

3) Thickness of subcutaneous fat, preperitoneal fat, and muscle tissue

Thickness of subcutaneous fat at right of umbilicus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.6	6.9	286	16.8	6.2	295	15.0	5.6	300	14.9	5.5	255	12.9	6.1	53	16.0	6.2	1189
Female	20.1	9.1	294	23.3	8.9	283	23.7	8.3	273	23.0	8.7	285	19.0	8.8	59	22.3	8.9	1194
Total	18.9	8.2	580	20.0	8.3	578	19.2	8.2	573	19.2	8.4	540	16.1	8.2	112	19.2	8.3	2383

Thickness of musculus rectus abdominis at right of umbilicus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.1	1.9	286	10.4	1.9	295	9.7	1.9	300	9.0	1.7	255	8.1	1.7	53	10.0	2.0	1189
Female	8.6	1.8	294	7.8	1.6	283	7.4	1.5	273	7.1	1.7	285	6.4	2.1	58	7.7	1.8	1193
Total	9.8	2.2	580	9.1	2.2	578	8.6	2.0	573	8.0	2.0	540	7.2	2.1	111	8.8	2.2	2382

Thickness of subcutaneous fat at thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.6	2.0	285	6.1	1.9	295	5.6	1.9	299	5.7	2.0	255	5.9	2.0	53	6.0	2.0	1187
Female	10.8	2.8	294	10.2	2.7	283	9.4	2.9	273	8.5	3.0	285	7.2	2.5	59	9.6	3.0	1194
Total	8.7	3.2	579	8.1	3.1	578	7.5	3.1	572	7.2	3.0	540	6.6	2.3	112	7.8	3.1	2381

Thickness of musculus rectus femoris at thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.5	6.1	285	32.8	7.2	295	29.0	6.4	298	26.0	6.2	255	22.4	6.7	53	30.1	7.3	1186
Female	30.6	6.6	294	28.3	6.2	283	26.5	5.9	273	23.3	5.4	285	20.3	6.0	59	26.8	6.8	1194
Total	32.0	6.5	579	30.6	7.1	578	27.8	6.3	571	24.6	6.0	540	21.3	6.4	112	28.5	7.2	2380

Thickness of subcutaneous fat at anterior calf (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	0.8	286	2.4	0.7	295	2.2	0.7	299	2.2	0.7	255	2.4	0.8	53	2.3	0.7	1188
Female	3.9	1.4	294	3.4	1.5	283	3.2	1.4	273	3.1	1.3	285	3.1	1.4	59	3.4	1.4	1194
Total	3.2	1.3	580	2.9	1.3	578	2.6	1.2	572	2.7	1.1	540	2.7	1.2	112	2.9	1.3	2382

Thickness of musculus tibialis anterior (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.9	3.0	286	26.5	3.2	295	25.4	3.1	299	23.8	3.3	255	21.9	3.5	53	25.5	3.5	1188
Female	23.3	2.9	294	22.5	2.9	283	22.3	2.7	273	21.1	2.7	285	20.3	2.7	59	22.2	2.9	1194
Total	25.1	3.5	580	24.5	3.7	578	23.9	3.3	572	22.4	3.3	540	21.1	3.2	112	23.9	3.6	2382

Thickness of subcutaneous fat at upper-arm (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.4	1.9	286	5.9	1.9	295	5.4	1.7	299	5.5	1.7	254	5.0	1.6	53	5.8	1.8	1187
Female	10.3	2.8	294	10.1	2.7	283	10.1	2.4	273	9.6	2.7	285	8.2	2.1	59	9.9	2.6	1194
Total	8.3	3.1	580	8.0	3.1	578	7.6	3.1	572	7.7	3.0	539	6.7	2.5	112	7.8	3.1	2381

Thickness of musculus triceps brachi (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.6	5.2	286	24.3	4.9	295	22.5	5.5	299	20.1	4.8	254	18.1	4.5	53	22.8	5.4	1187
Female	18.8	4.6	294	18.9	4.2	283	19.0	4.1	273	17.8	4.0	285	16.1	3.9	59	18.5	4.3	1194
Total	21.6	5.7	580	21.7	5.3	578	20.8	5.2	572	18.9	4.5	539	17.1	4.3	112	20.6	5.3	2381

Thickness of subcutaneous fat at posterior mid-thigh (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.6	1.6	285	5.1	1.6	295	4.9	1.6	299	5.0	1.8	254	4.9	1.5	53	5.2	1.7	1186
Female	9.4	3.1	293	8.6	3.1	283	7.8	3.1	273	7.4	3.1	285	6.9	2.9	59	8.2	3.2	1193
Total	7.5	3.2	578	6.8	3.0	578	6.3	2.9	572	6.3	2.9	539	5.9	2.5	112	6.7	3.0	2379

Thickness of subcutaneous fat at posterior calf (mm)

	40-49yr			50-59yr			60-69yr			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	1.3	286	4.3	1.3	294	4.0	1.3	299	4.1	1.4	254	3.9	1.4	53	4.3	1.4	1186
Female	6.9	1.6	294	6.3	1.7	283	5.6	1.8	273	5.4	1.8	285	4.9	1.6	59	6.0	1.8	1194
Total	5.9	1.8	580	5.3	1.8	577	4.8	1.7	572	4.8	1.8	539	4.4	1.6	112	5.2	1.8	2380

Thickness of musculus gastrocnemius and soleus (mm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	59.0	6.0	286	57.7	6.2	294	55.2	6.2	299	53.0	6.3	254	51.2	6.9	53	56.1	6.7	1186
Female	52.5	6.3	294	50.5	5.5	283	49.9	5.5	273	48.3	5.6	284	48.2	6.2	59	50.2	5.9	1193
Total	55.7	7.0	580	54.2	6.9	577	52.7	6.5	572	50.5	6.4	538	49.6	6.7	112	53.2	7.0	2379

4) Abdominal fat distribution

Intra-abdominal fat area at umbilicus by CT (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	77.1	36.1	285	95.8	45.3	294	98.1	48.8	300	99.1	49.4	253	90.6	52.4	53	92.4	46.3	1185
Female	37.0	24.7	292	55.4	33.5	281	67.8	36.5	273	82.1	42.0	285	73.1	37.3	59	61.0	38.5	1190
Total	56.8	36.8	577	76.0	44.8	575	83.7	45.9	573	90.1	46.4	538	81.4	45.7	112	76.6	45.3	2375

Subcutaneous fat area at umbilicus by CT (cm²)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	123.2	56.5	285	118.4	49.6	294	111.2	46.5	300	114.9	46.4	253	99.3	46.6	53	116.1	50.1	1185
Female	138.3	72.7	292	161.2	70.1	281	165.8	62.2	273	166.0	68.5	285	140.5	58.5	59	156.8	69.0	1190
Total	130.8	65.6	577	139.3	64.1	575	137.2	61.0	573	142.0	64.3	538	121.0	56.8	112	136.5	63.6	2375

Waist circumference at umbilicus by CT (cm)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	85.6	8.3	285	87.2	8.1	294	86.4	8.4	300	86.7	9.0	253	83.7	9.7	53	86.4	8.5	1185
Female	80.2	9.7	292	84.3	9.6	281	86.5	9.2	273	88.0	9.9	285	85.2	8.7	59	84.7	10.0	1190
Total	82.9	9.4	577	85.8	9.0	575	86.4	8.8	573	87.4	9.5	538	84.5	9.1	112	85.5	9.3	2375

Nutritional Examinations

IV. Nutritional Examinations

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 NILS-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 B₆
Vitamin B₁₂
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
 γ -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 B₆

Vitamin B₁₂
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
Sulfer-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
 γ -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

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	314.5	60.8	179	311.6	62.1	148	317.8	63.6	198	303.8	62.3	163	280.4	45.0	30	310.9	62.0	718
Female	258.2	47.6	193	260.2	49.0	165	271.8	50.9	174	263.0	47.1	172	272.2	68.6	32	263.6	49.8	736
Total	285.3	61.1	372	284.5	61.1	313	296.3	62.3	372	282.8	58.6	335	276.1	58.0	62	287.0	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	20.5	4.4	718
Female	17.2	3.3	193	18.6	3.7	165	18.9	3.9	174	18.7	3.6	172	17.3	3.2	32	18.3	3.7	736
Total	18.3	3.7	372	19.4	4.0	313	20.5	4.6	372	19.6	4.2	335	18.5	4.2	62	19.4	4.2	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	4570	843	179	4760	995	148	4975	1102	198	4734	974	163	4537	949	30	4757	994	718
Female	3947	760	193	4101	662	165	4152	778	174	4269	847	172	3894	673	32	4103	770	736
Total	4247	859	372	4412	897	313	4590	1047	372	4495	939	335	4205	874	62	4426	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	2599	622	179	2735	623	148	3046	697	198	2898	726	163	2589	783	30	2818	696	718
Female	2364	523	193	2643	549	165	2749	663	174	2656	603	172	2483	604	32	2591	603	736
Total	2477	584	372	2686	586	313	2907	697	372	2774	676	335	2534	693	62	2703	660	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	553.4	192.1	179	590.5	192.5	148	678.7	237.0	198	652.5	246.8	163	614.0	221.4	30	620.6	224.5	718
Female	547.0	163.3	193	585.9	186.5	165	607.4	216.7	174	610.9	210.9	172	616.6	218.0	32	588.0	197.0	736
Total	550.1	177.5	372	588.1	189.1	313	645.3	230.2	372	631.1	229.6	335	615.3	217.8	62	604.1	211.6	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	280.7	71.2	179	301.6	66.4	148	329.2	74.3	198	310.1	79.0	163	280.8	73.1	30	305.0	75.1	718
Female	248.2	54.2	193	270.4	58.1	165	280.5	64.8	174	274.5	60.6	172	252.4	65.9	32	267.1	60.9	736
Total	263.8	65.0	372	285.1	64.0	313	306.4	74.0	372	291.8	72.3	335	266.1	70.4	62	285.9	70.9	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	1175	233	179	1222	238	148	1296	283	198	1217	291	163	1106	234	30	1225	267	718
Female	1025	203	193	1062	205	165	1073	243	174	1064	233	172	1013	195	32	1053	221	736
Total	1097	230	372	1138	235	313	1191	287	372	1139	273	335	1058	218	62	1138	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	2.3	179	9.5	2.3	148	10.4	2.6	198	9.9	2.6	163	9.0	2.6	30	9.7	2.5	718
Female	7.9	2.0	193	8.6	2.0	165	9.1	2.2	174	9.1	2.2	172	8.9	2.5	32	8.7	2.2	736
Total	8.4	2.2	372	9.0	2.2	313	9.8	2.5	372	9.5	2.5	335	8.9	2.5	62	9.2	2.4	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	8.9	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	2.0	718
Female	7.7	1.8	193	7.7	1.6	165	7.9	1.7	174	7.6	1.4	172	7.6	1.7	32	7.7	1.6	736
Total	8.3	1.9	372	8.3	1.9	313	8.8	2.1	372	8.3	2.0	335	8.0	1.8	62	8.4	2.0	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	1.36	0.34	148	1.48	0.35	198	1.40	0.33	163	1.31	0.29	30	1.38	0.34	718
Female	1.13	0.32	193	1.19	0.25	165	1.25	0.26	174	1.24	0.25	172	1.20	0.33	32	1.20	0.28	736
Total	1.20	0.32	372	1.27	0.31	313	1.37	0.33	372	1.32	0.30	335	1.25	0.31	62	1.29	0.32	1454