

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	314.9	64.7	256	307.5	58.9	283	312.7	63.5	280	303.7	60.1	232	282.3	47.5	42	308.8	61.6	1093
Female	258.9	48.9	275	258.0	47.3	265	269.4	48.7	259	264.3	46.0	256	256.9	62.5	49	262.3	48.6	1104
Total	285.9	63.5	531	283.6	59.0	548	291.9	60.8	539	283.0	56.7	488	268.6	57.2	91	285.4	60.2	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	18.8	4.5	256	17.5	3.7	49	18.4	4.0	1104
Total	18.4	3.8	531	19.6	4.4	548	20.5	4.5	539	19.7	4.6	488	18.3	4.1	91	19.5	4.4	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	4612	883	256	4794	960	283	4949	1051	280	4766	1000	232	4396	1010	42	4770	986	1093
Female	3987	735	275	4153	777	265	4212	775	259	4243	861	256	3911	758	49	4136	792	1104
Total	4288	867	531	4484	932	548	4595	998	539	4492	965	488	4135	911	91	4451	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	2609	607	256	2743	657	283	2999	714	280	2889	691	232	2587	726	42	2802	687	1093
Female	2376	546	275	2607	593	265	2779	637	259	2674	620	256	2584	730	49	2605	622	1104
Total	2488	587	531	2678	630	548	2893	686	539	2776	663	488	2585	724	91	2703	662	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	568.7	205.2	256	610.9	205.6	283	673.1	236.7	280	655.4	238.6	232	625.5	225.4	42	627.0	224.9	1093
Female	591.2	317.2	275	597.0	208.9	265	652.6	226.8	259	623.1	221.6	256	637.7	206.5	49	616.5	247.5	1104
Total	580.4	269.0	531	604.2	207.1	548	663.3	232.0	539	638.5	230.1	488	632.0	214.3	91	621.7	236.5	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	281.7	71.1	256	301.8	70.0	283	325.4	74.7	280	310.6	74.5	232	275.2	67.6	42	304.0	74.1	1093
Female	256.3	65.7	275	273.8	67.1	265	285.7	64.3	259	276.1	63.2	256	265.9	76.3	49	272.4	66.4	1104
Total	268.5	69.5	531	288.2	69.9	548	306.3	72.6	539	292.5	70.9	488	270.2	72.2	91	288.1	72.1	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	1180	240	256	1227	252	283	1277	278	280	1220	268	232	1114	241	42	1223	262	1093
Female	1037	198	275	1058	214	265	1089	232	259	1071	233	256	1028	235	49	1062	220	1104
Total	1106	231	531	1145	249	548	1186	273	539	1142	261	488	1068	240	91	1142	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	9.2	2.6	256	9.9	2.5	283	10.5	2.7	280	10.1	2.6	232	9.0	2.5	42	9.9	2.6	1093
Female	8.7	4.6	275	8.9	2.4	265	9.5	2.4	259	9.4	2.6	256	9.4	2.7	49	9.1	3.2	1104
Total	8.9	3.8	531	9.4	2.5	548	10.0	2.6	539	9.7	2.6	488	9.2	2.6	91	9.5	2.9	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	9.1	2.2	232	8.4	1.8	42	9.2	2.1	1093
Female	8.2	4.6	275	7.9	2.1	265	8.1	2.1	259	7.8	1.6	256	7.8	2.1	49	8.0	2.8	1104
Total	8.6	3.6	531	8.6	2.3	548	8.8	2.2	539	8.4	2.0	488	8.1	2.0	91	8.6	2.6	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	1.63	4.18	283	1.46	0.34	280	1.42	0.33	232	1.28	0.29	42	1.45	2.15	1093
Female	1.19	0.74	275	1.21	0.30	265	1.27	0.27	259	1.25	0.26	256	1.24	0.35	49	1.23	0.45	1104
Total	1.24	0.58	531	1.43	3.01	548	1.37	0.32	539	1.33	0.31	488	1.26	0.32	91	1.34	1.55	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	1.42	283	4.62	1.39	280	4.55	1.49	232	4.07	1.50	42	4.41	1.44	1093
Female	3.41	1.25	275	3.99	1.31	265	4.34	1.80	259	4.25	1.55	256	4.25	1.48	49	4.00	1.53	1104
Total	3.75	1.38	531	4.20	1.38	548	4.49	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	349	696	283	384	967	280	324	976	232	271	392	42	327	789	1093
Female	279	769	275	212	351	265	252	462	259	359	985	256	311	644	49	276	687	1104
Total	267	637	531	283	560	548	320	769	539	342	980	488	293	540	91	302	739	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	3396	2121	256	3520	2006	283	4274	2139	280	4167	2293	232	3905	2549	42	3836	2182	1093
Female	3533	3507	275	4338	10028	265	4521	2300	259	4283	2147	256	3482	1892	49	4130	5453	1104
Total	3467	2920	531	3916	7126	548	4393	2219	539	4228	2216	488	3677	2217	91	3984	4162	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	587	535	256	669	741	283	775	994	280	689	979	232	638	462	42	680	822	1093
Female	655	976	275	674	1717	265	667	511	259	754	1020	256	616	717	49	684	1126	1104
Total	622	795	531	672	1306	548	723	801	539	723	1000	488	626	609	91	682	986	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	8.1	6.5	256	9.7	6.3	283	10.5	6.7	280	10.1	6.6	232	10.9	6.9	42	9.6	6.6	1093
Female	6.8	4.8	275	7.8	4.8	265	8.4	5.9	259	9.0	6.4	256	8.4	6.4	49	8.0	5.6	1104
Total	7.4	5.7	531	8.8	5.7	548	9.5	6.4	539	9.5	6.5	488	9.5	6.7	91	8.8	6.1	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

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	12	17	256	12	26	283	14	29	280	15	29	232	17	36	42	13	26	1093
Female	16	32	275	17	41	265	15	26	259	15	29	256	11	11	49	15	32	1104
Total	14	26	531	14	34	548	15	28	539	15	29	488	14	25	91	14	29	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	214	185	256	234	123	283	292	229	280	262	129	232	231	132	42	250	174	1093
Female	194	91	275	383	2661	265	249	128	259	243	174	256	216	148	49	264	1309	1104
Total	204	145	531	306	1852	548	271	188	539	252	154	488	223	140	91	257	936	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	3.60	24.20	256	1.92	5.87	283	3.09	11.06	280	4.31	12.84	232	3.01	9.79	42	3.16	14.70	1093
Female	1.52	2.86	275	1.74	5.03	265	2.66	8.23	259	4.96	16.54	256	5.21	19.41	49	2.80	10.28	1104
Total	2.52	16.94	531	1.83	5.47	548	2.88	9.80	539	4.65	14.89	488	4.19	15.68	91	2.98	12.67	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	2.33	10.29	256	1.82	2.51	283	2.01	3.81	280	2.91	16.17	232	2.00	2.61	42	2.23	9.26	1093
Female	2.00	3.80	275	1.98	3.20	265	2.22	6.52	259	2.45	4.02	256	2.54	3.62	49	2.18	4.51	1104
Total	2.16	7.64	531	1.90	2.87	548	2.11	5.29	539	2.67	11.51	488	2.29	3.19	91	2.20	7.27	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	25.5	84.9	256	21.7	10.7	283	21.0	9.2	280	19.9	8.9	232	17.5	6.5	42	21.8	41.9	1093
Female	17.5	9.5	275	17.3	7.0	265	22.0	80.7	259	17.4	10.2	256	16.6	13.2	49	18.5	39.9	1104
Total	21.4	59.4	531	19.5	9.3	548	21.5	56.3	539	18.6	9.7	488	17.0	10.6	91	20.1	41.0	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	3.00	13.91	256	2.14	5.68	283	3.12	9.76	280	3.94	11.46	232	1.76	1.91	42	2.96	10.30	1093
Female	1.76	3.00	275	1.96	4.55	265	3.86	19.74	259	4.59	11.81	256	2.93	8.11	49	3.01	11.61	1104
Total	2.36	9.90	531	2.05	5.16	548	3.48	15.38	539	4.28	11.63	488	2.39	6.09	91	2.99	10.98	2197

Vitamin B12 (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	30.7	209.5	256	16.4	84.7	283	37.2	226.2	280	38.7	181.9	232	48.6	232.7	42	31.1	185.2	1093
Female	9.5	32.2	275	18.7	108.6	265	23.4	130.2	259	49.9	211.0	256	39.1	217.8	49	25.7	140.1	1104
Total	19.7	147.5	531	17.5	96.9	548	30.6	186.3	539	44.6	197.6	488	43.5	223.6	91	28.3	164.1	2197

Folate (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	313	109	256	354	125	283	401	141	280	388	141	232	349	123	42	364	134	1093
Female	315	200	275	345	121	265	381	122	259	374	150	256	365	142	49	353	154	1104
Total	314	162	531	349	123	548	392	133	539	380	146	488	357	133	91	359	144	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	6.30	1.63	256	6.51	2.75	283	6.94	3.73	280	6.39	1.94	232	5.91	1.60	42	6.53	2.67	1093
Female	6.07	4.39	275	5.81	2.75	265	6.32	3.50	259	6.00	2.52	256	5.90	3.22	49	6.04	3.38	1104
Total	6.19	3.35	531	6.18	2.77	548	6.64	3.63	539	6.19	2.27	488	5.90	2.59	91	6.28	3.05	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	139.9	181.5	256	165.1	269.8	283	173.8	254.7	280	137.0	97.4	232	122.9	71.7	42	153.8	213.4	1093
Female	133.8	144.9	275	183.9	287.8	265	183.4	231.9	259	164.8	163.1	256	152.7	167.3	49	165.5	213.1	1104
Total	136.7	163.5	531	174.2	278.6	548	178.4	243.8	539	151.6	136.5	488	138.9	132.3	91	159.7	213.3	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	14.3	4.2	256	15.2	4.5	283	17.6	5.1	280	17.5	7.3	232	15.4	5.5	42	16.1	5.5	1093
Female	13.7	3.9	275	15.0	4.1	265	17.2	4.4	259	16.8	8.2	256	15.8	5.3	49	15.6	5.6	1104
Total	14.0	4.1	531	15.1	4.3	548	17.4	4.8	539	17.1	7.8	488	15.6	5.3	91	15.9	5.6	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	3444	726	256	3572	774	283	3628	790	280	3456	710	232	3155	635	42	3516	755	1093
Female	2956	572	275	2988	630	265	3025	615	259	2936	625	256	2762	554	49	2966	609	1104
Total	3191	695	531	3290	765	548	3338	772	539	3183	715	488	2943	622	91	3240	738	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	6029	1242	256	6223	1316	283	6318	1351	280	6019	1213	232	5500	1066	42	6131	1288	1093
Female	5188	987	275	5214	1077	265	5268	1050	259	5106	1066	256	4810	936	49	5177	1043	1104
Total	5594	1193	531	5735	1307	548	5813	1323	539	5540	1225	488	5128	1051	91	5652	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	4949	1213	256	5217	1332	283	5305	1310	280	5022	1204	232	4601	1086	42	5112	1273	1093
Female	4178	930	275	4294	1035	265	4349	1012	259	4246	1046	256	3958	913	49	4252	1004	1104
Total	4549	1142	531	4771	1282	548	4846	1269	539	4615	1188	488	4255	1042	91	4680	1224	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	440	280	1808	392	232	1654	359	42	1853	423	1093
Female	1529	311	275	1546	343	265	1557	340	259	1524	350	256	1411	293	49	1533	335	1104
Total	1667	388	531	1727	432	548	1740	432	539	1659	396	488	1523	346	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	1251	238	256	1277	237	283	1291	249	280	1233	211	232	1100	184	42	1258	236	1093
Female	1083	201	275	1075	202	265	1085	201	259	1048	195	256	1014	254	49	1070	203	1104
Total	1164	235	531	1179	243	548	1192	249	539	1136	223	488	1054	227	91	1164	239	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	677	280	3047	587	232	2760	529	42	3116	643	1093
Female	2609	484	275	2620	527	265	2641	520	259	2577	533	256	2400	465	49	2602	515	1104
Total	2831	602	531	2908	661	548	2934	668	539	2801	606	488	2566	525	91	2858	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	3473	689	256	3579	725	283	3637	738	280	3479	665	232	3158	565	42	3531	708	1093
Female	2996	545	275	3010	593	265	3050	581	259	2954	586	256	2785	528	49	2993	576	1104
Total	3226	663	531	3304	722	548	3355	729	539	3203	677	488	2957	574	91	3261	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	551	256	2735	592	283	2784	591	280	2652	535	232	2414	472	42	2695	571	1093
Female	2253	439	275	2278	476	265	2319	481	259	2250	479	256	2131	440	49	2268	469	1104
Total	2438	532	531	2514	585	548	2561	588	539	2441	544	488	2262	475	91	2481	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	6112	1236	256	6316	1313	283	6423	1324	280	6136	1196	232	5571	1035	42	6229	1275	1093
Female	5252	980	275	5290	1065	265	5371	1056	259	5206	1059	256	4918	965	49	5263	1039	1104
Total	5666	1191	531	5820	1304	548	5918	1312	539	5648	1217	488	5220	1045	91	5744	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	3185	709	280	3027	636	232	2758	562	42	3082	682	1093
Female	2553	507	275	2604	558	265	2630	546	259	2563	561	256	2397	499	49	2579	542	1104
Total	2771	624	531	2883	695	548	2918	693	539	2784	641	488	2564	556	91	2829	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	923	184	232	836	159	42	935	195	1093
Female	782	149	275	791	161	265	806	161	259	783	160	256	741	147	49	788	157	1104
Total	846	181	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	4054	834	256	4198	887	283	4275	905	280	4084	817	232	3737	740	42	4142	867	1093
Female	3476	660	275	3507	721	265	3569	713	259	3470	716	256	3280	642	49	3495	701	1104
Total	3755	802	531	3864	881	548	3936	891	539	3762	824	488	3491	722	91	3817	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	2537	688	256	2676	765	283	2666	718	280	2559	648	232	2326	652	42	2603	710	1093
Female	2099	485	275	2158	546	265	2195	557	259	2110	571	256	1894	460	49	2129	539	1104
Total	2310	630	531	2425	716	548	2439	687	539	2324	648	488	2093	594	91	2365	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	4519	997	256	4751	1081	283	4791	1014	280	4559	936	232	4100	785	42	4641	1015	1093
Female	3757	789	275	3856	831	265	3914	802	259	3840	811	256	3630	828	49	3831	811	1104
Total	4124	972	531	4318	1066	548	4370	1017	539	4182	943	488	3847	838	91	4234	1003	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	3829	846	256	4020	922	283	4072	903	280	3857	808	232	3517	744	42	3935	878	1093
Female	3188	642	275	3267	707	265	3305	684	259	3245	706	256	3050	656	49	3242	685	1104
Total	3497	812	531	3656	906	548	3704	891	539	3536	815	488	3266	733	91	3586	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	6968	1544	256	7378	1718	283	7540	1643	280	7192	1522	232	6503	1323	42	7250	1622	1093
Female	5882	1191	275	6091	1321	265	6257	1296	259	6133	1312	256	5892	1316	49	6079	1287	1104
Total	6405	1475	531	6756	1667	548	6923	1617	539	6637	1510	488	6174	1347	91	6662	1576	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	14.478	2.865	256	14.552	2.739	283	14.749	3.053	280	13.988	2.619	232	12.659	2.182	42	14.393	2.838	1093
Female	12.714	2.194	275	12.608	2.386	265	12.553	2.352	259	11.967	2.367	256	11.038	1.865	49	12.403	2.338	1104
Total	13.564	2.686	531	13.612	2.750	548	13.694	2.948	539	12.928	2.684	488	11.786	2.164	91	13.393	2.782	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	3275	759	256	3421	795	283	3436	766	280	3249	712	232	2940	589	42	3336	762	1093
Female	2740	573	275	2814	626	265	2792	585	259	2732	605	256	2552	544	49	2760	597	1104
Total	2997	720	531	3128	779	548	3126	756	539	2978	707	488	2731	595	91	3046	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	4729	1052	256	4629	942	283	4656	1078	280	4434	949	232	4064	841	42	4596	1011	1093
Female	4322	824	275	4155	859	265	4088	871	259	3836	852	256	3522	625	49	4079	867	1104
Total	4518	962	531	4400	932	548	4383	1024	539	4120	947	488	3772	777	91	4336	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	3566	720	283	3615	743	280	3462	655	232	3132	578	42	3512	706	1093
Female	2990	541	275	3008	589	265	3038	587	259	2956	590	256	2788	539	49	2989	577	1104
Total	3210	657	531	3296	716	548	3338	731	539	3196	671	488	2947	580	91	3249	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	55.28	15.43	256	53.68	14.43	283	47.62	13.51	280	42.76	12.07	232	40.56	11.22	42	49.68	14.75	1093
Female	50.26	12.77	275	45.24	11.62	265	43.94	27.30	259	38.66	10.65	256	36.73	10.09	49	44.28	17.23	1104
Total	52.68	14.32	531	49.60	13.80	548	45.85	21.34	539	40.61	11.52	488	38.50	10.74	91	46.97	16.26	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	5.57	256	16.45	5.17	283	15.00	5.49	280	13.55	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	16.94	5.69	259	15.38	4.69	256	14.09	4.62	49	17.79	5.74	1104
Total	22.06	6.69	531	20.53	6.09	548	18.23	6.02	539	16.17	5.12	488	15.01	4.93	91	19.14	6.41	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	14.26	4.38	256	14.74	5.92	283	13.14	3.52	280	12.13	3.48	232	11.07	3.34	42	13.52	4.57	1093
Female	12.41	3.21	275	11.78	3.01	265	13.20	25.04	259	10.92	3.08	256	10.55	3.41	49	12.02	12.44	1104
Total	13.30	3.92	531	13.31	4.96	548	13.17	17.52	539	11.50	3.33	488	10.79	3.37	91	12.77	9.42	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	37.64	10.84	256	37.16	10.42	283	32.57	8.90	280	29.17	8.33	232	27.14	7.64	42	34.01	10.27	1093
Female	33.23	8.49	275	30.28	7.45	265	30.14	26.04	259	26.30	7.12	256	24.64	7.37	49	29.81	14.52	1104
Total	35.36	9.94	531	33.83	9.73	548	31.40	19.18	539	27.66	7.84	488	25.79	7.56	91	31.90	12.76	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	11.66	3.77	256	11.58	3.03	283	10.40	2.88	280	9.55	2.85	232	8.61	2.70	42	10.75	3.27	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	10.91	3.32	531	10.57	2.99	548	9.87	2.95	539	9.08	2.75	488	8.60	2.82	91	10.07	3.09	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	3.12	4.68	283	2.70	1.03	280	2.54	1.23	232	2.42	1.01	42	2.74	2.57	1093
Female	2.17	0.84	275	2.24	0.84	265	6.19	44.78	259	2.22	0.86	256	1.93	0.91	49	3.13	21.74	1104
Total	2.36	0.96	531	2.69	3.44	548	4.38	31.07	539	2.37	1.06	488	2.16	0.98	91	2.93	15.51	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	7.636	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	1.091	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	144.0	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	137.6	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	680.3	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	17.295	5.525	280	15.074	4.963	232	14.294	4.708	42	18.366	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	16.271	5.347	539	14.370	4.705	488	13.494	4.578	91	17.215	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	10.116	2.844	280	9.289	2.830	232	8.379	2.698	42	10.449	3.140	1093
Female	9.974	2.633	275	9.262	2.521	265	9.063	2.893	259	8.439	2.581	256	8.384	2.930	49	9.163	2.726	1104
Total	10.611	3.089	531	10.300	2.954	548	9.610	2.913	539	8.843	2.733	488	8.382	2.810	91	9.803	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	1610.9	563.5	256	1591.6	518.4	283	1417.7	499.1	280	1307.9	510.9	232	1224.5	470.3	42	1477.3	536.4	1093
Female	1378.0	468.0	275	1289.0	410.6	265	1255.0	473.7	259	1185.2	429.9	256	1162.1	491.9	49	1273.5	453.6	1104
Total	1490.3	528.7	531	1445.3	492.7	548	1339.5	493.3	539	1243.5	473.6	488	1190.9	480.4	91	1374.9	506.7	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	4.2	4.9	256	4.9	5.9	283	5.5	5.5	280	5.5	9.3	232	5.3	4.2	42	5.0	6.4	1093
Female	5.3	28.5	275	4.3	4.2	265	3.9	3.9	259	4.3	4.8	256	2.7	3.5	49	4.4	14.7	1104
Total	4.8	20.8	531	4.6	5.2	548	4.7	4.8	539	4.9	7.3	488	3.9	4.0	91	4.7	11.4	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