

Vegetables  
Fruits  
Mushrooms  
Seaweeds  
Fishes and shellfishes  
Meats  
Eggs  
Milks  
Fats and oils  
Confectioneries  
Beverages  
Seasonings and spices  
Prepared foods  
Water

## 2) Nutrient intake from foods (3DR)

Energy  
Water  
Protein  
Lipid  
Carbohydrate  
Ash  
Sodium  
Potassium  
Calcium  
Magnesium  
Phosphorus  
Iron  
Zinc  
Copper  
Retinol  
Carotene  
Retinol equivalents  
Vitamin D  
Vitamin E

Vitamin K  
Thiamin  
Riboflavin  
Niacin  
Vitamin B<sub>6</sub>  
Vitamin B<sub>12</sub>  
Folate  
Pantothenic acid  
Vitamin C  
Cholesterol  
Water soluble dietary fibers  
Water insoluble dietary fibers  
Total dietary fibers  
Salt  
Manganese  
Nitrogen  
Isoleucine  
Leucine  
Lysine  
Methionine  
Cystine  
Sulfur-containing amino acids  
Phenylalanine  
Tyrosine  
Aromatic amino acids  
Threonine  
Tryptophan  
Valine  
Histidine  
Arginine  
Alanine  
Aspartic acid  
Glutamic acid  
Glycine  
Proline

Serine  
Total fatty acids  
Saturated fatty acids  
Monounsaturated fatty acids  
Polyunsaturated fatty acids  
Unsaturated fatty acids  
n-6 fatty acids  
n-3 fatty acids  
Butyric acid  
Hexanoic acid  
Octanoic acid  
Decanoic acid  
Decenoic acid  
Lauric acid  
Myristic acid  
Myristoleic acid  
Pentadecanoic acid  
Pentadecenoic acid  
Palmitic acid  
Palmitoleic acid  
Hexadecatrienoic acid  
Heptadecanoic acid  
Heptadecenoic acid  
Stearic acid  
Oleic acid  
Linoleic acid  
Linolenic acid  
 $\gamma$ -Linolenic acid  
Octadecatetraenic acid  
Arachidic acid  
Eicosenoic acid  
Eicosadienoic acid  
Eicosatrienoic acid  
Eicosatetraenoic acid  
Arachidonic acid

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

3) Nutrient intake from dietary supplement (3DR)

Energy  
Water  
Protein  
Lipid  
Carbohydrate  
Ash  
Sodium  
Potassium  
Calcium  
Magnesium  
Phosphorus  
Iron  
Zinc  
Copper  
Retinol  
Carotene  
Retinol equivalents  
Vitamin D  
Vitamin E  
Vitamin K  
Thiamin  
Riboflavin  
Niacin

Vitamin B<sub>6</sub>  
Vitamin B<sub>12</sub>  
Folate  
Pantothenic acid  
Vitamin C  
Cholesterol  
Water soluble dietary fibers  
Water insoluble dietary fibers  
Total dietary fibers  
Salt  
Manganese  
Nitrogen  
Isoleucine  
Leucine  
Lysine  
Methionine  
Cystine  
Sulfur-containing amino acids  
Phenylalanine  
Tyrosine  
Aromatic amino acids  
Threonine  
Tryptophan  
Valine  
Histidine  
Alginine  
Alanine  
Aspartic acid  
Glutamic acid  
Glycine  
Proline  
Serine  
Total fatty acids  
Saturated fatty acids  
Monounsaturated fatty acids

Polyunsaturated fatty acids

Unsaturated fatty acids

n-6 fatty acids

n-3 fatty acids

Butyric acid

Hexanoic acid

Octanoic acid

Decanoic acid

Decenoic acid

Lauric acid

Myristic acid

Myristoleic acid

Pentadecanoic acid

Pentadecenoic acid

Palmitic acid

Palmitoleic acid

Hexadecatrienoic acid

Heptadecanoic acid

Heptadecenoic acid

Stearic acid

Oleic acid

Linoleic acid

Linolenic acid

$\gamma$ -Linolenic acid

Octadecatetraenic acid

Arachidic acid

Eicosenoic acid

Eicosadienoic acid

Eicosatrienoic acid

Eicosatetraenoic acid

Arachidonic acid

Eicosapentaenoic acid

Behenic acid

Docosenoic acid

Docosadienoic acid

Docosapentaenoic acid (n-3)  
Docosapentaenoic acid (n-6)  
Docosahexaenoic acid  
Lignoceric acid  
Tetracosenoic acid  
Alcohol

4) Nutrient intake from foods and dietary supplements (3DR)

Energy  
Water  
Protein  
Lipid  
Carbohydrate  
Ash  
Sodium  
Potassium  
Calcium  
Magnesium  
Phosphorus  
Iron  
Zinc  
Copper  
Retinol  
Carotene  
Retinol equivalents  
Vitamin D  
Vitamin E  
Vitamin K  
Thiamin  
Riboflavin  
Niacin  
Vitamin B<sub>6</sub>  
Vitamin B<sub>12</sub>  
Folate  
Pantothenic acid

Vitamin C  
Cholesterol  
Water soluble dietary fibers  
Water insoluble dietary fibers  
Total dietary fibers  
Salt  
Manganese  
Nitrogen  
Isoleucine  
Leucine  
Lysine  
Methionine  
Cystine  
Sulfur-containing amino acids  
Phenylalanine  
Tyrosine  
Aromatic amino acids  
Threonine  
Tryptophan  
Valine  
Histidine  
Arginine  
Alanine  
Aspartic acid  
Glutamic acid  
Glycine  
Proline  
Serine  
Total fatty acids  
Saturated fatty acids  
Monounsaturated fatty acids  
Polyunsaturated fatty acids  
Unsaturated fatty acids  
n-6 fatty acids  
n-3 fatty acids



Butyric acid  
Hexanoic acid  
Octanoic acid  
Decanoic acid  
Decenoic acid  
Lauric acid  
Myristic acid  
Myristoleic acid  
Pentadecanoic acid  
Pentadecenoic acid  
Palmitic acid  
Palmitoleic acid  
Hexadecatrienoic acid  
Heptadecanoic acid  
Heptadecenoic acid  
Stearic acid  
Oleic acid  
Linoleic acid  
Linolenic acid  
 $\gamma$ -Linolenic acid  
Octadecatetraenic acid  
Arachidic acid  
Eicosenoic acid  
Eicosadienoic acid  
Eicosatrienoic acid  
Eicosatetraenoic acid  
Arachidonic acid  
Eicosapentaenoic acid  
Behenic acid  
Docosenoic acid  
Docosadienoic acid  
Docosapentaenoic acid (n-3)  
Docosapentaenoic acid (n-6)  
Docosahexaenoic acid  
Lignoceric acid

Tetracosenoic acid  
Alcohol

5) State of using supplement in previous 1 year (DSFQ)

6) Frequency of supplement intake (DSFQ)

7) Beverage intakes

Three days dietary record (3DR)

1) Food intake (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	530.1	154.6	139	517.3	137.2	179	520.6	152.4	213	482.7	139.1	180	436.8	115.1	28	509.2	146.2	739
Female	378.3	93.2	160	375.8	107.3	171	381.8	96.4	187	384.4	113.0	178	369.9	133.3	21	379.9	103.7	717
Total	448.9	146.5	299	448.2	142.2	350	455.7	146.6	400	433.8	135.8	358	408.2	126.4	49	445.5	142.5	1456

Potatoes and starches (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	60.0	47.3	139	57.6	42.0	179	64.3	43.2	213	66.4	43.2	180	50.1	43.8	28	61.8	43.8	739
Female	58.7	48.9	160	55.4	48.0	171	58.4	44.8	187	58.0	43.1	178	58.0	47.3	21	57.6	46.1	717
Total	59.3	48.1	299	56.5	45.0	350	61.5	44.0	400	62.2	43.3	358	53.5	45.0	49	59.8	45.0	1456

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.3	8.3	139	10.8	9.8	179	10.7	10.5	213	10.6	8.9	180	8.6	7.2	28	10.4	9.5	739
Female	8.9	7.8	160	11.2	9.3	171	10.5	8.5	187	10.2	9.4	178	8.7	7.1	21	10.2	8.7	717
Total	9.1	8.0	299	11.0	9.5	350	10.6	9.6	400	10.4	9.1	358	8.6	7.1	49	10.3	9.1	1456

Pulses (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	72.6	60.4	139	79.8	52.2	179	100.9	110.0	213	81.1	53.4	180	61.5	37.0	28	84.1	75.4	739
Female	72.6	53.2	160	75.2	50.0	171	78.8	54.8	187	81.2	59.1	178	61.2	36.5	21	76.6	54.0	717
Total	72.6	56.5	299	77.5	51.1	350	90.6	89.2	400	81.1	56.2	358	61.3	36.4	49	80.4	65.9	1456

Nuts and seeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.4	12.7	139	6.4	11.7	179	5.8	9.2	213	4.6	7.5	180	5.1	9.6	28	5.8	10.2	739
Female	6.6	10.1	160	6.0	9.6	171	7.2	12.8	187	4.5	6.7	178	2.9	4.2	21	6.0	10.0	717
Total	6.5	11.4	299	6.2	10.7	350	6.5	11.0	400	4.6	7.1	358	4.2	7.8	49	5.9	10.1	1456

Vegetables (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	254.2	109.0	139	292.4	121.8	179	317.2	117.1	213	306.2	137.6	180	272.5	135.4	28	295.0	124.5	739
Female	231.0	95.9	160	273.1	102.8	171	304.0	103.7	187	287.7	116.8	178	282.9	98.9	21	275.7	108.1	717
Total	241.8	102.7	299	283.0	113.2	350	311.0	111.1	400	297.0	127.9	358	277.0	120.1	49	285.5	117.1	1456

Fruits (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	114.8	136.8	139	124.7	119.8	179	162.2	120.2	213	188.7	133.5	180	156.6	104.2	28	150.4	129.0	739
Female	135.9	98.7	160	172.2	123.7	171	199.3	121.4	187	180.1	127.1	178	187.5	117.7	21	173.6	120.5	717
Total	126.1	118.2	299	147.9	123.9	350	179.6	122.0	400	184.5	130.2	358	169.9	110.1	49	161.8	125.3	1456

Mushrooms (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	17.1	19.1	139	16.8	14.9	179	18.0	17.2	213	15.9	16.5	180	10.7	11.3	28	16.8	16.7	739
Female	15.6	15.1	160	18.2	16.8	171	18.5	17.1	187	13.9	12.2	178	16.3	13.5	21	16.6	15.5	717
Total	16.3	17.0	299	17.5	15.9	350	18.2	17.1	400	14.9	14.5	358	13.1	12.5	49	16.7	16.1	1456

Seaweeds (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	12.8	17.0	139	12.1	16.0	179	15.2	16.8	213	13.3	16.4	180	14.8	20.3	28	13.5	16.7	739
Female	10.0	12.7	160	14.2	25.5	171	13.1	15.0	187	14.3	17.7	178	7.9	6.1	21	12.8	18.2	717
Total	11.3	14.9	299	13.1	21.2	350	14.2	16.0	400	13.8	17.0	358	11.9	16.1	49	13.2	17.4	1456

## Fishes and shellfishes (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	92.5	52.8	139	115.9	56.6	179	111.9	54.1	213	110.9	52.1	180	95.6	37.3	28	108.4	54.0	739
Female	75.9	41.9	160	89.2	45.7	171	87.2	40.6	187	85.3	47.0	178	67.7	29.9	21	84.1	43.8	717
Total	83.6	47.9	299	102.8	53.2	350	100.4	49.8	400	98.2	51.2	358	83.7	36.8	49	96.4	50.7	1456

## Meats (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	84.6	39.7	139	77.5	41.0	179	65.1	37.5	213	59.2	35.2	180	52.8	30.1	28	69.9	39.2	739
Female	63.7	29.5	160	59.6	34.7	171	56.5	32.3	187	46.1	28.9	178	46.1	23.9	21	56.0	31.9	717
Total	73.4	36.1	299	68.8	39.0	350	61.1	35.4	400	52.7	32.8	358	49.9	27.6	49	63.0	36.5	1456

## Eggs (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	59.9	27.1	139	52.9	26.3	179	61.7	27.1	213	60.1	28.0	180	56.6	21.2	28	58.6	27.1	739
Female	57.0	29.4	160	53.9	25.9	171	53.2	27.0	187	52.9	26.8	178	58.5	18.0	21	54.3	27.0	717
Total	58.4	28.3	299	53.4	26.1	350	57.7	27.3	400	56.5	27.6	358	57.4	19.7	49	56.5	27.1	1456

## Milks (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	154.3	150.2	139	155.3	147.2	179	173.0	137.7	213	157.0	140.6	180	182.0	145.2	28	161.6	143.3	739
Female	166.5	119.9	160	157.0	112.4	171	164.6	117.5	187	154.0	122.9	178	146.8	119.2	21	160.0	118.1	717
Total	160.8	134.8	299	156.1	131.2	350	169.0	128.6	400	155.5	131.9	358	166.9	134.5	49	160.8	131.5	1456

## Fats and oils (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	13.9	5.4	139	11.8	6.1	179	10.5	5.8	213	9.4	5.9	180	7.3	4.5	28	11.1	6.0	739
Female	12.4	6.0	160	10.8	5.8	171	10.3	5.5	187	8.1	4.7	178	6.6	3.9	21	10.2	5.7	717
Total	13.1	5.8	299	11.3	5.9	350	10.4	5.6	400	8.7	5.4	358	7.0	4.2	49	10.6	5.9	1456

Confectioneries (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	41.2	51.1	139	42.0	46.0	179	38.6	45.8	213	35.3	39.8	180	50.0	45.1	28	39.5	45.5	739
Female	56.6	40.5	160	63.3	47.2	171	49.9	40.2	187	51.0	49.5	178	40.0	38.6	21	54.6	44.7	717
Total	49.4	46.3	299	52.4	47.8	350	43.9	43.6	400	43.1	45.5	358	45.7	42.3	49	46.9	45.7	1456

Beverages (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	1077.7	594.1	139	1074.1	505.6	179	936.6	495.1	213	744.5	401.6	180	735.7	333.4	28	942.0	510.0	739
Female	838.0	442.4	160	841.6	427.0	171	830.6	389.2	187	683.5	316.7	178	565.2	267.9	21	790.6	398.5	717
Total	949.4	531.2	299	960.5	482.4	350	887.0	451.3	400	714.2	362.7	358	662.6	315.7	49	867.4	464.5	1456

Seasonings and spices (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	63.4	24.7	139	67.5	29.9	179	63.0	20.5	213	58.2	22.2	180	52.9	20.4	28	62.6	24.5	739
Female	53.5	22.5	160	55.7	20.4	171	53.1	18.5	187	52.9	17.4	178	43.7	11.3	21	53.5	19.6	717
Total	58.1	24.0	299	61.8	26.4	350	58.4	20.1	400	55.6	20.1	358	49.0	17.6	49	58.1	22.7	1456

Prepared foods (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	62.9	69.7	139	46.7	56.6	179	39.1	58.5	213	36.6	58.6	180	21.9	39.4	28	44.2	60.5	739
Female	42.2	60.4	160	36.3	53.5	171	21.9	45.8	187	30.6	54.8	178	17.8	32.9	21	31.9	53.6	717
Total	51.8	65.6	299	41.6	55.3	350	31.0	53.6	400	33.6	56.8	358	20.2	36.5	49	38.1	57.5	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	269.2	267.5	139	299.3	355.5	179	298.7	304.4	213	277.4	256.5	180	192.8	236.0	28	284.1	298.3	739
Female	248.8	225.0	160	285.0	301.1	171	281.5	279.0	187	282.2	256.8	178	249.6	208.5	21	274.3	265.9	717
Total	258.3	245.4	299	292.3	329.6	350	290.6	292.6	400	279.8	256.3	358	217.1	224.1	49	279.2	282.8	1456

2) Nutrient intake from foods (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	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	2129.3	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	85.7	16.3	139	87.9	16.7	179	88.6	16.9	213	82.3	17.3	180	76.9	13.5	28	85.9	16.9	739
Female	71.7	13.4	160	74.0	14.0	171	73.0	14.6	187	69.6	15.3	178	64.0	9.8	21	71.9	14.4	717
Total	78.2	16.3	299	81.1	16.9	350	81.3	17.7	400	76.0	17.5	358	71.4	13.6	49	79.0	17.2	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	15.3	179	57.7	15.2	213	50.6	15.4	180	48.3	13.0	28	59.0	17.0	739
Female	61.3	14.8	160	56.7	16.2	171	50.5	13.5	187	44.5	12.0	178	41.6	10.3	21	52.6	15.4	717
Total	65.3	16.6	299	59.5	15.9	350	54.3	14.8	400	47.6	14.1	358	45.4	12.3	49	55.9	16.5	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	323.0	70.6	139	317.6	60.6	179	321.8	67.6	213	307.7	66.2	180	288.5	50.6	28	316.3	66.0	739
Female	261.0	48.6	160	270.4	52.5	171	273.7	54.4	187	264.8	53.4	178	257.9	53.2	21	267.4	52.5	717
Total	289.9	67.3	299	294.5	61.4	350	299.3	66.2	400	286.4	63.8	358	275.4	53.4	49	292.2	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	4.4	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	4793	1036	139	4857	1084	179	4983	1017	213	4660	1064	180	4424	922	28	4817	1052	739
Female	4017	824	160	4152	889	171	4255	964	187	4161	914	178	3786	708	21	4140	900	717
Total	4378	1005	299	4513	1053	350	4642	1056	400	4412	1022	358	4151	888	49	4484	1037	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	2646	680	139	2894	662	179	3075	727	213	2935	741	180	2582	809	28	2897	725	739
Female	2424	580	160	2629	636	171	2809	640	187	2638	655	178	2507	648	21	2629	643	717
Total	2527	637	299	2764	662	350	2951	699	400	2787	714	358	2550	738	49	2765	699	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	584.9	200.0	139	614.2	213.3	179	702.8	220.2	213	654.9	263.9	180	654.6	262.1	28	645.7	231.7	739
Female	580.0	191.3	160	594.8	193.9	171	638.2	221.0	187	597.5	220.2	178	592.9	240.3	21	603.4	209.3	717
Total	582.3	195.1	299	604.7	204.0	350	672.6	222.6	400	626.4	244.5	358	628.2	252.3	49	624.9	221.9	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	293.8	72.8	139	317.1	72.7	179	334.5	77.0	213	309.5	77.0	180	275.9	80.4	28	314.3	76.8	739
Female	255.7	62.1	160	270.1	60.9	171	289.7	66.6	187	274.8	66.1	178	252.5	63.3	21	272.6	65.1	717
Total	273.4	69.8	299	294.1	71.1	350	313.5	75.6	400	292.3	73.7	358	265.9	73.8	49	293.8	74.2	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	1223	256	139	1286	270	179	1330	265	213	1234	281	180	1137	274	28	1269	273	739
Female	1064	218	160	1099	231	171	1118	247	187	1060	254	178	990	213	21	1083	239	717
Total	1138	249	299	1194	268	350	1231	278	400	1148	281	358	1074	258	49	1177	273	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	9.3	2.2	139	9.7	2.3	179	10.8	2.9	213	10.2	2.7	180	9.1	2.3	28	10.0	2.6	739
Female	8.3	2.3	160	8.8	2.1	171	9.5	2.7	187	9.4	2.7	178	8.8	2.0	21	9.0	2.5	717
Total	8.8	2.3	299	9.3	2.2	350	10.2	2.9	400	9.8	2.8	358	9.0	2.2	49	9.6	2.6	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	9.6	2.1	139	9.6	2.0	179	9.8	2.0	213	9.1	2.0	180	8.4	1.5	28	9.5	2.0	739
Female	8.1	2.1	160	8.2	1.9	171	8.2	1.9	187	7.8	1.6	178	7.5	1.5	21	8.1	1.9	717
Total	8.8	2.2	299	8.9	2.1	350	9.1	2.1	400	8.4	2.0	358	8.0	1.6	49	8.8	2.1	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	1.52	0.35	213	1.43	0.34	180	1.24	0.27	28	1.44	0.37	739
Female	1.15	0.31	160	1.26	0.37	171	1.31	0.31	187	1.25	0.29	178	1.15	0.24	21	1.25	0.32	717
Total	1.26	0.38	299	1.35	0.38	350	1.42	0.35	400	1.34	0.33	358	1.20	0.26	49	1.34	0.36	1456

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
Male	298	456	139	345	605	179	401	876	213	509	1029	180	443	744	28	396	794	739
Female	387	746	160	290	601	171	369	829	187	364	821	178	251	256	21	349	747	717
Total	345	629	299	318	603	350	386	853	400	437	933	358	361	590	49	373	771	1456

Carotene ( $\mu\text{g}$ )

	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
Male	3374	2166	139	3861	2193	179	4411	2143	213	4558	2534	180	4128	3078	28	4108	2335	739
Female	3415	1976	160	3652	1920	171	4673	2442	187	4473	2452	178	4532	2262	21	4095	2280	717
Total	3396	2063	299	3759	2064	350	4533	2288	400	4516	2490	358	4301	2739	49	4101	2307	1456

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

	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
Male	859	580	139	988	692	179	1135	954	213	1270	1136	180	1134	966	28	1080	899	739
Female	954	832	160	902	765	171	1146	985	187	1107	898	178	1004	453	21	1031	872	717
Total	910	726	299	946	728	350	1141	967	400	1189	1027	358	1078	784	49	1056	886	1456

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
Male	9.0	6.5	139	11.2	7.0	179	11.8	6.9	213	11.3	7.0	180	10.8	7.8	28	11.0	7.0	739
Female	7.3	4.3	160	8.6	8.0	171	9.0	5.0	187	9.0	6.3	178	7.8	6.6	21	8.5	6.1	717
Total	8.1	5.5	299	10.0	7.6	350	10.5	6.2	400	10.2	6.7	358	9.5	7.4	49	9.8	6.7	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	9.9	3.1	139	9.9	5.6	179	9.9	2.9	213	9.2	3.3	180	8.6	2.3	28	9.7	3.8	739
Female	9.0	2.7	160	9.9	7.4	171	9.3	2.8	187	8.4	2.7	178	8.2	2.5	21	9.1	4.3	717
Total	9.4	2.9	299	9.9	6.5	350	9.6	2.9	400	8.8	3.0	358	8.4	2.4	49	9.4	4.1	1456

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
Male	229	141	139	255	164	179	316	169	213	276	158	180	292	194	28	274	164	739
Female	217	104	160	229	128	171	285	167	187	253	139	178	277	184	21	248	141	717
Total	222	123	299	242	148	350	302	169	400	265	149	358	286	188	49	261	154	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	1.01	0.28	139	1.01	0.33	179	1.04	0.34	213	1.02	0.79	180	0.99	0.62	28	1.02	0.49	739
Female	0.85	0.23	160	0.89	0.24	171	0.92	0.33	187	0.87	0.40	178	0.77	0.14	21	0.88	0.31	717
Total	0.93	0.27	299	0.95	0.30	350	0.98	0.34	400	0.94	0.63	358	0.89	0.49	49	0.95	0.42	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	1.40	0.36	139	1.47	0.39	179	1.55	0.39	213	1.45	0.45	180	1.39	0.41	28	1.47	0.41	739
Female	1.31	0.34	160	1.35	0.36	171	1.39	0.41	187	1.30	0.35	178	1.24	0.32	21	1.34	0.37	717
Total	1.35	0.35	299	1.41	0.38	350	1.48	0.41	400	1.38	0.41	358	1.33	0.37	49	1.41	0.39	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	19.5	5.9	139	21.3	6.3	179	19.6	6.4	213	17.9	5.9	180	15.2	5.0	28	19.4	6.3	739
Female	15.2	4.2	160	16.1	4.5	171	15.7	4.5	187	14.6	4.9	178	12.6	3.3	21	15.3	4.5	717
Total	17.2	5.5	299	18.8	6.1	350	17.8	5.9	400	16.2	5.6	358	14.1	4.5	49	17.4	5.8	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	1.28	0.35	139	1.45	0.40	179	1.48	0.41	213	1.41	0.39	180	1.28	0.43	28	1.41	0.40	739
Female	1.06	0.30	160	1.17	0.32	171	1.27	0.33	187	1.19	0.34	178	1.08	0.28	21	1.17	0.33	717
Total	1.16	0.34	299	1.31	0.39	350	1.38	0.39	400	1.30	0.38	358	1.19	0.38	49	1.29	0.38	1456

Vitamin B12 ( $\mu$ 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
Male	8.7	6.5	139	9.7	5.2	179	10.1	6.5	213	10.0	6.1	180	8.4	4.9	28	9.7	6.1	739
Female	7.4	6.9	160	7.3	5.2	171	8.4	6.2	187	8.1	6.2	178	7.3	6.0	21	7.8	6.1	717
Total	8.0	6.7	299	8.6	5.3	350	9.3	6.4	400	9.1	6.2	358	7.9	5.4	49	8.7	6.2	1456

Folate ( $\mu\text{g}$ )

	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
Male	323	106	139	359	121	179	412	147	213	386	149	180	366	167	28	374	139	739
Female	307	109	160	340	107	171	393	136	187	372	122	178	331	106	21	354	123	717
Total	315	107	299	349	115	350	403	142	400	379	136	358	351	144	49	364	132	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	6.38	1.43	139	6.56	1.56	179	6.84	1.66	213	6.38	1.71	180	6.03	1.63	28	6.54	1.62	739
Female	5.61	1.32	160	5.70	1.39	171	6.03	1.57	187	5.54	1.38	178	5.46	0.99	21	5.72	1.42	717
Total	5.97	1.42	299	6.14	1.54	350	6.46	1.66	400	5.96	1.61	358	5.79	1.40	49	6.14	1.58	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	110.8	67.0	139	121.1	88.3	179	130.8	74.5	213	126.1	64.1	180	120.7	76.4	28	123.2	74.7	739
Female	106.1	68.3	160	123.9	70.2	171	147.5	78.0	187	126.6	56.5	178	111.0	49.1	21	126.4	69.7	717
Total	108.3	67.6	299	122.5	79.8	350	138.6	76.6	400	126.3	60.4	358	116.5	65.7	49	124.7	72.3	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	393.7	150.2	180	380.9	94.1	28	408.6	141.7	739
Female	379.7	148.4	160	374.2	140.6	171	339.4	122.9	187	319.2	125.0	178	334.0	109.1	21	351.5	135.3	717
Total	401.6	146.2	299	390.4	145.6	350	379.8	133.9	400	356.6	143.0	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