

Icosatrienoic 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	29.2	10.3	179	29.5	11.4	148	28.4	11.5	198	25.9	9.3	163	23.6	9.6	30	28.0	10.7	718
Female	26.6	11.3	193	24.7	9.0	165	23.8	9.1	174	22.9	9.1	172	21.3	7.5	32	24.4	9.8	736
Total	27.8	10.9	372	27.0	10.5	313	26.2	10.7	372	24.4	9.3	335	22.4	8.6	62	26.2	10.4	1454

Icosatetraenoic 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	34.4	35.8	179	47.0	43.0	148	43.7	34.6	198	43.6	46.4	163	45.9	39.6	30	42.1	40.0	718
Female	27.1	26.4	193	32.4	31.6	165	33.4	28.7	174	35.5	31.0	172	26.6	42.2	32	31.7	30.1	736
Total	30.6	31.5	372	39.3	38.0	313	38.9	32.3	372	39.4	39.4	335	35.9	41.8	62	36.9	35.7	1454

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	167.7	57.5	179	179.4	69.9	148	169.1	57.5	198	156.6	58.3	163	150.6	59.7	30	167.3	60.9	718
Female	146.0	51.6	193	142.4	55.8	165	141.4	56.3	174	141.1	60.0	172	119.5	52.6	32	141.8	55.8	736
Total	156.4	55.5	372	159.9	65.4	313	156.1	58.5	372	148.6	59.6	335	134.6	57.8	62	154.4	59.7	1454

Icosapentaenoic 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	261.7	218.6	179	389.2	336.8	148	373.3	245.8	198	365.3	343.4	163	407.6	254.5	30	348.4	289.1	718
Female	222.8	192.7	193	273.1	220.9	165	288.4	221.9	174	300.2	214.5	172	216.3	246.4	32	267.4	215.5	736
Total	241.5	206.2	372	328.0	287.2	313	333.6	238.4	372	331.9	286.0	335	308.9	266.4	62	307.4	257.7	1454

Henicosapentaenoic 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	6.7	9.7	179	10.0	14.4	148	10.3	12.1	198	10.2	17.7	163	8.6	7.0	30	9.2	13.4	718
Female	5.7	7.2	193	7.6	9.5	165	7.7	8.8	174	7.4	9.8	172	4.7	7.8	32	6.9	8.8	736
Total	6.2	8.5	372	8.7	12.1	313	9.1	10.7	372	8.8	14.2	335	6.6	7.6	62	8.1	11.4	1454

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	0.1	0.3	179	0.1	0.3	148	0.1	0.2	198	0.1	0.3	163	0.0	0.1	30	0.1	0.3	718
Female	0.1	0.3	193	0.1	0.3	165	0.1	0.2	174	0.1	0.3	172	0.1	0.3	32	0.1	0.3	736
Total	0.1	0.3	372	0.1	0.3	313	0.1	0.2	372	0.1	0.3	335	0.1	0.2	62	0.1	0.3	1454

Docosatetraenoic 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	11.7	5.7	179	12.1	6.1	148	11.2	5.5	198	10.0	5.8	163	8.5	3.6	30	11.1	5.7	718
Female	9.6	5.1	193	9.1	4.8	165	9.1	4.9	174	8.2	4.5	172	7.1	3.7	32	8.9	4.8	736
Total	10.6	5.5	372	10.5	5.6	313	10.2	5.4	372	9.1	5.3	335	7.8	3.7	62	10.0	5.4	1454

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	84.0	74.1	179	109.9	86.2	148	107.8	71.9	198	111.2	93.9	163	116.0	81.8	30	103.4	81.8	718
Female	68.2	55.2	193	80.2	65.2	165	84.7	61.4	174	87.4	65.1	172	67.7	84.7	32	79.3	63.1	736
Total	75.8	65.4	372	94.3	77.2	313	97.0	68.1	372	99.0	81.2	335	91.1	86.2	62	91.2	73.9	1454

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	9.7	9.3	179	13.4	14.6	148	13.3	11.7	198	13.2	14.7	163	11.7	7.0	30	12.3	12.5	718
Female	8.0	7.2	193	10.7	9.6	165	10.1	9.0	174	10.5	10.0	172	7.3	9.4	32	9.7	9.0	736
Total	8.8	8.3	372	12.0	12.3	313	11.8	10.6	372	11.8	12.5	335	9.4	8.5	62	11.0	11.0	1454

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	497.2	364.4	179	697.2	549.8	148	666.7	406.9	198	652.6	535.4	163	680.8	405.9	30	628.1	466.7	718
Female	421.9	316.2	193	493.2	365.3	165	523.0	362.5	174	542.2	360.1	172	387.4	389.7	32	488.4	354.9	736
Total	458.1	341.9	372	589.7	472.2	313	599.5	392.9	372	595.9	456.6	335	529.3	421.2	62	557.4	419.6	1454

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	16.9	20.6	179	22.0	26.8	148	19.6	26.5	198	10.7	14.4	163	7.5	10.2	30	16.9	22.7	718
Female	4.1	8.5	193	3.4	8.6	165	2.2	3.9	174	1.6	4.9	172	1.3	2.7	32	2.8	6.8	736
Total	10.3	16.8	372	12.2	21.6	313	11.4	21.3	372	6.0	11.5	335	4.3	7.9	62	9.8	18.1	1454

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	2336.7	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	2236.7	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	82.5	15.3	179	84.9	15.7	148	86.8	17.9	198	81.4	16.9	163	74.2	13.4	30	83.6	16.6	718
Female	70.2	12.9	193	71.7	13.7	165	70.9	13.5	174	70.2	13.4	172	65.0	11.7	32	70.5	13.4	736
Total	76.1	15.4	372	78.0	16.1	313	79.4	17.8	372	75.7	16.2	335	69.5	13.3	62	77.0	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	64.4	16.2	148	58.9	15.7	198	51.2	14.6	163	48.4	13.9	30	59.6	16.8	718
Female	60.8	15.0	193	55.5	13.5	165	50.8	13.8	174	48.0	12.3	172	43.6	11.5	32	53.5	14.6	736
Total	63.3	16.0	372	59.7	15.5	313	55.1	15.4	372	49.5	13.6	335	45.9	12.8	62	56.5	16.0	1454

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	315.0	61.0	179	311.6	62.1	148	317.8	63.5	198	303.8	62.3	163	280.4	45.0	30	311.1	62.0	718
Female	258.4	47.6	193	260.3	49.0	165	272.5	50.9	174	263.1	47.1	172	272.2	68.6	32	263.9	49.8	736
Total	285.6	61.3	372	284.6	61.1	313	296.6	62.2	372	282.9	58.6	335	276.2	58.0	62	287.2	60.9	1454

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	3.8	179	20.3	4.2	148	22.0	4.6	198	20.5	4.6	163	19.7	4.9	30	20.6	4.5	718
Female	17.2	3.3	193	18.6	3.7	165	18.9	3.9	174	19.0	4.9	172	17.3	3.2	32	18.3	4.0	736
Total	18.3	3.7	372	19.4	4.0	313	20.5	4.6	372	19.7	4.8	335	18.5	4.2	62	19.4	4.4	1454

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	4574	847	179	4761	994	148	4980	1099	198	4740	985	163	4537	949	30	4761	996	718
Female	3951	760	193	4104	662	165	4160	773	174	4276	847	172	3894	674	32	4108	769	736
Total	4251	860	372	4415	896	313	4596	1043	372	4501	944	335	4205	874	62	4430	946	1454

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	2600	622	179	2736	621	148	3048	699	198	2902	731	163	2589	783	30	2820	698	718
Female	2365	523	193	2645	550	165	2755	660	174	2659	604	172	2489	599	32	2594	603	736
Total	2478	584	372	2688	585	313	2911	696	372	2777	679	335	2537	691	62	2705	661	1454

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	563.2	202.8	179	598.6	194.2	148	689.9	243.7	198	660.3	256.6	163	614.0	221.4	30	629.6	231.6	718
Female	585.1	353.5	193	610.9	210.5	165	632.5	222.5	174	618.6	222.8	172	632.5	208.3	32	612.0	260.5	736
Total	574.6	290.7	372	605.1	202.7	313	663.1	235.5	372	638.9	240.4	335	623.5	213.2	62	620.7	246.7	1454

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	281.8	71.3	179	301.8	66.3	148	330.8	75.8	198	310.9	80.4	163	280.8	73.1	30	306.0	76.0	718
Female	254.5	62.7	193	274.1	63.1	165	283.0	64.9	174	275.7	61.6	172	258.0	65.4	32	270.7	64.0	736
Total	267.6	68.3	372	287.2	66.0	313	308.4	74.7	372	292.9	73.4	335	269.0	69.6	62	288.2	72.3	1454

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	1176	233	179	1223	237	148	1296	284	198	1220	293	163	1106	234	30	1226	267	718
Female	1026	203	193	1062	205	165	1074	242	174	1066	234	172	1013	195	32	1054	221	736
Total	1098	230	372	1138	235	313	1192	287	372	1141	275	335	1058	218	62	1139	259	1454

Iron (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	2.4	179	9.6	2.4	148	10.5	2.7	198	10.0	2.7	163	9.0	2.7	30	9.8	2.6	718
Female	8.7	5.2	193	8.8	2.4	165	9.3	2.4	174	9.4	2.8	172	8.9	2.5	32	9.0	3.4	736
Total	8.8	4.1	372	9.2	2.4	313	9.9	2.6	372	9.7	2.8	335	9.0	2.5	62	9.4	3.1	1454

Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	1.9	179	9.1	2.0	148	9.6	2.1	198	9.0	2.2	163	8.5	1.8	30	9.1	2.1	718
Female	8.2	5.3	193	7.9	2.0	165	8.1	2.2	174	7.6	1.4	172	7.6	1.7	32	7.9	3.2	736
Total	8.6	4.0	372	8.4	2.1	313	8.9	2.3	372	8.3	2.0	335	8.0	1.8	62	8.5	2.7	1454

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	1.28	0.31	179	1.84	5.77	148	1.48	0.35	198	1.40	0.33	163	1.31	0.29	30	1.48	2.64	718
Female	1.21	0.86	193	1.21	0.29	165	1.26	0.27	174	1.24	0.25	172	1.20	0.33	32	1.23	0.50	736
Total	1.24	0.66	372	1.51	3.98	313	1.37	0.33	372	1.32	0.30	335	1.25	0.31	62	1.35	1.89	1454

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	4.07	1.40	179	4.34	1.43	148	4.69	1.43	198	4.53	1.65	163	4.06	1.52	30	4.40	1.49	718
Female	3.40	1.28	193	4.01	1.24	165	4.43	2.01	174	4.19	1.68	172	3.96	1.48	32	3.99	1.62	736
Total	3.72	1.38	372	4.16	1.34	313	4.57	1.73	372	4.36	1.67	335	4.01	1.49	62	4.19	1.57	1454

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	250	466	179	354	744	148	328	684	198	309	769	163	196	176	30	304	658	718
Female	260	593	193	194	218	165	229	403	174	376	1102	172	365	787	32	270	674	736
Total	256	535	372	270	541	313	282	572	372	344	954	335	283	581	62	287	666	1454

 α -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	426	336	179	372	280	148	428	315	198	401	449	163	347	274	30	406	347	718
Female	357	325	193	333	248	165	413	320	174	393	328	172	262	197	32	369	306	736
Total	390	332	372	351	264	313	421	317	372	397	391	335	303	239	62	387	327	1454

 β -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	2798	1796	179	2824	1557	148	3735	1942	198	3562	2042	163	3318	2124	30	3257	1906	718
Female	2673	1650	193	3008	1549	165	3520	1852	174	3528	1695	172	2651	1399	32	3147	1716	736
Total	2733	1720	372	2921	1553	313	3634	1901	372	3544	1870	335	2974	1803	62	3201	1813	1454

Cryptoxanthin (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	230	576	179	375	763	148	324	717	198	339	674	163	486	715	30	321	686	718
Female	416	645	193	386	656	165	504	883	174	574	1072	172	401	674	32	466	825	736
Total	326	619	372	381	707	313	408	803	372	460	907	335	442	690	62	395	763	1454

β -Carotene 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	3466	2199	179	3325	1786	148	4295	2129	198	4036	2259	163	3820	2361	30	3810	2152	718
Female	3578	3976	193	4725	12608	165	4253	2155	174	4241	2113	172	3131	1580	32	4131	6484	736
Total	3524	3241	372	4063	9249	313	4276	2138	372	4142	2184	335	3464	2010	62	3972	4856	1454

Retinol activity 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	586	538	179	646	773	148	719	729	198	667	794	163	520	286	30	650	700	718
Female	639	895	193	706	2113	165	615	456	174	773	1126	172	633	868	32	679	1259	736
Total	613	745	372	678	1622	313	670	618	372	721	978	335	579	652	62	665	1022	1454

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	8.1	6.5	179	10.0	6.3	148	10.8	6.8	198	10.2	6.7	163	11.4	7.4	30	9.8	6.7	718
Female	7.1	5.1	193	7.8	5.0	165	8.1	5.7	174	8.7	6.2	172	8.0	5.6	32	7.9	5.5	736
Total	7.6	5.9	372	8.9	5.8	313	9.5	6.5	372	9.4	6.5	335	9.6	6.7	62	8.9	6.2	1454

α -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8	3	179	8	2	148	8	2	198	8	2	163	8	3	30	8	2	718
Female	7	2	193	8	2	165	8	2	174	7	2	172	7	2	32	7	2	736
Total	8	2	372	8	2	313	8	2	372	7	2	335	7	3	62	8	2	1454

β -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			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	179	0	0	148	0	0	198	0	0	163	0	0	30	0	0	718
Female	0	0	193	0	0	165	0	0	174	0	0	172	0	0	32	0	0	736
Total	0	0	372	0	0	313	0	0	372	0	0	335	0	0	62	0	0	1454

γ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13	5	179	13	4	148	12	4	198	11	4	163	10	4	30	12	4	718
Female	12	4	193	11	3	165	10	4	174	10	3	172	10	4	32	11	4	736
Total	12	4	372	12	4	313	11	4	372	10	4	335	10	4	62	11	4	1454

δ -Tocopherols (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3	1	179	3	1	148	3	1	198	3	1	163	3	1	30	3	1	718
Female	3	1	193	3	1	165	3	1	174	3	1	172	3	1	32	3	1	736
Total	3	1	372	3	1	313	3	1	372	3	1	335	3	1	62	3	1	1454

α -Tocopherol equivalents (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11	10	179	14	36	148	16	34	198	15	27	163	15	34	30	14	29	718
Female	15	28	193	18	48	165	14	20	174	14	24	172	10	10	32	15	31	736
Total	13	22	372	16	43	313	15	28	372	14	26	335	12	24	62	15	30	1454

Vitamin K (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	201	127	179	224	121	148	290	256	198	251	129	163	253	141	30	244	175	718
Female	191	90	193	212	107	165	235	128	174	239	195	172	175	102	32	217	135	736
Total	196	110	372	218	114	313	264	208	372	245	166	335	212	127	62	230	157	1454

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	3.62	25.68	179	1.70	4.43	148	3.56	12.98	198	4.50	13.54	163	3.61	11.56	30	3.41	16.18	718
Female	1.60	3.23	193	1.41	2.67	165	3.02	9.50	174	5.20	18.52	172	7.17	23.87	32	2.97	11.50	736
Total	2.57	17.97	372	1.55	3.60	313	3.31	11.47	372	4.86	16.27	335	5.45	18.88	62	3.19	14.00	1454

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.63	12.29	179	1.66	0.98	148	2.09	4.48	198	3.33	19.27	163	1.76	2.51	30	2.40	11.30	718
Female	1.92	3.78	193	1.95	2.94	165	2.38	7.85	174	2.42	3.69	172	2.78	4.35	32	2.19	4.92	736
Total	2.26	8.94	372	1.81	2.24	313	2.23	6.28	372	2.86	13.68	335	2.29	3.59	62	2.30	8.67	1454

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	28.0	101.5	179	21.9	11.2	148	21.3	9.9	198	20.3	9.4	163	16.8	6.2	30	22.7	51.4	718
Female	17.6	10.0	193	17.5	7.3	165	24.4	98.4	174	17.6	10.6	172	17.1	15.6	32	19.1	48.6	736
Total	22.6	70.8	372	19.6	9.6	313	22.8	67.6	372	18.9	10.1	335	17.0	11.9	62	20.9	50.0	1454

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.69	11.19	179	1.77	2.52	148	3.58	11.48	198	4.37	12.73	163	1.64	2.04	30	3.09	10.31	718
Female	1.79	3.25	193	2.00	5.02	165	4.90	24.01	174	4.26	11.60	172	3.61	9.99	32	3.23	13.47	736
Total	2.22	8.11	372	1.89	4.03	313	4.20	18.42	372	4.31	12.15	335	2.66	7.32	62	3.16	12.01	1454

Vitamin B12 (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.5	68.5	179	13.5	41.5	148	47.8	268.4	198	44.7	202.5	163	64.3	275.0	30	32.6	184.2	718
Female	10.7	38.2	193	14.5	70.5	165	30.9	158.4	174	50.2	219.2	172	9.2	15.1	32	25.5	137.2	736
Total	13.0	54.9	372	14.0	58.5	313	39.9	223.7	372	47.5	210.9	335	35.8	192.0	62	29.0	162.1	1454

Folate (μ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	310	103	179	353	128	148	392	124	198	377	138	163	345	133	30	358	127	718
Female	313	215	193	335	99	165	374	128	174	367	150	172	336	135	32	346	157	736
Total	312	170	372	344	114	313	384	126	372	372	144	335	340	133	62	352	143	1454

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	6.32	1.68	179	6.37	1.59	148	7.10	4.27	198	6.40	2.11	163	5.80	1.63	30	6.54	2.73	718
Female	5.97	4.81	193	5.92	3.05	165	6.33	3.92	174	6.00	2.63	172	6.04	3.85	32	6.06	3.74	736
Total	6.14	3.66	372	6.13	2.48	313	6.74	4.12	372	6.20	2.40	335	5.93	2.97	62	6.30	3.29	1454

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	130.9	138.8	179	161.1	218.8	148	188.2	295.4	198	140.9	110.2	163	120.7	76.3	30	154.8	205.2	718
Female	136.8	155.5	193	193.3	318.5	165	190.2	253.9	174	151.9	134.2	172	125.5	69.3	32	165.1	221.8	736
Total	134.0	147.6	372	178.1	276.0	313	189.2	276.4	372	146.6	123.0	335	123.1	72.2	62	160.0	213.7	1454

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	378.8	140.1	179	393.2	148.8	148	384.4	135.5	198	360.2	125.9	163	316.9	148.0	30	376.5	138.6	718
Female	330.8	113.0	193	317.1	106.8	165	308.0	122.2	174	319.4	131.6	172	296.6	132.9	32	318.2	119.4	736
Total	353.9	128.9	372	353.0	133.7	313	348.7	134.8	372	339.2	130.3	335	306.4	139.6	62	347.0	132.5	1454

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	3.3	1.0	179	3.5	1.2	148	4.1	1.6	198	3.8	1.3	163	3.6	1.6	30	3.7	1.4	718
Female	3.3	1.0	193	3.5	0.9	165	3.7	1.1	174	3.6	1.0	172	3.2	1.0	32	3.5	1.0	736
Total	3.3	1.0	372	3.5	1.0	313	4.0	1.4	372	3.7	1.1	335	3.4	1.4	62	3.6	1.2	1454

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	10.1	3.1	179	10.9	3.4	148	12.8	3.4	198	12.3	3.7	163	11.6	4.2	30	11.6	3.6	718
Female	9.8	2.7	193	10.9	2.7	165	12.2	3.2	174	11.5	2.7	172	10.9	3.5	32	11.0	3.0	736
Total	9.9	2.9	372	10.9	3.0	313	12.5	3.3	372	11.9	3.3	335	11.2	3.8	62	11.3	3.3	1454

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	14.1	4.1	179	15.1	4.6	148	18.0	5.0	198	17.5	8.2	163	16.1	5.9	30	16.2	5.9	718
Female	13.7	3.8	193	15.1	3.7	165	17.0	4.3	174	17.0	9.5	172	15.0	4.4	32	15.6	5.9	736
Total	13.9	4.0	372	15.1	4.1	313	17.6	4.7	372	17.3	8.9	335	15.6	5.1	62	15.9	5.9	1454

Salt equivalents (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	2.1	179	11.9	2.5	148	12.5	2.8	198	11.8	2.5	163	11.3	2.4	30	11.9	2.5	718
Female	9.9	1.9	193	10.2	1.7	165	10.3	2.0	174	10.7	2.1	172	9.7	1.7	32	10.3	1.9	736
Total	10.6	2.2	372	11.0	2.3	313	11.5	2.6	372	11.2	2.3	335	10.5	2.2	62	11.1	2.4	1454

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	2.4	179	11.2	2.6	148	11.5	2.5	198	10.8	2.5	163	9.5	1.8	30	11.1	2.5	718
Female	9.2	1.9	193	9.4	2.0	165	9.3	2.0	174	9.1	2.0	172	8.6	1.8	32	9.2	2.0	736
Total	10.0	2.3	372	10.3	2.4	313	10.5	2.5	372	10.0	2.4	335	9.0	1.9	62	10.1	2.4	1454

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	3414	698	179	3557	744	148	3648	807	198	3433	784	163	3192	630	30	3503	763	718
Female	2938	584	193	2988	618	165	2968	631	174	2939	632	172	2759	559	32	2949	613	736
Total	3167	683	372	3257	736	313	3330	804	372	3179	751	335	2968	628	62	3223	744	1454

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	5977	1192	179	6204	1265	148	6359	1386	198	5981	1338	163	5539	1042	30	6112	1303	718
Female	5158	1009	193	5212	1055	165	5176	1079	174	5110	1071	172	4827	947	32	5149	1048	736
Total	5552	1173	372	5681	1259	313	5806	1383	372	5534	1283	335	5172	1049	62	5625	1275	1454

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	4896	1193	179	5181	1265	148	5328	1327	198	5001	1326	163	4667	1039	30	5088	1281	718
Female	4164	950	193	4297	1016	165	4245	1034	174	4253	1051	172	3940	912	32	4224	1008	736
Total	4517	1133	372	4715	1222	313	4822	1314	372	4617	1248	335	4291	1034	62	4651	1229	1454

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	1799	394	179	1890	420	148	1919	445	198	1798	429	163	1668	334	30	1845	424	718
Female	1522	318	193	1544	338	165	1528	349	174	1521	352	172	1421	292	32	1524	337	736
Total	1655	382	372	1708	416	313	1736	448	372	1656	415	335	1541	334	62	1682	415	1454

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	1245	222	179	1273	237	148	1297	257	198	1223	229	163	1107	189	30	1254	239	718
Female	1066	182	193	1072	200	165	1070	200	174	1047	192	172	1029	286	32	1062	198	736
Total	1153	221	372	1167	240	313	1191	258	372	1133	228	335	1067	245	62	1157	239	1454

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	3048	593	179	3168	638	148	3221	691	198	3025	644	163	2781	509	30	3104	646	718
Female	2592	487	193	2613	517	165	2601	536	174	2573	534	172	2408	468	32	2586	516	736
Total	2811	586	372	2876	640	313	2931	695	372	2793	631	335	2589	519	62	2842	639	1454

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	3449	655	179	3566	699	148	3661	759	198	3455	731	163	3185	556	30	3522	715	718
Female	2976	555	193	3006	579	165	3003	595	174	2957	588	172	2791	542	32	2977	578	736
Total	3203	649	372	3271	696	313	3354	761	372	3199	706	335	2981	579	62	3246	704	1454

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	2615	533	179	2714	563	148	2798	599	198	2631	592	163	2444	461	30	2682	574	718
Female	2239	450	193	2271	467	165	2270	490	174	2247	476	172	2134	443	32	2251	469	736
Total	2420	526	372	2481	559	313	2551	610	372	2434	569	335	2284	475	62	2464	566	1454

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	6066	1183	179	6284	1258	148	6462	1354	198	6089	1320	163	5627	1016	30	6207	1286	718
Female	5217	1002	193	5279	1042	165	5276	1080	174	5205	1062	172	4925	982	32	5229	1043	736
Total	5625	1171	372	5754	1252	313	5907	1367	372	5635	1272	335	5265	1051	62	5712	1267	1454

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	2975	630	179	3131	680	148	3199	721	198	3007	701	163	2789	538	30	3069	686	718
Female	2541	515	193	2600	546	165	2579	560	174	2564	564	172	2394	502	32	2562	544	736
Total	2750	612	372	2851	667	313	2909	720	372	2779	671	335	2585	553	62	2812	668	1454

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	907	183	179	942	194	148	970	207	198	915	203	163	847	157	30	931	197	718
Female	777	150	193	791	158	165	790	163	174	783	161	172	740	150	32	783	158	736
Total	839	178	372	862	191	313	886	208	372	847	194	335	792	161	62	856	193	1454

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	4019	801	179	4183	856	148	4304	925	198	4057	902	163	3779	728	30	4130	877	718
Female	3453	675	193	3502	708	165	3506	735	174	3468	726	172	3288	646	32	3473	707	736
Total	3725	790	372	3824	851	313	3931	930	372	3754	867	335	3525	725	62	3797	860	1454

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	2508	664	179	2675	711	148	2685	709	198	2548	717	163	2318	524	30	2592	698	718
Female	2100	509	193	2168	552	165	2147	543	174	2120	579	172	1900	469	32	2122	543	736
Total	2296	622	372	2408	680	313	2433	690	372	2328	683	335	2102	535	62	2355	667	1454

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4473	959	179	4694	1024	148	4806	1040	198	4526	1022	163	4177	728	30	4610	1012	718
Female	3740	793	193	3845	814	165	3835	815	174	3851	820	172	3630	875	32	3807	813	736
Total	4093	950	372	4247	1011	313	4352	1058	372	4180	983	335	3894	847	62	4204	1001	1454

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	3783	818	179	3994	877	148	4087	921	198	3836	887	163	3571	718	30	3914	881	718
Female	3174	640	193	3255	694	165	3238	700	174	3244	713	172	3053	666	32	3219	685	736
Total	3467	791	372	3605	868	313	3690	926	372	3532	854	335	3304	734	62	3562	861	1454

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	6901	1497	179	7324	1619	148	7577	1677	198	7140	1680	163	6625	1263	30	7218	1627	718
Female	5851	1196	193	6083	1286	165	6135	1323	174	6141	1328	172	5889	1333	32	6039	1286	736
Total	6356	1446	372	6670	1578	313	6903	1682	372	6627	1588	335	6245	1341	62	6621	1578	1454

Glutamic 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	14.393	2.659	179	14.588	2.703	148	14.863	3.169	198	13.920	2.851	163	12.577	2.111	30	14.379	2.878	718
Female	12.624	2.285	193	12.624	2.329	165	12.428	2.431	174	12.036	2.306	172	11.062	1.824	32	12.372	2.340	736
Total	13.475	2.622	372	13.553	2.694	313	13.724	3.093	372	12.953	2.749	335	11.795	2.095	62	13.363	2.805	1454

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	3233	736	179	3393	755	148	3443	775	198	3233	769	163	2971	546	30	3313	759	718
Female	2719	564	193	2801	609	165	2732	583	174	2733	604	172	2546	551	32	2736	588	736
Total	2966	701	372	3081	742	313	3110	777	372	2976	732	335	2752	585	62	3021	736	1454

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	4717	1000	179	4669	949	148	4702	1127	198	4411	1009	163	3978	806	30	4602	1034	718
Female	4288	860	193	4168	835	165	4054	908	174	3848	818	172	3516	663	32	4069	870	736
Total	4495	953	372	4405	924	313	4399	1079	372	4122	957	335	3740	766	62	4333	991	1454

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	3426	653	179	3555	701	148	3633	758	198	3432	716	163	3161	582	30	3500	712	718
Female	2968	548	193	2999	573	165	2995	611	174	2952	592	172	2785	548	32	2970	579	736
Total	3188	642	372	3262	694	313	3334	762	372	3186	697	335	2967	591	62	3231	700	1454

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	54.73	14.90	179	54.06	15.64	148	48.60	13.37	198	42.26	12.79	163	40.16	12.19	30	49.46	14.98	718
Female	50.16	13.12	193	45.87	11.81	165	42.00	13.28	174	39.30	10.94	172	35.85	10.06	32	44.11	13.02	736
Total	52.35	14.17	372	49.74	14.33	313	45.52	13.71	372	40.74	11.95	335	37.94	11.26	62	46.75	14.27	1454

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	17.14	5.23	179	16.82	5.42	148	15.53	5.66	198	13.47	4.90	163	12.74	4.46	30	15.61	5.49	718
Female	16.82	5.21	193	15.11	5.05	165	13.55	4.74	174	12.37	4.57	172	11.79	3.46	32	14.40	5.15	736
Total	16.97	5.22	372	15.92	5.29	313	14.60	5.34	372	12.91	4.76	335	12.25	3.97	62	15.00	5.35	1454

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	23.19	7.07	179	22.40	6.49	148	19.77	5.99	198	16.80	5.60	163	15.90	5.72	30	20.33	6.78	718
Female	20.81	6.04	193	18.79	5.22	165	16.83	5.95	174	15.70	4.78	172	13.53	4.45	32	17.91	5.89	736
Total	21.95	6.66	372	20.50	6.12	313	18.39	6.14	372	16.23	5.22	335	14.67	5.20	62	19.10	6.46	1454

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	14.33	4.37	179	14.76	7.46	148	13.24	3.41	198	11.94	3.58	163	11.49	3.59	30	13.46	4.90	718
Female	12.43	3.18	193	11.91	2.97	165	11.51	4.11	174	11.18	3.09	172	10.51	3.81	32	11.72	3.42	736
Total	13.35	3.91	372	13.26	5.74	313	12.43	3.85	372	11.55	3.35	335	10.98	3.71	62	12.58	4.30	1454

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	37.52	10.64	179	37.16	11.65	148	33.02	8.63	198	28.73	8.66	163	27.38	8.55	30	33.78	10.48	718
Female	33.24	8.67	193	30.70	7.52	165	28.34	9.64	174	26.88	7.16	172	24.04	7.62	32	29.62	8.70	736
Total	35.30	9.89	372	33.75	10.21	313	30.83	9.40	372	27.78	7.97	335	25.65	8.19	62	31.68	9.84	1454

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	11.71	3.77	179	11.30	3.05	148	10.49	2.81	198	9.36	2.87	163	8.84	2.98	30	10.64	3.27	718
Female	10.21	2.58	193	9.61	2.52	165	9.10	3.03	174	8.87	2.58	172	8.61	3.28	32	9.43	2.76	736
Total	10.93	3.29	372	10.41	2.90	313	9.84	2.99	372	9.11	2.73	335	8.72	3.12	62	10.02	3.08	1454

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	2.59	1.01	179	3.42	6.40	148	2.71	1.01	198	2.53	1.35	163	2.62	1.02	30	2.78	3.08	718
Female	2.19	0.87	193	2.26	0.85	165	5.82	45.60	174	2.26	0.91	172	1.87	0.95	32	3.07	22.19	736
Total	2.38	0.96	372	2.81	4.47	313	4.16	31.18	372	2.39	1.15	335	2.23	1.04	62	2.93	15.93	1454

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	181.9	158.3	179	151.7	148.1	148	192.3	187.1	198	173.3	164.4	163	166.5	148.3	30	176.0	166.0	718
Female	246.0	168.2	193	218.4	163.0	165	208.3	188.8	174	182.2	181.4	172	197.6	173.5	32	213.9	176.5	736
Total	215.2	166.4	372	186.9	159.4	313	199.8	187.8	372	177.9	173.1	335	182.6	161.2	62	195.1	172.4	1454

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	117.6	102.5	179	99.3	95.7	148	124.2	121.2	198	112.1	105.8	163	108.3	95.4	30	114.0	107.2	718
Female	157.1	107.3	193	139.5	103.6	165	132.2	119.8	174	116.7	116.4	172	127.1	110.0	32	136.5	112.5	736
Total	138.0	106.7	372	120.5	101.8	313	127.9	120.5	372	114.5	111.2	335	118.0	102.8	62	125.4	110.5	1454

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.0	1.2	179	0.9	1.1	148	1.1	1.3	198	1.0	1.2	163	1.0	1.1	30	1.0	1.2	718
Female	1.2	1.1	193	1.1	1.1	165	1.2	1.2	174	1.1	1.2	172	1.4	1.4	32	1.2	1.2	736
Total	1.1	1.2	372	1.0	1.1	313	1.1	1.2	372	1.0	1.2	335	1.2	1.2	62	1.1	1.2	1454

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	1.0	1.2	179	0.9	1.1	148	1.1	1.3	198	1.0	1.2	163	1.0	1.1	30	1.0	1.2	718
Female	1.2	1.1	193	1.1	1.1	165	1.2	1.2	174	1.1	1.2	172	1.4	1.4	32	1.2	1.2	736
Total	1.1	1.2	372	1.0	1.1	313	1.1	1.2	372	1.0	1.2	335	1.2	1.2	62	1.1	1.2	1454

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	180.5	141.5	179	160.4	134.0	148	181.2	166.4	198	161.7	141.4	163	152.6	127.0	30	171.1	146.8	718
Female	224.6	140.2	193	203.8	143.1	165	183.9	151.5	174	162.9	149.9	172	169.9	135.2	32	193.5	147.2	736
Total	203.4	142.4	372	183.3	140.3	313	182.5	159.4	372	162.3	145.6	335	161.5	130.5	62	182.5	147.3	1454

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	394.2	536.0	179	407.9	527.8	148	364.8	449.6	198	336.2	447.1	163	269.6	274.4	30	370.5	483.0	718
Female	419.5	347.4	193	420.0	476.8	165	321.6	276.0	174	282.6	285.4	172	258.5	171.0	32	357.5	352.5	736
Total	407.3	447.7	372	414.3	500.8	313	344.6	378.6	372	308.7	373.3	335	263.8	225.2	62	363.9	421.9	1454

Tridecanoic 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	3.0	3.7	179	2.6	3.4	148	3.2	3.9	198	3.0	3.5	163	3.1	3.2	30	3.0	3.6	718
Female	3.7	3.3	193	3.3	3.2	165	3.6	3.6	174	3.2	3.5	172	4.2	4.1	32	3.5	3.4	736
Total	3.3	3.5	372	3.0	3.3	313	3.4	3.7	372	3.1	3.5	335	3.6	3.7	62	3.2	3.5	1454

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	1155.8	590.1	179	1184.7	578.3	148	1171.9	673.1	198	1057.0	617.0	163	1018.2	507.6	30	1138.0	615.5	718
Female	1240.9	591.5	193	1177.4	572.1	165	1070.9	593.0	174	977.5	600.7	172	921.8	494.1	32	1111.0	594.1	736
Total	1200.0	591.6	372	1180.8	574.1	313	1124.6	638.0	372	1016.2	609.1	335	968.4	498.9	62	1124.4	604.7	1454

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	105.5	57.7	179	109.5	61.6	148	110.7	67.2	198	101.0	60.6	163	98.8	53.9	30	106.5	61.7	718
Female	120.6	61.6	193	111.8	55.8	165	105.0	62.3	174	96.4	62.3	172	90.2	50.5	32	108.0	60.8	736
Total	113.4	60.1	372	110.7	58.5	313	108.0	64.9	372	98.6	61.4	335	94.3	51.9	62	107.2	61.2	1454

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.7	23.4	179	22.4	22.0	148	28.3	27.9	198	24.9	24.0	163	25.2	22.3	30	25.8	24.6	718
Female	35.5	24.6	193	31.8	23.6	165	30.4	27.8	174	26.3	26.6	172	29.0	25.1	32	31.0	25.8	736
Total	31.3	24.4	372	27.4	23.3	313	29.3	27.9	372	25.6	25.3	335	27.1	23.7	62	28.4	25.3	1454

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	10.333	2.857	179	10.120	3.049	148	9.240	2.957	198	7.989	2.575	163	7.532	2.532	30	9.338	3.003	718
Female	9.837	2.789	193	8.805	2.687	165	7.889	2.472	174	7.280	2.361	172	6.896	1.891	32	8.420	2.750	736
Total	10.075	2.829	372	9.427	2.934	313	8.608	2.819	372	7.625	2.489	335	7.204	2.229	62	8.873	2.913	1454

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.8	21.8	179	19.1	22.3	148	20.1	22.2	198	17.7	20.8	163	15.2	15.3	30	19.3	21.5	718
Female	29.0	25.8	193	22.6	20.6	165	19.1	17.2	174	17.1	17.2	172	17.7	15.8	32	21.9	21.0	736
Total	25.0	24.3	372	20.9	21.5	313	19.6	20.0	372	17.4	19.0	335	16.5	15.5	62	20.6	21.3	1454

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	146.2	59.3	179	164.6	78.9	148	140.2	63.6	198	124.4	56.5	163	130.4	70.4	30	142.7	66.1	718
Female	143.7	63.9	193	133.2	59.9	165	124.0	52.1	174	113.6	52.5	172	100.2	32.9	32	127.7	57.9	736
Total	144.9	61.7	372	148.0	71.2	313	132.6	59.0	372	118.9	54.6	335	114.8	56.0	62	135.1	62.5	1454

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.4	22.2	179	22.4	21.1	148	27.9	27.1	198	24.7	23.1	163	24.6	21.6	30	25.5	23.6	718
Female	35.5	23.4	193	31.3	22.5	165	29.6	26.5	174	25.8	25.1	172	28.0	24.1	32	30.6	24.6	736
Total	31.1	23.2	372	27.1	22.3	313	28.7	26.8	372	25.3	24.1	335	26.3	22.8	62	28.1	24.2	1454

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	4.022	1.294	179	3.931	1.395	148	3.514	1.342	198	2.989	1.159	163	2.845	1.068	30	3.580	1.355	718
Female	3.911	1.332	193	3.443	1.186	165	3.065	1.119	174	2.744	0.988	172	2.630	0.794	32	3.278	1.238	736
Total	3.964	1.314	372	3.674	1.310	313	3.304	1.261	372	2.864	1.080	335	2.734	0.935	62	3.427	1.306	1454