

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	3112	712	21	3334	596	28	3223	648	42	3031	701	44	2663	377	5	3148	666	140
Female	2460	427	11	2500	496	40	2558	454	37	2739	473	27	2464	433	5	2566	473	120
Total	2888	696	32	2843	676	68	2912	654	79	2920	637	71	2564	397	10	2880	652	260

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	3500	767	21	3719	627	28	3648	688	42	3460	777	44	3086	353	5	3561	714	140
Female	2777	477	11	2896	571	40	2969	509	37	3182	564	27	2875	488	5	2971	546	120
Total	3251	758	32	3235	717	68	3330	696	79	3354	712	71	2980	417	10	3289	705	260

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	2661	614	21	2853	502	28	2789	557	42	2612	635	44	2368	287	5	2712	579	140
Female	2092	406	11	2155	453	40	2213	398	37	2409	438	27	2223	372	5	2227	432	120
Total	2465	610	32	2443	584	68	2519	566	79	2535	574	71	2296	322	10	2488	570	260

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	6161	1377	21	6575	1123	28	6441	1244	42	6074	1409	44	5454	644	5	6275	1291	140
Female	4871	883	11	5055	1021	40	5184	906	37	5592	997	27	5098	855	5	5200	975	120
Total	5717	1365	32	5681	1298	68	5852	1261	79	5891	1282	71	5276	738	10	5779	1272	260

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	3064	745	21	3312	640	28	3209	677	42	2987	746	44	2695	327	5	3119	702	140
Female	2414	505	11	2489	542	40	2521	479	37	2733	510	27	2429	499	5	2544	514	120
Total	2841	734	32	2828	709	68	2886	683	79	2890	674	71	2562	422	10	2854	684	260

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	928	212	21	983	174	28	966	183	42	914	220	44	818	102	5	942	197	140
Female	727	133	11	759	155	40	778	140	37	838	147	27	762	133	5	780	148	120
Total	859	210	32	851	196	68	878	189	79	885	198	71	790	116	10	867	193	260

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	4101	946	21	4392	773	28	4295	856	42	4033	960	44	3615	485	5	4179	886	140
Female	3226	621	11	3352	690	40	3443	620	37	3716	667	27	3390	599	5	3452	662	120
Total	3800	939	32	3780	885	68	3896	864	79	3912	869	71	3503	527	10	3843	869	260

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	2565	683	21	2814	664	28	2692	664	42	2534	788	44	2269	563	5	2633	707	140
Female	2001	464	11	2106	602	40	2091	494	37	2186	541	27	2008	510	5	2106	535	120
Total	2371	667	32	2398	715	68	2411	660	79	2402	720	71	2138	525	10	2390	685	260

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	4624	1150	21	5007	981	28	4828	937	42	4534	1147	44	4113	383	5	4716	1046	140
Female	3509	724	11	3702	811	40	3789	671	37	4090	791	27	3795	759	5	3802	763	120
Total	4241	1145	32	4239	1091	68	4341	971	79	4365	1043	71	3954	591	10	4294	1031	260

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	3899	984	21	4232	836	28	4113	870	42	3820	973	44	3453	408	5	3989	913	140
Female	2983	664	11	3119	694	40	3159	603	37	3419	634	27	3207	567	5	3190	649	120
Total	3584	981	32	3577	931	68	3666	891	79	3667	877	71	3330	484	10	3620	894	260

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	7164	1826	21	7755	1521	28	7603	1507	42	7071	1785	44	6458	772	5	7359	1647	140
Female	5467	1192	11	5868	1318	40	6058	1145	37	6581	1313	27	5930	1092	5	6053	1269	120
Total	6581	1811	32	6645	1679	68	6879	1550	79	6885	1629	71	6194	934	10	6756	1619	260

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	14555	2928	21	14905	2566	28	14871	2959	42	14229	2756	44	12305	1159	5	14537	2784	140
Female	12074	1736	11	12160	2263	40	12372	2096	37	13006	2258	27	11128	1962	5	12365	2164	120
Total	13702	2817	32	13290	2736	68	13701	2864	79	13764	2630	71	11717	1641	10	13535	2737	260

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	3336	824	21	3609	780	28	3462	735	42	3305	858	44	2937	301	5	3404	792	140
Female	2577	572	11	2667	573	40	2656	483	37	2879	546	27	2653	509	5	2702	538	120
Total	3075	823	32	3055	809	68	3085	746	79	3143	778	71	2795	422	10	3080	769	260

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	4751	992	21	4678	1009	28	4670	1129	42	4575	860	44	3801	488	5	4623	990	140
Female	4063	522	11	3978	729	40	3995	775	37	4266	862	27	3335	767	5	4029	772	120
Total	4514	912	32	4266	917	68	4354	1030	79	4458	868	71	3568	654	10	4349	942	260

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	3459	771	21	3723	642	28	3629	697	42	3440	762	44	3026	407	5	3542	718	140
Female	2797	469	11	2876	547	40	2958	513	37	3179	552	27	2808	479	5	2959	536	120
Total	3231	746	32	3225	719	68	3315	700	79	3341	697	71	2917	434	10	3273	702	260

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	52.15	13.97	21	56.28	14.20	28	48.68	13.02	42	43.40	11.18	44	36.83	7.83	5	48.64	13.60	140
Female	45.52	10.24	11	46.50	13.75	40	44.25	10.89	37	45.79	10.45	27	33.84	13.02	5	45.03	11.94	120
Total	49.87	13.04	32	50.53	14.66	68	46.61	12.20	79	44.31	10.90	71	35.33	10.25	10	46.97	12.96	260

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	16.69	5.28	21	17.82	6.76	28	15.31	5.72	42	13.77	4.22	44	12.31	3.72	5	15.43	5.57	140
Female	15.37	4.47	11	15.11	5.75	40	13.87	3.78	37	14.86	5.17	27	10.26	4.99	5	14.49	4.96	120
Total	16.24	4.98	32	16.23	6.28	68	14.63	4.93	79	14.18	4.60	71	11.28	4.29	10	15.00	5.31	260

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	20.54	6.10	21	22.21	6.34	28	19.05	5.47	42	16.68	4.69	44	14.18	4.01	5	18.99	5.85	140
Female	18.18	4.31	11	18.66	6.02	40	17.31	4.72	37	17.17	3.63	27	11.84	4.85	5	17.58	5.07	120
Total	19.73	5.60	32	20.12	6.35	68	18.24	5.18	79	16.86	4.30	71	13.01	4.37	10	18.34	5.54	260

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	14.92	3.85	21	16.22	3.97	28	14.23	3.54	42	12.90	3.70	44	10.31	3.08	5	14.18	3.92	140
Female	11.94	3.24	11	12.70	3.57	40	13.03	3.72	37	13.65	3.57	27	11.68	3.91	5	12.90	3.58	120
Total	13.90	3.87	32	14.15	4.10	68	13.67	3.65	79	13.19	3.64	71	11.00	3.40	10	13.59	3.81	260

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	35.36	9.59	21	38.31	9.08	28	33.19	8.14	42	29.45	7.88	44	24.38	4.89	5	33.05	9.05	140
Female	30.04	7.23	11	31.23	8.67	40	30.20	8.03	37	30.73	6.29	27	23.43	8.45	5	30.37	7.87	120
Total	33.53	9.10	32	34.14	9.45	68	31.79	8.17	79	29.94	7.30	71	23.91	6.53	10	31.81	8.61	260

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	11.52	2.92	21	12.15	3.08	28	10.81	2.76	42	9.83	3.00	44	8.05	2.87	5	10.78	3.06	140
Female	9.14	2.72	11	9.67	3.17	40	9.91	3.07	37	10.68	2.99	27	9.25	3.20	5	9.91	3.05	120
Total	10.70	3.04	32	10.69	3.34	68	10.39	2.92	79	10.16	3.00	71	8.65	2.94	10	10.38	3.08	260

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	2.95	1.12	21	3.71	1.30	28	3.10	1.16	42	2.76	1.14	44	2.22	0.52	5	3.06	1.21	140
Female	2.13	0.71	11	2.54	0.89	40	2.74	1.04	37	2.64	1.11	27	2.44	0.92	5	2.58	0.98	120
Total	2.66	1.06	32	3.03	1.21	68	2.93	1.12	79	2.71	1.12	71	2.33	0.71	10	2.84	1.13	260

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	255.1	233.4	21	267.5	293.3	28	218.6	223.4	42	220.2	159.4	44	187.5	84.5	5	233.2	218.7	140
Female	274.9	252.2	11	237.4	172.7	40	209.0	136.7	37	281.0	244.4	27	146.3	167.5	5	238.1	189.5	120
Total	261.9	236.1	32	249.8	228.6	68	214.1	186.7	79	243.3	196.7	71	166.9	126.9	10	235.5	205.4	260

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	207.6	169.3	21	197.6	202.1	28	165.2	172.9	42	182.5	133.2	44	135.4	102.9	5	182.4	164.2	140
Female	209.0	177.6	11	187.1	135.6	40	170.1	123.5	37	234.8	194.6	27	143.5	167.7	5	192.8	152.3	120
Total	208.1	169.3	32	191.4	164.9	68	167.5	150.8	79	202.4	160.0	71	139.4	131.2	10	187.2	158.6	260

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	42.5	57.9	21	62.1	95.1	28	43.1	51.1	42	29.0	40.0	44	5.2	11.6	5	41.0	60.8	140
Female	58.7	64.7	11	43.2	47.6	40	37.2	42.2	37	42.5	60.0	27	3.0	4.1	5	41.0	50.1	120
Total	48.1	59.8	32	51.0	71.0	68	40.4	46.9	79	34.1	48.6	71	4.1	8.3	10	41.0	56.0	260

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	217.3	170.1	21	208.5	215.0	28	174.7	183.5	42	194.1	143.8	44	180.5	74.3	5	194.2	172.8	140
Female	223.9	188.2	11	197.6	142.2	40	191.0	135.1	37	247.5	214.2	27	144.1	168.6	5	207.0	163.7	120
Total	219.6	173.5	32	202.1	174.4	68	182.3	161.8	79	214.4	174.5	71	162.3	124.3	10	200.1	168.5	260

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	5.2	4.9	21	7.0	14.9	28	7.9	10.3	42	5.8	8.7	44	1.0	2.2	5	6.4	10.2	140
Female	10.0	11.2	11	6.4	8.6	40	7.6	9.6	37	7.9	12.4	27	0.6	0.8	5	7.2	10.0	120
Total	6.9	7.8	32	6.7	11.5	68	7.7	9.9	79	6.6	10.2	71	0.8	1.6	10	6.8	10.1	260

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	230.6	175.0	21	228.7	231.2	28	198.7	202.9	42	213.6	161.9	44	192.1	74.0	5	213.9	188.1	140
Female	249.4	197.7	11	224.5	154.0	40	213.7	146.9	37	270.7	231.0	27	147.7	167.6	5	230.7	176.0	120
Total	237.0	180.2	32	226.2	188.0	68	205.7	177.9	79	235.3	191.5	71	169.9	124.3	10	221.6	182.4	260

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	1273.9	641.9	21	1402.5	828.6	28	1144.3	755.5	42	1150.7	612.9	44	957.5	444.2	5	1210.7	704.1	140
Female	1201.9	694.5	11	1220.5	662.9	40	1072.8	562.3	37	1270.1	784.3	27	920.6	723.1	5	1171.9	664.0	120
Total	1249.1	650.1	32	1295.5	735.2	68	1110.8	668.8	79	1196.1	680.1	71	939.1	566.1	10	1192.8	684.8	260

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	69.9	69.9	21	110.9	134.9	28	68.1	85.4	42	56.1	65.3	44	35.5	55.5	5	72.0	90.7	140
Female	101.8	102.4	11	91.6	131.8	40	51.4	41.5	37	39.1	49.5	27	3.2	3.1	5	64.7	91.5	120
Total	80.8	82.3	32	99.6	132.4	68	60.3	68.6	79	49.6	60.0	71	19.3	40.8	10	68.6	91.0	260

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	179.6	130.2	21	194.0	159.2	28	141.0	142.3	42	161.9	109.7	44	112.6	115.3	5	162.9	133.9	140
Female	175.5	127.6	11	156.4	131.2	40	140.5	106.3	37	194.6	141.8	27	114.8	128.4	5	160.1	126.0	120
Total	178.1	127.3	32	171.9	143.4	68	140.8	125.9	79	174.3	123.0	71	113.7	115.1	10	161.6	130.0	260

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	21	0.05	0.25	28	2.48	13.57	42	0.10	0.65	44	0.00	0.00	5	0.78	7.47	140
Female	0.00	0.00	11	0.68	4.21	40	1.87	7.95	37	0.00	0.00	27	0.00	0.00	5	0.81	5.05	120
Total	0.00	0.00	32	0.42	3.24	68	2.19	11.23	79	0.06	0.51	71	0.00	0.00	10	0.79	6.45	260

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	9.84	2.78	21	10.63	3.61	28	9.15	2.93	42	8.08	2.24	44	7.41	2.23	5	9.15	2.98	140
Female	8.98	2.12	11	8.88	3.33	40	8.08	1.95	37	8.48	2.35	27	6.07	2.40	5	8.43	2.63	120
Total	9.54	2.57	32	9.60	3.53	68	8.65	2.56	79	8.23	2.27	71	6.74	2.29	10	8.82	2.84	260

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	1132.9	399.8	21	1328.5	537.5	28	1101.4	491.1	42	980.8	361.4	44	922.5	452.8	5	1107.3	461.3	140
Female	941.8	411.2	11	1032.8	542.1	40	862.2	239.4	37	920.3	308.5	27	649.6	288.1	5	930.6	399.7	120
Total	1067.2	407.6	32	1154.5	555.9	68	989.4	409.5	79	957.8	341.2	71	786.1	385.6	10	1025.7	442.1	260

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	0.02	0.07	21	0.00	0.00	28	0.24	0.66	42	0.19	0.77	44	0.00	0.00	5	0.13	0.57	140
Female	0.00	0.00	11	0.00	0.03	40	0.14	0.40	37	0.00	0.00	27	0.27	0.60	5	0.05	0.26	120
Total	0.01	0.06	32	0.00	0.02	68	0.19	0.55	79	0.12	0.61	71	0.13	0.42	10	0.10	0.45	260

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	99.3	50.8	21	158.9	80.8	28	109.9	63.7	42	85.7	64.4	44	71.9	27.2	5	109.2	69.8	140
Female	105.1	57.7	11	116.4	72.4	40	93.7	50.1	37	91.3	58.4	27	57.7	51.4	5	100.3	61.6	120
Total	101.2	52.4	32	133.9	78.3	68	102.3	57.9	79	87.9	61.8	71	64.8	39.5	10	105.1	66.2	260

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	77.2	42.8	21	111.4	59.8	28	84.2	54.5	42	70.0	45.3	44	63.1	33.8	5	83.4	52.3	140
Female	70.4	56.7	11	80.3	57.1	40	65.5	32.6	37	56.7	37.0	27	46.9	51.4	5	68.1	46.4	120
Total	74.9	47.2	32	93.1	59.8	68	75.4	46.3	79	64.9	42.6	71	55.0	41.9	10	76.3	50.2	260

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	3.77	1.34	21	3.92	1.46	28	3.42	1.23	42	2.92	0.95	44	2.65	0.71	5	3.39	1.26	140
Female	3.38	0.95	11	3.32	1.35	40	3.13	0.89	37	3.19	1.04	27	2.14	0.99	5	3.19	1.11	120
Total	3.64	1.22	32	3.57	1.42	68	3.28	1.08	79	3.02	0.99	71	2.39	0.86	10	3.29	1.19	260

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	18.14	5.54	21	19.13	5.84	28	16.62	4.69	42	14.49	4.08	44	12.37	3.36	5	16.53	5.17	140
Female	16.22	4.05	11	16.23	5.25	40	15.38	4.48	37	15.28	3.37	27	9.87	3.74	5	15.49	4.59	120
Total	17.48	5.10	32	17.42	5.65	68	16.04	4.61	79	14.79	3.82	71	11.12	3.60	10	16.05	4.93	260

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	11.65	3.11	21	12.13	3.33	28	10.80	2.82	42	9.86	2.97	44	7.82	2.95	5	10.79	3.15	140
Female	9.45	2.85	11	9.86	3.24	40	10.00	3.05	37	10.74	3.00	27	9.08	3.19	5	10.03	3.07	120
Total	10.90	3.16	32	10.79	3.44	68	10.42	2.94	79	10.19	2.99	71	8.45	2.97	10	10.44	3.13	260

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	1782.3	525.7	21	1778.3	737.7	28	1573.3	558.7	42	1467.6	556.9	44	1217.6	441.2	5	1599.7	601.3	140
Female	1398.9	554.8	11	1372.2	433.4	40	1550.1	697.9	37	1473.9	496.8	27	1168.5	651.3	5	1443.9	558.4	120
Total	1650.5	558.4	32	1539.4	607.6	68	1562.4	623.7	79	1470.0	531.2	71	1193.0	525.1	10	1527.8	586.0	260

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	0.18	0.29	21	0.13	0.29	28	0.19	0.54	42	0.11	0.19	44	0.03	0.07	5	0.15	0.36	140
Female	0.02	0.05	11	0.22	0.68	40	0.05	0.16	37	0.06	0.20	27	0.00	0.00	5	0.10	0.42	120
Total	0.12	0.25	32	0.18	0.55	68	0.13	0.41	79	0.09	0.20	71	0.02	0.05	10	0.13	0.39	260

Octadecatetraenoic 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	85.8	129.7	21	143.8	115.0	28	97.9	97.6	42	85.3	98.2	44	52.6	42.9	5	99.7	106.8	140
Female	40.4	37.8	11	100.7	111.3	40	78.2	83.8	37	63.6	65.8	27	107.5	117.3	5	80.2	90.0	120
Total	70.2	108.6	32	118.5	114.0	68	88.7	91.4	79	77.0	87.5	71	80.0	88.2	10	90.7	99.7	260

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	157.4	55.6	21	153.6	74.8	28	158.0	89.3	42	155.8	82.0	44	72.1	22.6	5	153.3	78.9	140
Female	149.9	57.4	11	159.8	77.1	40	172.3	85.7	37	154.4	86.0	27	50.8	60.0	5	157.0	82.1	120
Total	154.8	55.4	32	157.2	75.6	68	164.7	87.4	79	155.3	82.9	71	61.5	44.2	10	155.0	80.3	260

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	570.0	508.0	21	725.4	431.3	28	572.5	417.2	42	520.9	440.3	44	397.0	239.6	5	580.2	439.1	140
Female	387.2	161.9	11	580.1	440.0	40	484.6	357.7	37	434.7	252.0	27	574.0	456.8	5	500.0	360.4	120
Total	507.2	427.5	32	640.0	439.2	68	531.3	390.5	79	488.1	380.1	71	485.5	356.3	10	543.2	405.9	260

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	27.0	23.6	21	25.8	24.1	28	24.4	17.8	42	14.1	18.4	44	14.1	10.3	5	21.5	20.6	140
Female	24.2	11.2	11	20.0	23.6	40	20.5	21.2	37	14.5	15.9	27	16.1	21.0	5	19.1	20.2	120
Total	26.1	20.0	32	22.4	23.8	68	22.5	19.4	79	14.3	17.4	71	15.1	15.6	10	20.4	20.4	260

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	0.9	1.7	21	0.7	1.4	28	0.7	2.0	42	1.9	6.8	44	0.4	0.8	5	1.1	4.1	140
Female	0.3	0.9	11	0.5	1.5	40	1.2	2.2	37	1.4	2.7	27	0.0	0.0	5	0.9	2.0	120
Total	0.7	1.5	32	0.6	1.5	68	1.0	2.1	79	1.7	5.6	71	0.2	0.6	10	1.0	3.3	260

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	38.5	40.1	21	58.2	44.0	28	45.0	38.0	42	40.1	39.0	44	23.7	36.4	5	44.4	40.1	140
Female	20.3	16.7	11	36.3	36.9	40	32.4	30.1	37	27.4	28.8	27	45.1	46.4	5	32.0	32.1	120
Total	32.2	34.7	32	45.3	41.1	68	39.1	34.9	79	35.2	35.8	71	34.4	40.9	10	38.7	37.1	260

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	134.2	53.5	21	174.5	69.3	28	159.0	54.2	42	125.7	54.9	44	139.7	48.9	5	147.2	59.8	140
Female	102.0	27.5	11	116.6	56.7	40	125.9	52.3	37	132.4	53.6	27	96.4	54.3	5	120.9	52.7	120
Total	123.1	48.3	32	140.4	68.1	68	143.5	55.5	79	128.2	54.2	71	118.0	53.8	10	135.0	58.1	260

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	316.5	255.4	21	552.5	337.9	28	435.3	323.5	42	366.2	281.2	44	271.2	142.0	5	413.3	307.2	140
Female	194.0	145.0	11	334.9	247.5	40	332.8	266.1	37	316.5	263.7	27	356.3	270.2	5	318.1	250.1	120
Total	274.4	228.8	32	424.5	305.5	68	387.3	300.6	79	347.3	273.9	71	313.8	208.4	10	369.4	285.8	260

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	67.4	40.0	21	86.4	69.9	28	69.9	50.2	42	53.6	40.5	44	43.7	45.0	5	66.8	51.4	140
Female	54.9	26.6	11	61.4	51.6	40	79.0	84.2	37	75.3	76.4	27	41.8	52.2	5	68.5	67.5	120
Total	63.1	36.0	32	71.7	60.6	68	74.2	68.0	79	61.8	57.4	71	42.8	45.9	10	67.6	59.3	260

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	363.1	569.0	21	514.2	477.0	28	354.0	391.6	42	327.9	456.6	44	221.1	154.4	5	374.5	454.8	140
Female	227.5	175.7	11	405.1	505.1	40	311.7	404.6	37	248.5	261.4	27	501.5	509.7	5	328.8	406.3	120
Total	316.5	472.3	32	450.1	493.0	68	334.2	395.7	79	297.7	393.7	71	361.3	384.6	10	353.4	432.9	260

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	21	0.000	0.000	28	0.000	0.000	42	0.000	0.000	44	0.000	0.000	5	0.000	0.000	140
Female	0.000	0.000	11	0.000	0.000	40	0.014	0.082	37	0.000	0.000	27	0.000	0.000	5	0.004	0.046	120
Total	0.000	0.000	32	0.000	0.000	68	0.006	0.056	79	0.000	0.000	71	0.000	0.000	10	0.002	0.031	260

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	85.2	84.6	21	142.3	88.9	28	114.5	83.6	42	97.5	79.2	44	73.1	69.1	5	108.8	84.3	140
Female	47.2	40.4	11	79.8	72.6	40	86.0	75.0	37	85.4	78.7	27	96.3	80.1	5	80.7	72.6	120
Total	72.1	74.1	32	105.6	84.9	68	101.1	80.5	79	92.9	78.7	71	84.7	71.6	10	95.8	80.2	260

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	21	0.1	0.6	28	0.6	3.6	42	2.1	7.9	44	0.0	0.0	5	0.9	4.9	140
Female	0.0	0.0	11	0.3	1.6	40	1.0	4.2	37	0.2	0.6	27	0.0	0.0	5	0.4	2.5	120
Total	0.0	0.0	32	0.2	1.3	68	0.8	3.9	79	1.4	6.3	71	0.0	0.0	10	0.7	4.0	260

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	633.2	460.2	21	1035.2	565.6	28	816.3	497.8	42	684.9	423.3	44	554.7	311.1	5	782.0	495.4	140
Female	409.8	232.6	11	606.1	425.5	40	649.2	478.3	37	656.8	487.0	27	644.7	418.9	5	614.4	442.2	120
Total	556.4	407.0	32	782.8	528.7	68	738.0	492.9	79	674.3	445.4	71	599.7	351.1	10	704.6	478.1	260

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	6.3	20.9	21	13.3	34.9	28	10.0	21.8	42	6.5	20.9	44	1.3	3.0	5	8.7	24.2	140
Female	3.6	12.1	11	8.2	20.3	40	16.5	43.4	37	15.3	42.4	27	1.3	3.0	5	11.6	33.7	120
Total	5.4	18.2	32	10.3	27.2	68	13.1	33.6	79	9.9	30.9	71	1.3	2.8	10	10.1	28.9	260

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	48.6	66.0	21	81.3	58.6	28	58.3	52.2	42	52.2	52.0	44	38.1	27.6	5	58.8	55.7	140
Female	24.3	21.9	11	54.4	56.5	40	49.3	45.6	37	43.4	45.9	27	62.0	47.0	5	47.9	48.2	120
Total	40.3	55.7	32	65.5	58.4	68	54.1	49.1	79	48.8	49.6	71	50.0	38.5	10	53.8	52.6	260

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	25.6	30.2	21	20.4	30.7	28	18.0	19.9	42	11.5	14.4	44	6.7	8.4	5	17.2	22.9	140
Female	8.0	11.5	11	1.4	2.3	40	3.3	5.4	37	1.0	1.1	27	1.6	3.2	5	2.5	5.1	120
Total	19.5	26.5	32	9.3	21.7	68	11.1	16.6	79	7.5	12.4	71	4.1	6.6	10	10.4	18.6	260

3) Nutrition intake from foods and 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	2336.1	508.0	21	2410.2	350.6	28	2266.4	311.1	42	2136.7	396.3	44	1854.7	184.2	5	2250.2	393.9	140
Female	1745.3	309.0	11	1818.9	310.9	40	1856.2	226.5	37	1834.1	264.1	27	1877.9	467.6	5	1829.5	280.7	120
Total	2133.0	527.8	32	2062.4	437.9	68	2074.3	342.0	79	2021.6	379.8	71	1866.3	335.3	10	2056.0	404.5	260

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	2640.6	827.7	21	2409.5	712.7	28	2645.2	567.3	42	2385.9	632.4	44	1890.3	731.9	5	2488.9	678.0	140
Female	1944.7	580.3	11	2268.0	621.7	40	2366.4	530.2	37	2144.2	562.6	27	1749.2	556.8	5	2219.3	587.1	120
Total	2401.4	814.5	32	2326.3	659.2	68	2514.7	564.4	79	2294.0	614.2	71	1819.8	617.6	10	2364.5	650.5	260

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	84.6	17.3	21	89.3	14.3	28	87.0	16.0	42	82.2	17.9	44	72.0	6.5	5	85.1	16.5	140
Female	65.8	11.6	11	69.4	15.9	40	69.6	12.1	37	73.2	12.3	27	65.4	11.1	5	69.8	13.4	120
Total	78.2	17.9	32	77.6	18.0	68	78.9	16.7	79	78.8	16.5	71	68.7	9.3	10	78.0	16.9	260

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	62.0	15.7	21	66.5	15.2	28	57.8	15.1	42	51.4	12.4	44	44.6	7.3	5	57.7	15.3	140
Female	52.6	12.1	11	54.1	15.4	40	52.2	12.4	37	53.5	11.1	27	39.9	14.3	5	52.7	13.3	120
Total	58.8	15.1	32	59.2	16.4	68	55.2	14.1	79	52.2	11.9	71	42.2	11.0	10	55.4	14.6	260

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	307.3	72.7	21	318.6	56.5	28	313.8	47.9	42	312.4	62.2	44	275.0	32.8	5	312.0	57.9	140
Female	234.0	44.5	11	259.5	42.9	40	272.7	37.6	37	262.4	44.9	27	305.4	87.1	5	263.8	45.6	120
Total	282.1	72.8	32	283.9	56.7	68	294.6	47.8	79	293.4	61.0	71	290.2	64.1	10	289.8	57.7	260

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	19.4	4.7	21	19.8	3.2	28	21.6	3.7	42	20.3	4.3	44	17.6	2.8	5	20.4	4.0	140
Female	16.3	3.2	11	17.7	2.8	40	18.1	2.9	37	19.2	4.1	27	16.7	2.0	5	18.0	3.2	120
Total	18.3	4.5	32	18.6	3.1	68	20.0	3.8	79	19.9	4.2	71	17.1	2.3	10	19.3	3.9	260

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	4760	1207	21	4920	832	28	5033	931	42	4723	1116	44	4181	561	5	4841	1014	140
Female	3899	686	11	4045	716	40	4140	616	37	4230	758	27	4026	564	5	4102	684	120
Total	4464	1125	32	4405	875	68	4615	912	79	4535	1018	71	4103	536	10	4500	950	260

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	2674	771	21	2685	612	28	2988	660	42	2988	677	44	2454	576	5	2861	682	140
Female	2066	468	11	2565	553	40	2701	587	37	2801	736	27	2313	288	5	2604	622	120
Total	2465	735	32	2614	577	68	2854	639	79	2917	701	71	2384	436	10	2742	666	260

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	569.9	159.9	21	570.2	179.6	28	704.8	257.5	42	686.7	243.6	44	537.4	140.1	5	646.0	229.0	140
Female	480.7	137.4	11	577.1	180.4	40	624.2	247.4	37	674.1	238.1	27	593.9	245.8	5	605.3	219.3	120
Total	539.3	156.3	32	574.3	178.8	68	667.0	254.4	79	681.9	239.9	71	565.6	191.0	10	627.2	225.1	260

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	298.0	81.0	21	306.3	59.8	28	332.5	66.2	42	323.0	84.1	44	263.1	31.4	5	316.6	73.6	140
Female	238.0	55.1	11	268.2	57.4	40	282.8	57.4	37	290.3	72.3	27	242.6	34.8	5	273.9	61.4	120
Total	277.4	77.8	32	283.9	60.9	68	309.3	66.7	79	310.6	80.9	71	252.9	33.1	10	296.9	71.4	260

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	1226	274	21	1260	223	28	1317	272	42	1259	301	44	1009	124	5	1263	272	140
Female	960	208	11	1015	182	40	1067	213	37	1148	240	27	1001	132	5	1055	212	120
Total	1135	280	32	1116	232	68	1200	275	79	1216	283	71	1005	121	10	1167	267	260

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	8.4	2.3	21	9.6	2.0	28	9.9	1.9	42	10.2	3.0	44	8.0	2.0	5	9.6	2.4	140
Female	9.0	7.2	11	8.7	3.1	40	9.0	2.7	37	9.2	2.5	27	8.6	0.9	5	8.9	3.3	120
Total	8.6	4.5	32	9.1	2.7	68	9.5	2.4	79	9.8	2.8	71	8.3	1.5	10	9.3	2.9	260

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	8.9	2.1	21	9.7	1.9	28	9.6	2.0	42	9.3	2.4	44	8.8	0.4	5	9.4	2.1	140
Female	7.0	1.5	11	7.8	2.3	40	8.7	3.0	37	8.2	1.4	27	7.7	1.8	5	8.1	2.4	120
Total	8.2	2.1	32	8.6	2.3	68	9.2	2.6	79	8.9	2.1	71	8.2	1.3	10	8.8	2.3	260

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	1.36	0.39	21	1.49	0.43	28	1.45	0.29	42	1.46	0.37	44	1.36	0.24	5	1.44	0.36	140
Female	0.98	0.17	11	1.16	0.22	40	1.27	0.28	37	1.34	0.31	27	1.22	0.24	5	1.22	0.28	120
Total	1.23	0.38	32	1.29	0.36	68	1.36	0.29	79	1.41	0.35	71	1.29	0.24	10	1.34	0.34	260

Retinol (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	189	123	21	402	764	28	250	227	42	314	337	44	203	242	5	290	415	140
Female	147	51	11	169	134	40	178	153	37	436	683	27	197	209	5	231	359	120
Total	175	105	32	265	509	68	216	198	79	361	496	71	200	213	10	263	391	260

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	3245	1674	21	3131	1825	28	4023	1894	42	3965	1784	44	3346	2116	5	3685	1837	140
Female	2344	1128	11	3608	1956	40	3800	1798	37	3791	1988	27	2075	1053	5	3529	1870	120
Total	2935	1552	32	3412	1904	68	3919	1841	79	3899	1852	71	2711	1712	10	3613	1851	260

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	728	321	21	922	886	28	961	461	42	984	399	44	759	449	5	918	542	140
Female	537	188	11	783	376	40	839	378	37	1067	819	27	543	276	5	832	516	120
Total	662	294	32	840	635	68	904	426	79	1015	591	71	651	369	10	878	531	260

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	8.6	7.0	21	11.3	6.1	28	12.4	7.1	42	10.3	6.8	44	5.5	5.0	5	10.7	6.9	140
Female	7.0	4.6	11	8.6	5.5	40	7.4	5.3	37	7.9	5.0	27	10.8	9.7	5	8.0	5.4	120
Total	8.1	6.2	32	9.7	5.9	68	10.0	6.7	79	9.4	6.3	71	8.1	7.8	10	9.4	6.4	260

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	13.7	19.5	21	10.0	3.1	28	18.9	33.2	42	15.2	27.2	44	8.1	0.6	5	14.8	24.9	140
Female	8.4	4.3	11	9.4	4.9	40	21.1	31.2	37	9.7	2.9	27	6.9	1.7	5	12.9	18.4	120
Total	11.8	16.0	32	9.7	4.2	68	20.0	32.1	79	13.1	21.6	71	7.5	1.3	10	13.9	22.1	260

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	201	103	21	217	128	28	354	491	42	269	178	44	280	146	5	274	299	140
Female	150	74	11	205	101	40	198	88	37	239	164	27	140	106	5	203	114	120
Total	183	96	32	210	112	68	281	369	79	258	172	71	210	141	10	241	235	260

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	1.24	1.18	21	1.19	0.92	28	3.22	9.55	42	5.51	13.53	44	12.86	26.99	5	3.58	10.54	140
Female	0.96	0.73	11	1.22	1.49	40	1.69	2.15	37	7.91	33.97	27	1.42	1.44	5	2.86	16.18	120
Total	1.14	1.04	32	1.21	1.28	68	2.50	7.12	79	6.42	23.29	71	7.14	19.00	10	3.25	13.42	260

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.67	1.59	21	1.60	0.74	28	1.77	1.13	42	2.11	1.65	44	1.26	0.49	5	1.81	1.32	140
Female	1.30	0.77	11	1.53	1.07	40	1.84	1.48	37	2.30	2.95	27	1.03	0.30	5	1.76	1.77	120
Total	1.55	1.37	32	1.56	0.94	68	1.80	1.30	79	2.19	2.21	71	1.14	0.40	10	1.79	1.54	260

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	21.0	10.0	21	22.1	6.7	28	21.3	6.8	42	22.0	12.1	44	14.3	4.2	5	21.4	9.2	140
Female	15.3	6.7	11	16.4	6.2	40	17.8	6.8	37	15.9	5.8	27	12.8	4.5	5	16.5	6.3	120
Total	19.0	9.3	32	18.8	6.9	68	19.6	7.0	79	19.7	10.5	71	13.6	4.2	10	19.1	8.3	260

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.71	1.88	21	1.59	0.76	28	3.08	8.34	42	4.19	10.45	44	1.20	0.35	5	2.86	7.49	140
Female	1.56	2.12	11	1.35	0.76	40	1.89	1.48	37	3.84	10.93	27	1.26	0.77	5	2.09	5.32	120
Total	1.66	1.93	32	1.45	0.77	68	2.52	6.16	79	4.06	10.56	71	1.23	0.57	10	2.50	6.58	260

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	7.2	4.0	21	10.9	5.6	28	100.8	467.2	42	41.2	164.7	44	307.1	676.1	5	57.4	299.4	140
Female	6.8	7.1	11	25.4	119.9	40	6.3	3.5	37	35.6	144.1	27	8.8	2.0	5	19.4	96.9	120
Total	7.0	5.1	32	19.4	91.8	68	56.5	342.1	79	39.1	156.2	71	157.9	477.4	10	39.9	229.8	260

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	295	96	21	323	95	28	358	95	42	391	164	44	337	132	5	351	125	140
Female	244	67	11	297	81	40	322	89	37	370	117	27	272	86	5	315	97	120
Total	277	89	32	308	88	68	341	93	79	383	147	71	305	111	10	335	115	260

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	6.20	1.54	21	6.45	1.66	28	6.62	1.50	42	7.09	3.08	44	5.68	1.24	5	6.64	2.16	140
Female	4.88	0.84	11	5.30	1.14	40	6.47	4.48	37	6.30	1.43	27	4.82	0.75	5	5.83	2.72	120
Total	5.75	1.47	32	5.77	1.48	68	6.55	3.23	79	6.79	2.59	71	5.25	1.06	10	6.26	2.46	260

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	102.1	67.4	21	127.4	109.7	28	155.8	224.1	42	123.7	55.1	44	103.7	70.4	5	130.1	138.7	140
Female	71.0	42.7	11	141.4	126.5	40	149.4	143.3	37	139.8	84.0	27	70.7	32.7	5	134.1	117.6	120
Total	91.4	61.2	32	135.7	119.2	68	152.8	189.4	79	129.8	67.4	71	87.2	54.6	10	132.0	129.2	260

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	368.7	157.2	21	438.2	145.4	28	392.3	137.1	42	362.5	140.7	44	274.4	142.8	5	384.4	145.4	140
Female	313.3	65.8	11	297.7	76.2	40	310.9	109.5	37	360.1	136.2	27	243.7	95.6	5	315.0	105.1	120
Total	349.7	134.4	32	355.6	129.4	68	354.2	130.7	79	361.6	138.0	71	259.0	115.7	10	352.4	132.7	260

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	3.2	1.1	21	3.4	1.1	28	3.9	1.0	42	4.0	1.0	44	3.5	1.0	5	3.7	1.1	140
Female	3.0	0.8	11	3.5	1.0	40	3.7	1.1	37	3.6	1.1	27	2.4	0.6	5	3.5	1.0	120
Total	3.1	1.0	32	3.4	1.0	68	3.8	1.0	79	3.9	1.1	71	3.0	1.0	10	3.6	1.1	260

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	9.3	3.2	21	10.2	2.7	28	12.2	2.9	42	12.5	2.9	44	10.7	1.6	5	11.4	3.1	140
Female	8.7	2.1	11	10.5	2.4	40	11.4	2.6	37	11.3	3.2	27	8.9	2.1	5	10.7	2.8	120
Total	9.1	2.8	32	10.4	2.5	68	11.8	2.8	79	12.1	3.1	71	9.8	2.0	10	11.1	3.0	260

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	13.1	4.1	21	14.3	3.7	28	16.9	3.8	42	19.4	12.8	44	15.2	2.8	5	16.5	8.1	140
Female	12.1	2.8	11	15.0	3.6	40	16.3	3.9	37	15.8	4.5	27	12.4	2.5	5	15.2	4.0	120
Total	12.8	3.7	32	14.7	3.7	68	16.6	3.8	79	18.0	10.5	71	13.8	2.9	10	15.9	6.5	260

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	3.1	21	12.2	2.1	28	12.6	2.4	42	11.7	2.7	44	10.4	1.5	5	12.1	2.5	140
Female	9.8	1.7	11	10.1	1.8	40	10.3	1.5	37	10.6	1.9	27	9.9	1.5	5	10.2	1.7	120
Total	11.2	2.9	32	11.0	2.2	68	11.5	2.3	79	11.3	2.5	71	10.1	1.4	10	11.2	2.4	260

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	4.29	1.89	21	3.91	0.89	28	4.41	1.32	42	4.26	1.41	44	3.72	1.54	5	4.22	1.38	140
Female	2.86	0.73	11	3.86	1.38	40	3.93	1.20	37	3.75	1.02	27	3.76	1.41	5	3.76	1.22	120
Total	3.80	1.72	32	3.88	1.19	68	4.18	1.28	79	4.07	1.29	71	3.74	1.39	10	4.01	1.33	260

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	10.9	2.6	21	11.9	2.3	28	11.6	2.2	42	10.9	2.8	44	9.5	0.6	5	11.2	2.5	140
Female	9.1	1.7	11	9.4	2.0	40	9.3	1.8	37	9.8	2.1	27	8.0	1.3	5	9.4	1.9	120
Total	10.3	2.4	32	10.4	2.4	68	10.5	2.3	79	10.5	2.6	71	8.7	1.2	10	10.4	2.4	260

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	3499	821	21	3740	673	28	3654	740	42	3424	823	44	3074	386	5	3555	764	140
Female	2760	543	11	2862	611	40	2926	546	37	3169	585	27	2797	546	5	2939	583	120
Total	3245	811	32	3223	768	68	3313	748	79	3327	748	71	2935	469	10	3271	751	260

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	6124	1395	21	6515	1149	28	6360	1285	42	5980	1403	44	5343	640	5	6200	1310	140
Female	4838	943	11	4990	1031	40	5091	917	37	5507	996	27	4903	922	5	5120	986	120
Total	5682	1389	32	5618	1313	68	5766	1289	79	5800	1277	71	5123	783	10	5702	1288	260

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	5116	1406	21	5530	1194	28	5385	1256	42	4946	1362	44	4516	581	5	5205	1296	140
Female	3961	994	11	4099	1013	40	4130	900	37	4570	935	27	3968	963	5	4196	964	120
Total	4719	1380	32	4688	1294	68	4797	1265	79	4803	1224	71	4242	803	10	4739	1258	260

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	1862	467	21	2014	400	28	1929	440	42	1789	457	44	1597	233	5	1880	443	140
Female	1451	311	11	1472	328	40	1492	298	37	1619	302	27	1458	293	5	1509	311	120
Total	1721	459	32	1695	446	68	1724	437	79	1724	411	71	1527	260	10	1709	429	260