

## 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	3.39	1.26	193	4.01	1.24	165	4.42	2.01	174	4.18	1.67	172	3.96	1.48	32	3.98	1.61	736
Total	3.72	1.37	372	4.16	1.34	313	4.56	1.73	372	4.35	1.67	335	4.01	1.49	62	4.19	1.57	1454

Retinol ( $\mu$ 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	250	466	179	342	736	148	326	684	198	309	769	163	196	176	30	301	656	718
Female	251	579	193	192	217	165	226	403	174	376	1102	172	355	789	32	266	671	736
Total	251	527	372	263	534	313	280	572	372	343	954	335	278	581	62	283	663	1454

 $\alpha$ -Carotene ( $\mu$ 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	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

 $\beta$ -Carotene ( $\mu$ 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	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 ( $\mu$ 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	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

$\beta$ -Carotene equivalents ( $\mu$ 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	3404	2148	179	3325	1786	148	4272	2130	198	4036	2259	163	3820	2361	30	3788	2141	718
Female	3248	1907	193	3679	1839	165	4227	2171	174	4183	2045	172	3131	1580	32	3789	2018	736
Total	3323	2025	372	3512	1820	313	4251	2147	372	4112	2149	335	3464	2010	62	3789	2079	1454

Retinol activity equivalents ( $\mu$ 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	561	524	179	632	760	148	697	712	198	659	793	163	518	281	30	634	689	718
Female	539	628	193	524	296	165	600	456	174	741	1120	172	622	870	32	601	709	736
Total	550	580	372	575	567	313	652	607	372	701	974	335	572	652	62	617	699	1454

Vitamin D ( $\mu$ 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	8.0	6.5	179	10.0	6.3	148	10.6	6.5	198	10.2	6.7	163	11.4	7.4	30	9.8	6.6	718
Female	6.7	4.6	193	7.6	4.9	165	7.8	5.4	174	8.5	6.0	172	7.8	5.5	32	7.6	5.3	736
Total	7.3	5.6	372	8.7	5.7	313	9.3	6.2	372	9.3	6.4	335	9.5	6.7	62	8.7	6.1	1454

$\alpha$ -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

$\beta$ -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

$\gamma$ -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

 $\delta$ -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

 $\alpha$ -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	9	3	179	10	3	148	10	3	198	9	3	163	9	3	30	9	3	718
Female	9	2	193	9	2	165	9	3	174	9	3	172	8	2	32	9	2	736
Total	9	3	372	9	2	313	9	3	372	9	3	335	8	3	62	9	3	1454

Vitamin K ( $\mu$ 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	274	136	198	251	130	163	253	141	30	239	132	718
Female	190	89	193	212	107	165	234	128	174	226	113	172	175	102	32	213	110	736
Total	195	109	372	217	114	313	255	133	372	238	122	335	212	127	62	226	122	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	0.99	0.26	179	0.97	0.28	148	1.34	4.00	198	1.10	1.98	163	0.89	0.25	30	1.10	2.31	718
Female	0.83	0.20	193	0.86	0.23	165	0.89	0.28	174	0.85	0.25	172	0.76	0.20	32	0.85	0.24	736
Total	0.91	0.24	372	0.91	0.26	313	1.13	2.93	372	0.97	1.39	335	0.82	0.23	62	0.98	1.64	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	1.37	0.36	179	1.45	0.38	148	1.52	0.45	198	1.42	0.40	163	1.31	0.42	30	1.44	0.40	718
Female	1.25	0.35	193	1.30	0.31	165	1.33	0.39	174	1.32	0.38	172	1.23	0.39	32	1.30	0.36	736
Total	1.31	0.36	372	1.37	0.35	313	1.43	0.43	372	1.37	0.39	335	1.27	0.40	62	1.37	0.39	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	19.0	5.7	179	20.3	5.8	148	19.9	5.8	198	17.9	5.3	163	16.6	6.3	30	19.2	5.8	718
Female	15.6	4.5	193	15.9	4.4	165	15.3	4.4	174	14.6	4.5	172	12.1	3.6	32	15.2	4.5	736
Total	17.2	5.4	372	18.0	5.6	313	17.8	5.7	372	16.2	5.2	335	14.3	5.5	62	17.2	5.5	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	1.23	0.37	179	1.37	0.37	148	1.46	0.39	198	1.42	0.41	163	1.27	0.42	30	1.37	0.40	718
Female	1.06	0.30	193	1.17	0.30	165	1.23	0.33	174	1.19	0.32	172	1.06	0.33	32	1.15	0.32	736
Total	1.14	0.35	372	1.26	0.35	313	1.35	0.38	372	1.30	0.38	335	1.16	0.39	62	1.26	0.38	1454

Vitamin B12 ( $\mu$ 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	7.3	6.1	179	9.8	6.5	148	10.2	6.2	198	8.7	5.9	163	9.2	5.3	30	9.0	6.2	718
Female	6.4	5.4	193	6.8	3.8	165	6.9	4.5	174	8.2	6.5	172	6.6	5.1	32	7.0	5.2	736
Total	6.8	5.8	372	8.2	5.5	313	8.6	5.7	372	8.4	6.2	335	7.9	5.3	62	8.0	5.8	1454

Folate ( $\mu$ g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	307	102	179	353	129	148	391	122	198	371	122	163	345	133	30	356	123	718
Female	289	104	193	331	91	165	370	127	174	362	139	172	336	135	32	337	121	736
Total	298	103	372	341	111	313	381	125	372	367	131	335	340	133	62	346	123	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	6.13	1.35	179	6.37	1.59	148	6.63	1.65	198	6.25	1.56	163	5.80	1.63	30	6.33	1.56	718
Female	5.36	1.27	193	5.43	1.17	165	5.71	1.39	174	5.66	1.43	172	5.30	1.59	32	5.53	1.34	736
Total	5.73	1.36	372	5.87	1.46	313	6.20	1.60	372	5.95	1.52	335	5.55	1.61	62	5.93	1.50	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	120.0	131.6	179	135.3	96.1	148	135.4	83.5	198	125.7	73.6	163	120.6	76.1	30	128.7	98.0	718
Female	100.8	61.1	193	123.4	75.4	165	142.7	106.3	174	130.4	57.8	172	113.7	65.0	32	123.3	78.1	736
Total	110.1	101.7	372	129.0	85.8	313	138.8	94.8	372	128.1	65.9	335	117.0	70.1	62	126.0	88.5	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	17.0	5.1	163	16.1	5.9	30	16.1	5.0	718
Female	13.6	3.8	193	15.1	3.7	165	16.9	4.3	174	16.1	3.7	172	15.0	4.4	32	15.4	4.1	736
Total	13.8	3.9	372	15.1	4.1	313	17.5	4.7	372	16.6	4.5	335	15.6	5.1	62	15.7	4.6	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	3413	699	179	3556	744	148	3647	806	198	3430	782	163	3192	630	30	3502	762	718
Female	2936	588	193	2987	618	165	2967	631	174	2939	632	172	2759	559	32	2948	614	736
Total	3165	685	372	3256	736	313	3329	804	372	3178	749	335	2968	628	62	3221	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	5975	1193	179	6204	1266	148	6358	1385	198	5976	1334	163	5539	1042	30	6110	1302	718
Female	5153	1017	193	5211	1054	165	5175	1078	174	5110	1071	172	4827	947	32	5147	1050	736
Total	5549	1178	372	5680	1259	313	5805	1382	372	5531	1280	335	5172	1049	62	5623	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	4883	1186	179	5180	1266	148	5327	1326	198	4996	1324	163	4667	1039	30	5083	1280	718
Female	4161	956	193	4295	1015	165	4245	1034	174	4252	1051	172	3940	912	32	4223	1009	736
Total	4508	1131	372	4714	1222	313	4821	1313	372	4614	1247	335	4291	1034	62	4648	1228	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	421	148	1919	445	198	1797	429	163	1668	334	30	1845	424	718
Female	1521	319	193	1544	338	165	1528	349	174	1521	352	172	1421	292	32	1523	338	736
Total	1655	383	372	1707	417	313	1736	447	372	1655	414	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	1244	223	179	1273	237	148	1297	257	198	1223	228	163	1107	189	30	1254	239	718
Female	1065	182	193	1066	191	165	1069	201	174	1047	192	172	984	190	32	1058	192	736
Total	1151	222	372	1164	237	313	1190	259	372	1133	228	335	1043	198	62	1155	237	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	639	148	3221	690	198	3024	644	163	2781	509	30	3104	646	718
Female	2590	490	193	2613	517	165	2601	536	174	2573	534	172	2408	468	32	2586	517	736
Total	2810	588	372	2876	640	313	2931	695	372	2792	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	3452	730	163	3185	556	30	3521	715	718
Female	2973	560	193	3005	578	165	3003	595	174	2957	588	172	2791	542	32	2976	579	736
Total	3202	652	372	3270	696	313	3353	761	372	3198	705	335	2981	579	62	3245	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	2630	591	163	2444	461	30	2682	574	718
Female	2237	453	193	2271	467	165	2270	490	174	2247	476	172	2134	443	32	2250	470	736
Total	2419	528	372	2480	559	313	2551	610	372	2433	568	335	2284	475	62	2463	567	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	6283	1258	148	6461	1353	198	6085	1317	163	5627	1016	30	6206	1285	718
Female	5211	1011	193	5278	1041	165	5275	1080	174	5205	1062	172	4925	982	32	5227	1045	736
Total	5622	1176	372	5754	1252	313	5906	1366	372	5633	1270	335	5265	1051	62	5710	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	720	198	3004	700	163	2789	538	30	3068	686	718
Female	2539	518	193	2599	545	165	2579	560	174	2563	565	172	2394	502	32	2561	545	736
Total	2749	614	372	2851	667	313	2909	719	372	2778	670	335	2585	553	62	2811	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	969	206	198	915	203	163	847	157	30	930	197	718
Female	776	151	193	790	158	165	790	163	174	783	161	172	740	150	32	783	158	736
Total	839	179	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	4018	801	179	4183	856	148	4303	924	198	4053	899	163	3779	728	30	4128	876	718
Female	3450	680	193	3501	707	165	3506	735	174	3468	726	172	3288	646	32	3472	708	736
Total	3723	792	372	3823	851	313	3930	930	372	3752	865	335	3525	725	62	3796	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	663	179	2675	712	148	2684	708	198	2546	717	163	2318	524	30	2592	698	718
Female	2098	511	193	2166	552	165	2147	543	174	2120	579	172	1900	469	32	2121	544	736
Total	2295	623	372	2407	681	313	2433	690	372	2327	683	335	2102	535	62	2354	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	4471	960	179	4693	1025	148	4805	1039	198	4524	1019	163	4177	728	30	4609	1011	718
Female	3720	752	193	3844	814	165	3831	815	174	3851	821	172	3630	875	32	3801	803	736
Total	4081	936	372	4245	1012	313	4349	1058	372	4178	981	335	3894	847	62	4200	997	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	3782	818	179	3994	878	148	4086	920	198	3835	885	163	3571	718	30	3913	880	718
Female	3171	644	193	3254	694	165	3238	700	174	3244	712	172	3053	666	32	3217	686	736
Total	3465	793	372	3604	868	313	3689	926	372	3531	853	335	3304	734	62	3561	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	6899	1495	179	7323	1620	148	7576	1676	198	7139	1677	163	6625	1263	30	7216	1626	718
Female	5845	1205	193	6081	1287	165	6135	1323	174	6140	1328	172	5850	1373	32	6036	1291	736
Total	6352	1450	372	6668	1579	313	6902	1681	372	6626	1586	335	6225	1367	62	6619	1580	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	14.391	2.658	179	14.587	2.703	148	14.861	3.167	198	13.918	2.848	163	12.577	2.111	30	14.378	2.877	718
Female	12.614	2.301	193	12.622	2.329	165	12.426	2.430	174	12.035	2.306	172	11.062	1.824	32	12.369	2.344	736
Total	13.469	2.631	372	13.551	2.694	313	13.722	3.092	372	12.951	2.747	335	11.795	2.095	62	13.361	2.806	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	3231	736	179	3391	757	148	3442	774	198	3232	768	163	2971	546	30	3311	759	718
Female	2715	568	193	2797	608	165	2731	583	174	2732	603	172	2546	551	32	2734	589	736
Total	2963	702	372	3078	743	313	3109	776	372	2975	731	335	2752	585	62	3019	737	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	4716	999	179	4668	950	148	4701	1127	198	4410	1008	163	3978	806	30	4602	1034	718
Female	4284	865	193	4166	834	165	4053	907	174	3847	817	172	3516	663	32	4067	871	736
Total	4492	955	372	4403	924	313	4398	1078	372	4121	956	335	3740	766	62	4331	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	652	179	3554	701	148	3632	757	198	3431	714	163	3161	582	30	3499	711	718
Female	2965	553	193	2998	573	165	2995	611	174	2952	592	172	2785	548	32	2969	580	736
Total	3187	645	372	3261	694	313	3334	761	372	3185	696	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	54.63	14.56	179	53.54	14.04	148	48.59	13.37	198	42.25	12.79	163	40.16	12.19	30	49.32	14.52	718
Female	50.15	13.12	193	45.87	11.81	165	41.66	12.29	174	39.30	10.94	172	35.85	10.06	32	44.03	12.80	736
Total	52.30	13.99	372	49.50	13.45	313	45.35	13.32	372	40.73	11.95	335	37.94	11.26	62	46.64	13.93	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	16.70	5.43	174	15.70	4.78	172	13.53	4.45	32	17.87	5.78	736
Total	21.95	6.66	372	20.50	6.12	313	18.33	5.93	372	16.23	5.22	335	14.67	5.20	62	19.08	6.41	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	14.23	3.93	179	14.25	3.66	148	13.24	3.41	198	11.94	3.58	163	11.49	3.59	30	13.33	3.76	718
Female	12.43	3.18	193	11.91	2.97	165	11.37	3.51	174	11.18	3.08	172	10.51	3.81	32	11.69	3.26	736
Total	13.30	3.67	372	13.01	3.51	313	12.37	3.58	372	11.55	3.35	335	10.98	3.71	62	12.50	3.61	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	37.42	10.28	179	36.64	9.49	148	33.01	8.64	198	28.73	8.66	163	27.38	8.55	30	33.65	9.89	718
Female	33.23	8.66	193	30.70	7.52	165	28.06	8.47	174	26.88	7.16	172	24.04	7.62	32	29.56	8.42	736
Total	35.25	9.69	372	33.51	9.00	313	30.69	8.90	372	27.78	7.97	335	25.65	8.19	62	31.58	9.39	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	11.61	3.28	179	11.30	3.05	148	10.49	2.81	198	9.36	2.87	163	8.84	2.98	30	10.61	3.13	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	10.88	3.02	372	10.41	2.90	313	9.84	2.99	372	9.11	2.73	335	8.72	3.12	62	10.01	3.01	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	2.91	1.29	148	2.71	1.01	198	2.53	1.35	163	2.62	1.02	30	2.68	1.16	718
Female	2.19	0.86	193	2.26	0.85	165	2.23	0.88	174	2.26	0.91	172	1.87	0.95	32	2.22	0.88	736
Total	2.38	0.96	372	2.57	1.13	313	2.49	0.98	372	2.39	1.15	335	2.23	1.04	62	2.44	1.05	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

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	677.7	259.4	174	649.4	266.3	172	552.7	287.3	32	705.9	304.1	736
Total	850.2	362.4	372	844.0	378.2	313	779.0	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	17.576	5.410	198	14.780	5.102	163	14.079	5.285	30	18.166	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	16.347	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	10.204	2.779	198	9.103	2.847	163	8.593	2.971	30	10.328	3.097	718
Female	9.965	2.546	193	9.370	2.495	165	8.868	3.001	174	8.649	2.562	172	8.397	3.252	32	9.196	2.731	736
Total	10.619	2.975	372	10.136	2.866	313	9.579	2.957	372	8.870	2.710	335	8.492	3.095	62	9.755	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	1640.0	577.1	179	1554.5	519.2	148	1415.4	477.6	198	1263.5	503.5	163	1280.3	505.8	30	1459.9	537.4	718
Female	1390.0	457.8	193	1307.2	409.9	165	1222.2	492.6	174	1211.7	440.3	172	1135.8	552.0	32	1279.1	462.0	736
Total	1510.3	532.8	372	1424.1	480.2	313	1325.0	493.6	372	1236.9	472.1	335	1205.7	530.8	62	1368.4	508.6	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	4.0	4.9	179	5.3	6.8	148	5.7	5.6	198	5.3	7.9	163	5.7	3.6	30	5.1	6.3	718
Female	3.6	4.1	193	4.5	4.6	165	4.4	4.2	174	4.4	5.1	172	2.8	3.5	32	4.1	4.5	736
Total	3.8	4.5	372	4.9	5.8	313	5.1	5.0	372	4.8	6.6	335	4.2	3.8	62	4.6	5.5	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	261.7	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