

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Other agent for chemotherapy	Male	1	0.3	3	1.0	1	0.3	2	0.8	0	0.0	7	0.6
	Female	3	1.0	2	0.7	3	1.1	3	1.1	1	1.7	12	1.0
	Total	4	0.7	5	0.9	4	0.7	5	0.9	1	0.9	19	0.8
Vaccine	Male	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1
Poison or toxoid	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Antitoxic serum or leptospira serum	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Blood supplements	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for biological test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Mixed biological agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other biological agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Protozoicide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

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		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Protozoicide	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Parasiticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other drug against parasitic disease	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Diluent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Ointment base	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Solution	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Corrective, tincton	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Emulsifier	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other dispensing drug	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

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		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Other dispensing drug	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
X-ray contrast medium	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for functional examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Antiseptic	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Pesticide for prevention of epidemics	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Insecticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Insecticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Rodenticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Other drug used for public health	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for general examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for blood analysis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for chemical analysis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for immunologic test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for microbiological examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for pathological examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Radiopharmaceutical for diagnosis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other reagent for diagnosis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Other reagent for diagnosis	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Strap	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other drug not for treatment	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Opiate alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Coca alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Synthetic narcotic	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Unclassifiable drug	Male	0	0.0	3	1.0	2	0.7	4	1.6	2	3.8	11	0.9
	Female	0	0.0	1	0.4	1	0.4	4	1.4	0	0.0	6	0.5
	Total	0	0.0	4	0.7	3	0.5	8	1.5	2	1.8	17	0.7
No use of drug	Male	125	43.7	116	39.3	88	29.3	39	15.3	5	9.4	373	31.4
	Female	121	41.2	93	32.9	67	24.5	36	12.6	2	3.4	319	26.7

(Continued)

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		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
No use of drug	Total	246	42.4	209	36.2	155	27.1	75	13.9	7	6.3	692	29.0
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0

## IV. Nutritional Examinations

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### Three days dietary record (3DR)

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods and dietary supplements were weighed separately with scales before or after cooked. If the subjects did not weigh foods, they asked to record food size by portion. The subjects were asked to take the photos before and after eating foods using disposable camera. The dietary records were checked and coded by nutritionists. The average intakes of food and nutrition per day were calculated according to the 5th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan and others. The substituted food composition table for Japanese foods were developed by National Cancer Center for the assessment of fatty acid intakes (Sasaki et al., *J Epidemiol*, 9: 190-207, 1999).

### Definition and categories of dietary supplement in NLS-LSA

Dietary supplement were defined as any products intended for ingestion as a supplement to the diet from unnatural food forms such as capsules, tablets, or powders, but not from functional foods or modified foods. It contains vitamins, minerals, herbs, botanicals, and other substances such as enzymes, organ tissues, metabolites, concentrates, and constituent extracts of these substances.

Dietary supplement was grouped into seven major categories according to primary nutrient contents. It contains vitamin, mineral, fat, protein, dietary fiber, others, and drug (which contains some nutrients, for example a remedy for the cold which containing vitamin C.)

### Dietary supplement frequency questionnaire (DSFQ)

Dietary supplement user was defined as a subject who used one or more dietary supplement one or more times in previous one year.

### Three days dietary record

#### 1) Food intake (3DR)

Cereals

Potatoes and starches

Sugars and sweeteners

Pulses

Nuts and seeds



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

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

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

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

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

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

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

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

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

Unsaturated fatty acids

n-6 fatty acids

n-3 fatty acids

Butyric acid

Hexanoic acid

Octanoic acid

Decanoic acid

Decenoic acid

Lauric acid

Myristic acid

Myristoleic acid

Pentadecanoic acid

Pentadecenoic acid

Palmitic acid

Palmitoleic acid

Hexadecatrienoic acid

Heptadecanoic acid

Heptadecenoic acid

Stearic acid

Oleic acid

Linoleic acid

Linolenic acid

$\gamma$ -Linolenic acid

Octadecatetraenic acid

Arachidic acid

Eicosenoic acid

Eicosadienoic acid

Eicosatrienoic acid

Eicosatetraenoic acid

Arachidonic acid

Eicosapentaenoic acid

Behenic acid

Docosenoic acid

Docosadienoic acid

Docosapentaenoic acid (n-3)

Docosapentaenoic acid (n-6)

Docosahexaenoic acid

Lignoceric acid

Tetracosenoic acid

Alcohol

4) State of using supplement in previous 1 year (Frequency questionnaire)

5) Number of dietary supplement consumed in the previous 1 year

6) Beverage intakes

Three days dietary record (3DR)

1) Food intake (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	591.8	153.8	179	579.2	150.4	148	562.2	150.4	198	521.3	130.8	163	479.9	97.7	30	560.4	148.0	718
Female	415.0	108.1	193	407.3	111.3	165	422.4	106.1	174	412.6	109.5	172	465.2	175.3	32	416.7	112.6	736
Total	500.1	158.8	372	488.6	156.7	313	496.8	148.8	372	465.5	131.9	335	472.3	142.1	62	487.6	149.7	1454

Potatoes and starches (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	87.2	63.3	179	67.0	52.6	148	77.0	54.2	198	71.3	47.9	163	57.3	43.2	30	75.3	55.1	718
Female	61.6	50.8	193	63.8	51.9	165	65.0	46.9	174	67.3	53.9	172	71.7	51.8	32	64.7	50.9	736
Total	73.9	58.5	372	65.3	52.2	313	71.3	51.2	372	69.2	51.0	335	64.7	48.0	62	69.9	53.2	1454

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.6	7.6	179	9.7	10.3	148	10.6	10.0	198	10.0	7.4	163	8.4	6.6	30	9.7	8.9	718
Female	10.0	8.5	193	10.2	10.1	165	11.5	10.3	174	9.9	8.6	172	10.3	8.5	32	10.4	9.4	736
Total	9.3	8.1	372	10.0	10.2	313	11.0	10.2	372	10.0	8.0	335	9.4	7.6	62	10.1	9.1	1454

Pulses (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	84.3	91.9	179	84.2	63.4	148	89.8	55.3	198	91.0	62.8	163	78.8	42.8	30	87.1	68.9	718
Female	72.9	71.1	193	86.3	73.3	165	76.7	50.4	174	82.6	60.9	172	88.0	101.0	32	79.7	66.6	736
Total	78.4	81.9	372	85.3	68.7	313	83.6	53.4	372	86.7	61.9	335	83.6	77.9	62	83.4	67.8	1454



## Nuts and seeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.8	12.3	179	5.0	9.0	148	5.6	7.9	198	4.6	7.1	163	7.9	18.7	30	5.2	9.9	718
Female	6.7	10.1	193	5.4	8.2	165	6.8	10.7	174	6.0	11.0	172	10.2	26.9	32	6.4	11.3	736
Total	5.8	11.2	372	5.2	8.6	313	6.2	9.3	372	5.3	9.3	335	9.1	23.1	62	5.8	10.6	1454

## Vegetables others (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	218.5	101.3	179	236.7	104.8	148	252.9	120.0	198	213.2	94.4	163	214.8	113.7	30	230.4	107.5	718
Female	183.0	81.2	193	210.3	95.5	165	210.2	93.6	174	212.0	91.8	172	208.1	131.3	32	203.4	93.0	736
Total	200.1	93.0	372	222.8	100.7	313	233.0	110.4	372	212.6	93.0	335	211.3	122.2	62	216.7	101.3	1454

## Vegetables dark green or yellow vegetables (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	100.1	67.7	179	117.4	76.8	148	144.6	75.7	198	126.4	76.4	163	118.0	84.7	30	122.7	76.2	718
Female	94.6	58.5	193	117.6	68.8	165	137.3	76.1	174	136.1	75.1	172	118.1	73.8	32	120.6	71.8	736
Total	97.2	63.1	372	117.5	72.6	313	141.2	75.9	372	131.4	75.8	335	118.1	78.6	62	121.6	74.0	1454

## Fruits (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	115.8	113.3	179	142.0	117.3	148	146.9	103.5	198	169.0	114.5	163	154.2	99.2	30	143.5	112.5	718
Female	125.1	108.1	193	159.3	100.5	165	178.5	115.3	174	210.5	131.6	172	184.7	153.0	32	168.0	120.1	736
Total	120.6	110.6	372	151.1	108.9	313	161.7	110.2	372	190.3	125.1	335	170.0	129.6	62	155.9	117.0	1454

## Mushrooms (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.9	19.5	179	17.6	15.4	148	20.5	18.1	198	16.7	18.2	163	14.8	14.7	30	18.2	17.9	718
Female	16.4	15.6	193	18.4	17.1	165	19.6	18.5	174	18.0	17.4	172	14.6	13.9	32	17.9	17.0	736
Total	17.1	17.6	372	18.0	16.3	313	20.1	18.3	372	17.4	17.8	335	14.7	14.2	62	18.0	17.4	1454

## Seaweeds (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.9	19.0	179	24.5	22.7	148	26.6	24.6	198	27.9	33.1	163	24.2	19.4	30	24.7	25.2	718
Female	18.4	21.9	193	22.7	29.3	165	26.9	26.8	174	30.1	29.3	172	23.4	17.6	32	24.3	26.8	736
Total	19.1	20.5	372	23.5	26.3	313	26.7	25.6	372	29.0	31.2	335	23.8	18.3	62	24.5	26.0	1454

## Fishes and shellfishes (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	100.9	59.1	179	119.1	57.6	148	118.5	56.0	198	112.7	54.8	163	113.5	48.7	30	112.7	56.9	718
Female	81.2	42.1	193	94.9	44.2	165	88.0	43.0	174	93.3	44.0	172	77.4	50.7	32	88.5	43.9	736
Total	90.7	51.8	372	106.4	52.3	313	104.2	52.6	372	102.7	50.5	335	94.9	52.6	62	100.5	52.1	1454

## Meats (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	132.5	63.8	179	114.3	52.5	148	100.4	54.0	198	84.4	50.8	163	59.0	43.3	30	105.9	58.6	718
Female	96.5	52.4	193	82.9	43.5	165	71.4	44.3	174	69.9	42.4	172	86.1	57.2	32	80.9	47.7	736
Total	113.8	60.8	372	97.7	50.4	313	86.8	51.7	372	77.0	47.2	335	73.0	52.4	62	93.2	54.8	1454

## Eggs (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	73.1	39.4	179	76.2	45.5	148	63.9	29.6	198	61.3	31.5	163	48.1	26.3	30	67.5	36.8	718
Female	55.4	28.7	193	55.8	30.2	165	54.3	26.7	174	59.4	33.0	172	64.9	31.2	32	56.6	29.8	736
Total	63.9	35.4	372	65.5	39.5	313	59.4	28.7	372	60.3	32.2	335	56.8	29.9	62	62.0	33.9	1454

## Milks (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	153.1	135.8	179	166.1	135.8	148	173.1	147.0	198	173.5	139.5	163	178.3	122.7	30	167.0	139.2	718
Female	172.6	109.5	193	172.5	108.3	165	185.9	122.0	174	178.0	121.2	172	185.8	143.6	32	177.5	116.5	736
Total	163.2	123.1	372	169.4	121.9	313	179.0	135.8	372	175.8	130.3	335	182.2	132.8	62	172.3	128.3	1454

## Fats and oils (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	46.3	46.6	179	46.5	50.2	148	35.5	50.4	198	22.0	34.5	163	26.2	37.6	30	37.0	46.6	718
Female	35.5	42.9	193	26.1	33.8	165	24.5	33.6	174	29.7	43.8	172	40.7	43.6	32	29.7	39.4	736
Total	40.7	45.0	372	35.7	43.5	313	30.4	43.6	372	26.0	39.7	335	33.7	41.1	62	33.3	43.3	1454

## Confectioneries (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	56.0	60.1	179	40.0	43.1	148	43.8	47.9	198	42.3	46.4	163	36.7	33.9	30	45.4	49.8	718
Female	65.7	45.8	193	64.5	47.0	165	53.4	40.9	174	54.3	50.0	172	61.6	58.3	32	59.7	46.8	736
Total	61.0	53.3	372	52.9	46.8	313	48.3	45.0	372	48.5	48.6	335	49.5	49.3	62	52.6	48.8	1454

## Beverages (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1192.8	551.9	179	1133.2	573.8	148	1059.5	489.8	198	894.3	420.9	163	683.6	392.4	30	1054.7	522.4	718
Female	823.9	427.3	193	901.5	401.5	165	853.0	410.0	174	743.3	354.3	172	651.6	315.3	32	821.9	401.2	736
Total	1001.4	524.1	372	1011.1	503.3	313	962.9	465.2	372	816.8	394.9	335	667.1	352.1	62	936.8	479.2	1454

## Seasonings and spices (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	213.9	169.0	179	181.7	125.4	148	151.3	115.4	198	112.3	95.9	163	103.9	105.0	30	162.3	134.1	718
Female	131.4	102.3	193	112.5	79.1	165	108.5	88.2	174	109.2	80.2	172	123.1	104.7	32	116.2	89.5	736
Total	171.1	144.3	372	145.2	109.1	313	131.3	105.6	372	110.7	88.0	335	113.8	104.4	62	139.0	116.0	1454

## 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	284.2	298.5	179	266.0	319.3	148	349.6	322.8	198	278.8	306.8	163	242.5	266.2	30	295.5	311.4	718
Female	307.2	298.9	193	270.2	272.9	165	349.5	375.7	174	292.8	271.7	172	299.9	267.0	32	305.2	306.8	736
Total	296.2	298.5	372	268.2	295.3	313	349.5	348.1	372	286.0	288.9	335	272.2	266.0	62	300.4	309.0	1454

2) Nutrition intake from foods (3DR)

Nutrition intake from foods  
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	2336.7	381.9	179	2350.5	376.5	148	2304.9	398.6	198	2095.0	406.9	163	1922.1	273.9	30	2258.6	405.0	718
Female	1909.7	322.7	193	1861.2	293.8	165	1848.8	319.4	174	1779.6	277.1	172	1759.0	351.3	32	1847.5	309.9	736
Total	2115.1	411.7	372	2092.6	414.7	313	2091.6	428.8	372	1933.1	380.2	335	1837.9	324.2	62	2050.5	414.5	1454

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	2404.1	646.7	179	2408.5	632.9	148	2514.8	644.9	198	2260.6	619.7	163	1897.1	574.8	30	2381.8	647.0	718
Female	1977.9	537.4	193	2145.9	512.7	165	2230.2	637.0	174	2073.3	529.7	172	1922.3	571.1	32	2095.1	564.4	736
Total	2183.0	629.0	372	2270.1	586.6	313	2381.7	656.0	372	2164.4	582.0	335	1910.1	568.3	62	2236.6	623.1	1454

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	82.3	15.1	179	84.8	15.8	148	86.6	17.9	198	81.2	16.8	163	74.1	13.2	30	83.4	16.6	718
Female	69.8	12.5	193	71.2	13.1	165	70.4	13.7	174	69.9	13.6	172	64.8	11.6	32	70.1	13.2	736
Total	75.8	15.1	372	77.6	15.9	313	79.0	18.0	372	75.4	16.2	335	69.3	13.2	62	76.6	16.4	1454

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	66.0	16.7	179	64.3	16.3	148	58.6	15.6	198	51.1	14.7	163	48.3	13.9	30	59.5	16.8	718
Female	60.8	15.0	193	55.3	13.4	165	50.6	13.8	174	47.9	12.4	172	43.6	11.5	32	53.4	14.6	736
Total	63.3	16.0	372	59.6	15.5	313	54.9	15.3	372	49.4	13.6	335	45.9	12.8	62	56.4	16.0	1454