

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	12.2	6.1	65	13.1	5.6	67	12.8	5.1	68	9.8	4.6	72	11.1	5.1	12	11.9	5.5	284
Female	9.3	5.3	54	10.5	5.0	61	9.8	3.8	56	9.5	5.1	55	11.1	5.3	9	9.8	4.8	235
Total	10.9	5.9	119	11.9	5.4	128	11.4	4.8	124	9.7	4.8	127	11.1	5.1	21	11.0	5.3	519

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	69.6	62.2	65	101.9	82.3	67	133.1	81.1	68	128.6	83.3	72	80.8	51.4	12	107.8	80.6	284
Female	66.0	46.2	54	100.2	65.0	61	78.8	53.3	56	93.5	74.5	55	79.4	72.1	9	84.9	62.2	235
Total	68.0	55.3	119	101.1	74.3	128	108.6	74.8	124	113.4	81.2	127	80.2	59.4	21	97.4	73.7	519

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	8.2	7.8	65	13.2	13.4	67	14.2	10.2	68	15.1	12.4	72	10.9	7.4	12	12.7	11.3	284
Female	6.8	5.8	54	12.7	9.6	61	11.3	9.4	56	10.5	9.1	55	7.6	6.4	9	10.3	8.8	235
Total	7.6	7.0	119	13.0	11.7	128	12.9	9.9	124	13.1	11.2	127	9.5	7.0	21	11.6	10.3	519

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	415.1	363.6	65	658.4	508.9	67	823.9	455.8	68	777.6	469.0	72	513.6	261.9	12	666.4	471.1	284
Female	399.9	234.2	54	595.8	348.6	61	480.5	314.2	56	551.9	361.0	55	429.6	253.8	9	506.7	323.5	235
Total	408.2	310.5	119	628.6	439.3	128	668.8	432.1	124	679.8	438.6	127	477.6	255.5	21	594.1	418.2	519

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	14.7	16.6	65	23.1	26.0	67	18.1	20.4	68	11.8	15.7	72	12.8	11.8	12	16.7	20.1	284
Female	2.5	4.9	54	3.0	7.3	61	2.9	5.5	56	1.9	3.5	55	1.1	1.5	9	2.5	5.4	235
Total	9.1	14.1	119	13.6	21.9	128	11.2	17.3	124	7.5	13.0	127	7.8	10.6	21	10.3	16.9	519

3) Nutrition intake from foods and supplements (3DR)

Energy (kcal)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	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	663.6	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	82.9	19.5	72	78.7	11.5	12	83.5	18.2	284
Female	69.5	14.5	54	69.7	12.7	61	72.3	14.8	56	71.2	13.4	55	71.1	17.0	9	70.7	13.9	235
Total	76.5	18.6	119	77.0	17.2	128	79.8	16.9	124	77.8	18.0	127	75.5	14.3	21	77.7	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	67.2	18.5	65	64.8	18.8	67	58.4	14.9	68	54.9	16.1	72	49.7	12.8	12	60.7	17.7	284
Female	59.1	14.5	54	54.5	13.1	61	50.9	14.6	56	46.9	13.5	55	50.4	13.0	9	52.8	14.5	235
Total	63.5	17.2	119	59.9	17.1	128	55.0	15.2	124	51.5	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	299.7	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	276.0	60.9	56	271.5	51.1	55	260.6	69.1	9	265.8	53.0	235
Total	285.3	67.5	119	279.4	51.3	128	289.0	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	21.6	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	5079	1026	68	4685	892	72	4510	836	12	4686	1017	284
Female	3864	947	54	3845	835	61	4233	969	56	4316	861	55	3989	1163	9	4058	929	235
Total	4225	1037	119	4177	1015	128	4697	1082	124	4525	894	127	4287	998	21	4402	1026	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	3170	760	72	2909	765	12	2887	766	284
Female	2314	746	54	2612	587	61	2816	624	56	2857	694	55	2818	1161	9	2657	712	235
Total	2486	739	119	2610	632	128	2975	710	124	3034	746	127	2870	929	21	2783	750	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	697.9	297.2	72	611.4	202.9	12	621.3	239.8	284
Female	563.2	271.8	54	587.0	222.6	61	637.6	236.4	56	629.9	220.1	55	781.5	356.8	9	611.1	245.3	235
Total	566.4	230.4	119	587.9	228.6	128	630.0	219.8	124	668.4	267.7	127	684.3	284.6	21	616.6	242.1	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	328.1	79.5	72	308.0	65.5	12	309.5	75.9	284
Female	240.7	76.4	54	269.6	73.3	61	292.0	79.1	56	284.3	63.2	55	266.0	87.1	9	271.6	75.6	235
Total	263.9	77.5	119	283.6	74.4	128	311.8	76.0	124	309.1	75.8	127	290.0	76.5	21	292.3	78.0	519

## 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	309	65	1195	291	67	1248	252	68	1255	322	72	1206	214	12	1219	292	284
Female	1007	269	54	1044	214	61	1105	247	56	1094	216	55	1155	412	9	1066	247	235
Total	1099	302	119	1123	267	128	1183	259	124	1185	291	127	1184	306	21	1150	283	519

## 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	2.5	65	9.1	2.0	67	10.4	2.3	68	10.6	2.8	72	9.9	2.1	12	9.8	2.5	284
Female	8.0	2.6	54	8.6	2.8	61	9.2	2.7	56	9.5	2.5	55	8.9	3.3	9	8.8	2.7	235
Total	8.6	2.6	119	8.9	2.4	128	9.9	2.6	124	10.1	2.7	127	9.5	2.7	21	9.4	2.6	519

## Zinc (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	2.7	65	9.1	2.1	67	9.4	1.8	68	9.6	2.7	72	9.1	2.3	12	9.4	2.3	284
Female	7.8	2.1	54	7.9	2.3	61	8.4	2.4	56	8.3	2.5	55	8.5	2.3	9	8.1	2.3	235
Total	8.8	2.6	119	8.5	2.3	128	9.0	2.1	124	9.0	2.7	127	8.8	2.3	21	8.8	2.4	519

## 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	1.30	0.34	65	1.34	0.40	67	1.46	0.32	68	1.51	0.35	72	1.53	0.30	12	1.41	0.36	284
Female	1.09	0.33	54	1.20	0.40	61	1.29	0.32	56	1.34	0.33	55	1.24	0.36	9	1.23	0.36	235
Total	1.21	0.35	119	1.27	0.40	128	1.38	0.33	124	1.43	0.35	127	1.40	0.35	21	1.33	0.37	519

## 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	3.97	1.23	65	4.15	1.58	67	4.69	1.50	68	4.49	1.28	72	4.51	0.95	12	4.34	1.41	284
Female	3.37	1.09	54	3.78	1.52	61	4.24	1.62	56	4.34	1.60	55	4.22	1.59	9	3.94	1.52	235
Total	3.69	1.20	119	3.97	1.56	128	4.49	1.57	124	4.42	1.42	127	4.38	1.24	21	4.16	1.47	519

Retinol ( $\mu\text{g}$ )

	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	202	223	65	224	206	67	379	794	68	594	1394	72	660	1592	12	368	886	284
Female	175	90	54	183	116	61	265	499	56	327	611	55	274	273	9	238	395	235
Total	190	175	119	204	170	128	328	676	124	478	1128	127	494	1209	21	309	709	519

$\alpha$ -Carotene ( $\mu\text{g}$ )

	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	493	462	65	372	286	67	412	296	68	466	654	72	451	423	12	436	452	284
Female	351	315	54	396	346	61	356	284	56	382	350	55	637	674	9	382	345	235
Total	428	407	119	383	315	128	387	291	124	430	543	127	531	538	21	412	408	519

$\beta$ -Carotene ( $\mu\text{g}$ )

	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	3089	1927	65	2723	1568	67	3575	1672	68	4207	2418	72	4585	2903	12	3465	2056	284
Female	2383	1514	54	3075	1639	61	3449	1763	56	3718	2337	55	4329	2960	9	3204	1945	235
Total	2769	1780	119	2891	1606	128	3518	1708	124	3995	2386	127	4475	2856	21	3347	2009	519

Cryptoxanthin ( $\mu\text{g}$ )

	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	261	476	65	458	1115	67	518	928	68	656	874	72	336	609	12	472	878	284
Female	631	840	54	396	613	61	568	881	56	985	1194	55	1269	1500	9	662	951	235
Total	429	689	119	428	908	128	540	904	124	798	1034	127	736	1152	21	558	916	519

$\beta$ -Carotene equivalents ( $\mu\text{g}$ )

	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	4029	2592	65	3417	2130	67	4241	1867	68	4988	2917	72	5067	3389	12	4222	2515	284
Female	3066	2022	54	3788	2070	61	4100	1952	56	4814	2798	55	5744	3970	9	4012	2399	235
Total	3592	2390	119	3594	2101	128	4178	1900	124	4913	2856	127	5357	3569	21	4127	2463	519

Retinol activity equivalents ( $\mu\text{g}$ )

	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	585	366	65	537	300	67	752	844	68	1071	1434	72	1094	1537	12	758	936	284
Female	460	210	54	533	249	61	625	546	56	772	704	55	769	483	9	603	482	235
Total	528	310	119	535	276	128	694	725	124	942	1180	127	955	1192	21	688	768	519

Vitamin D ( $\mu\text{g}$ )

	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	5.9	4.4	65	8.4	5.0	67	11.0	6.5	68	11.5	6.3	72	10.2	5.4	12	9.3	6.0	284
Female	6.4	3.6	54	8.4	4.8	61	8.7	6.0	56	9.2	5.0	55	8.1	3.7	9	8.2	5.0	235
Total	6.1	4.0	119	8.4	4.9	128	10.0	6.3	124	10.5	5.9	127	9.3	4.8	21	8.8	5.6	519

$\alpha$ -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	7	2	65	8	2	67	8	2	68	8	2	72	8	3	12	8	2	284
Female	7	2	54	8	2	61	9	8	56	7	2	55	7	3	9	8	5	235
Total	7	2	119	8	2	128	8	6	124	8	2	127	8	3	21	8	4	519

$\beta$ -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	65	0	0	67	0	0	68	0	0	72	0	0	12	0	0	284
Female	0	0	54	0	0	61	0	0	56	0	0	55	0	0	9	0	0	235
Total	0	0	119	0	0	128	0	0	124	0	0	127	0	0	21	0	0	519

$\gamma$ -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	4	65	13	4	67	12	4	68	11	3	72	11	4	12	12	4	284
Female	11	5	54	11	4	61	10	4	56	10	4	55	9	4	9	10	4	235
Total	12	4	119	12	4	128	11	4	124	10	3	127	10	4	21	11	4	519

$\delta$ -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	65	3	1	67	3	1	68	3	1	72	3	1	12	3	1	284
Female	3	1	54	3	1	61	3	1	56	3	1	55	3	1	9	3	1	235
Total	3	1	119	3	1	128	3	1	124	3	1	127	3	1	21	3	1	519

$\alpha$ -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	11	13	65	9	3	67	10	4	68	13	20	72	30	70	12	11	19	284
Female	8	3	54	10	5	61	13	14	56	11	20	55	8	3	9	10	12	235
Total	9	10	119	9	4	128	11	10	124	12	20	127	21	53	21	11	16	519

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	249	123	65	232	108	67	292	161	68	272	147	72	234	101	12	260	136	284
Female	209	130	54	205	106	61	238	127	56	273	149	55	275	155	9	232	131	235
Total	231	127	119	219	108	128	267	149	124	272	147	127	252	125	21	248	135	519

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	1.09	0.59	65	1.09	1.11	67	1.03	0.27	68	7.74	40.46	72	5.87	17.31	12	2.96	20.77	284
Female	0.83	0.24	54	1.22	2.12	61	4.90	22.62	56	4.33	24.03	55	1.64	2.22	9	2.75	16.06	235
Total	0.97	0.48	119	1.16	1.66	128	2.78	15.25	124	6.26	34.24	127	4.06	13.09	21	2.87	18.77	519

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	1.48	0.52	65	1.46	0.56	67	1.56	0.36	68	4.22	19.03	72	1.42	0.34	12	2.19	9.62	284
Female	1.26	0.38	54	1.41	0.84	61	4.02	17.90	56	1.79	2.12	55	1.82	1.27	9	2.10	8.82	235
Total	1.38	0.47	119	1.43	0.71	128	2.67	12.04	124	3.17	14.41	127	1.59	0.87	21	2.15	9.26	519

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	19.6	8.5	65	19.1	6.3	67	20.3	5.9	68	39.9	159.5	72	23.1	18.2	12	24.9	80.6	284
Female	14.7	4.3	54	16.4	6.3	61	29.9	89.5	56	15.4	4.9	55	15.4	7.2	9	19.0	44.1	235
Total	17.4	7.3	119	17.8	6.4	128	24.6	60.2	124	29.3	120.4	127	19.8	14.8	21	22.2	66.6	519

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	1.26	0.50	65	1.31	0.54	67	1.51	0.43	68	4.30	17.02	72	1.41	0.30	12	2.11	8.63	284
Female	1.01	0.31	54	1.39	1.41	61	3.99	17.84	56	2.46	7.70	55	1.80	1.78	9	2.19	9.51	235
Total	1.14	0.44	119	1.35	1.04	128	2.63	12.00	124	3.50	13.77	127	1.57	1.16	21	2.14	9.03	519

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	7.0	6.6	65	8.5	5.1	67	10.2	6.3	68	17.2	62.4	72	263.1	588.2	12	21.5	130.6	284
Female	5.2	2.8	54	7.7	4.7	61	26.0	134.2	56	21.0	95.9	55	6.7	3.6	9	14.6	80.3	235
Total	6.2	5.3	119	8.1	4.9	128	17.4	90.2	124	18.9	78.3	127	153.2	455.2	21	18.4	110.6	519

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	316	98	65	325	95	67	410	114	68	432	182	72	435	127	12	375	138	284
Female	273	93	54	321	128	61	360	136	56	382	141	55	382	178	9	336	134	235
Total	296	98	119	323	111	128	387	126	124	410	167	127	412	150	21	357	137	519

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	6.24	1.54	65	6.09	1.42	67	6.77	1.54	68	7.55	4.99	72	6.54	1.65	12	6.67	2.87	284
Female	5.22	1.45	54	6.27	4.33	61	6.15	1.61	56	6.07	1.43	55	5.83	1.86	9	5.94	2.58	235
Total	5.77	1.58	119	6.18	3.15	128	6.49	1.60	124	6.91	3.93	127	6.24	1.74	21	6.34	2.76	519



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	123.8	105.6	65	109.7	71.9	67	153.8	95.9	68	162.7	85.1	72	148.8	78.2	12	138.6	91.7	284
Female	100.4	96.1	54	127.2	96.2	61	136.9	72.9	56	155.4	83.0	55	153.7	120.6	9	131.0	90.5	235
Total	113.2	101.6	119	118.0	84.5	128	146.2	86.3	124	159.5	84.0	127	150.9	95.8	21	135.1	91.1	519

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	383.1	160.5	65	423.2	156.4	67	420.6	144.5	68	364.8	140.2	72	406.0	103.8	12	397.9	149.8	284
Female	322.4	117.4	54	311.0	124.7	61	327.7	120.1	56	339.3	127.4	55	337.2	187.1	9	325.2	124.7	235
Total	355.6	145.2	119	369.7	152.4	128	378.6	141.4	124	353.8	134.9	127	376.5	145.4	21	365.0	143.5	519

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	0.9	65	3.2	0.9	67	3.9	1.3	68	4.2	1.2	72	3.8	0.9	12	3.7	1.2	284
Female	3.3	1.3	54	3.6	1.0	61	3.8	1.1	56	3.9	1.1	55	4.2	2.0	9	3.7	1.2	235
Total	3.3	1.1	119	3.4	1.0	128	3.9	1.2	124	4.1	1.2	127	4.0	1.5	21	3.7	1.2	519

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	10.6	3.2	65	10.3	2.9	67	12.4	3.5	68	13.5	3.9	72	12.6	2.9	12	11.8	3.6	284
Female	9.8	3.3	54	11.3	3.3	61	12.6	3.9	56	12.6	4.0	55	11.8	5.7	9	11.6	3.8	235
Total	10.2	3.2	119	10.8	3.1	128	12.5	3.7	124	13.1	3.9	127	12.3	4.2	21	11.7	3.7	519

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	14.6	4.3	65	14.2	3.8	67	17.5	4.8	68	19.8	10.4	72	17.0	4.0	12	16.6	6.8	284
Female	13.6	4.9	54	15.7	4.5	61	17.3	5.2	56	17.3	5.3	55	16.4	8.0	9	16.0	5.3	235
Total	14.2	4.6	119	14.9	4.2	128	17.4	5.0	124	18.7	8.7	127	16.7	5.8	21	16.3	6.1	519

## 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	11.4	2.6	65	11.2	2.7	67	12.7	2.6	68	11.7	2.2	72	11.2	2.0	12	11.7	2.6	284
Female	9.6	2.4	54	9.6	2.1	61	10.5	2.4	56	10.8	2.2	55	9.9	3.0	9	10.1	2.4	235
Total	10.6	2.6	119	10.4	2.6	128	11.7	2.8	124	11.3	2.2	127	10.7	2.5	21	11.0	2.6	519

## 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	10.7	2.5	65	11.3	2.5	67	11.4	2.4	68	10.9	2.7	72	10.9	2.1	12	11.1	2.5	284
Female	9.1	2.1	54	9.3	1.9	61	10.0	2.2	56	9.6	2.1	55	9.5	2.0	9	9.5	2.1	235
Total	9.9	2.5	119	10.3	2.5	128	10.8	2.4	124	10.3	2.6	127	10.3	2.1	21	10.3	2.5	519

## 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	3429	866	65	3538	799	67	3641	747	68	3482	898	72	3369	550	12	3516	820	284
Female	2938	641	54	2934	566	61	3084	664	56	3028	632	55	3088	778	9	2998	629	235
Total	3206	807	119	3250	758	128	3389	760	124	3285	823	127	3248	655	21	3282	783	519

## 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	6004	1484	65	6154	1352	67	6308	1273	68	6078	1552	72	5857	947	12	6125	1401	284
Female	5152	1137	54	5129	966	61	5393	1129	56	5250	1068	55	5364	1325	9	5234	1080	235
Total	5617	1399	119	5665	1286	128	5895	1289	124	5719	1420	127	5646	1122	21	5722	1340	519

## 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	4958	1457	65	5121	1337	67	5386	1255	68	5099	1509	72	4894	908	12	5132	1378	284
Female	4152	995	54	4222	936	61	4419	1111	56	4412	1083	55	4465	1274	9	4307	1039	235
Total	4592	1326	119	4693	1243	128	4949	1282	124	4802	1379	127	4710	1072	21	4758	1301	519

## 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	1800	490	65	1856	442	67	1926	417	68	1823	496	72	1764	279	12	1848	456	284
Female	1510	326	54	1532	313	61	1591	350	56	1567	366	55	1576	396	9	1551	339	235
Total	1668	446	119	1701	417	128	1775	421	124	1712	461	127	1684	338	21	1713	433	519

## 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	1240	263	65	1266	233	67	1278	230	68	1251	259	72	1220	170	12	1257	243	284
Female	1070	212	54	1051	181	61	1101	203	56	1077	191	55	1049	239	9	1073	197	235
Total	1162	254	119	1163	235	128	1198	235	124	1176	246	127	1147	215	21	1174	241	519

## 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	3044	744	65	3126	663	67	3209	632	68	3080	747	72	2992	436	12	3110	688	284
Female	2584	527	54	2588	486	61	2696	536	56	2648	546	55	2630	613	9	2629	524	235
Total	2835	691	119	2870	643	128	2977	642	124	2893	698	127	2837	537	21	2892	664	519

## 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	3448	790	65	3538	726	67	3615	691	68	3512	837	72	3397	526	12	3523	753	284
Female	2978	637	54	2962	530	61	3119	637	56	3039	571	55	3072	716	9	3025	597	235
Total	3235	759	119	3264	700	128	3391	709	124	3307	768	127	3258	620	21	3298	730	519

## 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	2622	655	65	2692	599	67	2765	551	68	2660	695	72	2563	428	12	2680	620	284
Female	2243	513	54	2229	432	61	2329	489	56	2311	466	55	2378	591	9	2281	477	235
Total	2450	622	119	2471	573	128	2568	565	124	2509	629	127	2484	499	21	2499	594	519

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	6072	1442	65	6233	1322	67	6383	1239	68	6176	1535	72	5961	949	12	6206	1372	284
Female	5223	1146	54	5193	958	61	5449	1121	56	5352	1035	55	5453	1298	9	5308	1070	235
Total	5687	1378	119	5737	1270	128	5961	1271	124	5819	1398	127	5743	1111	21	5800	1321	519

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	3001	787	65	3096	727	67	3210	675	68	3051	806	72	2947	491	12	3084	742	284
Female	2530	553	54	2557	507	61	2694	594	56	2642	578	55	2662	687	9	2607	562	235
Total	2787	727	119	2839	685	128	2977	687	124	2874	742	127	2825	585	21	2868	707	519

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	910	219	65	933	200	67	961	190	68	932	235	72	898	141	12	933	209	284
Female	778	172	54	778	146	61	821	176	56	810	161	55	813	196	9	797	165	235
Total	850	209	119	859	192	128	898	196	124	879	215	127	862	168	21	871	202	519

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	4028	991	65	4138	900	67	4273	853	68	4124	1045	72	3990	641	12	4135	939	284
Female	3449	750	54	3456	655	61	3644	765	56	3578	722	55	3638	905	9	3535	728	235
Total	3765	932	119	3813	861	128	3989	870	124	3888	955	127	3839	765	21	3863	900	519

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	2440	691	65	2541	754	67	2700	675	68	2533	791	72	2440	358	12	2550	721	284
Female	2064	493	54	2118	449	61	2206	572	56	2172	566	55	2060	509	9	2137	519	235
Total	2269	635	119	2340	660	128	2477	675	124	2377	723	127	2277	460	21	2363	669	519

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	4548	1158	65	4666	1089	67	4806	1027	68	4599	1154	72	4548	857	12	4650	1096	284
Female	3707	774	54	3741	752	61	3975	909	56	3946	827	55	3935	933	9	3844	823	235
Total	4166	1083	119	4225	1048	128	4430	1056	124	4316	1072	127	4285	921	21	4285	1060	519

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	3835	1022	65	3936	926	67	4115	892	68	3898	1005	72	3814	641	12	3941	951	284
Female	3153	673	54	3191	643	61	3357	727	56	3335	732	55	3310	803	9	3260	697	235
Total	3525	942	119	3581	883	128	3772	901	124	3654	937	127	3598	741	21	3633	910	519

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	6949	1801	65	7249	1708	67	7611	1610	68	7275	1860	72	7111	1281	12	7268	1736	284
Female	5828	1319	54	6000	1258	61	6325	1445	56	6355	1339	55	6346	1642	9	6134	1358	235
Total	6440	1690	119	6654	1630	128	7030	1661	124	6876	1711	127	6783	1460	21	6754	1673	519

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	14.328	3.053	65	14.372	2.779	67	14.475	2.712	68	14.197	3.163	72	13.414	2.004	12	14.302	2.892	284
Female	12.765	2.777	54	12.403	2.061	61	12.809	2.452	56	12.096	2.037	55	12.342	2.984	9	12.509	2.365	235
Total	13.619	3.021	119	13.434	2.645	128	13.723	2.718	124	13.287	2.917	127	12.954	2.463	21	13.490	2.809	519

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	3329	896	65	3343	819	67	3446	746	68	3336	892	72	3257	553	12	3359	827	284
Female	2698	548	54	2736	565	61	2847	650	56	2798	596	55	2788	738	9	2770	594	235
Total	3043	819	119	3054	769	128	3175	762	124	3103	820	127	3056	665	21	3092	787	519

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	4678	1078	65	4609	961	67	4564	976	68	4532	1154	72	4166	712	12	4576	1033	284
Female	4290	1067	54	4104	731	61	4207	900	56	3824	668	55	4119	1087	9	4106	870	235
Total	4502	1086	119	4368	892	128	4403	955	124	4226	1032	127	4146	867	21	4363	990	519

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	3428	810	65	3534	739	67	3610	684	68	3483	834	72	3395	528	12	3509	760	284
Female	2958	632	54	2950	550	61	3108	605	56	3036	576	55	3076	740	9	3015	594	235
Total	3215	768	119	3256	716	128	3384	694	124	3289	764	127	3258	631	21	3285	732	519

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	56.16	16.56	65	54.07	15.45	67	48.78	12.87	68	44.57	14.36	72	41.88	10.61	12	50.36	15.37	284
Female	48.43	12.00	54	45.11	11.29	61	42.57	12.88	56	38.67	11.82	55	42.85	11.37	9	43.68	12.36	235
Total	52.65	15.11	119	49.80	14.30	128	45.97	13.19	124	42.01	13.59	127	42.29	10.67	21	47.33	14.46	519

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	18.41	6.36	65	17.23	6.08	67	14.96	5.03	68	14.28	5.99	72	13.40	4.19	12	16.05	6.03	284
Female	16.27	4.38	54	14.66	4.51	61	13.77	4.81	56	12.52	4.39	55	15.36	6.30	9	14.34	4.75	235
Total	17.44	5.63	119	16.01	5.52	128	14.42	4.95	124	13.52	5.41	127	14.24	5.15	21	15.28	5.55	519

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	23.75	7.76	65	22.39	6.96	67	20.09	5.91	68	18.02	6.50	72	16.70	5.19	12	20.80	7.09	284
Female	19.99	5.44	54	18.52	4.98	61	17.50	5.78	56	15.13	5.06	55	16.52	4.39	9	17.75	5.52	235
Total	22.05	7.04	119	20.55	6.38	128	18.92	5.97	124	16.77	6.07	127	16.62	4.75	21	19.42	6.60	519

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	13.93	3.75	65	14.40	3.96	67	13.68	3.37	68	12.21	3.30	72	11.78	3.02	12	13.45	3.66	284
Female	12.08	3.61	54	11.85	3.32	61	11.25	3.88	56	10.97	3.37	55	10.90	2.26	9	11.52	3.51	235
Total	13.09	3.79	119	13.18	3.87	128	12.58	3.80	124	11.68	3.37	127	11.40	2.70	21	12.58	3.72	519

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	37.68	10.85	65	36.78	10.28	67	33.77	8.74	68	30.23	9.01	72	28.47	7.40	12	34.25	10.08	284
Female	32.07	8.28	54	30.37	7.72	61	28.74	9.17	56	26.11	8.09	55	27.41	5.82	9	29.26	8.46	235
Total	35.13	10.13	119	33.73	9.66	128	31.50	9.25	124	28.44	8.83	127	28.02	6.63	21	31.99	9.70	519

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	11.51	3.26	65	11.50	3.39	67	10.59	2.94	68	9.37	2.61	72	9.47	2.46	12	10.66	3.14	284
Female	9.97	3.10	54	9.36	2.66	61	9.06	3.18	56	8.62	2.61	55	8.89	2.05	9	9.24	2.88	235
Total	10.81	3.26	119	10.48	3.23	128	9.90	3.13	124	9.05	2.62	127	9.22	2.26	21	10.02	3.11	519

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	2.38	0.87	65	2.85	1.14	67	3.04	1.02	68	2.80	1.13	72	2.27	0.70	12	2.75	1.06	284
Female	2.09	0.71	54	2.45	0.92	61	2.14	0.98	56	2.31	1.00	55	1.97	0.58	9	2.24	0.91	235
Total	2.25	0.81	119	2.66	1.06	128	2.63	1.09	124	2.58	1.10	127	2.14	0.66	21	2.52	1.03	519

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	184.3	153.8	65	189.8	221.6	67	159.1	170.9	68	184.7	158.1	72	185.7	122.2	12	179.7	175.2	284
Female	232.7	146.2	54	215.1	160.9	61	225.2	187.5	56	199.1	165.3	55	265.1	246.0	9	219.7	168.4	235
Total	206.3	151.7	119	201.8	194.8	128	188.9	180.9	124	190.9	160.8	127	219.7	184.5	21	197.8	173.1	519

## 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	119.0	98.6	65	120.7	140.7	67	103.0	111.9	68	117.6	101.8	72	120.2	82.7	12	115.3	112.7	284
Female	149.0	93.5	54	137.0	103.6	61	143.6	119.4	56	127.7	107.2	55	168.3	149.3	9	140.3	107.7	235
Total	132.6	97.1	119	128.5	124.2	128	121.3	116.7	124	122.0	103.9	127	140.8	115.2	21	126.6	111.0	519

## 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	0.9	1.1	65	1.1	1.6	67	1.0	1.2	68	1.1	1.1	72	1.0	1.0	12	1.0	1.3	284
Female	1.1	1.1	54	1.2	1.1	61	1.2	1.1	56	1.2	1.1	55	1.5	1.5	9	1.2	1.1	235
Total	1.0	1.1	119	1.2	1.4	128	1.1	1.2	124	1.1	1.1	127	1.2	1.2	21	1.1	1.2	519

## 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	0.9	1.1	65	1.1	1.6	67	1.0	1.2	68	1.1	1.1	72	1.0	1.0	12	1.0	1.3	284
Female	1.1	1.1	54	1.2	1.1	61	1.2	1.1	56	1.2	1.1	55	1.5	1.5	9	1.2	1.1	235
Total	1.0	1.1	119	1.2	1.4	128	1.1	1.2	124	1.1	1.1	127	1.2	1.2	21	1.1	1.2	519

## 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	190.2	137.2	65	175.2	180.5	67	146.4	154.2	68	165.8	137.1	72	172.1	114.7	12	169.2	151.5	284
Female	216.7	125.4	54	194.2	134.9	61	190.8	150.7	56	173.1	134.0	55	234.6	194.6	9	195.2	138.9	235
Total	202.2	132.1	119	184.2	160.1	128	166.4	153.6	124	169.0	135.3	127	198.9	152.9	21	181.0	146.3	519

## 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	431.9	432.5	65	319.1	332.2	67	261.2	422.8	68	305.9	345.0	72	391.2	359.3	12	330.8	386.1	284
Female	438.2	408.4	54	341.8	264.0	61	274.5	207.2	56	266.6	208.0	55	422.9	326.7	9	333.4	290.0	235
Total	434.8	419.9	119	329.9	300.7	128	267.2	341.5	124	288.9	293.3	127	404.8	337.6	21	332.0	345.6	519



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	2.7	3.1	65	3.4	4.9	67	2.9	3.5	68	3.3	3.4	72	3.0	3.1	12	3.1	3.7	284
Female	3.3	3.2	54	3.5	3.5	61	3.5	3.4	56	3.4	3.3	55	4.6	4.3	9	3.5	3.4	235
Total	3.0	3.2	119	3.5	4.2	128	3.2	3.4	124	3.3	3.3	127	3.7	3.7	21	3.3	3.6	519

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	1192.1	575.8	65	1206.6	749.8	67	1116.9	616.6	68	1169.6	668.4	72	1054.9	524.8	12	1166.0	648.5	284
Female	1196.9	487.5	54	1184.4	554.9	61	1102.5	567.6	56	1046.4	560.0	55	1262.1	874.8	9	1138.4	557.9	235
Total	1194.3	535.3	119	1196.0	661.7	128	1110.4	592.6	124	1116.2	624.4	127	1143.7	684.5	21	1153.5	608.7	519

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	113.8	62.0	65	116.3	78.0	67	105.6	58.1	68	114.3	66.6	72	105.5	57.0	12	112.2	65.9	284
Female	115.6	53.1	54	116.8	54.6	61	113.8	59.7	56	103.5	58.9	55	118.7	80.7	9	112.8	57.4	235
Total	114.6	57.9	119	116.5	67.6	128	109.3	58.7	124	109.6	63.4	127	111.1	66.6	21	112.5	62.1	519

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	26.8	22.7	65	27.8	32.5	67	23.6	25.2	68	26.9	23.3	72	26.5	16.8	12	26.3	25.8	284
Female	33.3	20.5	54	31.4	24.1	61	31.3	25.7	56	29.2	24.5	55	40.0	35.9	9	31.6	24.2	235
Total	29.8	21.9	119	29.5	28.8	128	27.1	25.6	124	27.9	23.7	127	32.3	26.8	21	28.7	25.2	519

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	11.048	3.616	65	10.378	3.372	67	9.056	2.635	68	8.453	3.257	72	7.828	2.072	12	9.619	3.353	284
Female	9.456	2.400	54	8.530	2.471	61	8.084	2.551	56	7.250	2.346	55	8.673	2.866	9	8.342	2.559	235
Total	10.326	3.211	119	9.497	3.107	128	8.617	2.632	124	7.932	2.949	127	8.190	2.415	21	9.041	3.083	519

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	22.8	23.2	65	19.6	21.1	67	15.1	15.8	68	18.4	23.0	72	16.9	14.4	12	18.8	20.8	284
Female	33.7	35.1	54	20.5	17.9	61	27.0	35.8	56	15.5	12.9	55	18.8	16.7	9	23.9	27.5	235
Total	27.7	29.6	119	20.0	19.6	128	20.5	27.3	124	17.2	19.3	127	17.7	15.1	21	21.1	24.2	519

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	170.4	94.1	65	159.1	89.1	67	144.8	55.8	68	146.9	82.6	72	127.7	77.2	12	153.8	81.6	284
Female	144.3	61.9	54	132.9	47.3	61	124.9	51.1	56	121.6	50.8	55	131.1	55.0	9	130.9	53.2	235
Total	158.6	81.8	119	146.6	73.2	128	135.8	54.5	124	135.9	71.5	127	129.1	67.0	21	143.5	71.1	519

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	26.8	21.9	65	27.0	30.4	67	22.8	23.8	68	26.6	22.6	72	26.1	16.2	12	25.8	24.5	284
Female	34.7	20.3	54	31.2	23.0	61	31.8	24.8	56	28.1	23.1	55	38.0	34.7	9	31.7	23.3	235
Total	30.4	21.5	119	29.0	27.1	128	26.9	24.6	124	27.3	22.7	127	31.2	25.7	21	28.5	24.1	519

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	4.438	1.743	65	4.068	1.533	67	3.439	1.157	68	3.216	1.454	72	2.941	1.054	12	3.738	1.543	284
Female	3.809	1.172	54	3.346	1.071	61	3.066	1.169	56	2.838	1.042	55	3.577	1.595	9	3.276	1.179	235
Total	4.153	1.537	119	3.724	1.376	128	3.271	1.172	124	3.052	1.301	127	3.214	1.317	21	3.529	1.408	519

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	183.4	63.5	65	180.9	61.1	67	159.0	46.8	68	145.9	51.1	72	141.1	68.5	12	165.7	58.3	284
Female	163.4	53.9	54	154.4	49.6	61	147.7	64.3	56	124.7	41.4	55	143.9	55.9	9	147.5	54.4	235
Total	174.3	59.9	119	168.3	57.2	128	153.9	55.5	124	136.7	48.2	127	142.3	61.9	21	157.4	57.2	519

## 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	97.4	70.6	65	101.9	66.8	67	84.8	41.5	68	80.6	61.1	72	105.4	127.5	12	91.5	65.0	284
Female	87.1	53.3	54	79.7	37.5	61	79.3	52.8	56	63.7	25.1	55	89.4	79.6	9	77.9	45.8	235
Total	92.7	63.3	119	91.3	55.7	128	82.3	46.8	124	73.3	49.4	127	98.6	107.4	21	85.4	57.5	519

## 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	42.1	31.5	65	41.8	33.0	67	33.7	21.3	68	32.6	32.5	72	47.3	68.8	12	37.8	32.5	284
Female	36.8	27.0	54	33.0	18.5	61	33.5	26.2	56	24.1	12.6	55	37.2	48.2	9	32.1	23.5	235
Total	39.7	29.5	119	37.6	27.3	128	33.6	23.6	124	28.9	26.1	127	42.9	59.6	21	35.2	28.9	519

## 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	15.9	12.7	65	15.5	17.8	67	13.3	13.9	68	15.1	13.0	72	14.9	10.1	12	14.9	14.3	284
Female	18.5	11.7	54	17.6	13.3	61	18.2	14.7	56	16.2	13.6	55	21.7	19.2	9	17.8	13.6	235
Total	17.1	12.3	119	16.5	15.8	128	15.5	14.4	124	15.6	13.2	127	17.8	14.7	21	16.2	14.0	519

## 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	106.5	82.4	65	90.1	90.9	67	68.9	50.9	68	82.3	83.8	72	92.6	97.2	12	86.9	79.9	284
Female	99.6	63.9	54	81.0	51.0	61	85.2	52.7	56	75.8	52.2	55	93.3	68.6	9	85.5	55.8	235
Total	103.4	74.3	119	85.8	74.5	128	76.2	52.2	124	79.5	71.7	127	92.9	84.1	21	86.3	69.9	519

## 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	0.0	0.0	65	4.2	34.2	67	0.0	0.0	68	0.0	0.0	72	0.0	0.0	12	1.0	16.6	284
Female	0.0	0.0	54	0.0	0.0	61	6.7	49.9	56	0.0	0.0	55	0.0	0.0	9	1.6	24.4	235
Total	0.0	0.0	119	2.2	24.7	128	3.0	33.5	124	0.0	0.0	127	0.0	0.0	21	1.3	20.5	519

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	1023.7	493.5	65	968.0	417.4	67	931.3	357.7	68	886.2	507.4	72	775.1	243.9	12	943.1	443.4	284
Female	762.5	323.6	54	750.8	277.4	61	721.0	310.6	56	660.3	310.0	55	804.9	334.5	9	727.3	306.4	235
Total	905.2	442.9	119	864.5	372.5	128	836.3	351.9	124	788.4	446.0	127	787.9	278.7	21	845.4	401.7	519

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	113.8	73.8	65	102.4	68.3	67	95.1	40.6	68	98.0	68.7	72	80.8	60.5	12	101.3	64.0	284
Female	90.9	47.1	54	80.2	33.4	61	75.6	36.2	56	76.9	37.3	55	82.3	46.8	9	80.9	39.1	235
Total	103.4	63.9	119	91.8	55.4	128	86.3	39.7	124	88.9	58.0	127	81.5	53.7	21	92.0	55.1	519

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	21.764	7.187	65	19.994	6.418	67	17.476	5.410	68	15.678	5.857	72	14.886	4.363	12	18.486	6.585	284
Female	18.242	5.183	54	16.153	4.611	61	15.613	5.486	56	13.287	4.392	55	14.797	3.963	9	15.782	5.151	235
Total	20.166	6.571	119	18.164	5.930	128	16.635	5.501	124	14.642	5.386	127	14.848	4.093	21	17.262	6.123	519

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	460.2	239.1	65	659.6	425.0	67	750.7	469.7	68	685.3	501.0	72	452.5	337.3	12	633.6	432.6	284
Female	434.7	247.1	54	689.8	480.9	61	501.7	380.5	56	516.4	481.0	55	453.6	348.8	9	536.7	417.0	235
Total	448.6	242.0	119	674.0	451.0	128	638.3	447.7	124	612.2	497.7	127	453.0	333.5	21	589.7	427.9	519

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	193.5	263.1	65	506.1	590.0	67	671.0	689.9	68	563.5	696.6	72	315.8	460.3	12	480.6	608.4	284
Female	253.3	350.5	54	659.8	720.8	61	411.0	565.0	56	436.5	687.5	55	245.4	332.7	9	439.0	609.3	235
Total	220.6	305.9	119	579.3	657.5	128	553.6	647.2	124	508.5	692.8	127	285.7	402.6	21	461.7	608.6	519