

γ -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	256	13	4	283	12	4	280	11	4	232	10	4	42	12	4	1093
Female	12	4	275	11	3	265	11	4	259	10	3	256	10	4	49	11	4	1104
Total	12	4	531	12	4	548	11	4	539	10	4	488	10	4	91	11	4	2197

δ -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	256	3	1	283	3	1	280	3	1	232	3	1	42	3	1	1093
Female	3	1	275	3	1	265	3	1	259	3	1	256	3	1	49	3	1	1104
Total	3	1	531	3	1	548	3	1	539	3	1	488	3	1	91	3	1	2197

α -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	256	10	3	283	10	3	280	9	3	232	9	3	42	9	3	1093
Female	9	6	275	9	2	265	9	3	259	9	3	256	8	2	49	9	4	1104
Total	9	5	531	9	3	548	9	3	539	9	3	488	8	3	91	9	3	2197

Vitamin K (μ 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	205	123	256	234	123	283	280	139	280	262	129	232	231	132	42	245	132	1093
Female	193	91	275	219	112	265	248	127	259	233	115	256	216	148	49	223	115	1104
Total	199	108	531	227	118	548	265	134	539	247	123	488	223	140	91	234	124	2197

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	1.01	0.26	256	1.01	0.45	283	1.23	3.37	280	1.06	1.66	232	0.88	0.25	42	1.07	1.89	1093
Female	0.84	0.20	275	0.85	0.24	265	0.93	0.57	259	0.84	0.24	256	0.82	0.28	49	0.86	0.34	1104
Total	0.92	0.25	531	0.93	0.37	548	1.09	2.46	539	0.95	1.16	488	0.85	0.27	91	0.97	1.36	2197

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	1.39	0.37	256	1.46	0.38	283	1.51	0.44	280	1.42	0.37	232	1.34	0.40	42	1.44	0.40	1093
Female	1.26	0.35	275	1.31	0.33	265	1.34	0.37	259	1.33	0.36	256	1.29	0.38	49	1.31	0.36	1104
Total	1.32	0.36	531	1.39	0.37	548	1.43	0.41	539	1.38	0.37	488	1.31	0.39	91	1.38	0.38	2197

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	19.1	5.8	256	20.0	6.3	283	19.6	5.8	280	17.8	5.2	232	16.6	6.5	42	19.1	5.9	1093
Female	15.5	4.3	275	15.9	4.3	265	15.5	4.4	259	14.5	4.3	256	12.7	3.9	49	15.3	4.4	1104
Total	17.2	5.4	531	18.0	5.8	548	17.6	5.6	539	16.1	5.0	488	14.5	5.6	91	17.2	5.5	2197

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	1.22	0.36	256	1.35	0.41	283	1.45	0.39	280	1.41	0.38	232	1.26	0.42	42	1.35	0.40	1093
Female	1.05	0.29	275	1.14	0.31	265	1.24	0.32	259	1.19	0.32	256	1.13	0.38	49	1.15	0.32	1104
Total	1.13	0.34	531	1.25	0.38	548	1.35	0.37	539	1.29	0.37	488	1.19	0.40	91	1.25	0.37	2197

Vitamin B12 (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	7.2	5.9	256	9.4	6.1	283	10.6	7.1	280	8.6	5.9	232	9.0	5.5	42	9.0	6.4	1093
Female	6.3	5.3	275	7.1	4.3	265	7.1	4.4	259	8.3	6.5	256	6.6	4.9	49	7.2	5.2	1104
Total	6.8	5.6	531	8.3	5.4	548	8.9	6.2	539	8.4	6.2	488	7.7	5.3	91	8.1	5.9	2197

Folate (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	310	107	256	354	125	283	399	136	280	383	130	232	344	121	42	361	129	1093
Female	295	115	275	337	104	265	376	121	259	368	137	256	365	142	49	344	125	1104
Total	302	112	531	346	116	548	388	129	539	375	134	488	355	133	91	352	127	2197

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	6.15	1.39	256	6.27	1.54	283	6.60	1.68	280	6.27	1.52	232	5.80	1.55	42	6.31	1.55	1093
Female	5.40	1.34	275	5.41	1.24	265	5.74	1.34	259	5.67	1.44	256	5.41	1.56	49	5.54	1.36	1104
Total	5.76	1.42	531	5.85	1.47	548	6.19	1.58	539	5.96	1.51	488	5.59	1.56	91	5.92	1.51	2197

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	119.6	120.6	256	132.6	110.5	283	135.6	86.7	280	124.9	66.7	232	118.4	68.6	42	128.1	98.1	1093
Female	101.1	60.0	275	119.5	69.6	265	139.0	91.6	259	134.1	67.2	256	120.4	59.8	49	122.9	73.7	1104
Total	110.0	94.6	531	126.2	93.1	548	137.3	89.0	539	129.7	67.0	488	119.5	63.6	91	125.5	86.7	2197

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	378.5	138.2	256	404.4	145.9	283	389.2	142.8	280	369.6	133.0	232	313.9	136.5	42	383.6	141.3	1093
Female	336.4	119.6	275	323.6	115.6	265	311.5	115.7	259	326.8	128.7	256	309.1	132.0	49	324.0	120.7	1104
Total	356.7	130.5	531	365.3	138.1	548	351.8	136.0	539	347.2	132.3	488	311.3	133.4	91	353.7	134.6	2197

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	256	3.5	1.1	283	4.0	1.6	280	3.9	1.3	232	3.4	1.5	42	3.6	1.3	1093
Female	3.3	1.0	275	3.5	1.1	265	3.8	1.1	259	3.6	1.0	256	3.5	1.2	49	3.5	1.1	1104
Total	3.3	1.0	531	3.5	1.1	548	3.9	1.4	539	3.7	1.1	488	3.4	1.3	91	3.6	1.2	2197

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	10.2	3.2	256	10.9	3.3	283	12.6	3.6	280	12.4	3.6	232	11.2	3.9	42	11.5	3.6	1093
Female	9.8	2.8	275	10.8	2.9	265	12.2	3.1	259	11.6	3.0	256	11.4	4.1	49	11.1	3.2	1104
Total	10.0	3.0	531	10.9	3.1	548	12.4	3.4	539	12.0	3.3	488	11.3	4.0	91	11.3	3.4	2197

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	14.2	4.2	256	15.2	4.5	283	17.6	5.1	280	17.2	4.9	232	15.4	5.5	42	16.0	4.9	1093
Female	13.6	3.9	275	15.0	4.1	265	17.1	4.4	259	16.2	3.9	256	15.8	5.3	49	15.5	4.3	1104
Total	13.9	4.1	531	15.1	4.3	548	17.4	4.8	539	16.6	4.5	488	15.6	5.3	91	15.7	4.6	2197

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	11.6	2.2	256	12.0	2.4	283	12.4	2.7	280	11.9	2.5	232	11.0	2.5	42	11.9	2.5	1093
Female	10.0	1.8	275	10.4	2.0	265	10.5	2.0	259	10.6	2.2	256	9.7	1.9	49	10.3	2.0	1104
Total	10.7	2.2	531	11.2	2.4	548	11.5	2.5	539	11.2	2.4	488	10.3	2.3	91	11.1	2.4	2197

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	11.0	2.4	256	11.3	2.6	283	11.5	2.5	280	10.9	2.3	232	9.7	2.0	42	11.1	2.5	1093
Female	9.2	1.9	275	9.4	2.0	265	9.5	2.0	259	9.1	2.0	256	8.6	1.9	49	9.3	2.0	1104
Total	10.1	2.3	531	10.4	2.5	548	10.5	2.5	539	10.0	2.3	488	9.1	2.0	91	10.2	2.4	2197

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	3443	727	256	3572	774	283	3627	789	280	3452	709	232	3155	635	42	3514	755	1093
Female	2953	575	275	2987	629	265	3023	614	259	2935	625	256	2762	554	49	2965	610	1104
Total	3189	696	531	3289	765	548	3337	772	539	3181	714	488	2943	622	91	3238	739	2197

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	6027	1242	256	6223	1316	283	6317	1350	280	6012	1210	232	5500	1066	42	6129	1288	1093
Female	5183	992	275	5212	1076	265	5265	1048	259	5105	1065	256	4810	935	49	5175	1043	1104
Total	5590	1195	531	5734	1307	548	5811	1322	539	5537	1223	488	5128	1050	91	5649	1264	2197

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	4939	1208	256	5217	1332	283	5304	1309	280	5016	1202	232	4601	1086	42	5108	1272	1093
Female	4173	934	275	4293	1034	265	4346	1011	259	4245	1046	256	3957	912	49	4250	1004	1104
Total	4543	1140	531	4770	1282	548	4844	1268	539	4612	1186	488	4254	1042	91	4677	1223	2197

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	1815	408	256	1897	439	283	1909	439	280	1807	392	232	1654	359	42	1852	423	1093
Female	1527	312	275	1545	343	265	1557	339	259	1523	350	256	1411	293	49	1532	335	1104
Total	1666	389	531	1727	432	548	1740	432	539	1658	396	488	1523	345	91	1692	413	2197

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	1250	239	256	1277	237	283	1291	249	280	1233	211	232	1100	184	42	1258	236	1093
Female	1074	184	275	1071	196	265	1079	193	259	1048	195	256	985	185	49	1064	193	1104
Total	1159	230	531	1177	241	548	1189	248	539	1136	222	488	1038	193	91	1161	236	2197

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	3069	626	256	3178	660	283	3205	676	280	3045	587	232	2760	529	42	3115	643	1093
Female	2606	484	275	2620	527	265	2639	519	259	2577	533	256	2400	465	49	2601	515	1104
Total	2829	603	531	2908	661	548	2933	668	539	2799	606	488	2566	525	91	2857	636	2197

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	3472	689	256	3578	725	283	3637	738	280	3477	664	232	3158	565	42	3531	708	1093
Female	2993	548	275	3009	593	265	3048	580	259	2953	586	256	2785	528	49	2992	576	1104
Total	3224	664	531	3303	722	548	3354	728	539	3202	676	488	2957	573	91	3260	699	2197

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	2637	550	256	2735	592	283	2784	590	280	2652	535	232	2414	472	42	2695	571	1093
Female	2252	442	275	2278	476	265	2317	479	259	2250	479	256	2131	440	49	2268	469	1104
Total	2437	533	531	2514	585	548	2560	588	539	2441	544	488	2262	475	91	2480	564	2197

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	6111	1236	256	6316	1313	283	6423	1323	280	6131	1194	232	5571	1035	42	6227	1275	1093
Female	5247	987	275	5289	1065	265	5367	1051	259	5205	1059	256	4918	965	49	5261	1039	1104
Total	5663	1194	531	5820	1304	548	5915	1310	539	5645	1216	488	5220	1045	91	5742	1259	2197

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	3005	654	256	3144	709	283	3184	709	280	3023	635	232	2758	562	42	3081	682	1093
Female	2550	509	275	2603	558	265	2629	545	259	2563	561	256	2397	499	49	2577	543	1104
Total	2770	626	531	2882	695	548	2917	693	539	2782	640	488	2564	556	91	2828	665	2197

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	914	189	256	948	201	283	964	202	280	922	183	232	836	159	42	934	195	1093
Female	782	149	275	791	161	265	805	160	259	783	160	256	741	147	49	788	158	1104
Total	845	182	531	872	199	548	888	200	539	849	185	488	785	159	91	861	192	2197

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	4053	834	256	4198	887	283	4275	904	280	4080	815	232	3737	740	42	4141	866	1093
Female	3473	664	275	3506	720	265	3566	712	259	3470	716	256	3280	641	49	3493	702	1104
Total	3753	804	531	3863	881	548	3934	890	539	3760	823	488	3491	722	91	3816	852	2197

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	2536	687	256	2675	765	283	2665	718	280	2558	648	232	2326	652	42	2602	710	1093
Female	2097	486	275	2156	545	265	2193	556	259	2110	571	256	1893	458	49	2128	539	1104
Total	2309	631	531	2424	716	548	2438	686	539	2323	648	488	2093	594	91	2364	673	2197

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	4517	997	256	4751	1081	283	4790	1013	280	4557	933	232	4100	785	42	4640	1014	1093
Female	3743	761	275	3855	830	265	3908	801	259	3839	811	256	3630	827	49	3826	804	1104
Total	4116	963	531	4318	1066	548	4366	1017	539	4180	942	488	3847	837	91	4231	1001	2197

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	3828	845	256	4019	922	283	4071	902	280	3856	806	232	3517	744	42	3934	878	1093
Female	3185	645	275	3266	707	265	3303	683	259	3244	705	256	3050	655	49	3240	685	1104
Total	3495	814	531	3655	906	548	3702	891	539	3535	814	488	3265	732	91	3585	860	2197

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	6966	1543	256	7377	1718	283	7538	1642	280	7191	1520	232	6503	1323	42	7249	1621	1093
Female	5877	1197	275	6090	1322	265	6253	1294	259	6130	1312	256	5866	1341	49	6075	1289	1104
Total	6402	1477	531	6755	1667	548	6920	1617	539	6635	1510	488	6160	1363	91	6659	1577	2197

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	14.476	2.865	256	14.552	2.739	283	14.748	3.051	280	13.986	2.617	232	12.659	2.182	42	14.391	2.837	1093
Female	12.706	2.206	275	12.606	2.385	265	12.545	2.346	259	11.965	2.367	256	11.037	1.863	49	12.399	2.339	1104
Total	13.559	2.692	531	13.611	2.750	548	13.690	2.946	539	12.926	2.683	488	11.785	2.163	91	13.390	2.783	2197

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	3273	758	256	3419	796	283	3435	765	280	3249	711	232	2940	589	42	3334	762	1093
Female	2735	576	275	2811	624	265	2790	584	259	2730	604	256	2550	541	49	2757	596	1104
Total	2994	721	531	3125	779	548	3125	756	539	2977	706	488	2730	594	91	3044	742	2197

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	4728	1051	256	4628	942	283	4656	1077	280	4434	948	232	4064	841	42	4595	1011	1093
Female	4318	828	275	4153	857	265	4085	869	259	3835	851	256	3520	623	49	4076	866	1104
Total	4516	963	531	4398	932	548	4381	1023	539	4119	946	488	3771	777	91	4335	976	2197

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	3446	688	256	3565	720	283	3615	742	280	3461	654	232	3132	578	42	3511	706	1093
Female	2988	545	275	3007	589	265	3036	586	259	2955	590	256	2788	538	49	2987	577	1104
Total	3209	658	531	3296	716	548	3337	731	539	3196	670	488	2947	580	91	3248	695	2197

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	55.20	15.21	256	53.41	13.53	283	47.62	13.52	280	42.76	12.07	232	40.56	11.22	42	49.59	14.45	1093
Female	50.25	12.76	275	45.24	11.62	265	42.11	11.88	259	38.65	10.65	256	36.73	10.09	49	43.85	12.51	1104
Total	52.64	14.20	531	49.46	13.28	548	44.97	13.04	539	40.61	11.52	488	38.50	10.74	91	46.71	13.81	2197

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	17.55	5.58	256	16.45	5.17	283	15.00	5.49	280	13.54	4.65	232	13.35	4.64	42	15.60	5.43	1093
Female	16.93	5.10	275	14.89	4.96	265	13.64	4.61	259	12.31	4.33	256	12.06	3.60	49	14.38	5.02	1104
Total	17.23	5.34	531	15.70	5.13	548	14.35	5.12	539	12.90	4.52	488	12.66	4.14	91	14.99	5.27	2197

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	23.38	7.24	256	22.42	6.34	283	19.42	6.08	280	17.04	5.43	232	16.08	5.12	42	20.49	6.76	1093
Female	20.82	5.89	275	18.50	5.11	265	16.85	5.32	259	15.38	4.69	256	14.09	4.62	49	17.77	5.66	1104
Total	22.06	6.69	531	20.53	6.09	548	18.19	5.86	539	16.17	5.12	488	15.01	4.93	91	19.13	6.38	2197

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	14.19	4.08	256	14.47	3.62	283	13.14	3.52	280	12.13	3.48	232	11.07	3.34	42	13.44	3.79	1093
Female	12.41	3.20	275	11.78	3.01	265	11.56	3.42	259	10.92	3.08	256	10.55	3.41	49	11.63	3.24	1104
Total	13.27	3.75	531	13.17	3.60	548	12.38	3.55	539	11.50	3.33	488	10.79	3.37	91	12.53	3.64	2197

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	37.57	10.60	256	36.88	9.21	283	32.56	8.90	280	29.16	8.32	232	27.14	7.64	42	33.93	9.88	1093
Female	33.23	8.49	275	30.28	7.45	265	28.41	8.21	259	26.30	7.12	256	24.64	7.37	49	29.40	8.27	1104
Total	35.32	9.80	531	33.69	9.02	548	30.57	8.82	539	27.66	7.84	488	25.79	7.56	91	31.65	9.38	2197

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	11.59	3.43	256	11.58	3.03	283	10.40	2.88	280	9.55	2.85	232	8.61	2.70	42	10.73	3.18	1093
Female	10.22	2.67	275	9.50	2.54	265	9.29	2.92	259	8.66	2.60	256	8.60	2.95	49	9.40	2.75	1104
Total	10.88	3.13	531	10.57	2.99	548	9.87	2.95	539	9.08	2.75	488	8.60	2.82	91	10.06	3.04	2197

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	2.57	1.03	256	2.85	1.16	283	2.70	1.03	280	2.54	1.23	232	2.42	1.01	42	2.66	1.11	1093
Female	2.16	0.84	275	2.23	0.84	265	2.23	0.86	259	2.22	0.86	256	1.93	0.91	49	2.20	0.85	1104
Total	2.36	0.96	531	2.55	1.06	548	2.48	0.98	539	2.37	1.06	488	2.16	0.98	91	2.43	1.02	2197

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	184.2	162.7	256	150.8	143.7	283	177.0	173.9	280	171.0	157.8	232	196.9	178.1	42	171.4	160.9	1093
Female	247.9	162.0	275	209.0	159.4	265	209.2	182.3	259	184.1	168.6	256	202.4	161.2	49	212.7	169.1	1104
Total	217.2	165.3	531	179.0	154.2	548	192.5	178.6	539	177.9	163.5	488	199.9	168.3	91	192.1	166.3	2197

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	118.2	103.9	256	97.8	92.7	283	114.0	112.6	280	110.7	101.8	232	128.0	114.8	42	110.6	103.6	1093
Female	158.2	103.3	275	133.4	101.5	265	132.9	115.7	259	118.0	108.3	256	127.9	101.7	49	135.6	107.8	1104
Total	138.9	105.4	531	115.0	98.6	548	123.1	114.4	539	114.5	105.2	488	127.9	107.4	91	123.2	106.4	2197

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	1.1	256	0.8	1.0	283	1.0	1.2	280	1.0	1.1	232	1.2	1.2	42	1.0	1.1	1093
Female	1.3	1.1	275	1.1	1.1	265	1.2	1.2	259	1.1	1.1	256	1.4	1.3	49	1.2	1.1	1104
Total	1.1	1.1	531	0.9	1.1	548	1.1	1.2	539	1.0	1.1	488	1.3	1.3	91	1.1	1.1	2197

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	1.1	256	0.8	1.0	283	1.0	1.2	280	1.0	1.1	232	1.2	1.2	42	1.0	1.1	1093
Female	1.3	1.1	275	1.1	1.1	265	1.2	1.2	259	1.1	1.1	256	1.4	1.3	49	1.2	1.1	1104
Total	1.1	1.1	531	0.9	1.1	548	1.1	1.2	539	1.0	1.1	488	1.3	1.3	91	1.1	1.1	2197

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	181.4	142.5	256	151.2	125.6	283	166.4	154.9	280	158.0	134.9	232	177.5	147.4	42	164.6	140.5	1093
Female	225.3	134.6	275	194.3	139.2	265	183.3	146.4	259	164.0	138.9	256	171.6	126.3	49	191.4	140.7	1104
Total	204.2	140.1	531	172.0	133.9	548	174.6	151.0	539	161.2	136.9	488	174.4	135.7	91	178.1	141.2	2197

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	385.5	488.0	256	336.6	422.0	283	327.8	413.0	280	311.9	393.7	232	313.8	281.8	42	339.7	426.2	1093
Female	417.6	335.7	275	394.8	435.5	265	309.4	263.9	259	285.9	271.5	256	250.7	160.4	49	348.8	333.5	1104
Total	402.1	416.0	531	364.7	429.2	548	318.9	349.2	539	298.2	335.1	488	279.8	225.6	91	344.2	382.4	2197

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	2.9	3.4	256	2.5	3.1	283	2.9	3.6	280	2.9	3.4	232	3.5	3.7	42	2.8	3.4	1093
Female	3.7	3.3	275	3.1	3.2	265	3.6	3.5	259	3.2	3.3	256	4.2	3.8	49	3.4	3.4	1104
Total	3.3	3.4	531	2.8	3.2	548	3.2	3.6	539	3.1	3.3	488	3.9	3.8	91	3.1	3.4	2197

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	1170.4	595.9	256	1113.1	563.0	283	1109.3	641.6	280	1036.1	582.2	232	1099.3	598.2	42	1108.7	597.6	1093
Female	1243.4	563.3	275	1134.1	569.9	265	1058.3	570.7	259	974.2	556.5	256	942.4	500.1	49	1097.9	570.8	1104
Total	1208.2	579.8	531	1123.2	565.9	548	1084.8	608.6	539	1003.6	569.1	488	1014.8	550.1	91	1103.3	584.2	2197

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	107.0	58.9	256	105.1	60.2	283	106.2	63.9	280	99.6	57.2	232	108.9	65.4	42	104.8	60.4	1093
Female	121.4	58.7	275	108.3	55.5	265	103.9	59.6	259	96.6	57.8	256	92.3	51.0	49	107.1	58.3	1104
Total	114.5	59.2	531	106.6	57.9	548	105.1	61.8	539	98.0	57.5	488	99.9	58.4	91	106.0	59.4	2197

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	23.9	256	22.1	21.4	283	26.0	25.9	280	24.7	23.1	232	29.1	26.4	42	25.0	23.8	1093
Female	35.9	23.8	275	30.3	23.3	265	30.4	26.9	259	26.6	24.6	256	29.6	23.5	49	30.8	24.8	1104
Total	31.5	24.3	531	26.0	22.7	548	28.1	26.4	539	25.7	23.9	488	29.4	24.7	91	27.9	24.5	2197

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	10.592	3.062	256	9.978	2.925	283	8.986	2.921	280	8.083	2.475	232	7.831	2.523	42	9.383	3.007	1093
Female	9.895	2.767	275	8.717	2.651	265	7.968	2.420	259	7.230	2.289	256	7.045	1.980	49	8.416	2.713	1104
Total	10.231	2.931	531	9.368	2.864	548	8.497	2.738	539	7.635	2.415	488	7.408	2.268	91	8.897	2.903	2197

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	22.5	25.8	256	18.5	21.0	283	18.7	20.5	280	18.3	24.6	232	18.0	18.7	42	19.4	22.8	1093
Female	29.5	25.6	275	22.5	20.7	265	19.6	18.6	259	17.3	17.2	256	17.3	14.0	49	22.1	21.1	1104
Total	26.1	25.9	531	20.4	20.9	548	19.1	19.6	539	17.8	21.0	488	17.6	16.2	91	20.8	22.0	2197

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	151.7	63.7	256	158.2	75.7	283	138.8	64.0	280	125.6	53.2	232	132.6	67.5	42	143.8	66.3	1093
Female	146.4	64.2	275	132.1	58.6	265	123.8	50.0	259	113.1	50.7	256	106.0	39.4	49	128.2	57.1	1104
Total	149.0	64.0	531	145.6	69.1	548	131.6	58.1	539	119.0	52.2	488	118.3	55.5	91	135.9	62.3	2197

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	26.9	22.9	256	22.1	20.6	283	25.7	25.0	280	24.6	22.3	232	28.4	25.6	42	24.9	22.9	1093
Female	36.0	22.5	275	30.0	22.1	265	29.7	25.5	259	26.1	23.3	256	28.6	22.4	49	30.4	23.6	1104
Total	31.6	23.2	531	25.9	21.6	548	27.6	25.3	539	25.4	22.8	488	28.5	23.8	91	27.7	23.4	2197

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	4.158	1.428	256	3.869	1.294	283	3.405	1.286	280	3.024	1.090	232	2.932	1.029	42	3.602	1.346	1093
Female	3.958	1.315	275	3.422	1.165	265	3.102	1.085	259	2.737	0.946	256	2.745	0.901	49	3.292	1.216	1104
Total	4.054	1.373	531	3.653	1.252	548	3.260	1.202	539	2.873	1.026	488	2.831	0.961	91	3.446	1.292	2197

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	188.2	77.3	256	185.2	68.2	283	162.2	54.1	280	143.9	53.5	232	139.8	47.7	42	169.5	66.1	1093
Female	171.9	52.1	275	152.9	45.5	265	146.9	56.6	259	131.7	45.4	256	121.4	43.8	49	149.9	52.1	1104
Total	179.8	65.9	531	169.6	60.5	548	154.9	55.8	539	137.5	49.7	488	129.9	46.3	91	159.7	60.3	2197

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	98.4	76.7	256	107.2	88.1	283	91.6	61.5	280	81.6	62.3	232	74.6	44.2	42	94.4	73.0	1093
Female	92.1	65.3	275	80.0	45.7	265	86.5	78.4	259	76.1	55.3	256	62.6	30.1	49	82.9	61.6	1104
Total	95.1	71.1	531	94.0	72.1	548	89.1	70.1	539	78.7	58.7	488	68.1	37.5	91	88.6	67.8	2197

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	39.3	256	45.8	46.7	283	38.3	32.1	280	32.9	32.0	232	30.9	23.5	42	39.8	38.1	1093
Female	39.9	33.9	275	33.5	23.9	265	35.6	40.2	259	31.1	28.6	256	23.4	12.4	49	34.6	31.8	1104
Total	41.1	36.6	531	39.9	37.9	548	37.0	36.2	539	31.9	30.3	488	26.9	18.6	91	37.2	35.2	2197

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	256	12.8	11.8	283	14.6	14.3	280	14.1	13.0	232	16.3	14.7	42	14.3	13.1	1093
Female	20.2	13.1	275	16.9	12.9	265	16.9	14.8	259	15.0	13.7	256	16.3	13.0	49	17.3	13.7	1104
Total	17.9	13.3	531	14.8	12.5	548	15.7	14.6	539	14.5	13.4	488	16.3	13.8	91	15.8	13.5	2197

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	86.3	63.2	256	84.7	75.4	283	77.5	65.4	280	71.1	53.3	232	80.8	67.6	42	80.2	65.6	1093
Female	100.3	64.4	275	84.9	61.6	265	75.8	54.4	259	68.9	53.8	256	68.3	41.4	49	82.2	59.3	1104
Total	93.5	64.1	531	84.8	69.0	548	76.7	60.3	539	70.0	53.5	488	74.1	55.1	91	81.2	62.5	2197

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	1.3	20.4	256	1.3	22.2	283	0.8	13.9	280	1.6	24.5	232	0.0	0.0	42	1.2	20.0	1093
Female	1.0	16.9	275	1.1	17.2	265	2.4	39.1	259	3.3	30.3	256	0.6	4.1	49	1.9	26.7	1104
Total	1.1	18.7	531	1.2	19.9	548	1.6	28.9	539	2.5	27.7	488	0.3	3.0	91	1.5	23.6	2197

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	971.7	452.8	256	950.9	419.0	283	850.2	392.1	280	764.4	320.2	232	727.8	357.3	42	881.8	407.7	1093
Female	787.3	337.7	275	730.4	301.9	265	680.2	267.6	259	643.6	263.6	256	603.2	322.5	49	707.0	301.3	1104
Total	876.2	407.6	531	844.2	382.9	548	768.5	348.3	539	701.0	297.7	488	660.7	342.8	91	794.0	368.6	2197

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	99.1	47.5	256	105.3	59.5	283	89.8	48.8	280	80.2	39.2	232	83.4	51.3	42	93.7	50.6	1093
Female	92.2	50.7	275	83.2	45.3	265	76.1	36.5	259	69.7	36.7	256	63.7	28.4	49	79.8	43.2	1104
Total	95.5	49.3	531	94.6	54.2	548	83.2	43.8	539	74.7	38.2	488	72.8	41.6	91	86.7	47.5	2197

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	21.255	6.662	256	20.116	5.914	283	17.293	5.525	280	15.073	4.962	232	14.294	4.708	42	18.365	6.263	1093
Female	19.027	5.421	275	16.769	4.737	265	15.164	4.923	259	13.732	4.371	256	12.809	4.396	49	16.075	5.275	1104
Total	20.101	6.147	531	18.497	5.627	548	16.270	5.347	539	14.369	4.705	488	13.494	4.578	91	17.214	5.899	2197

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	565.9	409.7	256	631.7	421.4	283	577.8	438.2	280	534.2	460.7	232	468.3	379.9	42	575.5	431.4	1093
Female	468.3	323.3	275	475.2	341.7	265	460.2	351.4	259	440.7	326.7	256	329.6	238.6	49	455.5	332.9	1104
Total	515.4	370.4	531	556.1	392.5	548	521.3	402.8	539	485.1	398.4	488	393.6	317.7	91	515.2	389.6	2197

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	348.0	547.9	256	445.0	572.4	283	438.3	612.7	280	404.3	623.8	232	323.2	499.7	42	407.2	586.5	1093
Female	298.2	459.5	275	329.5	480.9	265	323.2	480.9	259	329.0	471.1	256	179.4	267.1	49	313.4	466.1	1104
Total	322.2	504.2	531	389.1	532.8	548	383.0	555.8	539	364.8	549.7	488	245.8	396.3	91	360.1	531.4	2197

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	44.8	39.2	256	57.2	43.0	283	55.6	42.1	280	51.5	47.3	232	51.9	37.9	42	52.5	42.9	1093
Female	37.4	32.3	275	42.2	34.0	265	43.9	37.3	259	43.2	32.9	256	31.1	33.8	49	41.1	34.2	1104
Total	41.0	35.9	531	49.9	39.6	548	50.0	40.3	539	47.2	40.6	488	40.7	37.0	91	46.8	39.2	2197

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	8.6	14.7	256	10.8	15.2	283	11.5	12.8	280	10.7	16.3	232	10.1	8.8	42	10.4	14.6	1093
Female	6.4	8.0	275	8.3	9.7	265	7.7	9.4	259	8.3	10.4	256	6.5	13.1	49	7.6	9.6	1104
Total	7.4	11.8	531	9.6	12.9	548	9.6	11.5	539	9.5	13.6	488	8.2	11.4	91	9.0	12.4	2197

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	10.2	256	7.7	9.7	283	9.8	11.4	280	9.4	12.2	232	8.3	7.7	42	8.2	10.8	1093
Female	5.0	6.1	275	7.3	8.6	265	6.6	7.1	259	7.5	8.1	256	6.0	12.0	49	6.5	7.8	1104
Total	5.5	8.4	531	7.5	9.2	548	8.3	9.7	539	8.4	10.3	488	7.1	10.3	91	7.4	9.5	2197

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	10.6	256	7.8	11.1	283	9.6	12.1	280	9.1	15.3	232	8.4	9.4	42	8.2	12.2	1093
Female	5.0	7.2	275	7.0	8.8	265	6.5	8.3	259	7.0	9.6	256	4.8	9.2	49	6.3	8.6	1104
Total	5.7	9.0	531	7.4	10.0	548	8.1	10.6	539	8.0	12.7	488	6.5	9.4	91	7.3	10.6	2197

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	11.295	3.387	256	11.272	3.002	283	10.114	2.846	280	9.288	2.828	232	8.379	2.698	42	10.448	3.141	1093
Female	9.974	2.633	275	9.262	2.521	265	9.063	2.893	259	8.438	2.580	256	8.384	2.930	49	9.163	2.726	1104
Total	10.611	3.089	531	10.300	2.954	548	9.609	2.914	539	8.842	2.731	488	8.382	2.810	91	9.802	3.009	2197

α -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	1610.7	563.1	256	1590.9	518.8	283	1417.7	499.1	280	1307.5	510.9	232	1224.5	470.3	42	1476.9	536.4	1093
Female	1377.4	466.8	275	1289.0	410.6	265	1254.7	473.5	259	1184.8	429.5	256	1162.1	491.9	49	1273.2	453.1	1104
Total	1489.9	528.1	531	1444.9	492.8	548	1339.3	493.3	539	1243.1	473.5	488	1190.9	480.4	91	1374.5	506.5	2197

γ -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	4.1	4.9	256	4.9	5.9	283	5.5	5.5	280	5.2	7.9	232	5.3	4.2	42	4.9	6.0	1093
Female	3.6	3.9	275	4.3	4.2	265	3.9	3.9	259	4.3	4.8	256	2.7	3.5	49	4.0	4.2	1104
Total	3.8	4.4	531	4.6	5.2	548	4.7	4.8	539	4.7	6.5	488	3.9	4.0	91	4.4	5.2	2197

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	77.5	95.5	256	100.6	122.3	283	102.8	111.8	280	98.1	139.6	232	83.1	76.1	42	94.6	116.8	1093
Female	63.0	75.9	275	77.0	90.0	265	75.7	82.3	259	81.1	92.5	256	51.5	66.0	49	73.0	84.8	1104
Total	70.0	86.2	531	89.2	108.4	548	89.8	99.6	539	89.2	117.5	488	66.1	72.2	91	83.8	102.5	2197

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	68.4	32.3	256	62.9	28.3	283	53.9	26.3	280	46.2	24.4	232	38.2	19.8	42	57.4	29.1	1093
Female	52.7	24.2	275	47.3	23.4	265	43.4	22.0	259	38.1	18.8	256	36.9	19.3	49	45.1	22.8	1104
Total	60.3	29.5	531	55.3	27.2	548	48.9	24.8	539	41.9	22.0	488	37.5	19.5	91	51.2	26.8	2197

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	29.7	10.7	256	29.4	11.3	283	27.9	11.0	280	26.0	8.9	232	23.9	9.5	42	28.1	10.6	1093
Female	26.5	10.7	275	24.6	9.3	265	23.9	9.2	259	23.1	8.6	256	21.7	7.4	49	24.4	9.5	1104
Total	28.1	10.8	531	27.1	10.6	548	26.0	10.4	539	24.4	8.8	488	22.8	8.5	91	26.3	10.3	2197

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	33.6	34.7	256	43.0	39.3	283	42.5	34.5	280	41.4	42.1	232	40.8	36.8	42	40.3	37.7	1093
Female	26.2	25.3	275	31.5	29.3	265	31.9	28.0	259	34.8	30.3	256	27.3	38.5	49	30.9	28.9	1104
Total	29.8	30.4	531	37.5	35.3	548	37.4	31.9	539	38.0	36.5	488	33.5	38.1	91	35.5	33.9	2197

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	169.7	57.6	256	181.2	68.7	283	170.6	60.4	280	160.7	56.0	232	144.2	61.6	42	170.0	61.7	1093
Female	148.0	53.4	275	145.9	56.1	265	140.4	53.9	259	142.8	58.1	256	126.8	55.9	49	143.5	55.5	1104
Total	158.4	56.5	531	164.1	65.3	548	156.1	59.3	539	151.3	57.8	488	134.8	58.9	91	156.7	60.1	2197

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	268.2	238.5	256	361.8	298.5	283	371.7	251.5	280	353.7	312.5	232	365.1	250.0	42	340.8	277.7	1093
Female	218.7	195.2	275	271.2	213.1	265	281.3	213.8	259	296.5	208.6	256	223.6	243.3	49	264.2	211.1	1104
Total	242.5	218.4	531	318.0	264.4	548	328.3	238.3	539	323.7	264.4	488	288.9	255.1	91	302.4	249.4	2197

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	6.5	9.1	256	8.8	12.3	283	9.9	11.6	280	9.5	15.9	232	8.4	7.5	42	8.7	12.2	1093
Female	5.4	6.9	275	7.1	8.7	265	6.8	8.1	259	7.3	9.2	256	4.5	7.3	49	6.5	8.2	1104
Total	5.9	8.0	531	8.0	10.7	548	8.4	10.2	539	8.3	12.8	488	6.3	7.6	91	7.6	10.5	2197

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	256	0.1	0.3	283	0.1	0.2	280	0.1	0.3	232	0.0	0.1	42	0.1	0.3	1093
Female	0.1	0.3	275	0.1	0.2	265	0.1	0.2	259	0.1	0.3	256	0.1	0.3	49	0.1	0.3	1104
Total	0.1	0.3	531	0.1	0.3	548	0.1	0.2	539	0.1	0.3	488	0.0	0.2	91	0.1	0.3	2197

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	256	11.9	5.8	283	11.0	5.4	280	10.1	5.3	232	8.3	3.7	42	11.1	5.6	1093
Female	9.6	4.9	275	8.9	4.5	265	8.8	4.8	259	8.3	4.5	256	7.2	3.6	49	8.8	4.7	1104
Total	10.6	5.4	531	10.5	5.4	548	9.9	5.2	539	9.1	5.0	488	7.7	3.7	91	10.0	5.3	2197

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	85.9	75.2	256	106.2	81.5	283	106.7	73.3	280	106.0	86.0	232	104.1	78.8	42	101.4	79.3	1093
Female	67.2	54.8	275	80.0	61.4	265	82.8	60.9	259	87.5	64.6	256	68.9	79.5	49	78.7	61.8	1104
Total	76.2	66.1	531	93.5	73.6	548	95.2	68.6	539	96.3	76.0	488	85.2	80.7	91	90.0	71.9	2197

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	9.4	256	12.3	12.5	283	13.2	12.2	280	12.7	13.4	232	11.4	8.4	42	11.9	11.9	1093
Female	7.8	7.0	275	10.4	8.8	265	9.5	8.7	259	10.6	9.6	256	6.9	8.9	49	9.5	8.6	1104
Total	8.7	8.3	531	11.4	10.9	548	11.5	10.8	539	11.6	11.6	488	9.0	8.9	91	10.7	10.5	2197

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	502.8	380.5	256	657.1	493.0	283	665.8	414.0	280	637.3	488.7	232	609.6	394.1	42	617.2	448.2	1093
Female	415.9	314.5	275	491.0	348.2	265	509.5	356.2	259	536.0	341.6	256	400.2	382.4	49	483.0	344.8	1104
Total	457.8	350.3	531	576.8	436.7	548	590.7	394.8	539	584.2	420.6	488	496.8	399.7	91	549.8	405.1	2197

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	14.8	19.1	256	19.0	23.5	283	18.7	24.3	280	11.1	14.8	232	6.7	10.0	42	15.8	21.0	1093
Female	4.3	8.7	275	3.2	7.6	265	2.2	4.5	259	1.6	4.4	256	1.0	2.3	49	2.7	6.6	1104
Total	9.4	15.6	531	11.4	19.4	548	10.8	19.6	539	6.1	11.7	488	3.7	7.5	91	9.2	16.9	2197

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	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	2063.6	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	83.2	16.2	256	85.7	16.9	283	86.2	17.5	280	81.8	15.2	232	74.1	14.1	42	84.0	16.6	1093
Female	70.7	12.7	275	71.7	13.8	265	72.0	13.1	259	70.1	13.5	256	65.5	12.5	49	70.9	13.3	1104
Total	76.7	15.8	531	78.9	17.0	548	79.4	17.1	539	75.7	15.5	488	69.4	13.9	91	77.4	16.4	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	67.1	17.6	256	64.2	15.5	283	57.7	15.6	280	51.8	13.9	232	49.0	12.9	42	60.0	16.7	1093
Female	61.0	14.6	275	54.7	13.2	265	51.0	13.5	259	47.2	12.1	256	44.9	12.3	49	53.2	14.4	1104
Total	63.9	16.4	531	59.6	15.2	548	54.5	15.0	539	49.4	13.2	488	46.8	12.7	91	56.6	15.9	2197