

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	185.7	71.4	179	181.9	59.2	148	164.8	53.0	198	142.4	56.0	163	141.8	49.4	30	167.5	62.1	718
Female	171.8	52.0	193	153.8	44.4	165	144.1	59.9	174	135.4	46.6	172	120.3	46.2	32	150.4	53.0	736
Total	178.5	62.4	372	167.1	53.7	313	155.1	57.2	372	138.8	51.4	335	130.7	48.6	62	158.9	58.3	1454

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	98.5	82.3	179	99.5	62.5	148	91.7	57.5	198	82.5	65.9	163	75.3	45.8	30	92.3	67.2	718
Female	92.5	66.6	193	78.4	39.6	165	85.1	87.4	174	80.7	61.9	172	62.7	33.9	32	83.5	65.5	736
Total	95.4	74.5	372	88.4	52.7	313	88.6	73.0	372	81.6	63.8	335	68.8	40.3	62	87.8	66.5	1454

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	42.4	42.7	179	41.8	33.9	148	38.6	30.3	198	34.1	34.8	163	29.5	24.3	30	38.8	35.4	718
Female	40.1	34.8	193	32.2	20.7	165	35.7	45.4	174	33.1	32.7	172	23.2	12.9	32	34.9	34.2	736
Total	41.2	38.8	372	36.8	28.1	313	37.3	38.1	372	33.5	33.7	335	26.2	19.4	62	36.8	34.8	1454

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	15.5	13.0	179	12.9	12.1	148	15.9	15.4	198	14.2	13.5	163	13.9	12.4	30	14.7	13.6	718
Female	20.1	13.5	193	17.8	13.1	165	16.8	15.3	174	14.9	14.7	172	16.0	13.9	32	17.4	14.3	736
Total	17.9	13.4	372	15.5	12.9	313	16.3	15.4	372	14.5	14.1	335	15.0	13.2	62	16.1	14.0	1454

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	84.5	60.7	179	89.6	82.7	148	79.7	64.0	198	72.3	56.1	163	69.0	64.7	30	80.8	66.1	718
Female	97.6	62.7	193	88.4	64.4	165	76.2	56.8	174	68.3	57.5	172	66.1	43.0	32	82.3	60.8	736
Total	91.3	62.0	372	89.0	73.5	313	78.0	60.7	372	70.2	56.8	335	67.5	54.1	62	81.5	63.4	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	1.8	24.4	179	0.0	0.0	148	0.0	0.0	198	2.3	29.2	163	0.0	0.0	30	1.0	18.5	718
Female	1.5	20.2	193	1.7	21.8	165	3.6	47.8	174	3.5	32.3	172	0.0	0.0	32	2.4	31.5	736
Total	1.6	22.3	372	0.9	15.8	313	1.7	32.7	372	2.9	30.8	335	0.0	0.0	62	1.7	25.9	1454

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	926.9	364.0	179	961.2	411.6	148	868.1	396.6	198	774.1	340.4	163	736.9	378.7	30	875.1	384.9	718
Female	779.1	347.0	193	738.8	311.1	165	677.8	259.4	174	649.4	266.3	172	552.7	287.3	32	706.0	304.1	736
Total	850.2	362.4	372	844.0	378.2	313	779.1	352.1	372	710.1	310.5	335	641.8	344.6	62	789.5	356.4	1454

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	95.9	45.6	179	110.0	64.4	148	90.1	46.9	198	79.9	41.6	163	83.2	55.5	30	93.0	50.9	718
Female	89.5	48.5	193	84.6	46.4	165	76.3	37.9	174	70.0	38.1	172	58.1	24.2	32	79.4	43.3	736
Total	92.6	47.2	372	96.6	57.0	313	83.6	43.4	372	74.8	40.1	335	70.2	43.8	62	86.1	47.7	1454

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.067	6.506	179	20.002	6.110	148	17.579	5.409	198	14.780	5.102	163	14.079	5.285	30	18.167	6.278	718
Female	18.976	5.530	193	16.990	4.847	165	14.950	5.043	174	14.020	4.435	172	12.260	4.200	32	16.129	5.371	736
Total	19.982	6.101	372	18.414	5.675	313	16.349	5.396	372	14.390	4.779	335	13.140	4.804	62	17.135	5.923	1454

Icosenoic 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	582.6	454.5	179	665.1	450.3	148	595.6	448.9	198	551.3	503.2	163	482.0	373.0	30	591.9	461.6	718
Female	482.3	346.5	193	496.2	368.5	165	482.9	379.6	174	457.7	353.7	172	316.7	241.7	32	472.6	358.4	736
Total	530.6	404.7	372	576.1	417.2	313	542.9	421.2	372	503.3	434.8	335	396.7	320.6	62	531.5	416.7	1454

## 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	381.1	623.5	179	495.4	625.0	148	459.2	634.6	198	429.5	690.0	163	335.1	482.4	30	435.3	637.4	718
Female	318.5	491.6	193	354.4	527.8	165	367.8	534.0	174	346.9	514.8	172	172.8	286.4	32	338.5	509.0	736
Total	348.6	559.1	372	421.0	579.2	313	416.5	590.6	372	387.1	606.9	335	251.4	398.7	62	386.3	577.8	1454

## 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	45.7	39.8	179	60.3	45.4	148	55.6	41.3	198	53.1	50.8	163	57.9	39.1	30	53.6	44.2	718
Female	38.7	33.5	193	42.9	35.1	165	45.3	37.9	174	44.9	35.3	172	29.2	32.9	32	42.2	35.4	736
Total	42.1	36.8	372	51.1	41.1	313	50.8	40.0	372	48.9	43.7	335	43.1	38.6	62	47.9	40.4	1454

## Hexadecadienoic 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	8.2	13.4	179	12.6	18.5	148	12.1	13.4	198	11.5	18.1	163	10.2	7.8	30	11.0	15.6	718
Female	6.6	8.2	193	8.5	9.6	165	8.6	10.0	174	8.0	9.8	172	7.3	15.1	32	7.8	9.7	736
Total	7.4	11.0	372	10.4	14.6	313	10.4	12.1	372	9.7	14.5	335	8.7	12.1	62	9.4	13.1	1454

## 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	6.1	10.8	179	8.1	10.4	148	10.2	12.1	198	9.8	13.5	163	8.4	7.2	30	8.6	11.7	718
Female	5.1	6.5	193	7.1	7.8	165	6.8	7.4	174	7.2	8.2	172	6.2	13.7	32	6.5	7.9	736
Total	5.6	8.8	372	7.6	9.1	313	8.7	10.3	372	8.5	11.2	335	7.2	11.0	62	7.5	10.0	1454

## Hexadecatetraenoic 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	6.5	10.3	179	8.6	12.4	148	10.1	12.9	198	9.8	16.9	163	8.1	9.2	30	8.8	13.2	718
Female	5.5	7.7	193	7.5	9.4	165	7.0	8.6	174	7.3	10.4	172	5.1	9.9	32	6.7	9.1	736
Total	6.0	9.1	372	8.0	10.9	313	8.7	11.2	372	8.5	14.0	335	6.5	9.6	62	7.7	11.3	1454

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	11.324	3.239	179	10.990	3.016	148	10.207	2.776	198	9.103	2.847	163	8.593	2.971	30	10.329	3.096	718
Female	9.965	2.546	193	9.370	2.495	165	8.868	3.001	174	8.650	2.564	172	8.397	3.252	32	9.197	2.732	736
Total	10.619	2.975	372	10.136	2.866	313	9.581	2.956	372	8.870	2.711	335	8.492	3.095	62	9.756	2.971	1454

$\alpha$ -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	1640.3	577.5	179	1555.1	518.5	148	1415.4	477.6	198	1263.5	503.5	163	1280.3	505.8	30	1460.1	537.5	718
Female	1390.9	459.5	193	1307.2	409.9	165	1222.6	492.9	174	1212.4	440.8	172	1135.8	552.0	32	1279.5	462.6	736
Total	1510.9	533.7	372	1424.4	480.0	313	1325.2	493.6	372	1237.2	472.3	335	1205.7	530.8	62	1368.7	508.9	1454

$\gamma$ -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	4.1	5.0	179	5.3	6.8	148	5.7	5.6	198	5.7	9.8	163	5.7	3.6	30	5.2	6.9	718
Female	6.0	34.0	193	4.5	4.6	165	4.4	4.2	174	4.4	5.1	172	2.8	3.5	32	4.8	17.8	736
Total	5.1	24.7	372	4.9	5.8	313	5.1	5.0	372	5.0	7.8	335	4.2	3.8	62	5.0	13.6	1454

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	79.3	102.9	179	114.1	142.4	148	106.3	117.6	198	100.8	152.5	163	89.2	71.3	30	99.2	127.3	718
Female	65.8	81.4	193	79.9	94.4	165	83.7	90.6	174	84.3	101.9	172	45.4	59.7	32	76.6	91.2	736
Total	72.3	92.5	372	96.1	120.6	313	95.7	106.3	372	92.3	129.0	335	66.6	68.7	62	87.8	111.1	1454

Icosadienoic 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	67.3	31.8	179	63.3	28.8	148	55.8	27.2	198	44.9	24.2	163	39.6	21.1	30	57.1	29.3	718
Female	52.8	25.3	193	47.9	23.3	165	42.9	21.2	174	39.1	20.2	172	35.6	17.3	32	45.4	23.1	736
Total	59.8	29.5	372	55.2	27.1	313	49.7	25.4	372	41.9	22.4	335	37.5	19.2	62	51.2	27.0	1454

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	261.9	219.2	179	389.2	336.8	148	378.5	254.9	198	365.3	343.4	163	407.6	254.5	30	349.9	291.5	718
Female	223.2	192.4	193	273.3	220.9	165	298.2	239.1	174	300.7	214.1	172	235.0	253.3	32	270.8	220.0	736
Total	241.8	206.3	372	328.1	287.1	313	341.0	250.5	372	332.1	285.9	335	318.5	266.4	62	309.8	260.7	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	499.4	370.2	179	697.2	549.8	148	670.0	408.4	198	653.0	535.3	163	680.8	405.9	30	629.7	468.1	718
Female	422.3	315.7	193	493.8	365.1	165	525.6	364.8	174	542.5	359.7	172	387.4	389.7	32	489.3	355.3	736
Total	459.4	344.7	372	590.0	472.1	313	602.4	394.8	372	596.3	456.4	335	529.3	421.2	62	558.6	420.6	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

4) State of using supplement in previous 1 year (DSFQ)

Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	89	30.3	99	35.0	106	38.8	93	32.6	17	28.8	404	33.8
	Male	111	38.8	150	50.8	156	52.0	120	47.1	22	41.5	559	47.0
	Total	200	34.5	249	43.1	262	45.7	213	39.4	39	34.8	963	40.4
Used	Female	205	69.7	184	65.0	167	61.2	192	67.4	42	71.2	790	66.2
	Male	175	61.2	145	49.2	144	48.0	135	52.9	31	58.5	630	53.0
	Total	380	65.5	329	56.9	311	54.3	327	60.6	73	65.2	1420	59.6

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	212	72.1	211	74.6	207	75.8	173	60.7	38	64.4	841	70.4
	Male	238	83.2	259	87.8	249	83.0	198	77.6	39	73.6	983	82.7
	Total	450	77.6	470	81.3	456	79.6	371	68.7	77	68.8	1824	76.5
Used	Female	82	27.9	72	25.4	66	24.2	112	39.3	21	35.6	353	29.6
	Male	48	16.8	36	12.2	51	17.0	57	22.4	14	26.4	206	17.3
	Total	130	22.4	108	18.7	117	20.4	169	31.3	35	31.3	559	23.5

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	258	87.8	260	91.9	252	92.3	259	90.9	53	89.8	1082	90.6
	Male	275	96.2	286	96.9	289	96.3	241	94.5	49	92.5	1140	95.9
	Total	533	91.9	546	94.5	541	94.4	500	92.6	102	91.1	2222	93.2
Used	Female	36	12.2	23	8.1	21	7.7	26	9.1	6	10.2	112	9.4
	Male	11	3.8	9	3.1	11	3.7	14	5.5	4	7.5	49	4.1
	Total	47	8.1	32	5.5	32	5.6	40	7.4	10	8.9	161	6.8



Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	288	98.0	279	98.6	268	98.2	281	98.6	58	98.3	1174	98.3
	Male	284	99.3	294	99.7	299	99.7	251	98.4	53	100.0	1181	99.3
	Total	572	98.6	573	99.1	567	99.0	532	98.5	111	99.1	2355	98.8
Used	Female	6	2.0	4	1.4	5	1.8	4	1.4	1	1.7	20	1.7
	Male	2	0.7	1	0.3	1	0.3	4	1.6	0	0.0	8	0.7
	Total	8	1.4	5	0.9	6	1.0	8	1.5	1	0.9	28	1.2

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	289	98.3	279	98.6	269	98.5	283	99.3	59	100.0	1179	98.7
	Male	271	94.8	291	98.6	296	98.7	254	99.6	53	100.0	1165	98.0
	Total	560	96.6	570	98.6	565	98.6	537	99.4	112	100.0	2344	98.4
Used	Female	5	1.7	4	1.4	4	1.5	2	0.7	0	0.0	15	1.3
	Male	15	5.2	4	1.4	4	1.3	1	0.4	0	0.0	24	2.0
	Total	20	3.4	8	1.4	8	1.4	3	0.6	0	0.0	39	1.6

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	290	98.6	283	100.0	272	99.6	283	99.3	59	100.0	1187	99.4
	Male	286	100.0	295	100.0	298	99.3	255	100.0	53	100.0	1187	99.8
	Total	576	99.3	578	100.0	570	99.5	538	99.6	112	100.0	2374	99.6
Used	Female	4	1.4	0	0.0	1	0.4	2	0.7	0	0.0	7	0.6
	Male	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	Total	4	0.7	0	0.0	3	0.5	2	0.4	0	0.0	9	0.4

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	160	54.4	165	58.3	168	61.5	186	65.3	37	62.7	716	60.0
	Male	210	73.4	233	79.0	229	76.3	202	79.2	46	86.8	920	77.4
	Total	370	63.8	398	68.9	397	69.3	388	71.9	83	74.1	1636	68.7
Used	Female	134	45.6	118	41.7	105	38.5	99	34.7	22	37.3	478	40.0
	Male	76	26.6	62	21.0	71	23.7	53	20.8	7	13.2	269	22.6
	Total	210	36.2	180	31.1	176	30.7	152	28.1	29	25.9	747	31.3

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	238	81.0	224	79.2	217	79.5	228	80.0	44	74.6	951	79.6
	Male	183	64.0	226	76.6	247	82.3	200	78.4	41	77.4	897	75.4
	Total	421	72.6	450	77.9	464	81.0	428	79.3	85	75.9	1848	77.5
Used	Female	56	19.0	59	20.8	56	20.5	57	20.0	15	25.4	243	20.4
	Male	103	36.0	69	23.4	53	17.7	55	21.6	12	22.6	292	24.6
	Total	159	27.4	128	22.1	109	19.0	112	20.7	27	24.1	535	22.5

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not used	Female	260	88.4	252	89.0	249	91.2	271	95.1	57	96.6	1089	91.2
	Male	259	90.6	273	92.5	273	91.0	244	95.7	51	96.2	1100	92.5
	Total	519	89.5	525	90.8	522	91.1	515	95.4	108	96.4	2189	91.9
Used	Female	34	11.6	31	11.0	24	8.8	14	4.9	2	3.4	105	8.8
	Male	27	9.4	22	7.5	27	9.0	11	4.3	2	3.8	89	7.5
	Total	61	10.5	53	9.2	51	8.9	25	4.6	4	3.6	194	8.1

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

Number of dietary supplement consumed in the previous 1 year  
Total supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	111	38.8	150	50.8	156	52.0	120	47.1	22	41.5	559	47.0
	Female	89	30.3	99	35.0	106	38.8	93	32.6	17	28.8	404	33.8
	Total	200	34.5	249	43.1	262	45.7	213	39.4	39	34.8	963	40.4
1	Male	75	26.2	79	26.8	70	23.3	73	28.6	20	37.7	317	26.7
	Female	70	23.8	65	23.0	65	23.8	67	23.5	15	25.4	282	23.6
	Total	145	25.0	144	24.9	135	23.6	140	25.9	35	31.3	599	25.1
2	Male	42	14.7	41	13.9	34	11.3	31	12.2	7	13.2	155	13.0
	Female	45	15.3	45	15.9	33	12.1	59	20.7	14	23.7	196	16.4
	Total	87	15.0	86	14.9	67	11.7	90	16.7	21	18.8	351	14.7
3	Male	28	9.8	15	5.1	21	7.0	13	5.1	4	7.5	81	6.8
	Female	36	12.2	42	14.8	27	9.9	24	8.4	7	11.9	136	11.4
	Total	64	11.0	57	9.9	48	8.4	37	6.9	11	9.8	217	9.1
4	Male	10	3.5	5	1.7	6	2.0	8	3.1	0	0.0	29	2.4
	Female	25	8.5	14	4.9	16	5.9	20	7.0	2	3.4	77	6.4
	Total	35	6.0	19	3.3	22	3.8	28	5.2	2	1.8	106	4.4
5-9	Male	20	7.0	5	1.7	13	4.3	9	3.5	0	0.0	47	4.0
	Female	23	7.8	16	5.7	25	9.2	20	7.0	4	6.8	88	7.4
	Total	43	7.4	21	3.6	38	6.6	29	5.4	4	3.6	135	5.7
10-	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	6	2.0	2	0.7	1	0.4	2	0.7	0	0.0	11	0.9
	Total	6	1.0	2	0.3	1	0.2	3	0.6	0	0.0	12	0.5

Vitamin supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	238	83.2	259	87.8	249	83.0	198	77.6	39	73.6	983	82.7
	Female	212	72.1	211	74.6	207	75.8	173	60.7	38	64.4	841	70.4
	Total	450	77.6	470	81.3	456	79.6	371	68.7	77	68.8	1824	76.5
1	Male	36	12.6	31	10.5	37	12.3	47	18.4	13	24.5	164	13.8
	Female	51	17.3	51	18.0	51	18.7	65	22.8	13	22.0	231	19.3
	Total	87	15.0	82	14.2	88	15.4	112	20.7	26	23.2	395	16.6
2	Male	8	2.8	4	1.4	9	3.0	7	2.7	1	1.9	29	2.4
	Female	23	7.8	14	4.9	11	4.0	30	10.5	5	8.5	83	7.0
	Total	31	5.3	18	3.1	20	3.5	37	6.9	6	5.4	112	4.7
3	Male	3	1.0	0	0.0	5	1.7	0	0.0	0	0.0	8	0.7
	Female	3	1.0	7	2.5	3	1.1	13	4.6	3	5.1	29	2.4
	Total	6	1.0	7	1.2	8	1.4	13	2.4	3	2.7	37	1.6
4	Male	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
	Female	5	1.7	0	0.0	1	0.4	4	1.4	0	0.0	10	0.8
	Total	5	0.9	0	0.0	1	0.2	6	1.1	0	0.0	12	0.5
5-9	Male	1	0.3	1	0.3	0	0.0	1	0.4	0	0.0	3	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	1	0.2	0	0.0	1	0.2	0	0.0	3	0.1

Mineral supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	275	96.2	286	96.9	289	96.3	241	94.5	49	92.5	1140	95.9
	Female	258	87.8	260	91.9	252	92.3	259	90.9	53	89.8	1082	90.6
	Total	533	91.9	546	94.5	541	94.4	500	92.6	102	91.1	2222	93.2
1	Male	10	3.5	9	3.1	9	3.0	13	5.1	4	7.5	45	3.8
	Female	27	9.2	19	6.7	21	7.7	24	8.4	6	10.2	97	8.1
	Total	37	6.4	28	4.8	30	5.2	37	6.9	10	8.9	142	6.0
2	Male	1	0.3	0	0.0	2	0.7	0	0.0	0	0.0	3	0.3
	Female	7	2.4	3	1.1	0	0.0	1	0.4	0	0.0	11	0.9
	Total	8	1.4	3	0.5	2	0.3	1	0.2	0	0.0	14	0.6
3	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	1	0.3	1	0.4	0	0.0	1	0.4	0	0.0	3	0.3
	Total	1	0.2	1	0.2	0	0.0	2	0.4	0	0.0	4	0.2
4	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
	Total	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0

Fat supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	284	99.3	294	99.7	299	99.7	251	98.4	53	100.0	1181	99.3
	Female	288	98.0	279	98.6	268	98.2	281	98.6	58	98.3	1174	98.3
	Total	572	98.6	573	99.1	567	99.0	532	98.5	111	99.1	2355	98.8
1	Male	2	0.7	1	0.3	1	0.3	3	1.2	0	0.0	7	0.6
	Female	6	2.0	4	1.4	5	1.8	3	1.1	1	1.7	19	1.6
	Total	8	1.4	5	0.9	6	1.0	6	1.1	1	0.9	26	1.1
2	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Total	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1

Protein supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	271	94.8	291	98.6	296	98.7	254	99.6	53	100.0	1165	98.0
	Female	289	98.3	279	98.6	269	98.5	283	99.3	59	100.0	1179	98.7
	Total	560	96.6	570	98.6	565	98.6	537	99.4	112	100.0	2344	98.4
1	Male	13	4.5	4	1.4	4	1.3	1	0.4	0	0.0	22	1.9
	Female	5	1.7	4	1.4	4	1.5	2	0.7	0	0.0	15	1.3
	Total	18	3.1	8	1.4	8	1.4	3	0.6	0	0.0	37	1.6
3	Male	2	0.7	0	0.0	0	0.0	0	0.0	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	2	0.3	0	0.0	0	0.0	0	0.0	0	0.0	2	0.1

Dietary fiber supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	286	100.0	295	100.0	298	99.3	255	100.0	53	100.0	1187	99.8
	Female	290	98.6	283	100.0	272	99.6	283	99.3	59	100.0	1187	99.4
	Total	576	99.3	578	100.0	570	99.5	538	99.6	112	100.0	2374	99.6
1	Male	0	0.0	0	0.0	2	0.7	0	0.0	0	0.0	2	0.2
	Female	4	1.4	0	0.0	1	0.4	2	0.7	0	0.0	7	0.6
	Total	4	0.7	0	0.0	3	0.5	2	0.4	0	0.0	9	0.4

Supplement contained other nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	210	73.4	233	79.0	229	76.3	202	79.2	46	86.8	920	77.4
	Female	160	54.4	165	58.3	168	61.5	186	65.3	37	62.7	716	60.0
	Total	370	63.8	398	68.9	397	69.3	388	71.9	83	74.1	1636	68.7
1	Male	45	15.7	40	13.6	39	13.0	30	11.8	4	7.5	158	13.3
	Female	67	22.8	66	23.3	49	17.9	53	18.6	15	25.4	250	20.9
	Total	112	19.3	106	18.3	88	15.4	83	15.4	19	17.0	408	17.1
2	Male	16	5.6	16	5.4	18	6.0	11	4.3	1	1.9	62	5.2
	Female	31	10.5	27	9.5	27	9.9	25	8.8	6	10.2	116	9.7
	Total	47	8.1	43	7.4	45	7.9	36	6.7	7	6.3	178	7.5
3	Male	5	1.7	4	1.4	7	2.3	5	2.0	2	3.8	23	1.9
	Female	19	6.5	17	6.0	17	6.2	8	2.8	0	0.0	61	5.1
	Total	24	4.1	21	3.6	24	4.2	13	2.4	2	1.8	84	3.5
4	Male	6	2.1	2	0.7	6	2.0	6	2.4	0	0.0	20	1.7
	Female	7	2.4	2	0.7	5	1.8	8	2.8	0	0.0	22	1.8
	Total	13	2.2	4	0.7	11	1.9	14	2.6	0	0.0	42	1.8
5-9	Male	4	1.4	0	0.0	1	0.3	1	0.4	0	0.0	6	0.5
	Female	7	2.4	6	2.1	7	2.6	5	1.8	1	1.7	26	2.2
	Total	11	1.9	6	1.0	8	1.4	6	1.1	1	0.9	32	1.3
10-	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	3	1.0	0	0.0	0	0.0	0	0.0	0	0.0	3	0.3
	Total	3	0.5	0	0.0	0	0.0	0	0.0	0	0.0	3	0.1

Drink type supplement

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	183	64.0	226	76.6	247	82.3	200	78.4	41	77.4	897	75.4
	Female	238	81.0	224	79.2	217	79.5	228	80.0	44	74.6	951	79.6
	Total	421	72.6	450	77.9	464	81.0	428	79.3	85	75.9	1848	77.5
1	Male	77	26.9	58	19.7	47	15.7	45	17.6	12	22.6	239	20.1
	Female	48	16.3	51	18.0	46	16.8	53	18.6	12	20.3	210	17.6
	Total	125	21.6	109	18.9	93	16.2	98	18.1	24	21.4	449	18.8
2	Male	17	5.9	7	2.4	3	1.0	6	2.4	0	0.0	33	2.8
	Female	6	2.0	7	2.5	8	2.9	4	1.4	3	5.1	28	2.3
	Total	23	4.0	14	2.4	11	1.9	10	1.9	3	2.7	61	2.6
3	Male	9	3.1	4	1.4	3	1.0	3	1.2	0	0.0	19	1.6
	Female	2	0.7	1	0.4	1	0.4	0	0.0	0	0.0	4	0.3
	Total	11	1.9	5	0.9	4	0.7	3	0.6	0	0.0	23	1.0
4	Male	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	0	0.0	0	0.0	1	0.2	1	0.2	0	0.0	2	0.1

Drug contained some nutrients

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
0	Male	259	90.6	273	92.5	273	91.0	244	95.7	51	96.2	1100	92.5
	Female	260	88.4	252	89.0	249	91.2	271	95.1	57	96.6	1089	91.2
	Total	519	89.5	525	90.8	522	91.1	515	95.4	108	96.4	2189	91.9
1	Male	25	8.7	20	6.8	23	7.7	8	3.1	1	1.9	77	6.5
	Female	30	10.2	27	9.5	22	8.1	13	4.6	1	1.7	93	7.8
	Total	55	9.5	47	8.1	45	7.9	21	3.9	2	1.8	170	7.1
2	Male	2	0.7	1	0.3	3	1.0	3	1.2	1	1.9	10	0.8
	Female	2	0.7	3	1.1	1	0.4	1	0.4	1	1.7	8	0.7
	Total	4	0.7	4	0.7	4	0.7	4	0.7	2	1.8	18	0.8
3	Male	0	0.0	1	0.3	1	0.3	0	0.0	0	0.0	2	0.2
	Female	2	0.7	1	0.4	1	0.4	0	0.0	0	0.0	4	0.3
	Total	2	0.3	2	0.3	2	0.3	0	0.0	0	0.0	6	0.3



## 6) Beverage intakes

Frequency of beverage intakes  
Japanese sake

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	199	69.6	181	61.4	185	61.9	158	62.0	33	62.3	756	63.6
	Once a month	27	9.4	26	8.8	24	8.0	14	5.5	2	3.8	93	7.8
	2 to 3 times a mo.	16	5.6	22	7.5	10	3.3	12	4.7	3	5.7	63	5.3
	Once a week	17	5.9	22	7.5	20	6.7	12	4.7	1	1.9	72	6.1
	2 to 3 times a week	18	6.3	25	8.5	28	9.4	26	10.2	3	5.7	100	8.4
	4 to 6 times a week	4	1.4	6	2.0	11	3.7	11	4.3	2	3.8	34	2.9
	Once a day	5	1.7	13	4.4	21	7.0	20	7.8	9	17.0	68	5.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
Female	Never	279	94.9	257	91.1	252	92.3	262	91.9	56	94.9	1106	92.7
	Once a month	7	2.4	14	5.0	7	2.6	6	2.1	2	3.4	36	3.0
	2 to 3 times a mo.	2	0.7	4	1.4	3	1.1	7	2.5	0	0.0	16	1.3
	Once a week	3	1.0	2	0.7	2	0.7	4	1.4	0	0.0	11	0.9
	2 to 3 times a week	2	0.7	3	1.1	6	2.2	3	1.1	0	0.0	14	1.2
	4 to 6 times a week	1	0.3	0	0.0	2	0.7	1	0.4	1	1.7	5	0.4
	Once a day	0	0.0	2	0.7	1	0.4	2	0.7	0	0.0	5	0.4
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	478	82.4	438	75.9	437	76.4	420	77.8	89	79.5	1862	78.2
	Once a month	34	5.9	40	6.9	31	5.4	20	3.7	4	3.6	129	5.4
	2 to 3 times a mo.	18	3.1	26	4.5	13	2.3	19	3.5	3	2.7	79	3.3
	Once a week	20	3.4	24	4.2	22	3.8	16	3.0	1	0.9	83	3.5
	2 to 3 times a week	20	3.4	28	4.9	34	5.9	29	5.4	3	2.7	114	4.8
	4 to 6 times a week	5	0.9	6	1.0	13	2.3	12	2.2	3	2.7	39	1.6
	Once a day	5	0.9	15	2.6	22	3.8	22	4.1	9	8.0	73	3.1
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1

Frequency of beverage intakes  
Japanese distilled alcoholic beverages (Shochu)

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	142	49.7	145	49.2	169	56.5	181	71.0	44	83.0	681	57.3
	Once a month	25	8.7	14	4.7	16	5.4	4	1.6	0	0.0	59	5.0
	2 to 3 times a mo.	25	8.7	11	3.7	7	2.3	6	2.4	0	0.0	49	4.1
	Once a week	21	7.3	26	8.8	18	6.0	7	2.7	0	0.0	72	6.1
	2 to 3 times a week	32	11.2	38	12.9	24	8.0	19	7.5	3	5.7	116	9.8
	4 to 6 times a week	15	5.2	24	8.1	24	8.0	13	5.1	0	0.0	76	6.4
	Once a day	26	9.1	37	12.5	41	13.7	24	9.4	6	11.3	134	11.3
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
Female	Never	223	75.9	247	87.6	248	90.8	267	93.7	56	94.9	1041	87.3
	Once a month	14	4.8	10	3.5	11	4.0	6	2.1	0	0.0	41	3.4
	2 to 3 times a mo.	18	6.1	3	1.1	4	1.5	3	1.1	0	0.0	28	2.3
	Once a week	13	4.4	5	1.8	4	1.5	1	0.4	0	0.0	23	1.9
	2 to 3 times a week	11	3.7	10	3.5	4	1.5	4	1.4	0	0.0	29	2.4
	4 to 6 times a week	7	2.4	2	0.7	0	0.0	2	0.7	0	0.0	11	0.9
	Once a day	8	2.7	5	1.8	2	0.7	2	0.7	3	5.1	20	1.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	365	62.9	392	67.9	417	72.9	448	83.0	100	89.3	1722	72.3
	Once a month	39	6.7	24	4.2	27	4.7	10	1.9	0	0.0	100	4.2
	2 to 3 times a mo.	43	7.4	14	2.4	11	1.9	9	1.7	0	0.0	77	3.2
	Once a week	34	5.9	31	5.4	22	3.8	8	1.5	0	0.0	95	4.0
	2 to 3 times a week	43	7.4	48	8.3	28	4.9	23	4.3	3	2.7	145	6.1
	4 to 6 times a week	22	3.8	26	4.5	24	4.2	15	2.8	0	0.0	87	3.7
	Once a day	34	5.9	42	7.3	43	7.5	26	4.8	9	8.0	154	6.5
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0

Frequency of beverage intakes  
Regular or draft beer

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	122	42.7	109	36.9	148	49.5	150	58.8	35	66.0	564	47.5
	Once a month	51	17.8	31	10.5	25	8.4	17	6.7	4	7.5	128	10.8
	2 to 3 times a mo.	27	9.4	37	12.5	22	7.4	19	7.5	2	3.8	107	9.0
	Once a week	27	9.4	34	11.5	35	11.7	22	8.6	3	5.7	121	10.2
	2 to 3 times a week	34	11.9	45	15.3	34	11.4	23	9.0	5	9.4	141	11.9
	4 to 6 times a week	8	2.8	15	5.1	14	4.7	11	4.3	1	1.9	49	4.1
	Once a day	17	5.9	24	8.1	21	7.0	11	4.3	3	5.7	76	6.4
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.8	0	0.0	2	0.2
Female	Never	219	74.5	216	76.6	220	80.6	250	87.7	52	88.1	957	80.2
	Once a month	28	9.5	24	8.5	17	6.2	17	6.0	2	3.4	88	7.4
	2 to 3 times a mo.	16	5.4	6	2.1	9	3.3	4	1.4	3	5.1	38	3.2
	Once a week	11	3.7	7	2.5	12	4.4	5	1.8	1	1.7	36	3.0
	2 to 3 times a week	9	3.1	18	6.4	9	3.3	6	2.1	1	1.7	43	3.6
	4 to 6 times a week	4	1.4	4	1.4	3	1.1	1	0.4	0	0.0	12	1.0
	Once a day	7	2.4	7	2.5	3	1.1	2	0.7	0	0.0	19	1.6
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Total	Never	341	58.8	325	56.3	368	64.3	400	74.1	87	77.7	1521	63.9
	Once a month	79	13.6	55	9.5	42	7.3	34	6.3	6	5.4	216	9.1
	2 to 3 times a mo.	43	7.4	43	7.5	31	5.4	23	4.3	5	4.5	145	6.1
	Once a week	38	6.6	41	7.1	47	8.2	27	5.0	4	3.6	157	6.6
	2 to 3 times a week	43	7.4	63	10.9	43	7.5	29	5.4	6	5.4	184	7.7
	4 to 6 times a week	12	2.1	19	3.3	17	3.0	12	2.2	1	0.9	61	2.6
	Once a day	24	4.1	31	5.4	24	4.2	13	2.4	3	2.7	95	4.0
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	2	0.4	0	0.0	2	0.1

Frequency of beverage intakes  
Light beer

		40 - 49yr		50 - 59yr		60 - 69yr		70 - 79yr		80yr -		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Male	Never	142	49.7	169	57.3	197	65.9	207	81.2	45	84.9	760	64.0
	Once a month	12	4.2	8	2.7	6	2.0	3	1.2	0	0.0	29	2.4
	2 to 3 times a mo.	12	4.2	9	3.1	10	3.3	7	2.7	0	0.0	38	3.2
	Once a week	20	7.0	17	5.8	22	7.4	10	3.9	4	7.5	73	6.1
	2 to 3 times a week	37	12.9	31	10.5	27	9.0	8	3.1	1	1.9	104	8.8
	4 to 6 times a week	23	8.0	17	5.8	15	5.0	5	2.0	0	0.0	60	5.1
	Once a day	40	14.0	44	14.9	22	7.4	14	5.5	3	5.7	123	10.4
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	4 or more times	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Female	Never	204	69.4	224	79.4	245	89.7	262	91.9	56	94.9	991	83.1
	Once a month	17	5.8	10	3.5	3	1.1	4	1.4	0	0.0	34	2.8
	2 to 3 times a mo.	11	3.7	6	2.1	3	1.1	5	1.8	0	0.0	25	2.1
	Once a week	19	6.5	7	2.5	7	2.6	2	0.7	1	1.7	36	3.0
	2 to 3 times a week	18	6.1	19	6.7	4	1.5	4	1.4	1	1.7	46	3.9
	4 to 6 times a week	6	2.0	1	0.4	7	2.6	2	0.7	0	0.0	16	1.3
	Once a day	18	6.1	15	5.3	4	1.5	6	2.1	1	1.7	44	3.7
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	4 or more times	1	0.3	0	0.0	0	0.0	0	0.0	0	0.0	1	0.1
Total	Never	346	59.7	393	68.1	442	77.3	469	86.9	101	90.2	1751	73.5
	Once a month	29	5.0	18	3.1	9	1.6	7	1.3	0	0.0	63	2.6
	2 to 3 times a mo.	23	4.0	15	2.6	13	2.3	12	2.2	0	0.0	63	2.6
	Once a week	39	6.7	24	4.2	29	5.1	12	2.2	5	4.5	109	4.6
	2 to 3 times a week	55	9.5	50	8.7	31	5.4	12	2.2	2	1.8	150	6.3
	4 to 6 times a week	29	5.0	18	3.1	22	3.8	7	1.3	0	0.0	76	3.2
	Once a day	58	10.0	59	10.2	26	4.5	20	3.7	4	3.6	167	7.0
	2 to 3 times a day	0	0.0	0	0.0	0	0.0	1	0.2	0	0.0	1	0.0
	4 or more times	1	0.2	0	0.0	0	0.0	0	0.0	0	0.0	1	0.0