

## Water insoluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.6	3.1	139	11.5	3.6	179	13.1	3.9	213	12.7	4.0	180	11.5	3.9	28	12.1	3.8	739
Female	10.2	3.3	160	11.1	3.6	171	12.7	3.6	187	11.9	3.5	178	11.8	3.1	21	11.6	3.6	717
Total	10.4	3.2	299	11.3	3.6	350	12.9	3.8	400	12.3	3.8	358	11.6	3.5	49	11.8	3.7	1456

## Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.7	4.2	139	16.1	4.9	179	18.3	5.3	213	17.6	5.5	180	15.9	5.5	28	16.8	5.3	739
Female	14.6	5.7	160	15.5	4.8	171	17.5	4.8	187	16.6	4.8	178	16.4	4.3	21	16.2	5.1	717
Total	14.7	5.1	299	15.8	4.9	350	17.9	5.1	400	17.1	5.2	358	16.1	5.0	49	16.5	5.2	1456

## Salt (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.0	2.6	139	12.1	2.7	179	12.5	2.6	213	11.6	2.7	180	11.1	2.3	28	12.0	2.7	739
Female	10.1	2.1	160	10.4	2.2	171	10.6	2.4	187	10.4	2.3	178	9.5	1.8	21	10.4	2.3	717
Total	11.0	2.5	299	11.3	2.7	350	11.6	2.6	400	11.0	2.6	358	10.4	2.2	49	11.2	2.6	1456

## Manganese (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.02	1.33	139	4.34	1.44	179	4.80	1.55	213	4.36	1.47	180	4.03	1.46	28	4.40	1.48	739
Female	3.66	1.27	160	4.06	1.28	171	4.48	1.60	187	4.21	1.32	178	3.87	1.49	21	4.11	1.41	717
Total	3.83	1.31	299	4.20	1.37	350	4.65	1.58	400	4.29	1.40	358	3.96	1.46	49	4.26	1.46	1456

## Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.5	2.3	139	11.7	2.7	179	12.0	2.4	213	11.1	2.6	180	10.0	2.2	28	11.5	2.5	739
Female	9.6	2.0	160	9.8	2.1	171	9.8	2.1	187	9.2	2.2	178	8.7	1.4	21	9.6	2.1	717
Total	10.4	2.3	299	10.8	2.6	350	10.9	2.5	400	10.2	2.6	358	9.5	2.0	49	10.6	2.5	1456

## Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3604	736	139	3683	780	179	3761	759	213	3488	773	180	3302	628	28	3629	766	739
Female	3073	683	160	3095	625	171	3089	665	187	2934	728	178	2742	435	21	3038	674	717
Total	3320	755	299	3396	766	350	3447	791	400	3213	800	358	3062	616	49	3338	780	1456

## Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6298	1255	139	6419	1328	179	6549	1298	213	6081	1316	180	5768	1093	28	6327	1308	739
Female	5378	1193	160	5398	1077	171	5382	1135	187	5099	1233	178	4775	751	21	5297	1158	717
Total	5805	1304	299	5920	1313	350	6003	1355	400	5593	1365	358	5343	1074	49	5819	1339	1456

## Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5174	1217	139	5447	1333	179	5483	1256	213	5087	1292	180	4828	1056	28	5295	1281	739
Female	4366	1076	160	4448	1009	171	4474	1085	187	4240	1221	178	3890	761	21	4368	1098	717
Total	4741	1211	299	4959	1286	350	5011	1281	400	4666	1325	358	4426	1043	49	4839	1281	1456

## Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1906	411	139	1970	443	179	1975	405	213	1842	425	180	1751	336	28	1920	422	739
Female	1594	357	160	1614	337	171	1601	360	187	1519	404	178	1418	250	21	1577	365	717
Total	1739	413	299	1796	433	350	1800	427	400	1681	445	358	1609	342	49	1751	431	1456

## Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1306	233	139	1299	245	179	1336	246	213	1246	240	180	1170	189	28	1293	243	739
Female	1119	233	160	1126	218	171	1109	228	187	1053	233	178	1006	140	21	1098	228	717
Total	1206	251	299	1214	247	350	1230	263	400	1150	255	358	1100	187	49	1197	255	1456

## Sulfur-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3216	629	139	3273	671	179	3316	630	213	3094	648	180	2927	511	28	3218	647	739
Female	2713	567	160	2738	534	171	2707	555	187	2569	610	178	2431	377	21	2674	567	717
Total	2947	647	299	3012	664	350	3032	669	400	2833	681	358	2714	517	49	2950	667	1456

## Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3616	682	139	3672	725	179	3779	727	213	3515	722	180	3310	613	28	3640	721	739
Female	3103	675	160	3116	608	171	3113	627	187	2956	681	178	2778	421	21	3063	646	717
Total	3342	724	299	3400	725	350	3468	758	400	3237	755	358	3082	596	49	3356	743	1456

## Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2756	557	139	2822	593	179	2899	578	213	2672	568	180	2508	479	28	2783	579	739
Female	2340	531	160	2357	481	171	2370	516	187	2255	555	178	2128	375	21	2325	520	717
Total	2533	581	299	2595	589	350	2652	609	400	2465	598	358	2345	473	49	2557	596	1456

## Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6376	1236	139	6497	1314	179	6681	1299	213	6192	1287	180	5818	1085	28	6427	1296	739
Female	5452	1246	160	5475	1085	171	5486	1137	187	5214	1233	178	4909	790	21	5392	1171	717
Total	5882	1322	299	5998	1309	350	6122	1362	400	5706	1350	358	5428	1063	49	5917	1340	1456

## Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3147	654	139	3255	708	179	3296	677	213	3066	690	180	2889	565	28	3187	687	739
Female	2664	604	160	2702	555	171	2700	589	187	2562	650	178	2374	398	21	2649	599	717
Total	2889	672	299	2985	695	350	3018	703	400	2815	715	358	2668	558	49	2922	699	1456

## Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	956	190	139	973	200	179	1003	196	213	931	198	180	875	164	28	965	198	739
Female	814	182	160	820	162	171	823	172	187	783	189	178	735	115	21	808	176	717
Total	880	198	299	898	198	350	919	206	400	857	207	358	815	160	49	887	203	1456

## Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4249	841	139	4336	892	179	4449	866	213	4131	884	180	3905	747	28	4286	877	739
Female	3616	784	160	3638	717	171	3646	765	187	3476	832	178	3253	518	21	3584	773	717
Total	3910	869	299	3995	882	350	4074	913	400	3805	918	358	3625	729	49	3940	899	1456

## Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2631	646	139	2789	770	179	2780	730	213	2606	753	180	2399	613	28	2697	732	739
Female	2170	540	160	2231	541	171	2227	560	187	2122	675	178	1882	377	21	2179	581	717
Total	2384	634	299	2517	723	350	2521	711	400	2365	754	358	2177	581	49	2442	710	1456

## Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4754	1002	139	4893	1039	179	4977	1064	213	4616	999	180	4219	712	28	4798	1033	739
Female	3908	923	160	4017	847	171	4012	870	187	3875	941	178	3510	631	21	3941	892	717
Total	4301	1048	299	4465	1045	350	4526	1089	400	4247	1038	358	3915	759	49	4376	1056	1456

## Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4029	855	139	4179	917	179	4205	867	213	3907	867	180	3661	701	28	4072	881	739
Female	3325	751	160	3409	698	171	3407	749	187	3258	809	178	3003	552	21	3340	751	717
Total	3653	873	299	3803	903	350	3832	906	400	3584	898	358	3379	715	49	3712	898	1456

## 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	7305	1542	139	7627	1673	179	7843	1646	213	7264	1590	180	6762	1349	28	7507	1630	739
Female	6153	1455	160	6352	1319	171	6439	1420	187	6177	1560	178	5684	994	21	6267	1436	717
Total	6689	1601	299	7004	1638	350	7186	1695	400	6724	1664	358	6300	1313	49	6897	1657	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	14860	2712	139	14875	2805	179	15071	2970	213	14111	2905	180	13468	2647	28	14689	2882	739
Female	12975	2740	160	12932	2564	171	12689	2444	187	11770	2613	178	11273	1556	21	12541	2610	717
Total	13852	2881	299	13926	2857	350	13957	2981	400	12947	2998	358	12527	2481	49	13631	2953	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	3557	779	179	3560	805	213	3320	759	180	3026	545	28	3455	779	739
Female	2827	652	160	2907	632	171	2865	632	187	2722	684	178	2490	478	21	2820	650	717
Total	3105	761	299	3240	781	350	3235	807	400	3023	781	358	2796	578	49	3142	785	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	4832	982	139	4723	1017	179	4784	1098	213	4503	1064	180	4378	1027	28	4694	1053	739
Female	4358	1009	160	4255	946	171	4114	892	187	3731	916	178	3640	574	21	4093	960	717
Total	4578	1022	299	4494	1009	350	4471	1060	400	4119	1065	358	4062	931	49	4398	1052	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	3656	734	179	3764	719	213	3506	725	180	3306	583	28	3629	721	739
Female	3114	694	160	3130	614	171	3105	628	187	2951	675	178	2785	411	21	3066	651	717
Total	3345	732	299	3399	727	350	3456	753	400	3230	753	358	3083	574	49	3351	742	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	56.08	49.87	179	48.73	13.57	213	42.80	13.75	180	40.99	11.31	28	50.78	28.09	739
Female	52.66	13.81	160	48.18	14.48	171	42.99	11.73	187	37.51	10.71	178	35.68	8.80	21	44.81	13.84	717
Total	55.79	14.93	299	52.22	37.23	350	46.05	13.04	400	40.17	12.60	358	38.71	10.55	49	47.84	22.43	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	22.82	26.44	179	18.66	5.77	213	16.42	5.94	180	15.29	4.63	28	20.00	14.33	739
Female	21.04	6.14	160	19.01	6.14	171	16.60	5.10	187	14.34	4.40	178	13.67	4.08	21	17.52	5.98	717
Total	22.42	6.60	299	20.96	19.45	350	17.70	5.55	400	15.39	5.32	358	14.59	4.44	49	18.78	11.11	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	16.69	22.64	179	14.75	4.34	213	12.73	4.11	180	11.66	2.91	28	14.97	11.84	739
Female	13.88	4.10	160	13.55	4.18	171	12.55	3.93	187	11.46	3.69	178	10.50	2.45	21	12.76	4.05	717
Total	15.17	4.51	299	15.16	16.51	350	13.72	4.29	400	12.10	3.95	358	11.16	2.76	49	13.88	8.97	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	39.40	48.91	179	33.31	9.48	213	29.07	9.39	180	26.85	6.97	28	34.87	25.88	739
Female	34.83	9.44	160	32.47	9.80	171	29.06	8.39	187	25.71	7.48	178	24.11	5.91	21	30.19	9.39	717
Total	37.50	10.40	299	36.02	35.76	350	31.32	9.22	400	27.40	8.65	358	25.68	6.62	49	32.57	19.71	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	12.99	22.65	179	11.18	3.48	213	9.56	3.38	180	8.78	2.22	28	11.49	11.62	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	11.74	16.39	350	10.45	3.49	400	9.18	3.24	358	8.54	2.10	49	10.65	8.63	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	3.32	1.18	179	3.16	1.21	213	2.86	1.13	180	2.67	0.94	28	3.11	1.17	739
Female	2.66	1.53	160	2.68	1.04	171	2.58	0.98	187	2.47	1.10	178	2.16	0.88	21	2.58	1.17	717
Total	2.89	1.37	299	3.01	1.16	350	2.89	1.14	400	2.67	1.13	358	2.45	0.94	49	2.85	1.19	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	1126.6	568.8	400	996.8	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	9.30	4.67	213	8.30	4.06	180	8.09	2.82	28	9.52	3.94	739
Female	10.21	2.96	160	9.05	2.90	171	8.07	2.38	187	7.17	4.71	178	6.87	1.95	21	8.52	3.51	717
Total	10.70	3.11	299	9.46	2.92	350	8.72	3.82	400	7.74	4.43	358	7.57	2.54	49	9.03	3.77	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	1191.7	1332.9	160	1009.8	414.2	171	912.9	387.2	187	773.9	340.5	178	733.2	298.9	21	958.4	727.1	717
Total	1207.8	1024.8	299	1113.3	470.7	350	979.7	397.8	400	869.5	370.2	358	845.9	344.4	49	1027.1	604.6	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	3.45	1.49	213	2.98	1.45	180	2.85	1.02	28	3.54	1.46	739
Female	4.02	1.31	160	3.47	1.27	171	3.03	1.03	187	2.64	1.44	178	2.42	0.72	21	3.24	1.36	717
Total	4.17	1.35	299	3.59	1.26	350	3.25	1.31	400	2.81	1.45	358	2.67	0.92	49	3.39	1.42	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	1973.4	26160	179	16.93	8.53	213	15.88	17.91	180	13.30	3.96	28	491.29	12875	739
Female	18.69	5.44	160	16.77	5.65	171	14.58	4.76	187	13.17	8.64	178	12.07	3.58	21	15.60	6.59	717
Total	20.00	6.02	299	1017.4	18708	350	15.83	7.11	400	14.53	14.13	358	12.77	3.81	49	257.04	9172.4	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	1687.3	22423	179	12.99	25.82	213	11.26	19.88	180	8.69	2.32	28	417.98	11036	739
Female	10.88	3.28	160	10.53	3.48	171	9.67	3.33	187	10.82	28.42	178	8.10	1.99	21	10.38	14.43	717
Total	11.93	3.69	299	868.08	16036	350	11.44	19.03	400	11.04	24.47	358	8.44	2.19	49	217.26	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	1988.6	662.7	139	1660.3	577.3	179	1648.2	654.9	213	1372.3	562.2	180	1309.1	464.5	28	1635.1	644.1	739
Female	1600.2	600.2	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	1780.8	658.2	299	1593.5	579.3	350	1521.5	616.6	400	1338.9	545.5	358	1266.0	445.1	49	1538.6	615.0	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	0.30	1.78	180	0.30	0.57	28	0.18	0.92	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	0.24	1.30	358	0.23	0.47	49	0.15	0.70	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	312.9	259.5	139	488.3	461.6	179	427.7	301.8	213	426.7	293.8	180	381.5	260.2	28	418.8	342.0	739
Female	252.3	190.3	160	320.8	270.4	171	350.2	249.0	187	329.9	287.5	178	260.0	182.7	21	313.7	253.4	717
Total	280.5	226.8	299	406.4	389.0	350	391.5	280.7	400	378.6	294.3	358	329.4	236.0	49	367.0	306.1	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	56.8	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	659.7	427.9	139	878.9	475.1	179	829.1	483.1	213	797.9	467.2	180	734.6	362.3	28	798.1	468.1	739
Female	643.5	1275.7	160	629.9	424.8	171	643.3	368.7	187	628.8	448.6	178	518.5	344.8	21	632.9	702.2	717
Total	651.0	976.3	299	757.3	467.5	350	742.3	442.7	400	713.8	465.2	358	642.0	367.5	49	716.8	600.5	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	47.8	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

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

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	65	22.1	92	32.3	78	27.3	67	24.4	10	29.4	312	26.6
	Male	87	32.7	144	43.5	119	40.1	121	45.3	21	48.8	492	40.9
	Total	152	27.1	236	38.3	197	33.8	188	34.7	31	40.3	804	33.8
Used	Female	229	77.9	193	67.7	208	72.7	208	75.6	24	70.6	862	73.4
	Male	179	67.3	187	56.5	178	59.9	146	54.7	22	51.2	712	59.1
	Total	408	72.9	380	61.7	386	66.2	354	65.3	46	59.7	1574	66.2

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	183	62.2	201	70.5	190	66.4	143	52.0	21	61.8	738	62.9
	Male	198	74.4	274	82.8	233	78.5	197	73.8	31	72.1	933	77.5
	Total	381	68.0	475	77.1	423	72.6	340	62.7	52	67.5	1671	70.3
Used	Female	111	37.8	84	29.5	96	33.6	132	48.0	13	38.2	436	37.1
	Male	68	25.6	57	17.2	64	21.5	70	26.2	12	27.9	271	22.5
	Total	179	32.0	141	22.9	160	27.4	202	37.3	25	32.5	707	29.7

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	256	87.1	260	91.2	264	92.3	249	90.5	32	94.1	1061	90.4
	Male	251	94.4	324	97.9	281	94.6	255	95.5	40	93.0	1151	95.6
	Total	507	90.5	584	94.8	545	93.5	504	93.0	72	93.5	2212	93.0
Used	Female	38	12.9	25	8.8	22	7.7	26	9.5	2	5.9	113	9.6
	Male	15	5.6	7	2.1	16	5.4	12	4.5	3	7.0	53	4.4
	Total	53	9.5	32	5.2	38	6.5	38	7.0	5	6.5	166	7.0

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	288	98.0	281	98.6	283	99.0	269	97.8	33	97.1	1154	98.3
	Male	260	97.7	330	99.7	295	99.3	265	99.3	43	100.0	1193	99.1
	Total	548	97.9	611	99.2	578	99.1	534	98.5	76	98.7	2347	98.7
Used	Female	6	2.0	4	1.4	3	1.0	6	2.2	1	2.9	20	1.7
	Male	6	2.3	1	0.3	2	0.7	2	0.7	0	0.0	11	0.9
	Total	12	2.1	5	0.8	5	0.9	8	1.5	1	1.3	31	1.3

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	284	96.6	282	98.9	280	97.9	272	98.9	34	100.0	1152	98.1
	Male	254	95.5	327	98.8	291	98.0	267	100.0	43	100.0	1182	98.2
	Total	538	96.1	609	98.9	571	97.9	539	99.4	77	100.0	2334	98.1
Used	Female	10	3.4	3	1.1	6	2.1	3	1.1	0	0.0	22	1.9
	Male	12	4.5	4	1.2	6	2.0	0	0.0	0	0.0	22	1.8
	Total	22	3.9	7	1.1	12	2.1	3	0.6	0	0.0	44	1.9

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	292	99.3	285	100.0	285	99.7	273	99.3	34	100.0	1169	99.6
	Male	266	100.0	330	99.7	297	100.0	267	100.0	43	100.0	1203	99.9
	Total	558	99.6	615	99.8	582	99.8	540	99.6	77	100.0	2372	99.7
Used	Female	2	0.7	0	0.0	1	0.3	2	0.7	0	0.0	5	0.4
	Male	0	0.0	1	0.3	0	0.0	0	0.0	0	0.0	1	0.1
	Total	2	0.4	1	0.2	1	0.2	2	0.4	0	0.0	6	0.3



Supplement contained others

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	128	43.5	149	52.3	123	43.0	153	55.6	19	55.9	572	48.7
	Male	133	50.0	198	59.8	157	52.9	169	63.3	29	67.4	686	57.0
	Total	261	46.6	347	56.3	280	48.0	322	59.4	48	62.3	1258	52.9
Used	Female	166	56.5	136	47.7	163	57.0	122	44.4	15	44.1	602	51.3
	Male	133	50.0	133	40.2	140	47.1	98	36.7	14	32.6	518	43.0
	Total	299	53.4	269	43.7	303	52.0	220	40.6	29	37.7	1120	47.1

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	190	64.6	215	75.4	242	84.6	249	90.5	33	97.1	929	79.1
	Male	186	69.9	267	80.7	256	86.2	236	88.4	40	93.0	985	81.8
	Total	376	67.1	482	78.2	498	85.4	485	89.5	73	94.8	1914	80.5
Used	Female	104	35.4	70	24.6	44	15.4	26	9.5	1	2.9	245	20.9
	Male	80	30.1	64	19.3	41	13.8	31	11.6	3	7.0	219	18.2
	Total	184	32.9	134	21.8	85	14.6	57	10.5	4	5.2	464	19.5

## 6) Frequency of dietary supplement intake (DSFQ)

## Total supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	2.30	2.43	294	1.69	1.81	285	1.94	2.01	286	1.73	1.67	275	1.29	1.22	34	1.90	2.00	1174
Male	1.84	2.13	266	1.13	1.52	331	1.35	1.65	297	1.11	1.42	267	0.91	1.15	43	1.33	1.70	1204
Total	2.08	2.30	560	1.39	1.69	616	1.64	1.85	583	1.43	1.58	542	1.08	1.19	77	1.61	1.87	2378

## Vitamin supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.54	0.84	294	0.42	0.75	285	0.46	0.76	286	0.72	0.90	275	0.53	0.79	34	0.53	0.82	1174
Male	0.35	0.69	266	0.23	0.59	331	0.28	0.60	297	0.34	0.65	267	0.35	0.65	43	0.30	0.63	1204
Total	0.45	0.77	560	0.32	0.67	616	0.37	0.69	583	0.53	0.81	542	0.43	0.72	77	0.41	0.74	2378

## Mineral supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.16	0.44	294	0.09	0.30	285	0.08	0.27	286	0.11	0.34	275	0.09	0.38	34	0.11	0.35	1174
Male	0.08	0.33	266	0.02	0.14	331	0.06	0.25	297	0.04	0.21	267	0.07	0.26	43	0.05	0.24	1204
Total	0.12	0.39	560	0.05	0.23	616	0.07	0.26	583	0.08	0.28	542	0.08	0.31	77	0.08	0.30	2378

## Fat supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.02	0.14	294	0.01	0.12	285	0.01	0.10	286	0.03	0.18	275	0.03	0.17	34	0.02	0.14	1174
Male	0.03	0.18	266	0.00	0.05	331	0.01	0.08	297	0.01	0.09	267	0.00	0.00	43	0.01	0.11	1204
Total	0.02	0.16	560	0.01	0.09	616	0.01	0.09	583	0.02	0.14	542	0.01	0.11	77	0.01	0.12	2378

## Protein supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.03	0.18	294	0.01	0.14	285	0.02	0.14	286	0.01	0.10	275	0.00	0.00	34	0.02	0.14	1174
Male	0.05	0.23	266	0.01	0.11	331	0.02	0.14	297	0.00	0.00	267	0.00	0.00	43	0.02	0.14	1204
Total	0.04	0.21	560	0.01	0.13	616	0.02	0.14	583	0.01	0.07	542	0.00	0.00	77	0.02	0.14	2378

Dietary fiber supplement (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.01	0.08	294	0.00	0.00	285	0.00	0.06	286	0.01	0.09	275	0.00	0.00	34	0.00	0.07	1174
Male	0.00	0.00	266	0.00	0.05	331	0.00	0.00	297	0.00	0.00	267	0.00	0.00	43	0.00	0.03	1204
Total	0.00	0.06	560	0.00	0.04	616	0.00	0.04	583	0.00	0.06	542	0.00	0.00	77	0.00	0.05	2378

Supplement contained others (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	1.12	1.68	294	0.85	1.22	285	1.16	1.55	286	0.77	1.13	275	0.62	0.85	34	0.97	1.42	1174
Male	0.91	1.24	266	0.62	1.01	331	0.81	1.16	297	0.58	0.96	267	0.42	0.70	43	0.72	1.09	1204
Total	1.02	1.49	560	0.73	1.12	616	0.98	1.38	583	0.68	1.05	542	0.51	0.77	77	0.84	1.27	2378

Drug contained some nutrients (number/day)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Female	0.42	0.61	294	0.30	0.58	285	0.20	0.51	286	0.10	0.31	275	0.03	0.17	34	0.25	0.52	1174
Male	0.42	0.76	266	0.24	0.53	331	0.17	0.46	297	0.13	0.40	267	0.07	0.26	43	0.23	0.55	1204
Total	0.42	0.69	560	0.27	0.55	616	0.19	0.48	583	0.12	0.36	542	0.05	0.22	77	0.24	0.54	2378

## 7) Beverage intakes

Frequency of beverage intakes  
Japanese sake

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	156	58.6	187	56.5	181	60.9	151	56.6	23	53.5	698	58.0
	Once a month	37	13.9	32	9.7	19	6.4	17	6.4	5	11.6	110	9.1
	2 to 3 times a mo.	27	10.2	25	7.6	21	7.1	9	3.4	3	7.0	85	7.1
	Once a week	11	4.1	21	6.3	13	4.4	13	4.9	3	7.0	61	5.1
	2 to 3 times a week	21	7.9	38	11.5	30	10.1	24	9.0	3	7.0	116	9.6
	4 to 6 times a week	9	3.4	14	4.2	15	5.1	16	6.0	2	4.7	56	4.7
	Once a day	5	1.9	14	4.2	17	5.7	34	12.7	4	9.3	74	6.1
	2 to 3 times a day	0	0.0	0	0.0	1	0.3	3	1.1	0	0.0	4	0.3
Female	Never	268	91.2	262	91.9	249	87.1	254	92.4	31	91.2	1064	90.6
	Once a month	15	5.1	9	3.2	12	4.2	6	2.2	1	2.9	43	3.7
	2 to 3 times a mo.	7	2.4	5	1.8	9	3.1	5	1.8	1	2.9	27	2.3
	Once a week	2	0.7	2	0.7	3	1.0	5	1.8	1	2.9	13	1.1
	2 to 3 times a week	2	0.7	5	1.8	7	2.4	1	0.4	0	0.0	15	1.3
	4 to 6 times a week	0	0.0	0	0.0	4	1.4	2	0.7	0	0.0	6	0.5
	Once a day	0	0.0	2	0.7	2	0.7	2	0.7	0	0.0	6	0.5
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	424	75.7	449	72.9	430	73.8	405	74.7	54	70.1	1762	74.1
	Once a month	52	9.3	41	6.7	31	5.3	23	4.2	6	7.8	153	6.4
	2 to 3 times a mo.	34	6.1	30	4.9	30	5.1	14	2.6	4	5.2	112	4.7
	Once a week	13	2.3	23	3.7	16	2.7	18	3.3	4	5.2	74	3.1
	2 to 3 times a week	23	4.1	43	7.0	37	6.3	25	4.6	3	3.9	131	5.5
	4 to 6 times a week	9	1.6	14	2.3	19	3.3	18	3.3	2	2.6	62	2.6
	Once a day	5	0.9	16	2.6	19	3.3	36	6.6	4	5.2	80	3.4
	2 to 3 times a day	0	0.0	0	0.0	1	0.2	3	0.6	0	0.0	4	0.2