

Water insoluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.2	179	0.1	1.0	213	0.1	0.5	180	0.0	0.0	28	0.1	0.6	739
Female	0.0	0.2	160	0.0	0.1	171	0.0	0.2	187	0.0	0.1	178	0.0	0.0	21	0.0	0.2	717
Total	0.0	0.1	299	0.0	0.1	350	0.1	0.8	400	0.0	0.4	358	0.0	0.0	49	0.0	0.4	1456

Salt (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Manganese (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.03	0.34	213	0.00	0.01	180	0.00	0.00	28	0.01	0.18	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.01	178	0.00	0.00	21	0.00	0.01	717
Total	0.00	0.00	299	0.00	0.00	350	0.01	0.25	400	0.00	0.01	358	0.00	0.00	49	0.00	0.13	1456

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.6	23.0	139	1.1	14.2	179	1.6	14.1	213	3.1	35.0	180	2.9	15.1	28	2.3	22.6	739
Female	23.8	292.5	160	1.0	8.4	171	0.1	1.2	187	0.3	2.3	178	0.1	0.5	21	5.6	138.3	717
Total	14.4	214.5	299	1.0	11.7	350	0.9	10.3	400	1.7	24.9	358	1.7	11.4	49	3.9	98.3	1456

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.2	54.7	139	2.0	24.4	179	2.7	22.7	213	4.8	53.5	180	4.6	24.2	28	4.0	39.6	739
Female	42.7	529.7	160	1.5	13.1	171	0.2	2.7	187	0.5	3.7	178	0.2	1.0	21	10.1	250.3	717
Total	26.2	389.1	299	1.8	19.7	350	1.6	16.7	400	2.7	38.0	358	2.7	18.3	49	7.0	177.9	1456

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	4.0	139	1.5	18.7	179	2.9	24.6	213	5.2	58.1	180	5.1	27.2	28	2.8	33.3	739
Female	33.0	411.1	160	1.7	13.9	171	0.2	2.1	187	0.8	4.4	178	0.2	1.1	21	8.0	194.3	717
Total	17.9	300.7	299	1.6	16.5	350	1.7	18.0	400	3.0	41.3	358	3.0	20.6	49	5.4	138.4	1456

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	1.4	139	1.7	18.1	179	0.7	5.5	213	1.1	12.3	180	1.1	6.0	28	0.9	11.2	739
Female	8.4	102.8	160	0.4	3.1	171	0.1	0.6	187	0.2	1.7	178	0.1	0.4	21	2.1	48.6	717
Total	4.6	75.2	299	1.1	13.1	350	0.4	4.0	400	0.7	8.8	358	0.7	4.6	49	1.5	35.0	1456

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.5	139	0.2	3.1	179	0.2	2.1	213	0.1	1.5	180	0.6	3.0	28	0.2	2.1	739
Female	10.8	94.9	160	6.6	65.8	171	7.7	78.3	187	8.2	107.9	178	0.0	0.1	21	8.0	86.6	717
Total	5.8	69.5	299	3.4	46.1	350	3.7	53.6	400	4.1	76.1	358	0.3	2.3	49	4.0	60.9	1456

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	1.8	139	0.6	8.0	179	0.9	7.1	213	1.2	12.7	180	1.7	9.1	28	0.8	8.5	739
Female	14.3	173.9	160	1.1	11.5	171	0.1	1.2	187	0.3	2.1	178	0.1	0.5	21	3.6	82.4	717
Total	7.7	127.3	299	0.9	9.9	350	0.5	5.3	400	0.8	9.1	358	1.0	6.9	49	2.2	58.1	1456

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	2.7	139	1.0	12.3	179	1.6	13.4	213	2.9	32.1	180	2.9	15.1	28	1.5	18.7	739
Female	26.6	332.0	160	0.9	7.9	171	0.1	1.5	187	0.3	2.1	178	0.1	0.6	21	6.3	156.9	717
Total	14.4	242.9	299	0.9	10.4	350	0.9	9.8	400	1.6	22.8	358	1.7	11.4	49	3.9	110.9	1456

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.2	139	0.8	9.9	179	0.5	5.6	213	0.3	4.5	180	1.7	9.1	28	0.5	6.4	739
Female	20.8	260.9	160	0.2	2.3	171	0.1	1.2	187	0.2	1.3	178	0.0	0.1	21	4.8	123.2	717
Total	11.1	190.8	299	0.5	7.3	350	0.3	4.2	400	0.3	3.3	358	1.0	6.9	49	2.6	86.6	1456

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	3.6	139	2.0	25.7	179	2.7	22.2	213	4.2	44.2	180	5.7	30.2	28	2.6	28.5	739
Female	54.4	679.9	160	1.4	11.9	171	0.2	2.7	187	0.6	4.1	178	0.2	0.8	21	12.7	321.2	717
Total	29.3	497.3	299	1.7	20.2	350	1.5	16.3	400	2.4	31.5	358	3.3	22.9	49	7.6	226.3	1456

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.5	139	1.1	13.8	179	1.7	15.2	213	3.3	36.8	180	3.4	18.1	28	1.7	21.3	739
Female	20.2	253.0	160	1.1	9.8	171	0.1	1.5	187	0.3	2.2	178	0.1	0.6	21	4.9	119.6	717
Total	10.8	185.1	299	1.1	12.0	350	1.0	11.2	400	1.8	26.2	358	2.0	13.7	49	3.3	85.3	1456

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.1	0.8	139	0.3	3.5	179	0.6	4.9	213	1.0	10.8	180	1.1	6.0	28	0.5	6.3	739
Female	7.0	87.0	160	0.3	2.7	171	0.0	0.6	187	0.1	0.9	178	0.0	0.0	21	1.7	41.1	717
Total	3.8	63.6	299	0.3	3.1	350	0.3	3.6	400	0.6	7.7	358	0.7	4.6	49	1.1	29.2	1456

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.6	42.9	139	1.3	15.6	179	2.1	18.0	213	3.9	43.0	180	4.0	21.2	28	2.9	31.0	739
Female	25.6	316.2	160	1.2	9.9	171	0.2	1.8	187	0.3	2.5	178	0.2	0.8	21	6.1	149.5	717
Total	15.8	233.1	299	1.2	13.1	350	1.2	13.2	400	2.1	30.5	358	2.4	16.0	49	4.5	107.2	1456

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	2.9	139	0.6	6.7	179	0.9	7.6	213	1.7	18.4	180	1.7	9.1	28	0.9	10.7	739
Female	13.4	166.0	160	1.0	5.8	171	0.1	1.4	187	0.1	1.0	178	0.6	2.9	21	3.3	78.5	717
Total	7.3	121.5	299	0.8	6.3	350	0.5	5.7	400	0.9	13.1	358	1.3	7.1	49	2.1	55.6	1456

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

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	3.8	139	1.7	20.8	179	1.3	13.9	213	0.9	11.9	180	4.6	24.2	28	1.3	14.8	739
Female	20.3	253.0	160	1.0	7.1	171	0.3	2.9	187	0.4	3.1	178	0.6	2.9	21	5.0	119.6	717
Total	11.1	185.1	299	1.4	15.7	350	0.8	10.3	400	0.7	8.7	358	2.9	18.3	49	3.1	84.6	1456

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	10.1	139	3.8	35.0	179	1.8	19.0	213	1.3	17.9	180	6.9	36.3	28	2.2	23.4	739
Female	53.8	679.9	160	1.7	12.7	171	0.6	5.1	187	0.5	4.0	178	0.4	1.7	21	12.7	321.2	717
Total	29.3	497.4	299	2.7	26.5	350	1.2	14.3	400	0.9	13.0	358	4.1	27.4	49	7.4	226.0	1456

Glutamic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.6	15.5	139	3.1	38.5	179	2.3	23.9	213	1.6	20.9	180	8.0	42.3	28	2.4	27.2	739
Female	95.8	1209.6	160	1.5	11.7	171	0.4	3.9	187	0.8	5.4	178	0.8	3.7	21	22.1	571.4	717
Total	52.0	884.8	299	2.3	28.7	350	1.4	17.7	400	1.2	15.3	358	4.9	32.0	49	12.1	401.4	1456

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	5.6	139	1.4	14.2	179	0.9	9.0	213	0.6	7.5	180	2.9	15.1	28	0.9	10.0	739
Female	19.5	237.2	160	1.6	9.6	171	0.4	3.5	187	0.3	2.1	178	1.5	6.8	21	4.9	112.2	717
Total	10.7	173.5	299	1.5	12.2	350	0.6	7.0	400	0.4	5.5	358	2.3	12.2	49	2.9	79.0	1456

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	3.7	139	1.2	13.1	179	0.7	7.6	213	0.5	6.0	180	2.3	12.1	28	0.8	8.7	739
Female	31.5	395.3	160	1.0	6.1	171	0.2	2.3	187	0.2	1.8	178	0.9	4.1	21	7.4	186.7	717
Total	17.1	289.2	299	1.1	10.3	350	0.5	5.7	400	0.3	4.4	358	1.7	9.5	49	4.0	131.2	1456

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	1.4	139	1.1	13.8	179	0.9	9.3	213	0.7	8.9	180	3.4	18.1	28	0.8	10.2	739
Female	27.6	347.8	160	0.5	4.8	171	0.1	1.3	187	0.3	2.0	178	0.2	1.0	21	6.4	164.3	717
Total	14.8	254.5	299	0.8	10.4	350	0.5	6.8	400	0.5	6.5	358	2.1	13.7	49	3.6	115.5	1456

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.01	139	3.66	48.58	179	0.00	0.04	213	0.00	0.04	180	0.00	0.00	28	0.89	23.91	739
Female	0.20	2.53	160	0.00	0.01	171	0.00	0.01	187	0.00	0.04	178	0.00	0.00	21	0.05	1.20	717
Total	0.11	1.85	299	1.87	34.74	350	0.00	0.03	400	0.00	0.04	358	0.00	0.00	49	0.47	17.06	1456

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.00	0.01	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.01	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.01	358	0.00	0.00	49	0.00	0.00	1456

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	1.96	26.16	179	0.00	0.01	213	0.00	0.02	180	0.00	0.00	28	0.47	12.87	739
Female	0.10	1.26	160	0.00	0.00	171	0.00	0.00	187	0.00	0.01	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	1.00	18.71	350	0.00	0.01	400	0.00	0.01	358	0.00	0.00	49	0.25	9.18	1456

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.01	139	1.70	22.42	179	0.00	0.03	213	0.00	0.02	180	0.00	0.00	28	0.41	11.04	739
Female	0.10	1.26	160	0.00	0.01	171	0.00	0.00	187	0.00	0.03	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	0.87	16.04	350	0.00	0.02	400	0.00	0.02	358	0.00	0.00	49	0.22	7.87	1456

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.01	139	3.66	48.58	179	0.00	0.03	213	0.00	0.03	180	0.00	0.00	28	0.89	23.91	739
Female	0.20	2.53	160	0.00	0.01	171	0.00	0.01	187	0.00	0.04	178	0.00	0.00	21	0.05	1.20	717
Total	0.11	1.85	299	1.87	34.74	350	0.00	0.03	400	0.00	0.03	358	0.00	0.00	49	0.47	17.06	1456

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	1.68	22.42	179	0.00	0.03	213	0.00	0.02	180	0.00	0.00	28	0.41	11.04	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.03	178	0.00	0.00	21	0.00	0.01	717
Total	0.00	0.00	299	0.86	16.04	350	0.00	0.02	400	0.00	0.02	358	0.00	0.00	49	0.21	7.86	1456

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.01	139	0.03	0.37	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.01	0.18	739
Female	0.10	1.26	160	0.00	0.01	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.02	0.60	717
Total	0.05	0.93	299	0.01	0.27	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.01	0.44	1456

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.0	0.1	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	0.0	0.1	1456

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Pentadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.00	0.00	1456

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.27	4.01	213	0.22	2.91	180	0.00	0.00	28	0.13	2.58	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.33	4.38	178	0.01	0.04	21	0.08	2.18	717
Total	0.00	0.00	299	0.00	0.00	350	0.15	2.93	400	0.27	3.71	358	0.00	0.03	49	0.11	2.40	1456

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.2	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	100.0	1264.9	160	0.0	0.0	171	0.0	0.0	187	0.0	0.2	178	0.0	0.0	21	22.3	597.5	717
Total	53.5	925.3	299	0.0	0.0	350	0.0	0.1	400	0.0	0.2	358	0.0	0.0	49	11.0	419.3	1456

Hexadecatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.00	0.00	180	0.00	0.00	28	0.00	0.00	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.00	0.00	358	0.00	0.00	49	0.00	0.00	1456

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.07	1.05	213	0.06	0.76	180	0.00	0.00	28	0.03	0.68	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.09	1.15	178	0.00	0.00	21	0.02	0.57	717
Total	0.00	0.00	299	0.00	0.00	350	0.04	0.77	400	0.07	0.97	358	0.00	0.00	49	0.03	0.63	1456

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	1955.3	26160	179	0.50	7.28	213	1.59	16.87	180	0.00	0.00	28	474.14	12875	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.60	7.96	178	0.00	0.00	21	0.15	3.97	717
Total	0.00	0.00	299	1000.0	18708	350	0.27	5.31	400	1.10	13.20	358	0.00	0.00	49	240.73	9172.5	1456

Linoleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	1676.0	22423	179	1.77	25.78	213	1.71	19.16	180	0.00	0.00	28	406.88	11036	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	2.11	28.20	178	0.00	0.00	21	0.52	14.05	717
Total	0.00	0.00	299	857.14	16036	350	0.94	18.81	400	1.91	24.05	358	0.00	0.00	49	206.77	7862.1	1456

Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.6	7.4	179	0.0	0.2	213	0.0	0.2	180	0.0	0.0	28	0.1	3.6	739
Female	0.3	4.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.3	178	0.0	0.0	21	0.1	1.9	717
Total	0.2	2.9	299	0.3	5.3	350	0.0	0.2	400	0.0	0.2	358	0.0	0.0	49	0.1	2.9	1456

Gamma-Linolenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.00	0.00	139	0.00	0.00	179	0.00	0.00	213	0.13	1.73	180	0.00	0.00	28	0.03	0.85	739
Female	0.00	0.00	160	0.00	0.00	171	0.00	0.00	187	0.00	0.00	178	0.00	0.00	21	0.00	0.00	717
Total	0.00	0.00	299	0.00	0.00	350	0.00	0.00	400	0.06	1.23	358	0.00	0.00	49	0.02	0.61	1456

Octadecatetraenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.0	0.1	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	0.0	0.1	1456

Eicosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.2	213	0.0	0.2	180	0.0	0.0	28	0.0	0.2	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.3	178	0.0	0.0	21	0.0	0.1	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.2	400	0.0	0.2	358	0.0	0.0	49	0.0	0.1	1456

Eicosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Eicosatrienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Eicosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Arachidonic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Eicosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.6	6.8	139	27.9	373.7	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	6.9	183.9	739
Female	0.5	6.7	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.1	3.2	717
Total	0.6	6.7	299	14.3	267.3	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	3.6	131.1	1456

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.1	213	0.0	0.1	180	0.0	0.0	28	0.0	0.1	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.0	0.1	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.1	400	0.0	0.1	358	0.0	0.0	49	0.0	0.1	1456

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Docosadienoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.000	0.000	139	0.000	0.000	179	0.000	0.000	213	0.000	0.000	180	0.000	0.000	28	0.000	0.000	739
Female	0.000	0.000	160	0.000	0.000	171	0.000	0.000	187	0.000	0.000	178	0.000	0.000	21	0.000	0.000	717
Total	0.000	0.000	299	0.000	0.000	350	0.000	0.000	400	0.000	0.000	358	0.000	0.000	49	0.000	0.000	1456

n-3 Docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

n-6 Docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	4.6	139	0.0	0.0	179	0.0	0.2	213	0.0	0.1	180	0.0	0.0	28	0.1	2.0	739
Female	100.8	1264.9	160	0.5	6.9	171	0.0	0.0	187	0.0	0.2	178	0.0	0.0	21	22.6	597.5	717
Total	54.1	925.3	299	0.3	4.8	350	0.0	0.1	400	0.0	0.2	358	0.0	0.0	49	11.2	419.3	1456

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

Tetracosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.1	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.1	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.1	358	0.0	0.0	49	0.0	0.0	1456

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	139	0.0	0.0	179	0.0	0.0	213	0.0	0.0	180	0.0	0.0	28	0.0	0.0	739
Female	0.0	0.0	160	0.0	0.0	171	0.0	0.0	187	0.0	0.0	178	0.0	0.0	21	0.0	0.0	717
Total	0.0	0.0	299	0.0	0.0	350	0.0	0.0	400	0.0	0.0	358	0.0	0.0	49	0.0	0.0	1456

4) Nutrient intake from foods and dietary supplements (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	2129.4	589.9	171	2176.3	538.4	187	1964.7	471.7	178	1794.6	446.4	21	2059.9	537.0	717
Total	2161.0	615.8	299	2279.6	645.8	350	2294.0	578.6	400	2056.7	532.3	358	1888.2	464.6	49	2191.2	598.9	1456

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	85.8	16.3	139	88.0	16.8	179	89.1	17.5	213	82.4	17.4	180	76.9	13.5	28	86.1	17.2	739
Female	72.5	14.8	160	74.3	14.2	171	73.2	14.6	187	69.7	15.4	178	64.1	9.7	21	72.2	14.8	717
Total	78.7	16.8	299	81.3	17.0	350	81.7	18.0	400	76.1	17.6	358	71.4	13.5	49	79.3	17.5	1456

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.9	17.3	139	62.2	15.2	179	58.0	15.3	213	50.6	15.4	180	48.4	13.0	28	59.1	17.0	739
Female	61.4	14.9	160	56.7	16.2	171	50.5	13.5	187	44.5	12.0	178	41.6	10.2	21	52.7	15.5	717
Total	65.4	16.6	299	59.5	15.9	350	54.5	14.9	400	47.6	14.1	358	45.5	12.3	49	55.9	16.6	1456

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	323.4	70.6	139	317.6	60.6	179	321.9	67.5	213	307.8	66.4	180	288.5	50.6	28	316.4	66.0	739
Female	261.3	48.5	160	270.6	52.4	171	273.9	54.4	187	264.9	53.4	178	257.9	53.2	21	267.6	52.5	717
Total	290.2	67.3	299	294.6	61.4	350	299.4	66.2	400	286.5	63.9	358	275.4	53.4	49	292.4	64.5	1456

Ash (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.1	4.1	139	21.1	4.4	179	22.3	4.6	213	20.6	4.6	180	18.7	4.2	28	21.0	4.5	739
Female	17.9	3.8	160	18.8	4.0	171	19.1	3.9	187	18.4	4.1	178	16.7	2.8	21	18.5	4.0	717
Total	18.9	4.1	299	20.0	4.4	350	20.8	4.6	400	19.5	4.5	358	17.9	3.8	49	19.8	4.5	1456

Sodium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4796	1034	139	4859	1084	179	4991	1015	213	4661	1065	180	4434	927	28	4821	1052	739
Female	4030	830	160	4155	889	171	4257	964	187	4163	914	178	3839	652	21	4147	900	717
Total	4386	1005	299	4515	1053	350	4648	1056	400	4413	1022	358	4179	866	49	4489	1036	1456

Potassium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2647	679	139	2895	661	179	3079	728	213	2939	747	180	2585	808	28	2900	727	739
Female	2426	581	160	2632	640	171	2811	639	187	2640	657	178	2508	648	21	2631	644	717
Total	2528	637	299	2767	663	350	2954	700	400	2790	719	358	2552	737	49	2768	700	1456

Calcium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	587.9	199.8	139	619.6	211.1	179	713.7	227.8	213	659.4	265.8	180	683.8	312.4	28	652.9	236.6	739
Female	602.8	233.0	160	617.9	219.0	171	654.9	229.2	187	615.0	227.4	178	614.1	245.4	21	623.3	227.9	717
Total	595.9	217.9	299	618.8	214.7	350	686.2	230.0	400	637.3	248.1	358	653.9	285.0	49	638.3	232.8	1456

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	294.6	72.6	139	317.3	72.6	179	336.0	77.7	213	311.3	81.0	180	276.6	80.2	28	315.4	78.0	739
Female	258.9	63.5	160	273.8	65.9	171	292.8	66.6	187	276.3	66.5	178	253.5	61.9	21	275.4	66.6	717
Total	275.5	70.1	299	296.0	72.7	350	315.8	75.8	400	293.9	76.1	358	266.7	73.1	49	295.7	75.3	1456

Phosphorus (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1224	256	139	1287	270	179	1332	266	213	1237	285	180	1139	274	28	1270	274	739
Female	1064	218	160	1099	231	171	1118	248	187	1061	254	178	990	212	21	1084	239	717
Total	1139	249	299	1195	268	350	1232	279	400	1150	284	358	1075	258	49	1178	274	1456

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	2.6	139	9.7	2.3	179	10.9	3.0	213	10.2	2.8	180	9.1	2.3	28	10.1	2.7	739
Female	8.8	3.4	160	8.9	2.2	171	9.6	2.7	187	9.5	2.9	178	8.9	2.0	21	9.2	2.8	717
Total	9.1	3.0	299	9.3	2.3	350	10.3	3.0	400	9.9	2.8	358	9.0	2.2	49	9.7	2.8	1456

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.7	2.1	139	9.7	2.3	179	9.9	2.6	213	9.1	2.0	180	8.4	1.5	28	9.6	2.3	739
Female	8.3	2.5	160	8.3	2.3	171	8.3	2.0	187	7.8	1.6	178	7.5	1.5	21	8.2	2.1	717
Total	9.0	2.4	299	9.0	2.4	350	9.2	2.5	400	8.4	2.0	358	8.0	1.6	49	8.9	2.3	1456

Copper (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.38	0.42	139	1.42	0.37	179	1.53	0.36	213	1.43	0.34	180	1.24	0.27	28	1.44	0.37	739
Female	1.17	0.35	160	1.27	0.38	171	1.31	0.31	187	1.25	0.29	178	1.15	0.24	21	1.25	0.33	717
Total	1.27	0.40	299	1.35	0.38	350	1.43	0.35	400	1.34	0.33	358	1.20	0.26	49	1.35	0.37	1456

Retinol (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	298	456	139	345	605	179	432	980	213	509	1029	180	443	744	28	405	828	739
Female	387	746	160	290	601	171	369	829	187	364	821	178	267	260	21	350	747	717
Total	345	629	299	318	603	350	403	912	400	437	933	358	367	589	49	378	789	1456

Carotene (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3388	2158	139	3898	2328	179	4432	2134	213	4567	2542	180	4128	3078	28	4128	2364	739
Female	3593	2383	160	4474	10402	171	4706	2493	187	4476	2451	178	4532	2262	21	4340	5510	717
Total	3498	2280	299	4180	7454	350	4560	2310	400	4522	2494	358	4301	2739	49	4232	4218	1456

Retinol equivalents (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	887	595	139	997	702	179	1193	1046	213	1291	1159	180	1134	966	28	1110	939	739
Female	991	852	160	1065	1948	171	1200	1020	187	1127	925	178	1022	435	21	1098	1247	717
Total	943	744	299	1030	1450	350	1196	1033	400	1210	1051	358	1086	779	49	1104	1101	1456

Vitamin D (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.2	6.7	139	11.3	6.9	179	12.0	7.2	213	11.3	7.0	180	11.2	7.9	28	11.1	7.1	739
Female	7.5	4.3	160	9.0	8.7	171	9.5	5.4	187	9.2	6.3	178	8.0	6.9	21	8.8	6.4	717
Total	8.3	5.6	299	10.2	7.9	350	10.8	6.5	400	10.3	6.8	358	9.8	7.6	49	10.0	6.9	1456

Vitamin E (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.9	19.2	139	11.2	11.4	179	14.2	20.5	213	13.6	30.1	180	18.5	40.4	28	13.4	22.4	739
Female	15.1	30.4	160	19.8	50.7	171	17.6	43.0	187	14.4	30.2	178	8.9	3.4	21	16.5	39.1	717
Total	14.5	25.7	299	15.4	36.6	350	15.8	33.0	400	14.0	30.1	358	14.3	30.8	49	15.0	31.8	1456

Vitamin K (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	244	233	139	255	164	179	331	269	213	279	162	180	292	194	28	282	215	739
Female	218	104	160	248	273	171	286	167	187	253	139	178	277	184	21	253	183	717
Total	230	176	299	252	224	350	310	228	400	266	151	358	286	188	49	268	201	1456

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.88	3.71	139	1.55	2.96	179	4.55	14.07	213	3.39	11.67	180	5.36	19.87	28	3.07	10.52	739
Female	2.38	7.84	160	2.49	9.00	171	4.16	13.41	187	4.46	13.04	178	2.06	4.60	21	3.38	11.10	717
Total	2.15	6.27	299	2.01	6.65	350	4.37	13.75	400	3.92	12.36	358	3.94	15.28	49	3.22	10.81	1456

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.06	2.22	139	1.89	2.51	179	2.57	7.68	213	1.95	2.68	180	1.49	0.52	28	2.12	4.61	739
Female	1.79	1.65	160	1.67	1.25	171	2.58	4.24	187	2.82	6.05	178	1.53	1.28	21	2.22	3.87	717
Total	1.91	1.94	299	1.78	2.00	350	2.58	6.31	400	2.38	4.68	358	1.51	0.91	49	2.17	4.26	1456

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.9	8.4	139	22.1	7.3	179	21.8	9.9	213	19.6	10.2	180	15.6	5.1	28	21.1	9.1	739
Female	17.6	9.0	160	17.3	7.5	171	19.7	15.7	187	18.0	14.3	178	15.0	10.5	21	18.1	12.3	717
Total	19.6	9.0	299	19.8	7.8	350	20.8	13.0	400	18.8	12.4	358	15.3	7.8	49	19.6	10.9	1456

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.20	3.89	139	1.77	1.97	179	4.00	12.01	213	2.56	6.58	180	4.13	14.62	28	2.77	8.02	739
Female	2.40	7.04	160	2.46	7.65	171	4.13	11.31	187	3.96	10.44	178	1.39	1.37	21	3.23	9.27	717
Total	2.31	5.78	299	2.11	5.53	350	4.06	11.67	400	3.26	8.73	358	2.96	11.09	49	3.00	8.66	1456

Vitamin B12 (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.7	172.1	139	10.0	6.0	179	53.2	273.4	213	31.1	155.7	180	52.0	230.3	28	32.5	187.4	739
Female	20.0	121.2	160	39.7	241.8	171	33.9	172.7	187	27.6	138.9	178	99.3	324.9	21	32.5	181.1	717
Total	23.6	146.9	299	24.5	169.5	350	44.2	231.7	400	29.3	147.4	358	72.2	272.7	49	32.5	184.2	1456

Folate (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	325	106	139	359	121	179	460	694	213	390	159	180	366	167	28	389	392	739
Female	314	123	160	342	110	171	401	145	187	373	121	178	331	106	21	358	129	717
Total	319	115	299	351	116	350	432	516	400	381	142	358	351	144	49	374	294	1456

Pantothenic Acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.56	1.79	139	6.76	2.29	179	7.16	2.79	213	6.46	1.98	180	6.03	1.63	28	6.74	2.29	739
Female	5.88	2.17	160	6.11	2.90	171	6.81	3.60	187	6.33	4.40	178	5.46	0.99	21	6.28	3.37	717
Total	6.20	2.03	299	6.44	2.62	350	6.99	3.20	400	6.39	3.40	358	5.79	1.40	49	6.51	2.88	1456

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	135.4	135.8	139	140.0	180.6	179	162.5	189.2	213	141.6	124.3	180	120.7	76.4	28	145.3	160.3	739
Female	149.0	220.4	160	171.0	223.8	171	197.7	239.0	187	156.3	177.5	178	118.3	58.1	21	167.9	214.1	717
Total	142.7	185.8	299	155.1	203.2	350	179.0	214.4	400	148.9	153.0	358	119.6	68.5	49	156.4	189.0	1456

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	426.8	139.9	139	405.9	149.0	179	415.2	133.4	213	393.8	150.3	180	380.9	94.1	28	408.6	141.7	739
Female	379.7	148.6	160	374.2	140.6	171	339.4	122.9	187	319.2	125.0	178	334.0	109.1	21	351.5	135.4	717
Total	401.6	146.3	299	390.4	145.6	350	379.8	133.9	400	356.7	143.1	358	360.8	102.4	49	380.5	141.5	1456

Water soluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.4	1.0	139	3.6	1.3	179	4.1	1.4	213	4.0	1.4	180	3.6	1.2	28	3.8	1.4	739
Female	3.7	3.5	160	3.6	1.1	171	3.9	1.1	187	3.7	1.3	178	3.7	1.2	21	3.7	1.9	717
Total	3.6	2.6	299	3.6	1.2	350	4.0	1.3	400	3.8	1.3	358	3.6	1.2	49	3.8	1.7	1456