	4.0	178	0.4	1.7	21	12.7	321.2	717
Total	29.3	497.4	299	2.7	26.5	350	1.2	14.3	400	0.9	13.0	358	4.1	27.4	49	7.4	226.0	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	1.6	15.5	139	3.1	38.5	179	2.3	23.9	213	1.6	20.9	180	8.0	42.3	28	2.4	27.2	739
Female	95.8	1209.6	160	1.5	11.7	171	0.4	3.9	187	0.8	5.4	178	0.8	3.7	21	22.1	571.4	717
Total	52.0	884.8	299	2.3	28.7	350	1.4	17.7	400	1.2	15.3	358	4.9	32.0	49	12.1	401.4	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	0.6	5.6	139	1.4	14.2	179	0.9	9.0	213	0.6	7.5	180	2.9	15.1	28	0.9	10.0	739
Female	19.5	237.2	160	1.6	9.6	171	0.4	3.5	187	0.3	2.1	178	1.5	6.8	21	4.9	112.2	717
Total	10.7	173.5	299	1.5	12.2	350	0.6	7.0	400	0.4	5.5	358	2.3	12.2	49	2.9	79.0	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	0.4	3.7	139	1.2	13.1	179	0.7	7.6	213	0.5	6.0	180	2.3	12.1	28	0.8	8.7	739
Female	31.5	395.3	160	1.0	6.1	171	0.2	2.3	187	0.2	1.8	178	0.9	4.1	21	7.4	186.7	717
Total	17.1	289.2	299	1.1	10.3	350	0.5	5.7	400	0.3	4.4	358	1.7	9.5	49	4.0	131.2	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	0.2	1.4	139	1.1	13.8	179	0.9	9.3	213	0.7	8.9	180	3.4	18.1	28	0.8	10.2	739
Female	27.6	347.8	160	0.5	4.8	171	0.1	1.3	187	0.3	2.0	178	0.2	1.0	21	6.4	164.3	717
Total	14.8	254.5	299	0.8	10.4	350	0.5	6.8	400	0.5	6.5	358	2.1	13.7	49	3.6	115.5	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	0.00	0.01	139	3.66	48.58	179	0.00	0.04	213	0.00	0.04	180	0.00	0.00	28	0.89	23.91	739
Female	0.20	2.53	160	0.00	0.01	171	0.00	0.01	187	0.00	0.04	178	0.00	0.00	21	0.05	1.20	717
Total	0.11	1.85	299	1.87	34.74	350	0.00	0.03	400	0.00	0.04	358	0.00	0.00	49	0.47	17.06	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	0.00	0.00	139	0.00	0.00	179	0.00	0.01	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	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	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.01	358	0.00	0.00	49	0.00	0.00	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	0.00	0.00	139	1.96	26.16	179	0.00	0.01	213	0.00	0.02	180	0.00	0.00	28	0.47	12.87	739
Female	0.10	1.26	160	0.00	0.00	171	0.00	0.00	187	0.00	0.01	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	1.00	18.71	350	0.00	0.01	400	0.00	0.01	358	0.00	0.00	49	0.25	9.18	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	0.00	0.01	139	1.70	22.42	179	0.00	0.03	213	0.00	0.02	180	0.00	0.00	28	0.41	11.04	739
Female	0.10	1.26	160	0.00	0.01	171	0.00	0.00	187	0.00	0.03	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	0.87	16.04	350	0.00	0.02	400	0.00	0.02	358	0.00	0.00	49	0.22	7.87	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	0.00	0.01	139	3.66	48.58	179	0.00	0.03	213	0.00	0.03	180	0.00	0.00	28	0.89	23.91	739
Female	0.20	2.53	160	0.00	0.01	171	0.00	0.01	187	0.00	0.04	178	0.00	0.00	21	0.05	1.20	717
Total	0.11	1.85	299	1.87	34.74	350	0.00	0.03	400	0.00	0.03	358	0.00	0.00	49	0.47	17.06	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	0.00	0.00	139	1.68	22.42	179	0.00	0.03	213	0.00	0.02	180	0.00	0.00	28	0.41	11.04	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.03	178	0.00	0.00	21	0.00	0.01	717
Total	0.00	0.00	299	0.86	16.04	350	0.00	0.02	400	0.00	0.02	358	0.00	0.00	49	0.21	7.86	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	0.00	0.01	139	0.03	0.37	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.01	0.18	739
Female	0.10	1.26	160	0.00	0.01	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	0.01	0.27	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.01	0.44	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	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

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	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

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	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

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	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

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	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

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	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

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

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	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

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	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.00	0.00	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	0.00	0.00	139	0.00	0.00	179	0.27	4.01	213	0.22	2.91	180	0.00	0.00	28	0.13	2.58	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.33	4.38	178	0.01	0.04	21	0.08	2.18	717
Total	0.00	0.00	299	0.00	0.00	350	0.15	2.93	400	0.27	3.71	358	0.00	0.03	49	0.11	2.40	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	0.0	0.0	139	0.0	0.0	179	0.0	0.2	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	100.0	1264.9	160	0.0	0.0	171	0.0	0.0	187	0.0	0.2	178	0.0	0.0	21	22.3	597.5	717
Total	53.5	925.3	299	0.0	0.0	350	0.0	0.1	400	0.0	0.2	358	0.0	0.0	49	11.0	419.3	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	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.00	0.00	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	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

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	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

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	0.00	0.00	139	0.00	0.00	179	0.07	1.05	213	0.06	0.76	180	0.00	0.00	28	0.03	0.68	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.09	1.15	178	0.00	0.00	21	0.02	0.57	717
Total	0.00	0.00	299	0.00	0.00	350	0.04	0.77	400	0.07	0.97	358	0.00	0.00	49	0.03	0.63	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	0.00	0.00	139	1955.3	26160	179	0.50	7.28	213	1.59	16.87	180	0.00	0.00	28	474.14	12875	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.60	7.96	178	0.00	0.00	21	0.15	3.97	717
Total	0.00	0.00	299	1000.0	18708	350	0.27	5.31	400	1.10	13.20	358	0.00	0.00	49	240.73	9172.5	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	0.00	0.00	139	1676.0	22423	179	1.77	25.78	213	1.71	19.16	180	0.00	0.00	28	406.88	11036	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	2.11	28.20	178	0.00	0.00	21	0.52	14.05	717
Total	0.00	0.00	299	857.14	16036	350	0.94	18.81	400	1.91	24.05	358	0.00	0.00	49	206.77	7862.1	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	0.0	0.0	139	0.6	7.4	179	0.0	0.2	213	0.0	0.2	180	0.0	0.0	28	0.1	3.6	739
Female	0.3	4.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.3	178	0.0	0.0	21	0.1	1.9	717
Total	0.2	2.9	299	0.3	5.3	350	0.0	0.2	400	0.0	0.2	358	0.0	0.0	49	0.1	2.9	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	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.13	1.73	180	0.00	0.00	28	0.03	0.85	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.06	1.23	358	0.00	0.00	49	0.02	0.61	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	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

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

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	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

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	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

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	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

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	0.6	6.8	139	27.9	373.7	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	6.9	183.9	739
Female	0.5	6.7	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.1	3.2	717
Total	0.6	6.7	299	14.3	267.3	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	3.6	131.1	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	0.0	0.0	139	0.0	0.0	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.0	0.1	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	0.0	0.1	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	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

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	0.000	0.000	179	0.000	0.000	213	0.000	0.000	180	0.000	0.000	28	0.000	0.000	739
Female	0.000	0.000	160	0.000	0.000	171	0.000	0.000	187	0.000	0.000	178	0.000	0.000	21	0.000	0.000	717
Total	0.000	0.000	299	0.000	0.000	350	0.000	0.000	400	0.000	0.000	358	0.000	0.000	49	0.000	0.000	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	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

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	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

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	0.4	4.6	139	0.0	0.0	179	0.0	0.2	213	0.0	0.1	180	0.0	0.0	28	0.1	2.0	739
Female	100.8	1264.9	160	0.5	6.9	171	0.0	0.0	187	0.0	0.2	178	0.0	0.0	21	22.6	597.5	717
Total	54.1	925.3	299	0.3	4.8	350	0.0	0.1	400	0.0	0.2	358	0.0	0.0	49	11.2	419.3	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	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

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	0.0	0.0	139	0.0	0.0	179	0.0	0.1	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	0.1	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	0.1	358	0.0	0.0	49	0.0	0.0	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	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

4) Nutrient intake from foods and 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	2444.2	420.8	139	2349.6	360.8	179	2305.8	418.5	213	2110.6	382.3	180	1952.0	288.8	28	2281.5	413.3	739
Female	1925.1	318.4	160	1924.0	332.7	171	1869.1	330.5	187	1755.7	306.1	178	1674.8	266.0	21	1860.9	328.6	717
Total	2166.5	451.0	299	2141.7	407.1	350	2101.7	437.7	400	1934.1	389.0	358	1833.2	309.2	49	2074.4	429.0	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	2357.7	660.4	139	2423.2	665.5	179	2397.3	594.1	213	2147.7	573.1	180	1958.3	473.4	28	2318.7	628.0	739
Female	1990.2	518.8	160	2129.4	589.9	171	2176.3	538.4	187	1964.7	471.7	178	1794.6	446.4	21	2059.9	537.0	717
Total	2161.0	615.8	299	2279.6	645.8	350	2294.0	578.6	400	2056.7	532.3	358	1888.2	464.6	49	2191.2	598.9	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	85.8	16.3	139	88.0	16.8	179	89.1	17.5	213	82.4	17.4	180	76.9	13.5	28	86.1	17.2	739
Female	72.5	14.8	160	74.3	14.2	171	73.2	14.6	187	69.7	15.4	178	64.1	9.7	21	72.2	14.8	717
Total	78.7	16.8	299	81.3	17.0	350	81.7	18.0	400	76.1	17.6	358	71.4	13.5	49	79.3	17.5	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	69.9	17.3	139	62.2	15.2	179	58.0	15.3	213	50.6	15.4	180	48.4	13.0	28	59.1	17.0	739
Female	61.4	14.9	160	56.7	16.2	171	50.5	13.5	187	44.5	12.0	178	41.6	10.2	21	52.7	15.5	717
Total	65.4	16.6	299	59.5	15.9	350	54.5	14.9	400	47.6	14.1	358	45.5	12.3	49	55.9	16.6	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	323.4	70.6	139	317.6	60.6	179	321.9	67.5	213	307.8	66.4	180	288.5	50.6	28	316.4	66.0	739
Female	261.3	48.5	160	270.6	52.4	171	273.9	54.4	187	264.9	53.4	178	257.9	53.2	21	267.6	52.5	717
Total	290.2	67.3	299	294.6	61.4	350	299.4	66.2	400	286.5	63.9	358	275.4	53.4	49	292.4	64.5	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	20.1	4.1	139	21.1	4.4	179	22.3	4.6	213	20.6	4.6	180	18.7	4.2	28	21.0	4.5	739
Female	17.9	3.8	160	18.8	4.0	171	19.1	3.9	187	18.4	4.1	178	16.7	2.8	21	18.5	4.0	717
Total	18.9	4.1	299	20.0	4.4	350	20.8	4.6	400	19.5	4.5	358	17.9	3.8	49	19.8	4.5	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	4796	1034	139	4859	1084	179	4991	1015	213	4661	1065	180	4434	927	28	4821	1052	739
Female	4030	830	160	4155	889	171	4257	964	187	4163	914	178	3839	652	21	4147	900	717
Total	4386	1005	299	4515	1053	350	4648	1056	400	4413	1022	358	4179	866	49	4489	1036	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	2647	679	139	2895	661	179	3079	728	213	2939	747	180	2585	808	28	2900	727	739
Female	2426	581	160	2632	640	171	2811	639	187	2640	657	178	2508	648	21	2631	644	717
Total	2528	637	299	2767	663	350	2954	700	400	2790	719	358	2552	737	49	2768	700	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	587.9	199.8	139	619.6	211.1	179	713.7	227.8	213	659.4	265.8	180	683.8	312.4	28	652.9	236.6	739
Female	602.8	233.0	160	617.9	219.0	171	654.9	229.2	187	615.0	227.4	178	614.1	245.4	21	623.3	227.9	717
Total	595.9	217.9	299	618.8	214.7	350	686.2	230.0	400	637.3	248.1	358	653.9	285.0	49	638.3	232.8	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	294.6	72.6	139	317.3	72.6	179	336.0	77.7	213	311.3	81.0	180	276.6	80.2	28	315.4	78.0	739
Female	258.9	63.5	160	273.8	65.9	171	292.8	66.6	187	276.3	66.5	178	253.5	61.9	21	275.4	66.6	717
Total	275.5	70.1	299	296.0	72.7	350	315.8	75.8	400	293.9	76.1	358	266.7	73.1	49	295.7	75.3	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	1224	256	139	1287	270	179	1332	266	213	1237	285	180	1139	274	28	1270	274	739
Female	1064	218	160	1099	231	171	1118	248	187	1061	254	178	990	212	21	1084	239	717
Total	1139	249	299	1195	268	350	1232	279	400	1150	284	358	1075	258	49	1178	274	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	9.4	2.6	139	9.7	2.3	179	10.9	3.0	213	10.2	2.8	180	9.1	2.3	28	10.1	2.7	739
Female	8.8	3.4	160	8.9	2.2	171	9.6	2.7	187	9.5	2.9	178	8.9	2.0	21	9.2	2.8	717
Total	9.1	3.0	299	9.3	2.3	350	10.3	3.0	400	9.9	2.8	358	9.0	2.2	49	9.7	2.8	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	9.7	2.1	139	9.7	2.3	179	9.9	2.6	213	9.1	2.0	180	8.4	1.5	28	9.6	2.3	739
Female	8.3	2.5	160	8.3	2.3	171	8.3	2.0	187	7.8	1.6	178	7.5	1.5	21	8.2	2.1	717
Total	9.0	2.4	299	9.0	2.4	350	9.2	2.5	400	8.4	2.0	358	8.0	1.6	49	8.9	2.3	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	1.38	0.42	139	1.42	0.37	179	1.53	0.36	213	1.43	0.34	180	1.24	0.27	28	1.44	0.37	739
Female	1.17	0.35	160	1.27	0.38	171	1.31	0.31	187	1.25	0.29	178	1.15	0.24	21	1.25	0.33	717
Total	1.27	0.40	299	1.35	0.38	350	1.43	0.35	400	1.34	0.33	358	1.20	0.26	49	1.35	0.37	1456

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
Male	298	456	139	345	605	179	432	980	213	509	1029	180	443	744	28	405	828	739
Female	387	746	160	290	601	171	369	829	187	364	821	178	267	260	21	350	747	717
Total	345	629	299	318	603	350	403	912	400	437	933	358	367	589	49	378	789	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	3388	2158	139	3898	2328	179	4432	2134	213	4567	2542	180	4128	3078	28	4128	2364	739
Female	3593	2383	160	4474	10402	171	4706	2493	187	4476	2451	178	4532	2262	21	4340	5510	717
Total	3498	2280	299	4180	7454	350	4560	2310	400	4522	2494	358	4301	2739	49	4232	4218	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	887	595	139	997	702	179	1193	1046	213	1291	1159	180	1134	966	28	1110	939	739
Female	991	852	160	1065	1948	171	1200	1020	187	1127	925	178	1022	435	21	1098	1247	717
Total	943	744	299	1030	1450	350	1196	1033	400	1210	1051	358	1086	779	49	1104	1101	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	9.2	6.7	139	11.3	6.9	179	12.0	7.2	213	11.3	7.0	180	11.2	7.9	28	11.1	7.1	739
Female	7.5	4.3	160	9.0	8.7	171	9.5	5.4	187	9.2	6.3	178	8.0	6.9	21	8.8	6.4	717
Total	8.3	5.6	299	10.2	7.9	350	10.8	6.5	400	10.3	6.8	358	9.8	7.6	49	10.0	6.9	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	13.9	19.2	139	11.2	11.4	179	14.2	20.5	213	13.6	30.1	180	18.5	40.4	28	13.4	22.4	739
Female	15.1	30.4	160	19.8	50.7	171	17.6	43.0	187	14.4	30.2	178	8.9	3.4	21	16.5	39.1	717
Total	14.5	25.7	299	15.4	36.6	350	15.8	33.0	400	14.0	30.1	358	14.3	30.8	49	15.0	31.8	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	244	233	139	255	164	179	331	269	213	279	162	180	292	194	28	282	215	739
Female	218	104	160	248	273	171	286	167	187	253	139	178	277	184	21	253	183	717
Total	230	176	299	252	224	350	310	228	400	266	151	358	286	188	49	268	201	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	1.88	3.71	139	1.55	2.96	179	4.55	14.07	213	3.39	11.67	180	5.36	19.87	28	3.07	10.52	739
Female	2.38	7.84	160	2.49	9.00	171	4.16	13.41	187	4.46	13.04	178	2.06	4.60	21	3.38	11.10	717
Total	2.15	6.27	299	2.01	6.65	350	4.37	13.75	400	3.92	12.36	358	3.94	15.28	49	3.22	10.81	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	2.06	2.22	139	1.89	2.51	179	2.57	7.68	213	1.95	2.68	180	1.49	0.52	28	2.12	4.61	739
Female	1.79	1.65	160	1.67	1.25	171	2.58	4.24	187	2.82	6.05	178	1.53	1.28	21	2.22	3.87	717
Total	1.91	1.94	299	1.78	2.00	350	2.58	6.31	400	2.38	4.68	358	1.51	0.91	49	2.17	4.26	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	21.9	8.4	139	22.1	7.3	179	21.8	9.9	213	19.6	10.2	180	15.6	5.1	28	21.1	9.1	739
Female	17.6	9.0	160	17.3	7.5	171	19.7	15.7	187	18.0	14.3	178	15.0	10.5	21	18.1	12.3	717
Total	19.6	9.0	299	19.8	7.8	350	20.8	13.0	400	18.8	12.4	358	15.3	7.8	49	19.6	10.9	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	2.20	3.89	139	1.77	1.97	179	4.00	12.01	213	2.56	6.58	180	4.13	14.62	28	2.77	8.02	739
Female	2.40	7.04	160	2.46	7.65	171	4.13	11.31	187	3.96	10.44	178	1.39	1.37	21	3.23	9.27	717
Total	2.31	5.78	299	2.11	5.53	350	4.06	11.67	400	3.26	8.73	358	2.96	11.09	49	3.00	8.66	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	27.7	172.1	139	10.0	6.0	179	53.2	273.4	213	31.1	155.7	180	52.0	230.3	28	32.5	187.4	739
Female	20.0	121.2	160	39.7	241.8	171	33.9	172.7	187	27.6	138.9	178	99.3	324.9	21	32.5	181.1	717
Total	23.6	146.9	299	24.5	169.5	350	44.2	231.7	400	29.3	147.4	358	72.2	272.7	49	32.5	184.2	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	325	106	139	359	121	179	460	694	213	390	159	180	366	167	28	389	392	739
Female	314	123	160	342	110	171	401	145	187	373	121	178	331	106	21	358	129	717
Total	319	115	299	351	116	350	432	516	400	381	142	358	351	144	49	374	294	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	6.56	1.79	139	6.76	2.29	179	7.16	2.79	213	6.46	1.98	180	6.03	1.63	28	6.74	2.29	739
Female	5.88	2.17	160	6.11	2.90	171	6.81	3.60	187	6.33	4.40	178	5.46	0.99	21	6.28	3.37	717
Total	6.20	2.03	299	6.44	2.62	350	6.99	3.20	400	6.39	3.40	358	5.79	1.40	49	6.51	2.88	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	135.4	135.8	139	140.0	180.6	179	162.5	189.2	213	141.6	124.3	180	120.7	76.4	28	145.3	160.3	739
Female	149.0	220.4	160	171.0	223.8	171	197.7	239.0	187	156.3	177.5	178	118.3	58.1	21	167.9	214.1	717
Total	142.7	185.8	299	155.1	203.2	350	179.0	214.4	400	148.9	153.0	358	119.6	68.5	49	156.4	189.0	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	426.8	139.9	139	405.9	149.0	179	415.2	133.4	213	393.8	150.3	180	380.9	94.1	28	408.6	141.7	739
Female	379.7	148.6	160	374.2	140.6	171	339.4	122.9	187	319.2	125.0	178	334.0	109.1	21	351.5	135.4	717
Total	401.6	146.3	299	390.4	145.6	350	379.8	133.9	400	356.7	143.1	358	360.8	102.4	49	380.5	141.5	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	3.4	1.0	139	3.6	1.3	179	4.1	1.4	213	4.0	1.4	180	3.6	1.2	28	3.8	1.4	739
Female	3.7	3.5	160	3.6	1.1	171	3.9	1.1	187	3.7	1.3	178	3.7	1.2	21	3.7	1.9	717
Total	3.6	2.6	299	3.6	1.2	350	4.0	1.3	400	3.8	1.3	358	3.6	1.2	49	3.8	1.7	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	10.6	3.1	139	11.5	3.6	179	13.1	3.9	213	12.7	4.0	180	11.5	3.9	28	12.1	3.8	739
Female	10.2	3.3	160	11.1	3.6	171	12.7	3.6	187	11.9	3.5	178	11.8	3.1	21	11.6	3.6	717
Total	10.4	3.2	299	11.3	3.6	350	12.9	3.8	400	12.3	3.8	358	11.6	3.5	49	11.8	3.7	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	14.7	4.2	139	16.1	4.9	179	18.3	5.3	213	17.6	5.5	180	15.9	5.5	28	16.8	5.3	739
Female	14.6	5.7	160	15.5	4.8	171	17.5	4.8	187	16.6	4.8	178	16.4	4.3	21	16.2	5.1	717
Total	14.7	5.1	299	15.8	4.9	350	17.9	5.1	400	17.1	5.2	358	16.1	5.0	49	16.5	5.2	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	12.0	2.6	139	12.1	2.7	179	12.5	2.6	213	11.6	2.7	180	11.1	2.3	28	12.0	2.7	739
Female	10.1	2.1	160	10.4	2.2	171	10.6	2.4	187	10.4	2.3	178	9.5	1.8	21	10.4	2.3	717
Total	11.0	2.5	299	11.3	2.7	350	11.6	2.6	400	11.0	2.6	358	10.4	2.2	49	11.2	2.6	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	4.02	1.33	139	4.34	1.44	179	4.80	1.55	213	4.36	1.47	180	4.03	1.46	28	4.40	1.48	739
Female	3.66	1.27	160	4.06	1.28	171	4.48	1.60	187	4.21	1.32	178	3.87	1.49	21	4.11	1.41	717
Total	3.83	1.31	299	4.20	1.37	350	4.65	1.58	400	4.29	1.40	358	3.96	1.46	49	4.26	1.46	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	11.5	2.3	139	11.7	2.7	179	12.0	2.4	213	11.1	2.6	180	10.0	2.2	28	11.5	2.5	739
Female	9.6	2.0	160	9.8	2.1	171	9.8	2.1	187	9.2	2.2	178	8.7	1.4	21	9.6	2.1	717
Total	10.4	2.3	299	10.8	2.6	350	10.9	2.5	400	10.2	2.6	358	9.5	2.0	49	10.6	2.5	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	3604	736	139	3683	780	179	3761	759	213	3488	773	180	3302	628	28	3629	766	739
Female	3073	683	160	3095	625	171	3089	665	187	2934	728	178	2742	435	21	3038	674	717
Total	3320	755	299	3396	766	350	3447	791	400	3213	800	358	3062	616	49	3338	780	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	6298	1255	139	6419	1328	179	6549	1298	213	6081	1316	180	5768	1093	28	6327	1308	739
Female	5378	1193	160	5398	1077	171	5382	1135	187	5099	1233	178	4775	751	21	5297	1158	717
Total	5805	1304	299	5920	1313	350	6003	1355	400	5593	1365	358	5343	1074	49	5819	1339	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	5174	1217	139	5447	1333	179	5483	1256	213	5087	1292	180	4828	1056	28	5295	1281	739
Female	4366	1076	160	4448	1009	171	4474	1085	187	4240	1221	178	3890	761	21	4368	1098	717
Total	4741	1211	299	4959	1286	350	5011	1281	400	4666	1325	358	4426	1043	49	4839	1281	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	1906	411	139	1970	443	179	1975	405	213	1842	425	180	1751	336	28	1920	422	739
Female	1594	357	160	1614	337	171	1601	360	187	1519	404	178	1418	250	21	1577	365	717
Total	1739	413	299	1796	433	350	1800	427	400	1681	445	358	1609	342	49	1751	431	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	1306	233	139	1299	245	179	1336	246	213	1246	240	180	1170	189	28	1293	243	739
Female	1119	233	160	1126	218	171	1109	228	187	1053	233	178	1006	140	21	1098	228	717
Total	1206	251	299	1214	247	350	1230	263	400	1150	255	358	1100	187	49	1197	255	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	3216	629	139	3273	671	179	3316	630	213	3094	648	180	2927	511	28	3218	647	739
Female	2713	567	160	2738	534	171	2707	555	187	2569	610	178	2431	377	21	2674	567	717
Total	2947	647	299	3012	664	350	3032	669	400	2833	681	358	2714	517	49	2950	667	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	3616	682	139	3672	725	179	3779	727	213	3515	722	180	3310	613	28	3640	721	739
Female	3103	675	160	3116	608	171	3113	627	187	2956	681	178	2778	421	21	3063	646	717
Total	3342	724	299	3400	725	350	3468	758	400	3237	755	358	3082	596	49	3356	743	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	2756	557	139	2822	593	179	2899	578	213	2672	568	180	2508	479	28	2783	579	739
Female	2340	531	160	2357	481	171	2370	516	187	2255	555	178	2128	375	21	2325	520	717
Total	2533	581	299	2595	589	350	2652	609	400	2465	598	358	2345	473	49	2557	596	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	6376	1236	139	6497	1314	179	6681	1299	213	6192	1287	180	5818	1085	28	6427	1296	739
Female	5452	1246	160	5475	1085	171	5486	1137	187	5214	1233	178	4909	790	21	5392	1171	717
Total	5882	1322	299	5998	1309	350	6122	1362	400	5706	1350	358	5428	1063	49	5917	1340	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	3147	654	139	3255	708	179	3296	677	213	3066	690	180	2889	565	28	3187	687	739
Female	2664	604	160	2702	555	171	2700	589	187	2562	650	178	2374	398	21	2649	599	717
Total	2889	672	299	2985	695	350	3018	703	400	2815	715	358	2668	558	49	2922	699	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	956	190	139	973	200	179	1003	196	213	931	198	180	875	164	28	965	198	739
Female	814	182	160	820	162	171	823	172	187	783	189	178	735	115	21	808	176	717
Total	880	198	299	898	198	350	919	206	400	857	207	358	815	160	49	887	203	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	4249	841	139	4336	892	179	4449	866	213	4131	884	180	3905	747	28	4286	877	739
Female	3616	784	160	3638	717	171	3646	765	187	3476	832	178	3253	518	21	3584	773	717
Total	3910	869	299	3995	882	350	4074	913	400	3805	918	358	3625	729	49	3940	899	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	2631	646	139	2789	770	179	2780	730	213	2606	753	180	2399	613	28	2697	732	739
Female	2170	540	160	2231	541	171	2227	560	187	2122	675	178	1882	377	21	2179	581	717
Total	2384	634	299	2517	723	350	2521	711	400	2365	754	358	2177	581	49	2442	710	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	4754	1002	139	4893	1039	179	4977	1064	213	4616	999	180	4219	712	28	4798	1033	739
Female	3908	923	160	4017	847	171	4012	870	187	3875	941	178	3510	631	21	3941	892	717
Total	4301	1048	299	4465	1045	350	4526	1089	400	4247	1038	358	3915	759	49	4376	1056	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	4029	855	139	4179	917	179	4205	867	213	3907	867	180	3661	701	28	4072	881	739
Female	3325	751	160	3409	698	171	3407	749	187	3258	809	178	3003	552	21	3340	751	717
Total	3653	873	299	3803	903	350	3832	906	400	3584	898	358	3379	715	49	3712	898	1456