

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Blood supplements	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for biological test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Mixed biological agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other biological agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Protozoicide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Parasiticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other drug against parasitic disease	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Diluent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Ointment base	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Solution	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Corrective, tinction	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Emulsifier	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other dispensing drug	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
X-ray contrast medium	Male	1	0.5	1	0.6	0	0.0	0	0.0	0	0.0	2	0.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.3	1	0.3	0	0.0	0	0.0	0	0.0	2	0.1
Reagent for functional examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Antiseptic	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Pesticide for prevention of epidemics	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Pesticide for prevention of epidemics	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Insecticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Insecticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Rodenticide	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other drug used for public health	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for general examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for blood analysis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for chemical analysis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for immunologic test	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

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		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Reagent for immunologic test	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for microbiological examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Reagent for pathological examination	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Radiopharmaceutical for diagnosis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other reagent for diagnosis	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Strap	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Other drug not for treatment	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Opiate alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Coca alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0

(Continued)

Prevalence of taking medicine in previous 2 weeks

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Other alkaloid agent	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Synthetic narcotic	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Unclassifiable drug	Male	1	0.5	1	0.6	1	0.6	2	1.2	0	0.0	5	0.7
	Female	0	0.0	0	0.0	0	0.0	2	1.2	2	3.8	4	0.6
	Total	1	0.3	1	0.3	1	0.3	4	1.2	2	1.9	9	0.6
No use of drug	Male	79	42.7	61	39.1	52	32.1	25	14.7	7	13.5	224	30.9
	Female	85	43.6	46	31.1	39	24.5	18	10.8	3	5.7	191	26.5
	Total	164	43.2	107	35.2	91	28.3	43	12.8	10	9.5	415	28.7
Total	Male	185	100.0	156	100.0	162	100.0	170	100.0	52	100.0	725	100.0
	Female	195	100.0	148	100.0	159	100.0	167	100.0	53	100.0	722	100.0
	Total	380	100.0	304	100.0	321	100.0	337	100.0	105	100.0	1447	100.0

III. Nutritional Examinations

III. 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).

Dietary supplement frequency questionnaire (DSFQ)

Dietary supplements 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 contains vitamin C.)

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

Questionnaire for beverage and citrus intake

Beverages intakes were assessed for previous one year. Frequency and volume of alcoholic beverages and frequency of non-alcoholic beverage were obtained in a questionnaire with interview. Average ethanol intake was estimated from the frequency and volume of each alcoholic beverage consumed with the ethanol content of the corresponding beverage. The seasonal citrus and orange juice intakes were assessed by the questionnaire. Frequency and volume of citrus and orange juice were obtained with interview. Average citrus and orange juice intakes were estimated from the frequency and volume of each citrus fruits and orange juice.

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
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine

Histidine
Arginine
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
Dodecanoic 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
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

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

5) Frequency of supplement intake (DSFQ)

6) Beverage and citrus fruits intakes

1) Food intake - Three days dietary record (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	524.9	142.7	65	492.2	104.8	67	484.9	106.9	68	491.7	104.7	72	485.7	131.7	12	497.5	116.3	284
Female	383.9	89.0	54	380.7	98.5	61	410.7	109.0	56	394.6	91.5	55	389.4	106.6	9	392.2	97.6	235
Total	460.9	139.9	119	439.1	115.8	128	451.4	113.6	124	449.7	110.0	127	444.4	128.3	21	449.8	120.2	519

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	59.0	59.7	65	51.5	32.6	67	66.8	43.5	68	71.5	54.1	72	48.0	29.6	12	61.8	48.3	284
Female	62.0	51.0	54	58.4	33.6	61	81.4	55.1	56	67.6	47.1	55	42.1	41.1	9	66.2	47.5	235
Total	60.3	55.7	119	54.8	33.1	128	73.4	49.4	124	69.8	51.0	127	45.5	34.1	21	63.8	48.0	519

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	9.4	12.3	65	7.5	6.5	67	9.6	8.9	68	10.1	6.7	72	9.1	8.7	12	9.2	8.8	284
Female	7.6	5.5	54	11.4	9.4	61	11.1	8.4	56	9.8	8.0	55	4.9	3.5	9	9.8	8.0	235
Total	8.6	9.8	119	9.4	8.2	128	10.3	8.7	124	10.0	7.3	127	7.3	7.1	21	9.5	8.5	519

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	76.7	51.0	65	93.0	61.3	67	88.1	49.5	68	81.9	58.3	72	94.4	47.1	12	85.4	55.0	284
Female	73.6	66.8	54	76.2	59.1	61	82.4	65.7	56	92.0	44.6	55	83.8	44.0	9	81.1	59.1	235
Total	75.3	58.5	119	85.0	60.6	128	85.5	57.2	124	86.3	52.8	127	89.9	45.0	21	83.4	56.9	519

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	6.2	10.5	65	6.1	10.1	67	4.8	6.2	68	5.2	7.3	72	3.7	8.6	12	5.5	8.6	284
Female	7.6	10.9	54	6.3	8.9	61	8.8	11.1	56	5.0	8.9	55	5.1	8.1	9	6.9	9.9	235
Total	6.8	10.6	119	6.2	9.5	128	6.6	9.0	124	5.1	8.0	127	4.3	8.2	21	6.1	9.3	519

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	208.3	118.7	65	184.6	84.3	67	238.0	109.1	68	216.4	95.1	72	234.8	117.1	12	213.0	104.1	284
Female	175.3	91.9	54	188.4	78.4	61	203.4	85.7	56	210.6	106.0	55	204.4	91.6	9	194.8	91.0	235
Total	193.3	108.2	119	186.4	81.2	128	222.3	100.4	124	213.9	99.6	127	221.8	105.5	21	204.7	98.7	519

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	92.7	54.6	65	87.6	48.2	67	125.2	53.5	68	141.2	65.6	72	146.0	69.0	12	113.8	60.7	284
Female	73.3	50.4	54	107.5	63.2	61	115.3	56.0	56	140.8	87.5	55	148.9	97.3	9	110.9	70.9	235
Total	83.9	53.4	119	97.1	56.5	128	120.8	54.6	124	141.1	75.5	127	147.3	80.1	21	112.5	65.5	519

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	93.9	85.5	65	123.6	112.2	67	159.6	125.3	68	231.1	163.2	72	184.0	106.7	12	155.2	134.3	284
Female	108.4	94.2	54	176.4	103.5	61	192.4	112.9	56	229.8	142.8	55	255.4	190.1	9	180.1	125.4	235
Total	100.5	89.4	119	148.8	110.9	128	174.4	120.5	124	230.5	154.1	127	214.6	148.4	21	166.5	130.8	519

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	18.7	17.1	65	17.8	15.3	67	19.6	21.5	68	17.2	14.9	72	19.1	16.5	12	18.3	17.3	284
Female	20.0	19.2	54	17.5	16.6	61	24.6	20.4	56	19.6	20.9	55	12.0	11.1	9	20.0	19.1	235
Total	19.3	18.0	119	17.6	15.9	128	21.8	21.1	124	18.2	17.7	127	16.1	14.6	21	19.1	18.1	519

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	24.0	27.2	65	24.5	29.4	67	27.6	26.9	68	35.8	50.3	72	16.6	18.5	12	27.7	34.9	284
Female	16.2	23.0	54	19.4	20.6	61	23.1	31.2	56	17.8	16.8	55	8.0	9.4	9	18.8	23.2	235
Total	20.5	25.5	119	22.1	25.6	128	25.6	28.9	124	28.0	40.3	127	12.9	15.6	21	23.6	30.4	519

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	85.2	47.3	65	116.9	66.6	67	115.1	54.7	68	113.0	51.1	72	115.2	41.1	12	108.2	55.9	284
Female	87.5	37.6	54	94.0	39.3	61	85.0	43.4	56	96.2	44.3	55	75.9	41.5	9	90.2	41.2	235
Total	86.2	43.0	119	106.0	56.3	128	101.5	51.9	124	105.7	48.8	127	98.4	44.9	21	100.0	50.6	519

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	123.1	56.8	65	101.6	49.7	67	89.7	47.2	68	78.8	45.6	72	67.5	24.8	12	96.4	51.7	284
Female	80.9	45.0	54	64.0	26.6	61	67.3	39.9	56	59.6	39.0	55	82.3	36.7	9	68.3	38.5	235
Total	103.9	55.7	119	83.7	44.4	128	79.6	45.3	124	70.5	43.8	127	73.8	30.6	21	83.7	48.2	519

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	50.5	25.8	65	63.9	34.0	67	64.7	29.3	68	51.6	23.0	72	63.6	35.4	12	57.9	29.1	284
Female	47.9	24.7	54	46.6	27.2	61	53.3	32.8	56	54.5	22.8	55	42.1	41.5	9	50.2	27.8	235
Total	49.4	25.3	119	55.6	32.0	128	59.6	31.3	124	52.9	22.9	127	54.4	38.7	21	54.4	28.8	519

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	149.9	118.3	65	165.6	162.6	67	150.7	128.4	68	169.8	128.7	72	144.0	109.3	12	158.6	133.9	284
Female	161.5	127.8	54	178.5	131.1	61	178.1	126.6	56	179.7	114.3	55	202.1	163.5	9	175.7	126.0	235
Total	155.2	122.3	119	171.8	148.0	128	163.1	127.8	124	174.1	122.3	127	168.9	134.7	21	166.3	130.6	519

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	12.2	5.8	65	11.9	5.9	67	11.5	5.7	68	9.1	5.4	72	10.1	4.8	12	11.1	5.7	284
Female	11.2	4.9	54	10.4	5.9	61	9.9	5.6	56	8.2	4.9	55	7.3	6.0	9	9.9	5.5	235
Total	11.7	5.4	119	11.2	5.9	128	10.8	5.7	124	8.7	5.2	127	8.9	5.4	21	10.5	5.6	519

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	66.8	61.2	65	41.9	42.3	67	36.7	43.3	68	46.2	42.7	72	56.7	48.9	12	48.1	48.8	284
Female	59.8	46.2	54	62.9	47.0	61	58.8	54.9	56	53.8	41.4	55	59.7	60.7	9	59.0	47.8	235
Total	63.6	54.8	119	51.9	45.6	128	46.7	49.9	124	49.5	42.2	127	58.0	52.9	21	53.0	48.6	519

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	1122.4	544.1	65	1059.0	560.6	67	1086.3	542.0	68	852.6	369.4	72	814.7	335.5	12	1017.4	511.0	284
Female	699.4	272.3	54	808.0	484.9	61	831.5	506.1	56	785.9	416.2	55	748.6	389.9	9	781.2	429.9	235
Total	930.4	488.5	119	939.4	538.8	128	971.2	539.2	124	823.7	390.2	127	786.4	351.9	21	910.4	489.9	519

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	114.3	131.5	65	99.7	78.9	67	104.7	100.3	68	83.4	47.8	72	67.0	27.3	12	98.7	92.3	284
Female	82.2	71.1	54	69.9	34.3	61	87.8	61.8	56	74.0	32.7	55	50.3	11.9	9	77.2	51.7	235
Total	99.8	109.1	119	85.5	63.4	128	97.1	85.2	124	79.3	42.0	127	59.8	23.2	21	89.0	77.3	519

2) Nutrition intake from food - Three days dietary record (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2326.2	468.3	65	2282.9	402.8	67	2220.6	360.1	68	2197.8	401.1	72	2083.2	282.8	12	2247.9	406.6	284
Female	1851.9	333.0	54	1862.3	282.2	61	1875.8	351.5	56	1811.7	286.9	55	1794.6	374.8	9	1848.7	314.7	235
Total	2110.9	474.3	119	2082.4	407.9	128	2064.9	394.4	124	2030.6	403.5	127	1959.5	348.7	21	2067.1	417.8	519

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	2326.8	703.1	65	2425.4	709.4	67	2534.4	660.9	68	2402.1	663.7	72	2222.4	543.4	12	2414.4	679.3	284
Female	1869.4	622.4	54	2110.2	599.1	61	2275.6	631.9	56	2275.6	556.2	55	2207.4	812.3	9	2136.7	627.4	235
Total	2119.3	703.1	119	2275.2	675.3	128	2417.5	658.2	124	2347.3	620.3	127	2216.0	653.0	21	2288.7	670.1	519

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	19.7	65	83.6	18.3	67	85.9	16.1	68	82.7	19.5	72	78.7	11.5	12	83.4	18.2	284
Female	69.5	14.5	54	69.6	12.5	61	71.9	14.2	56	71.2	13.4	55	71.1	17.0	9	70.5	13.7	235
Total	76.5	18.6	119	76.9	17.2	128	79.6	16.7	124	77.7	18.0	127	75.5	14.3	21	77.6	17.5	519

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	67.1	18.5	65	64.8	18.8	67	58.4	14.9	68	54.9	16.2	72	49.7	12.8	12	60.7	17.7	284
Female	59.1	14.5	54	54.5	13.1	61	50.8	14.6	56	46.9	13.5	55	50.4	13.0	9	52.7	14.5	235
Total	63.5	17.2	119	59.9	17.1	128	55.0	15.2	124	51.4	15.5	127	50.0	12.6	21	57.1	16.8	519

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	313.4	67.5	65	292.9	53.2	67	299.6	54.7	68	318.8	59.3	72	302.9	48.9	12	306.2	59.0	284
Female	251.6	50.0	54	264.6	45.0	61	275.9	61.0	56	271.5	51.1	55	260.6	69.1	9	265.7	53.0	235
Total	285.3	67.5	119	279.4	51.3	128	288.9	58.6	124	298.3	60.5	127	284.7	60.7	21	287.9	59.8	519

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	19.3	4.6	65	19.5	4.4	67	22.1	4.2	68	21.5	4.4	72	19.9	3.8	12	20.6	4.5	284
Female	16.5	3.9	54	17.6	3.7	61	19.0	3.7	56	19.6	4.2	55	18.8	6.1	9	18.2	4.1	235
Total	18.0	4.5	119	18.6	4.2	128	20.7	4.2	124	20.7	4.4	127	19.4	4.8	21	19.5	4.5	519

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	4525	1018	65	4479	1074	67	5078	1026	68	4675	876	72	4510	836	12	4684	1013	284
Female	3864	947	54	3843	835	61	4226	969	56	4316	861	55	3989	1163	9	4056	929	235
Total	4225	1037	119	4176	1015	128	4694	1084	124	4519	884	127	4287	998	21	4399	1024	519

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	2628	708	65	2608	675	67	3106	753	68	3168	758	72	2909	765	12	2887	765	284
Female	2314	746	54	2606	578	61	2815	625	56	2857	694	55	2818	1161	9	2656	710	235
Total	2486	739	119	2607	628	128	2974	710	124	3034	744	127	2870	929	21	2782	749	519

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	569.1	191.4	65	588.7	235.6	67	623.8	206.8	68	687.9	290.0	72	611.4	202.9	12	618.7	236.8	284
Female	563.2	271.8	54	570.0	194.0	61	629.1	232.9	56	628.8	221.0	55	781.5	356.8	9	604.4	238.6	235
Total	566.4	230.4	119	579.8	216.2	128	626.2	218.0	124	662.3	263.0	127	684.3	284.6	21	612.2	237.5	519

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	283.2	73.4	65	296.4	73.5	67	328.1	69.8	68	326.2	77.9	72	305.6	66.2	12	308.9	75.4	284
Female	240.7	76.4	54	265.1	66.0	61	288.9	75.3	56	283.7	63.4	55	266.0	87.1	9	269.6	72.7	235
Total	263.9	77.5	119	281.5	71.5	128	310.4	74.7	124	307.8	74.8	127	288.6	76.5	21	291.1	76.7	519