

Prevalence of taking medicine in previous 2 weeks

		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	0	0.0	3	1.0	2	0.7	4	1.6	2	3.8	11	0.9
	Female	0	0.0	1	0.4	1	0.4	4	1.4	0	0.0	6	0.5
	Total	0	0.0	4	0.7	3	0.5	8	1.5	2	1.8	17	0.7
No use of drug	Male	125	43.7	116	39.3	88	29.3	39	15.3	5	9.4	373	31.4
	Female	121	41.2	93	32.9	67	24.5	36	12.6	2	3.4	319	26.7
	Total	246	42.4	209	36.2	155	27.1	75	13.9	7	6.3	692	29.0
Total	Male	286	100.0	295	100.0	300	100.0	255	100.0	53	100.0	1189	100.0
	Female	294	100.0	283	100.0	273	100.0	285	100.0	59	100.0	1194	100.0
	Total	580	100.0	578	100.0	573	100.0	540	100.0	112	100.0	2383	100.0

IV. Nutritional Examinations

IV. Nutritional Examinations

Three days dietary record (3DR)

Foods and nutrition intakes were assessed by the three-consecutive-day weighing dietary records. On this method, foods and dietary supplements were weighed separately with scales before or after cooked. If the subjects did not weigh foods, they asked to record food size by portion. The subjects were asked to take the photos before and after eating foods using disposable camera. The dietary records were checked and coded by nutritionists. The average intakes of food and nutrition per day were calculated according to the 5th edition Standard Tables of Foods Consumption edited by the Science and Technology Agency in Japan and others. The substituted food composition table for Japanese foods were developed by National Cancer Center for the assessment of fatty acid intakes (Sasaki et al., *J Epidemiol*, 9: 190-207, 1999).

Definition and categories of dietary supplement in NLS-LSA

Dietary supplement were defined as any products intended for ingestion as a supplement to the diet from unnatural food forms such as capsules, tablets, or powders, but not from functional foods or modified foods. It contains vitamins, minerals, herbs, botanicals, and other substances such as enzymes, organ tissues, metabolites, concentrates, and constituent extracts of these substances.

Dietary supplement was grouped into seven major categories according to primary nutrient contents. It contains vitamin, mineral, fat, protein, dietary fiber, others, and drug (which contains some nutrients, for example a remedy for the cold which containing vitamin C.)

Dietary supplement frequency questionnaire (DSFQ)

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

Three days dietary record

1) Food intake (3DR)

- Cereals

- Potatoes and starches

- Sugars and sweeteners

- Pulses

- Nuts and seeds

Vegetables
Fruits
Mushrooms
Seaweeds
Fishes and shellfishes
Meats
Eggs
Milks
Fats and oils
Confectioneries
Beverages
Seasonings and spices
Prepared foods

2) Nutrient intake from foods (3DR)

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
Vitamin K

Thiamin
Riboflavin
Niacin
Vitamin B₆
Vitamin B₁₂
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Manganese
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfur-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine

Total fatty acids
Saturated fatty acids
Monounsaturated fatty acids
Polyunsaturated fatty acids
Unsaturated fatty acids
n-6 fatty acids
n-3 fatty acids
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid

Behenic acid
Docosenoic acid
Docosadienoic acid
Docosapentaenoic acid (n-3)
Docosapentaenoic acid (n-6)
Docosahexaenoic acid
Lignoceric acid
Tetracosenoic acid
Alcohol

3) Nutrient intake from foods and dietary supplements (3DR)

Energy
Water
Protein
Lipid
Carbohydrate
Ash
Sodium
Potassium
Calcium
Magnesium
Phosphorus
Iron
Zinc
Copper
Retinol
Carotene
Retinol equivalents
Vitamin D
Vitamin E
Vitamin K
Thiamin
Riboflavin
Niacin
Vitamin B₆

Vitamin B₁₂
Folate
Pantothenic acid
Vitamin C
Cholesterol
Water soluble dietary fibers
Water insoluble dietary fibers
Total dietary fibers
Salt
Manganese
Nitrogen
Isoleucine
Leucine
Lysine
Methionine
Cystine
Sulfer-containing amino acids
Phenylalanine
Tyrosine
Aromatic amino acids
Threonine
Tryptophan
Valine
Histidine
Alginine
Alanine
Aspartic acid
Glutamic acid
Glycine
Proline
Serine
Total fatty acids
Saturated fatty acids
Monounsaturated fatty acids
Polyunsaturated fatty acids

Unsaturated fatty acids
n-6 fatty acids
n-3 fatty acids
Butyric acid
Hexanoic acid
Octanoic acid
Decanoic acid
Decenoic acid
Lauric acid
Myristic acid
Myristoleic acid
Pentadecanoic acid
Pentadecenoic acid
Palmitic acid
Palmitoleic acid
Hexadecatrienoic acid
Heptadecanoic acid
Heptadecenoic acid
Stearic acid
Oleic acid
Linoleic acid
Linolenic acid
 γ -Linolenic acid
Octadecatetraenic acid
Arachidic acid
Eicosenoic acid
Eicosadienoic acid
Eicosatrienoic acid
Eicosatetraenoic acid
Arachidonic acid
Eicosapentaenoic acid
Behenic acid
Docosenoic acid
Docosadienoic acid
Docosapentaenoic acid (n-3)

Docosapentaenoic acid (n-6)

Docosahexaenoic acid

Lignoceric acid

Tetracosenoic acid

Alcohol

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

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

6) Beverage intakes

Three days dietary record (3DR)

1) Food intake (3DR)

Cereals (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	592.8	161.3	256	577.6	149.6	283	553.8	149.4	280	526.5	143.4	232	483.2	108.9	42	560.6	152.2	1093
Female	418.3	109.0	275	410.7	112.1	265	417.0	105.9	259	411.8	105.6	256	414.4	165.6	49	414.5	111.2	1104
Total	502.4	162.1	531	496.9	156.8	548	488.0	147.1	539	466.3	137.4	488	446.2	145.7	91	487.2	151.9	2197

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	88.6	69.0	256	71.6	50.9	283	77.3	54.9	280	75.4	53.9	232	60.0	44.2	42	77.4	57.3	1093
Female	64.1	54.3	275	64.1	54.3	265	66.7	46.8	259	66.6	51.8	256	75.3	48.7	49	65.8	51.8	1104
Total	75.9	63.0	531	68.0	52.7	548	72.2	51.4	539	70.8	52.9	488	68.2	47.0	91	71.6	54.9	2197

Sugars and sweeteners (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.6	7.6	256	9.2	8.6	283	10.2	9.2	280	10.1	7.1	232	8.8	6.2	42	9.5	8.2	1093
Female	9.3	8.0	275	9.3	8.9	265	10.9	9.4	259	9.7	8.1	256	9.7	7.4	49	9.8	8.6	1104
Total	8.9	7.8	531	9.3	8.7	548	10.5	9.3	539	9.8	7.7	488	9.3	6.9	91	9.6	8.4	2197

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	80.7	83.1	256	86.1	63.4	283	90.7	56.6	280	93.6	62.9	232	73.4	40.9	42	87.1	66.3	1093
Female	75.3	71.9	275	83.8	69.3	265	78.4	51.8	259	79.6	57.9	256	94.1	93.0	49	79.9	65.1	1104
Total	77.9	77.5	531	85.0	66.3	548	84.8	54.7	539	86.2	60.6	488	84.5	74.1	91	83.5	65.8	2197

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	5.2	12.3	256	6.1	10.4	283	5.2	7.9	280	4.5	7.5	232	6.3	16.1	42	5.3	10.0	1093
Female	6.9	11.0	275	5.4	8.7	265	6.3	9.6	259	5.5	9.8	256	10.2	24.1	49	6.2	10.9	1104
Total	6.1	11.7	531	5.7	9.6	548	5.8	8.7	539	5.0	8.8	488	8.4	20.8	91	5.8	10.5	2197

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	227.9	104.9	256	233.8	104.9	283	248.0	119.3	280	219.8	105.8	232	191.1	108.3	42	231.4	109.6	1093
Female	185.7	85.4	275	209.6	96.9	265	211.7	95.5	259	205.3	97.2	256	208.5	119.1	49	203.1	95.4	1104
Total	206.0	97.6	531	222.1	101.7	548	230.5	109.9	539	212.2	101.5	488	200.5	114.0	91	217.2	103.7	2197

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	104.5	66.9	256	122.0	74.1	283	141.3	75.0	280	131.1	79.5	232	107.7	82.9	42	124.2	75.4	1093
Female	99.1	62.1	275	115.7	68.8	265	140.9	78.4	259	136.1	71.8	256	120.1	74.8	49	122.4	72.3	1104
Total	101.7	64.5	531	118.9	71.6	548	141.1	76.6	539	133.7	75.5	488	114.4	78.4	91	123.3	73.9	2197

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	111.3	109.7	256	125.7	110.5	283	152.0	122.6	280	159.6	114.4	232	162.8	93.3	42	137.7	115.2	1093
Female	122.9	102.6	275	145.7	101.8	265	172.2	109.5	259	203.1	132.3	256	168.3	135.9	49	160.6	116.7	1104
Total	117.3	106.1	531	135.4	106.7	548	161.7	116.8	539	182.5	125.9	488	165.8	117.6	91	149.2	116.5	2197

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	19.4	20.0	256	19.1	17.5	283	20.1	18.4	280	17.1	17.3	232	17.6	23.4	42	19.0	18.5	1093
Female	17.7	18.9	275	18.4	17.0	265	19.3	19.1	259	18.7	18.2	256	15.7	14.1	49	18.4	18.1	1104
Total	18.5	19.4	531	18.8	17.3	548	19.7	18.7	539	17.9	17.8	488	16.6	18.8	91	18.7	18.3	2197

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	20.2	19.7	256	24.6	22.3	283	26.5	25.2	280	26.4	29.9	232	23.1	19.2	42	24.4	24.3	1093
Female	19.7	31.2	275	24.1	30.3	265	28.5	28.6	259	27.0	29.3	256	24.7	23.0	49	24.7	29.7	1104
Total	19.9	26.3	531	24.4	26.4	548	27.5	26.9	539	26.7	29.5	488	24.0	21.2	91	24.6	27.2	2197

Fishes and shellfishes (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	100.8	56.6	256	121.0	59.7	283	121.4	57.9	280	111.4	53.2	232	113.7	56.7	42	114.1	57.6	1093
Female	79.6	42.7	275	97.1	44.9	265	90.3	42.8	259	93.8	43.3	256	80.2	46.5	49	89.6	44.0	1104
Total	89.9	51.0	531	109.5	54.3	548	106.4	53.5	539	102.2	49.0	488	95.6	53.9	91	101.8	52.6	2197

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	140.2	69.7	256	119.9	56.9	283	100.0	54.6	280	84.5	49.4	232	66.7	47.2	42	110.0	61.7	1093
Female	98.5	53.6	275	81.8	43.1	265	74.6	44.4	259	68.7	41.7	256	79.4	51.3	49	81.1	47.5	1104
Total	118.6	65.2	531	101.5	54.1	548	87.8	51.5	539	76.2	46.2	488	73.5	49.6	91	95.5	56.9	2197

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	71.6	39.4	256	77.6	44.8	283	63.3	30.4	280	64.3	31.6	232	50.3	33.1	42	68.7	37.6	1093
Female	57.8	31.4	275	58.6	32.3	265	54.4	29.0	259	60.4	31.0	256	61.6	28.6	49	58.0	30.9	1104
Total	64.5	36.1	531	68.4	40.4	548	59.0	30.0	539	62.2	31.3	488	56.4	31.1	91	63.3	34.8	2197

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	155.3	130.5	256	155.5	128.0	283	163.8	137.1	280	165.8	132.6	232	189.1	135.3	42	161.0	132.2	1093
Female	175.5	109.4	275	169.6	107.8	265	184.1	117.0	259	177.4	118.7	256	180.9	127.1	49	176.8	113.8	1104
Total	165.8	120.3	531	162.3	118.7	548	173.5	128.1	539	171.9	125.5	488	184.7	130.3	91	169.0	123.5	2197

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	49.3	54.5	256	48.5	54.0	283	34.5	47.0	280	24.5	37.0	232	25.4	35.0	42	39.1	49.5	1093
Female	38.1	52.7	275	28.5	37.7	265	25.3	40.3	259	27.8	41.2	256	33.1	40.5	49	30.2	43.6	1104
Total	43.5	53.8	531	38.8	47.8	548	30.1	44.1	539	26.2	39.2	488	29.6	38.1	91	34.6	46.8	2197

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	55.7	55.7	256	42.3	44.4	283	44.1	49.6	280	41.9	47.8	232	36.5	35.3	42	45.6	49.3	1093
Female	65.4	44.5	275	65.1	46.7	265	52.6	40.2	259	57.5	49.9	256	59.4	53.6	49	60.2	46.1	1104
Total	60.7	50.4	531	53.3	46.9	548	48.2	45.5	539	50.0	49.5	488	48.9	47.2	91	52.9	48.2	2197

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	1113.4	535.6	256	1066.1	539.7	283	1024.6	479.3	280	865.4	411.6	232	690.9	388.4	42	1009.5	504.1	1093
Female	794.6	406.5	275	857.6	396.2	265	811.4	397.3	259	723.7	338.7	256	699.7	364.2	49	793.0	387.9	1104
Total	948.3	498.9	531	965.3	486.6	548	922.2	454.1	539	791.1	381.4	488	695.6	373.4	91	900.7	462.2	2197

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	218.0	169.4	256	181.6	124.9	283	146.5	112.9	280	113.5	94.9	232	98.0	94.4	42	163.5	133.4	1093
Female	137.6	111.2	275	116.3	84.8	265	108.3	90.2	259	104.8	80.4	256	109.6	91.4	49	116.7	93.4	1104
Total	176.3	147.7	531	150.0	112.2	548	128.1	104.3	539	108.9	87.6	488	104.3	92.5	91	140.0	117.3	2197

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	291.5	299.5	256	271.0	324.3	283	328.4	310.7	280	283.4	298.6	232	255.8	258.5	42	292.6	307.7	1093
Female	312.0	312.3	275	269.2	261.4	265	362.5	370.9	259	311.1	292.2	256	305.2	265.4	49	313.1	310.8	1104
Total	302.1	306.1	531	270.1	295.3	548	344.8	341.1	539	297.9	295.3	488	282.4	262.0	91	302.9	309.4	2197

2) Nutrition intake from foods (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	2334.3	409.1	256	2313.5	368.1	283	2266.9	389.1	280	2106.2	372.0	232	1927.4	292.4	42	2247.6	395.5	1093
Female	1916.5	314.1	275	1844.5	292.3	265	1842.8	302.6	259	1778.3	274.3	256	1707.5	331.1	49	1840.6	302.8	1104
Total	2117.9	418.6	531	2086.7	407.6	548	2063.1	409.1	539	1934.2	363.2	488	1809.0	331.0	91	2043.1	406.5	2197

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	2346.8	643.1	256	2340.3	624.1	283	2445.2	626.7	280	2228.1	592.1	232	1918.4	560.3	42	2328.7	629.0	1093
Female	1964.1	530.7	275	2076.7	513.8	265	2199.2	606.0	259	2063.5	522.4	256	1971.2	559.7	49	2069.7	550.4	1104
Total	2148.6	617.4	531	2212.8	587.9	548	2327.0	628.4	539	2141.8	562.1	488	1946.8	557.5	91	2198.5	604.7	2197

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	82.9	16.0	256	85.4	16.5	283	86.0	17.5	280	81.7	15.2	232	74.0	14.0	42	83.7	16.5	1093
Female	70.3	12.3	275	71.3	13.3	265	71.5	13.2	259	69.9	13.5	256	65.3	12.4	49	70.5	13.1	1104
Total	76.4	15.5	531	78.6	16.6	548	79.1	17.2	539	75.5	15.5	488	69.3	13.8	91	77.1	16.3	2197

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	67.0	17.6	256	64.1	15.5	283	57.5	15.5	280	51.7	13.9	232	48.9	12.8	42	59.9	16.7	1093
Female	60.9	14.6	275	54.6	13.2	265	50.8	13.5	259	47.1	12.2	256	44.8	12.3	49	53.1	14.3	1104
Total	63.8	16.4	531	59.5	15.2	548	54.3	14.9	539	49.3	13.2	488	46.7	12.7	91	56.5	15.9	2197

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	314.6	64.6	256	307.5	58.9	283	312.7	63.5	280	303.7	60.1	232	282.2	47.5	42	308.7	61.6	1093
Female	258.7	48.8	275	257.9	47.3	265	268.8	48.7	259	264.2	46.0	256	256.8	62.5	49	262.1	48.6	1104
Total	285.7	63.4	531	283.5	59.0	548	291.6	60.9	539	283.0	56.7	488	268.5	57.2	91	285.3	60.1	2197

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	19.5	3.8	256	20.5	4.5	283	21.8	4.6	280	20.7	4.4	232	19.2	4.5	42	20.6	4.4	1093
Female	17.4	3.4	275	18.6	4.1	265	19.1	3.9	259	18.7	3.7	256	17.5	3.7	49	18.4	3.8	1104
Total	18.4	3.8	531	19.6	4.4	548	20.5	4.5	539	19.6	4.1	488	18.3	4.1	91	19.5	4.3	2197

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	4608	880	256	4791	960	283	4946	1053	280	4762	993	232	4395	1009	42	4766	984	1093
Female	3983	735	275	4151	777	265	4206	778	259	4238	861	256	3911	758	49	4132	792	1104
Total	4284	866	531	4482	932	548	4590	1001	539	4487	961	488	4134	911	91	4447	948	2197

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	2607	607	256	2741	656	283	2997	712	280	2887	687	232	2587	727	42	2800	685	1093
Female	2375	545	275	2606	592	265	2775	639	259	2671	620	256	2580	733	49	2602	622	1104
Total	2487	587	531	2676	629	548	2890	686	539	2774	661	488	2583	726	91	2701	661	2197

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	560.6	197.1	256	601.3	196.0	283	665.2	231.3	280	648.2	230.4	232	622.3	225.9	42	618.9	217.7	1093
Female	559.6	172.4	275	576.5	185.6	265	628.1	213.4	259	614.2	210.3	256	620.0	214.5	49	595.1	198.2	1104
Total	560.1	184.5	531	589.3	191.2	548	647.3	223.4	539	630.4	220.5	488	621.0	218.6	91	606.9	208.4	2197

Magnesium (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	280.5	70.6	256	301.6	70.0	283	324.3	73.6	280	309.6	73.2	232	273.6	68.5	42	303.1	73.5	1093
Female	249.6	55.8	275	269.8	61.3	265	283.0	63.8	259	273.5	61.2	256	262.2	77.0	49	268.4	62.4	1104
Total	264.5	65.2	531	286.2	67.7	548	304.4	72.0	539	290.6	69.5	488	267.5	73.0	91	285.6	70.3	2197

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	1179	239	256	1226	252	283	1276	277	280	1218	267	232	1114	241	42	1222	261	1093
Female	1036	197	275	1058	214	265	1088	232	259	1069	231	256	1028	235	49	1061	220	1104
Total	1105	230	531	1145	249	548	1186	273	539	1140	260	488	1067	240	91	1141	255	2197

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	9.1	2.4	256	9.8	2.4	283	10.4	2.6	280	10.1	2.5	232	8.9	2.5	42	9.8	2.5	1093
Female	8.1	2.1	275	8.7	2.1	265	9.3	2.3	259	9.1	2.2	256	9.3	2.7	49	8.8	2.2	1104
Total	8.6	2.3	531	9.3	2.3	548	9.9	2.5	539	9.6	2.4	488	9.1	2.6	91	9.3	2.4	2197

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	9.1	1.9	256	9.3	2.2	283	9.5	2.1	280	9.0	2.0	232	8.4	1.8	42	9.2	2.1	1093
Female	7.8	1.8	275	7.7	1.7	265	7.9	1.7	259	7.7	1.6	256	7.8	2.1	49	7.8	1.7	1104
Total	8.4	1.9	531	8.5	2.1	548	8.7	2.1	539	8.3	1.9	488	8.1	2.0	91	8.5	2.0	2197

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	1.29	0.31	256	1.38	0.35	283	1.46	0.34	280	1.41	0.30	232	1.28	0.29	42	1.38	0.33	1093
Female	1.13	0.31	275	1.20	0.27	265	1.26	0.26	259	1.25	0.26	256	1.24	0.35	49	1.21	0.29	1104
Total	1.21	0.32	531	1.29	0.33	548	1.36	0.32	539	1.32	0.29	488	1.26	0.32	91	1.29	0.32	2197

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	4.12	1.42	256	4.40	1.41	283	4.62	1.39	280	4.55	1.49	232	4.07	1.50	42	4.41	1.44	1093
Female	3.41	1.23	275	3.99	1.31	265	4.34	1.80	259	4.24	1.55	256	4.25	1.48	49	4.00	1.52	1104
Total	3.75	1.37	531	4.20	1.38	548	4.48	1.60	539	4.39	1.53	488	4.17	1.48	91	4.20	1.50	2197

Retinol (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	254	456	256	342	691	283	383	967	280	324	976	232	271	392	42	325	788	1093
Female	272	761	275	210	350	265	250	461	259	358	985	256	305	645	49	273	684	1104
Total	263	632	531	278	557	548	319	769	539	342	980	488	289	540	91	299	738	2197

 α -Carotene (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	413	324	256	381	313	283	418	316	280	424	441	232	371	365	42	407	349	1093
Female	348	302	275	328	246	265	452	368	259	377	305	256	328	276	49	373	309	1104
Total	379	314	531	355	284	548	434	342	539	399	376	488	348	319	91	390	330	2197

 β -Carotene (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2761	1696	256	2937	1645	283	3643	1868	280	3665	2072	232	3172	2024	42	3240	1866	1093
Female	2665	1592	275	2981	1589	265	3751	1974	259	3497	1674	256	2916	1620	49	3200	1757	1104
Total	2711	1642	531	2958	1617	548	3695	1919	539	3577	1873	488	3034	1812	91	3220	1811	2197

Cryptoxanthin (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	242	609	256	380	718	283	444	939	280	394	727	232	625	928	42	376	773	1093
Female	448	689	275	437	759	265	536	892	259	654	1066	256	473	786	49	515	859	1104
Total	349	659	531	408	738	548	488	917	539	530	928	488	543	853	91	446	820	2197

β -Carotene equivalents (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3325	2034	256	3508	1980	283	4258	2140	280	4167	2293	232	3905	2549	42	3812	2159	1093
Female	3277	1915	275	3665	1901	265	4478	2296	259	4181	2029	256	3482	1892	49	3870	2081	1104
Total	3300	1971	531	3584	1942	548	4364	2217	539	4174	2156	488	3677	2217	91	3842	2120	2197

Retinol activity equivalents (μg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	556	517	256	654	727	283	755	984	280	684	978	232	613	447	42	661	813	1093
Female	566	800	275	542	411	265	645	504	259	723	1009	256	601	720	49	617	722	1104
Total	561	678	531	600	597	548	702	791	539	704	994	488	606	606	91	639	769	2197

Vitamin D (μg)

	40-49yr			50-59yr			60-69yr			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	6.4	256	9.6	6.2	283	10.3	6.4	280	10.1	6.6	232	10.8	6.9	42	9.5	6.5	1093
Female	6.4	4.3	275	7.5	4.7	265	8.1	5.6	259	8.7	6.1	256	8.3	6.4	49	7.7	5.3	1104
Total	7.1	5.5	531	8.6	5.6	548	9.2	6.1	539	9.4	6.4	488	9.4	6.7	91	8.6	6.0	2197

α -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	2	256	8	2	283	8	3	280	8	2	232	7	3	42	8	2	1093
Female	7	2	275	7	2	265	8	2	259	7	2	256	7	2	49	7	2	1104
Total	7	2	531	8	2	548	8	2	539	7	2	488	7	3	91	8	2	2197

β -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	256	0	0	283	0	0	280	0	0	232	0	0	42	0	0	1093
Female	0	0	275	0	0	265	0	0	259	0	0	256	0	0	49	0	0	1104
Total	0	0	531	0	0	548	0	0	539	0	0	488	0	0	91	0	0	2197