

## 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 | 18.2    | 5.3 | 213 | 17.5    | 5.5 | 180 | 15.9  | 5.5 | 28 | 16.7  | 5.2 | 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 | 16.1  | 5.1 | 717  |
| Total  | 14.6    | 5.1 | 299 | 15.8    | 4.8 | 350 | 17.9    | 5.1 | 400 | 17.0    | 5.2 | 358 | 16.1  | 5.0 | 49 | 16.4  | 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 | 4.77    | 1.52 | 213 | 4.36    | 1.47 | 180 | 4.03  | 1.46 | 28 | 4.40  | 1.47 | 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 | 4.63    | 1.56 | 400 | 4.29    | 1.40 | 358 | 3.96  | 1.46 | 49 | 4.26  | 1.45 | 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   | 3601    | 733 | 139 | 3681    | 780 | 179 | 3760    | 757 | 213 | 3485    | 770 | 180 | 3299  | 630 | 28 | 3627  | 765 | 739  |
| Female | 3049    | 627 | 160 | 3094    | 625 | 171 | 3089    | 665 | 187 | 2933    | 728 | 178 | 2742  | 435 | 21 | 3032  | 662 | 717  |
| Total  | 3305    | 731 | 299 | 3395    | 766 | 350 | 3446    | 790 | 400 | 3211    | 798 | 358 | 3061  | 616 | 49 | 3334  | 775 | 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   | 6291    | 1252 | 139 | 6417    | 1327 | 179 | 6546    | 1296 | 213 | 6076    | 1312 | 180 | 5764  | 1095 | 28 | 6323  | 1306 | 739  |
| Female | 5335    | 1085 | 160 | 5396    | 1077 | 171 | 5381    | 1135 | 187 | 5098    | 1233 | 178 | 4775  | 751  | 21 | 5287  | 1134 | 717  |
| Total  | 5779    | 1258 | 299 | 5918    | 1313 | 350 | 6001    | 1353 | 400 | 5590    | 1363 | 358 | 5340  | 1074 | 49 | 5812  | 1329 | 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   | 5173    | 1217 | 139 | 5446    | 1333 | 179 | 5480    | 1253 | 213 | 5082    | 1288 | 180 | 4823  | 1059 | 28 | 5292  | 1280 | 739  |
| Female | 4333    | 1002 | 160 | 4446    | 1010 | 171 | 4474    | 1085 | 187 | 4239    | 1221 | 178 | 3890  | 761  | 21 | 4360  | 1082 | 717  |
| Total  | 4723    | 1182 | 299 | 4957    | 1286 | 350 | 5010    | 1279 | 400 | 4663    | 1323 | 358 | 4423  | 1044 | 49 | 4833  | 1274 | 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 | 1968    | 444 | 179 | 1974    | 404 | 213 | 1841    | 425 | 180 | 1750  | 337 | 28 | 1919  | 422 | 739  |
| Female | 1585    | 345 | 160 | 1613    | 337 | 171 | 1601    | 359 | 187 | 1519    | 404 | 178 | 1418  | 250 | 21 | 1575  | 362 | 717  |
| Total  | 1735    | 409 | 299 | 1795    | 433 | 350 | 1800    | 426 | 400 | 1681    | 444 | 358 | 1608  | 343 | 49 | 1749  | 430 | 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 | 1169  | 189 | 28 | 1293  | 243 | 739  |
| Female | 1108    | 213 | 160 | 1119    | 212 | 171 | 1101    | 207 | 187 | 1045    | 219 | 178 | 1006  | 140 | 21 | 1090  | 213 | 717  |
| Total  | 1200    | 243 | 299 | 1211    | 246 | 350 | 1226    | 257 | 400 | 1146    | 251 | 358 | 1099  | 187 | 49 | 1193  | 250 | 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 | 3272    | 671 | 179 | 3315    | 630 | 213 | 3093    | 648 | 180 | 2925  | 512 | 28 | 3217  | 647 | 739  |
| Female | 2699    | 546 | 160 | 2737    | 535 | 171 | 2707    | 555 | 187 | 2569    | 610 | 178 | 2431  | 377 | 21 | 2670  | 562 | 717  |
| Total  | 2939    | 640 | 299 | 3011    | 664 | 350 | 3031    | 668 | 400 | 2832    | 681 | 358 | 2713  | 518 | 49 | 2948  | 665 | 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 | 3671    | 725 | 179 | 3778    | 726 | 213 | 3512    | 720 | 180 | 3307  | 614 | 28 | 3639  | 720 | 739  |
| Female | 3077    | 599 | 160 | 3115    | 608 | 171 | 3112    | 627 | 187 | 2956    | 681 | 178 | 2778  | 421 | 21 | 3057  | 629 | 717  |
| Total  | 3327    | 692 | 299 | 3399    | 725 | 350 | 3467    | 757 | 400 | 3236    | 753 | 358 | 3081  | 597 | 49 | 3352  | 736 | 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 | 2821    | 593 | 179 | 2898    | 578 | 213 | 2672    | 568 | 180 | 2506  | 480 | 28 | 2783  | 579 | 739  |
| Female | 2319    | 471 | 160 | 2357    | 481 | 171 | 2370    | 516 | 187 | 2255    | 555 | 178 | 2128  | 375 | 21 | 2320  | 506 | 717  |
| Total  | 2522    | 556 | 299 | 2594    | 588 | 350 | 2651    | 609 | 400 | 2465    | 598 | 358 | 2344  | 473 | 49 | 2555  | 592 | 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   | 6375    | 1236 | 139 | 6495    | 1313 | 179 | 6678    | 1297 | 213 | 6188    | 1284 | 180 | 5812  | 1088 | 28 | 6424  | 1295 | 739  |
| Female | 5398    | 1066 | 160 | 5474    | 1085 | 171 | 5486    | 1137 | 187 | 5214    | 1232 | 178 | 4908  | 790  | 21 | 5379  | 1131 | 717  |
| Total  | 5852    | 1246 | 299 | 5996    | 1309 | 350 | 6121    | 1361 | 400 | 5703    | 1348 | 358 | 5425  | 1063 | 49 | 5910  | 1324 | 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 | 3254    | 708 | 179 | 3295    | 676 | 213 | 3063    | 687 | 180 | 2886  | 567 | 28 | 3185  | 686 | 739  |
| Female | 2644    | 554 | 160 | 2701    | 555 | 171 | 2700    | 589 | 187 | 2562    | 650 | 178 | 2374  | 398 | 21 | 2644  | 588 | 717  |
| Total  | 2878    | 652 | 299 | 2984    | 695 | 350 | 3017    | 702 | 400 | 2814    | 713 | 358 | 2666  | 559 | 49 | 2919  | 694 | 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     | 189 | 139 | 973     | 200 | 179 | 1003    | 196 | 213 | 930     | 197 | 180 | 874   | 164 | 28 | 964   | 197 | 739  |
| Female | 807     | 162 | 160 | 820     | 162 | 171 | 823     | 172 | 187 | 783     | 188 | 178 | 735   | 115 | 21 | 806   | 171 | 717  |
| Total  | 876     | 190 | 299 | 898     | 198 | 350 | 919     | 206 | 400 | 857     | 206 | 358 | 814   | 160 | 49 | 886   | 201 | 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   | 4244    | 840 | 139 | 4335    | 891 | 179 | 4447    | 865 | 213 | 4127    | 880 | 180 | 3901  | 749 | 28 | 4283  | 876 | 739  |
| Female | 3591    | 726 | 160 | 3636    | 717 | 171 | 3645    | 765 | 187 | 3476    | 832 | 178 | 3253  | 518 | 21 | 3578  | 760 | 717  |
| Total  | 3895    | 845 | 299 | 3994    | 882 | 350 | 4072    | 911 | 400 | 3803    | 915 | 358 | 3623  | 730 | 49 | 3936  | 893 | 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   | 2630    | 646 | 139 | 2789    | 770 | 179 | 2780    | 729 | 213 | 2604    | 751 | 180 | 2397  | 615 | 28 | 2696  | 731 | 739  |
| Female | 2156    | 518 | 160 | 2230    | 541 | 171 | 2226    | 560 | 187 | 2122    | 675 | 178 | 1881  | 377 | 21 | 2176  | 576 | 717  |
| Total  | 2377    | 626 | 299 | 2516    | 723 | 350 | 2521    | 711 | 400 | 2364    | 753 | 358 | 2176  | 582 | 49 | 2440  | 709 | 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   | 4750    | 999  | 139 | 4892    | 1039 | 179 | 4975    | 1064 | 213 | 4615    | 999  | 180 | 4215  | 714 | 28 | 4796  | 1032 | 739  |
| Female | 3874    | 837  | 160 | 4016    | 846  | 171 | 4011    | 870  | 187 | 3874    | 941  | 178 | 3509  | 631 | 21 | 3933  | 873  | 717  |
| Total  | 4281    | 1014 | 299 | 4464    | 1045 | 350 | 4525    | 1089 | 400 | 4246    | 1038 | 358 | 3913  | 760 | 49 | 4371  | 1050 | 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 | 4178    | 917 | 179 | 4204    | 866 | 213 | 3906    | 866 | 180 | 3656  | 703 | 28 | 4071  | 881 | 739  |
| Female | 3305    | 713 | 160 | 3408    | 697 | 171 | 3406    | 749 | 187 | 3257    | 809 | 178 | 3003  | 552 | 21 | 3335  | 743 | 717  |
| Total  | 3642    | 861 | 299 | 3802    | 902 | 350 | 3831    | 905 | 400 | 3583    | 898 | 358 | 3376  | 715 | 49 | 3709  | 895 | 1456 |

## 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 ( $\mu$ 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   | 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 ( $\mu\text{g}$ )

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

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

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

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

|        | 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   | 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 |