

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	585	366	65	537	300	67	752	844	68	1028	1422	72	1094	1537	12	747	928	284
Female	460	210	54	507	207	61	621	547	56	767	706	55	769	483	9	594	478	235
Total	528	310	119	523	260	128	693	726	124	915	1170	127	955	1192	21	678	761	519

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	5.9	4.4	65	8.4	5.0	67	11.0	6.5	68	11.3	6.2	72	10.2	5.4	12	9.3	6.0	284
Female	6.4	3.6	54	8.1	4.4	61	8.5	5.6	56	9.2	5.1	55	8.1	3.7	9	8.1	4.7	235
Total	6.1	4.0	119	8.3	4.7	128	9.9	6.2	124	10.4	5.8	127	9.3	4.8	21	8.7	5.5	519

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	7	2	65	8	2	67	8	2	68	8	2	72	8	3	12	8	2	284
Female	7	2	54	8	2	61	8	3	56	7	2	55	7	3	9	7	3	235
Total	7	2	119	8	2	128	8	3	124	8	2	127	8	3	21	8	2	519

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

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

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

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	65	9	3	67	10	3	68	10	3	72	10	3	12	9	3	284
Female	8	3	54	9	2	61	9	3	56	9	3	55	8	3	9	9	3	235
Total	9	3	119	9	3	128	9	3	124	9	3	127	9	3	21	9	3	519

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	249	123	65	232	108	67	292	161	68	272	147	72	234	101	12	260	136	284
Female	209	130	54	204	106	61	238	127	56	273	149	55	275	155	9	232	131	235
Total	231	127	119	219	107	128	267	149	124	272	147	127	252	125	21	247	135	519

Vitamin B1 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.01	0.31	65	0.92	0.25	67	1.03	0.27	68	1.13	0.97	72	0.87	0.17	12	1.02	0.55	284
Female	0.83	0.24	54	0.83	0.18	61	0.90	0.25	56	0.90	0.27	55	0.90	0.33	9	0.87	0.24	235
Total	0.93	0.30	119	0.88	0.22	128	0.97	0.27	124	1.03	0.76	127	0.88	0.25	21	0.95	0.44	519

Vitamin B2 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.43	0.41	65	1.39	0.35	67	1.56	0.36	68	1.51	0.48	72	1.42	0.34	12	1.47	0.41	284
Female	1.26	0.38	54	1.28	0.35	61	1.33	0.38	56	1.39	0.40	55	1.45	0.54	9	1.32	0.38	235
Total	1.35	0.40	119	1.34	0.36	128	1.46	0.39	124	1.46	0.45	127	1.43	0.42	21	1.40	0.40	519

Niacin (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.3	8.2	65	18.8	6.1	67	20.3	5.9	68	18.0	5.7	72	18.1	4.0	12	19.0	6.5	284
Female	14.7	4.3	54	15.4	3.7	61	16.0	4.1	56	14.8	3.9	55	13.1	3.8	9	15.2	4.0	235
Total	17.2	7.1	119	17.2	5.4	128	18.3	5.6	124	16.6	5.2	127	15.9	4.6	21	17.3	5.8	519

Vitamin B6 (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.21	0.39	65	1.25	0.38	67	1.51	0.43	68	1.53	0.43	72	1.41	0.30	12	1.38	0.43	284
Female	1.01	0.31	54	1.15	0.31	61	1.26	0.36	56	1.27	0.33	55	1.19	0.42	9	1.17	0.34	235
Total	1.12	0.37	119	1.20	0.35	128	1.40	0.42	124	1.42	0.41	127	1.31	0.37	21	1.29	0.41	519

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	7.0	6.6	65	8.5	5.1	67	10.2	6.3	68	9.6	5.7	72	11.1	7.0	12	9.0	6.1	284
Female	5.2	2.8	54	7.5	4.7	61	7.8	5.1	56	8.0	4.7	55	6.7	3.6	9	7.1	4.5	235
Total	6.2	5.3	119	8.0	4.9	128	9.1	5.9	124	8.9	5.3	127	9.2	6.1	21	8.1	5.5	519

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	316	98	65	325	95	67	410	114	68	432	182	72	435	127	12	375	138	284
Female	273	93	54	315	110	61	351	102	56	382	141	55	382	178	9	332	122	235
Total	296	98	119	320	102	128	383	112	124	410	167	127	412	150	21	356	132	519

Pantothenic Acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.24	1.54	65	6.09	1.42	67	6.77	1.54	68	6.78	2.04	72	6.54	1.65	12	6.48	1.68	284
Female	5.22	1.45	54	5.66	1.24	61	5.97	1.24	56	6.07	1.43	55	5.83	1.86	9	5.73	1.39	235
Total	5.77	1.58	119	5.89	1.35	128	6.41	1.46	124	6.47	1.83	127	6.24	1.74	21	6.14	1.59	519

Vitamin C (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	123.8	105.6	65	108.6	72.4	67	153.8	95.9	68	151.8	67.4	72	148.8	78.2	12	135.6	87.5	284
Female	100.4	96.1	54	116.5	68.1	61	127.8	58.1	56	154.4	83.4	55	153.7	120.6	9	125.8	81.0	235
Total	113.2	101.6	119	112.4	70.2	128	142.1	81.8	124	152.9	74.4	127	150.9	95.8	21	131.1	84.7	519

Cholesterol (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	383.1	160.5	65	423.2	156.4	67	420.6	144.5	68	364.8	140.2	72	406.0	103.8	12	397.9	149.8	284
Female	322.4	117.4	54	311.0	124.7	61	327.7	120.1	56	339.3	127.4	55	337.2	187.1	9	325.2	124.7	235
Total	355.6	145.2	119	369.7	152.4	128	378.6	141.4	124	353.8	134.9	127	376.5	145.4	21	365.0	143.5	519

Water soluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.3	0.9	65	3.2	0.9	67	3.9	1.3	68	4.2	1.2	72	3.8	0.9	12	3.7	1.2	284
Female	3.3	1.3	54	3.6	1.0	61	3.8	1.1	56	3.9	1.1	55	4.2	2.0	9	3.7	1.2	235
Total	3.3	1.1	119	3.4	1.0	128	3.9	1.2	124	4.1	1.2	127	4.0	1.5	21	3.7	1.2	519

Water insoluble dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.6	3.2	65	10.3	2.9	67	12.4	3.5	68	13.5	3.9	72	12.6	2.9	12	11.8	3.6	284
Female	9.8	3.3	54	11.3	3.3	61	12.6	3.9	56	12.6	4.0	55	11.8	5.7	9	11.6	3.8	235
Total	10.2	3.2	119	10.8	3.1	128	12.5	3.7	124	13.1	3.9	127	12.3	4.2	21	11.7	3.7	519

Total dietary fibers (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.6	4.3	65	14.2	3.8	67	17.5	4.8	68	18.8	5.2	72	17.0	4.0	12	16.4	4.9	284
Female	13.6	4.9	54	15.7	4.5	61	17.3	5.2	56	17.3	5.3	55	16.4	8.0	9	16.0	5.3	235
Total	14.2	4.6	119	14.9	4.2	128	17.4	5.0	124	18.1	5.3	127	16.7	5.8	21	16.2	5.1	519

Salt equivalents (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.4	2.6	65	11.2	2.7	67	12.7	2.6	68	11.7	2.2	72	11.2	2.0	12	11.7	2.6	284
Female	9.6	2.4	54	9.6	2.1	61	10.5	2.4	56	10.8	2.2	55	9.9	3.0	9	10.1	2.4	235
Total	10.6	2.6	119	10.4	2.6	128	11.7	2.8	124	11.3	2.2	127	10.7	2.5	21	11.0	2.6	519

Nitrogen (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.7	2.5	65	11.3	2.5	67	11.4	2.4	68	10.9	2.7	72	10.9	2.1	12	11.1	2.5	284
Female	9.1	2.1	54	9.3	1.9	61	10.0	2.2	56	9.6	2.1	55	9.5	2.0	9	9.5	2.1	235
Total	9.9	2.5	119	10.3	2.5	128	10.8	2.4	124	10.3	2.6	127	10.3	2.1	21	10.3	2.5	519

Isoleucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3429	866	65	3538	799	67	3641	747	68	3481	895	72	3369	550	12	3516	819	284
Female	2938	641	54	2934	567	61	3069	644	56	3028	632	55	3088	778	9	2995	624	235
Total	3206	807	119	3250	758	128	3382	755	124	3285	820	127	3248	655	21	3280	781	519

Leucine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6004	1484	65	6154	1352	67	6308	1273	68	6075	1547	72	5857	947	12	6124	1399	284
Female	5152	1137	54	5129	966	61	5370	1099	56	5250	1068	55	5364	1325	9	5229	1072	235
Total	5617	1399	119	5665	1286	128	5885	1282	124	5718	1416	127	5646	1122	21	5719	1337	519

Lysine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4958	1457	65	5121	1337	67	5386	1255	68	5064	1511	72	4894	908	12	5123	1379	284
Female	4152	995	54	4222	936	61	4395	1086	56	4412	1083	55	4465	1274	9	4301	1032	235
Total	4592	1326	119	4693	1244	128	4938	1277	124	4782	1376	127	4710	1072	21	4751	1299	519

Methionine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1800	490	65	1856	442	67	1926	417	68	1823	495	72	1764	279	12	1848	456	284
Female	1510	326	54	1532	313	61	1586	346	56	1567	366	55	1576	396	9	1550	338	235
Total	1668	446	119	1701	417	128	1773	421	124	1712	460	127	1684	338	21	1713	433	519

Cystine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1240	263	65	1266	233	67	1278	230	68	1250	258	72	1220	170	12	1257	243	284
Female	1070	212	54	1051	181	61	1101	203	56	1077	191	55	1049	239	9	1073	197	235
Total	1162	254	119	1163	235	128	1198	235	124	1175	246	127	1147	215	21	1174	241	519

Sulfer-containing amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3044	744	65	3126	663	67	3209	632	68	3079	745	72	2992	436	12	3109	688	284
Female	2584	527	54	2588	486	61	2691	534	56	2648	546	55	2630	613	9	2627	523	235
Total	2835	691	119	2870	643	128	2975	642	124	2892	697	127	2837	537	21	2891	663	519

Phenylalanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3448	790	65	3538	726	67	3615	691	68	3510	834	72	3397	526	12	3523	752	284
Female	2978	637	54	2962	530	61	3106	622	56	3039	571	55	3072	716	9	3022	592	235
Total	3235	759	119	3264	700	128	3385	705	124	3306	766	127	3258	620	21	3296	728	519

Tyrosine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2622	655	65	2692	599	67	2765	551	68	2659	693	72	2563	428	12	2679	619	284
Female	2243	513	54	2229	432	61	2329	489	56	2311	466	55	2378	591	9	2281	477	235
Total	2450	622	119	2471	573	128	2568	565	124	2508	628	127	2484	499	21	2499	593	519

Aromatic amino acids (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6072	1442	65	6233	1322	67	6382	1239	68	6173	1528	72	5961	949	12	6205	1370	284
Female	5223	1146	54	5193	958	61	5436	1109	56	5352	1035	55	5453	1298	9	5305	1066	235
Total	5687	1378	119	5737	1270	128	5955	1269	124	5818	1393	127	5743	1111	21	5798	1319	519

Threonine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3001	787	65	3096	727	67	3210	675	68	3050	802	72	2947	491	12	3084	741	284
Female	2530	553	54	2557	507	61	2679	576	56	2642	578	55	2662	687	9	2604	557	235
Total	2787	727	119	2839	685	128	2970	683	124	2873	740	127	2825	585	21	2866	705	519

Tryptophan (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	910	219	65	933	200	67	961	190	68	931	234	72	898	141	12	933	209	284
Female	778	172	54	778	146	61	816	172	56	810	161	55	813	196	9	796	163	235
Total	850	209	119	859	192	128	896	195	124	879	214	127	862	168	21	871	201	519

Valine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4028	991	65	4138	900	67	4273	853	68	4122	1040	72	3990	641	12	4135	937	284
Female	3449	750	54	3456	655	61	3627	744	56	3578	722	55	3638	905	9	3531	723	235
Total	3765	932	119	3813	861	128	3981	865	124	3886	952	127	3839	765	21	3861	898	519

Histidine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2440	691	65	2541	754	67	2699	675	68	2532	790	72	2440	358	12	2549	720	284
Female	2064	493	54	2117	449	61	2198	568	56	2172	566	55	2060	509	9	2135	518	235
Total	2269	635	119	2339	660	128	2473	675	124	2376	722	127	2277	460	21	2362	669	519

Alginine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4548	1158	65	4666	1089	67	4805	1027	68	4597	1151	72	4548	857	12	4650	1095	284
Female	3707	774	54	3740	752	61	3966	894	56	3945	828	55	3935	933	9	3842	818	235
Total	4166	1083	119	4225	1049	128	4426	1052	124	4315	1070	127	4285	921	21	4284	1058	519

Alanine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3835	1022	65	3936	926	67	4114	892	68	3896	1001	72	3814	641	12	3940	950	284
Female	3153	673	54	3191	643	61	3356	727	56	3335	732	55	3310	803	9	3260	697	235
Total	3525	942	119	3581	883	128	3772	902	124	3653	934	127	3598	741	21	3632	910	519

Aspartic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6949	1801	65	7249	1708	67	7610	1610	68	7271	1853	72	7111	1281	12	7267	1734	284
Female	5828	1319	54	5986	1229	61	6324	1445	56	6355	1339	55	6346	1642	9	6130	1352	235
Total	6440	1690	119	6647	1622	128	7030	1661	124	6874	1706	127	6783	1460	21	6752	1670	519

Glutamic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.328	3.053	65	14.372	2.779	67	14.475	2.711	68	14.193	3.153	72	13.414	2.004	12	14.301	2.889	284
Female	12.765	2.777	54	12.402	2.062	61	12.808	2.452	56	12.096	2.037	55	12.342	2.984	9	12.508	2.365	235
Total	13.619	3.021	119	13.434	2.645	128	13.722	2.718	124	13.285	2.910	127	12.954	2.463	21	13.489	2.808	519

Glycine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3329	896	65	3343	819	67	3445	746	68	3334	889	72	3257	553	12	3358	826	284
Female	2698	548	54	2735	567	61	2845	651	56	2798	596	55	2788	738	9	2770	595	235
Total	3043	819	119	3053	770	128	3174	763	124	3102	818	127	3056	665	21	3092	787	519

Proline (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4678	1078	65	4609	961	67	4564	975	68	4531	1151	72	4166	712	12	4575	1032	284
Female	4290	1067	54	4104	731	61	4206	900	56	3824	668	55	4119	1087	9	4106	870	235
Total	4502	1086	119	4368	893	128	4402	955	124	4225	1030	127	4146	867	21	4363	989	519

Serine (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3428	810	65	3534	739	67	3610	684	68	3481	830	72	3395	528	12	3509	758	284
Female	2958	632	54	2950	550	61	3108	605	56	3036	576	55	3076	740	9	3014	595	235
Total	3215	768	119	3256	716	128	3384	694	124	3288	761	127	3258	631	21	3285	731	519

Total fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	56.15	16.56	65	54.07	15.45	67	48.78	12.87	68	44.57	14.36	72	41.88	10.61	12	50.36	15.37	284
Female	48.43	12.00	54	45.11	11.29	61	42.55	12.88	56	38.67	11.82	55	42.85	11.37	9	43.67	12.36	235
Total	52.65	15.11	119	49.80	14.30	128	45.97	13.19	124	42.01	13.59	127	42.29	10.67	21	47.33	14.46	519

Saturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.41	6.36	65	17.23	6.08	67	14.96	5.03	68	14.28	5.99	72	13.40	4.19	12	16.05	6.03	284
Female	16.27	4.38	54	14.66	4.51	61	13.77	4.81	56	12.52	4.39	55	15.36	6.30	9	14.34	4.75	235
Total	17.44	5.63	119	16.01	5.52	128	14.42	4.95	124	13.52	5.41	127	14.24	5.15	21	15.28	5.55	519

Monounsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.75	7.76	65	22.39	6.96	67	20.09	5.91	68	18.02	6.50	72	16.70	5.19	12	20.80	7.09	284
Female	19.99	5.44	54	18.52	4.98	61	17.50	5.78	56	15.13	5.06	55	16.52	4.39	9	17.75	5.52	235
Total	22.05	7.04	119	20.55	6.38	128	18.92	5.97	124	16.77	6.07	127	16.62	4.75	21	19.42	6.60	519

Polyunsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.92	3.75	65	14.40	3.96	67	13.68	3.37	68	12.21	3.30	72	11.78	3.02	12	13.45	3.66	284
Female	12.08	3.61	54	11.85	3.32	61	11.23	3.88	56	10.97	3.37	55	10.90	2.26	9	11.52	3.51	235
Total	13.09	3.79	119	13.18	3.87	128	12.57	3.80	124	11.68	3.37	127	11.40	2.70	21	12.58	3.72	519

Unsaturated fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	37.68	10.86	65	36.78	10.28	67	33.77	8.74	68	30.23	9.01	72	28.47	7.40	12	34.25	10.08	284
Female	32.07	8.28	54	30.37	7.72	61	28.73	9.17	56	26.11	8.09	55	27.41	5.82	9	29.26	8.46	235
Total	35.13	10.13	119	33.73	9.66	128	31.49	9.25	124	28.44	8.83	127	28.02	6.63	21	31.99	9.70	519

n-6 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.51	3.26	65	11.50	3.39	67	10.59	2.94	68	9.37	2.61	72	9.47	2.46	12	10.66	3.14	284
Female	9.97	3.10	54	9.36	2.66	61	9.06	3.18	56	8.62	2.61	55	8.89	2.05	9	9.24	2.88	235
Total	10.81	3.26	119	10.48	3.23	128	9.90	3.13	124	9.05	2.62	127	9.22	2.26	21	10.02	3.11	519

n-3 fatty acids (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.38	0.87	65	2.85	1.14	67	3.04	1.02	68	2.80	1.13	72	2.27	0.70	12	2.75	1.06	284
Female	2.09	0.71	54	2.45	0.92	61	2.13	0.96	56	2.31	1.00	55	1.97	0.58	9	2.24	0.90	235
Total	2.25	0.81	119	2.66	1.06	128	2.63	1.09	124	2.58	1.10	127	2.14	0.66	21	2.52	1.02	519

Butyric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	184.3	153.8	65	189.8	221.6	67	159.1	170.9	68	184.7	158.1	72	185.7	122.2	12	179.7	175.2	284
Female	232.7	146.2	54	215.1	160.9	61	225.2	187.5	56	199.1	165.3	55	265.1	246.0	9	219.7	168.4	235
Total	206.3	151.7	119	201.8	194.8	128	188.9	180.9	124	190.9	160.8	127	219.7	184.5	21	197.8	173.1	519

Hexanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	119.0	98.6	65	120.7	140.7	67	103.0	111.9	68	117.6	101.8	72	120.2	82.7	12	115.3	112.7	284
Female	149.0	93.5	54	137.0	103.6	61	143.6	119.4	56	127.7	107.2	55	168.3	149.3	9	140.3	107.7	235
Total	132.6	97.1	119	128.5	124.2	128	121.3	116.7	124	122.0	103.9	127	140.8	115.2	21	126.6	111.0	519

Heptanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	65	1.1	1.6	67	1.0	1.2	68	1.1	1.1	72	1.0	1.0	12	1.0	1.3	284
Female	1.1	1.1	54	1.2	1.1	61	1.2	1.1	56	1.2	1.1	55	1.5	1.5	9	1.2	1.1	235
Total	1.0	1.1	119	1.2	1.4	128	1.1	1.2	124	1.1	1.1	127	1.2	1.2	21	1.1	1.2	519

Octanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.9	1.1	65	1.1	1.6	67	1.0	1.2	68	1.1	1.1	72	1.0	1.0	12	1.0	1.3	284
Female	1.1	1.1	54	1.2	1.1	61	1.2	1.1	56	1.2	1.1	55	1.5	1.5	9	1.2	1.1	235
Total	1.0	1.1	119	1.2	1.4	128	1.1	1.2	124	1.1	1.1	127	1.2	1.2	21	1.1	1.2	519

Decanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	190.2	137.2	65	175.2	180.5	67	146.4	154.2	68	165.8	137.1	72	172.1	114.7	12	169.2	151.5	284
Female	216.7	125.4	54	194.2	134.9	61	190.8	150.7	56	173.1	134.0	55	234.6	194.6	9	195.2	138.9	235
Total	202.2	132.1	119	184.2	160.1	128	166.4	153.6	124	169.0	135.3	127	198.9	152.9	21	181.0	146.3	519

Lauric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	431.9	432.5	65	319.1	332.2	67	261.2	422.8	68	305.9	345.0	72	391.2	359.3	12	330.8	386.1	284
Female	438.2	408.4	54	341.8	264.0	61	274.5	207.2	56	266.6	208.0	55	422.9	326.7	9	333.4	290.0	235
Total	434.8	419.9	119	329.9	300.7	128	267.2	341.5	124	288.9	293.3	127	404.8	337.6	21	332.0	345.6	519

Tridecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	3.1	65	3.4	4.9	67	2.9	3.5	68	3.3	3.4	72	3.0	3.1	12	3.1	3.7	284
Female	3.3	3.2	54	3.5	3.5	61	3.5	3.4	56	3.4	3.3	55	4.6	4.3	9	3.5	3.4	235
Total	3.0	3.2	119	3.5	4.2	128	3.2	3.4	124	3.3	3.3	127	3.7	3.7	21	3.3	3.6	519

Myristic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1192.1	575.8	65	1206.6	749.8	67	1116.9	616.6	68	1169.6	668.4	72	1054.9	524.8	12	1166.0	648.5	284
Female	1196.9	487.5	54	1184.4	554.9	61	1102.5	567.6	56	1046.4	560.0	55	1262.1	874.8	9	1138.4	557.9	235
Total	1194.3	535.3	119	1196.0	661.7	128	1110.4	592.6	124	1116.2	624.4	127	1143.7	684.5	21	1153.5	608.7	519

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	113.8	62.0	65	116.3	78.0	67	105.6	58.1	68	114.3	66.6	72	105.5	57.0	12	112.2	65.9	284
Female	115.6	53.1	54	116.8	54.6	61	113.8	59.7	56	103.5	58.9	55	118.7	80.7	9	112.8	57.4	235
Total	114.6	57.9	119	116.5	67.6	128	109.3	58.7	124	109.6	63.4	127	111.1	66.6	21	112.5	62.1	519

Pentadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.8	22.7	65	27.8	32.5	67	23.6	25.2	68	26.9	23.3	72	26.5	16.8	12	26.3	25.8	284
Female	33.3	20.5	54	31.4	24.1	61	31.3	25.7	56	29.2	24.5	55	40.0	35.9	9	31.6	24.2	235
Total	29.8	21.9	119	29.5	28.8	128	27.1	25.6	124	27.9	23.7	127	32.3	26.8	21	28.7	25.2	519

Palmitic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.048	3.616	65	10.378	3.372	67	9.056	2.635	68	8.453	3.257	72	7.828	2.072	12	9.619	3.353	284
Female	9.456	2.400	54	8.530	2.471	61	8.084	2.551	56	7.250	2.346	55	8.673	2.866	9	8.342	2.559	235
Total	10.326	3.211	119	9.497	3.107	128	8.617	2.632	124	7.932	2.949	127	8.190	2.415	21	9.041	3.083	519

Palmitic acid (iso) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.8	23.2	65	19.6	21.1	67	15.1	15.8	68	18.4	23.0	72	16.9	14.4	12	18.8	20.8	284
Female	33.7	35.1	54	20.5	17.9	61	27.0	35.8	56	15.5	12.9	55	18.8	16.7	9	23.9	27.5	235
Total	27.7	29.6	119	20.0	19.6	128	20.5	27.3	124	17.2	19.3	127	17.7	15.1	21	21.1	24.2	519

Heptadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	170.4	94.1	65	159.1	89.1	67	144.8	55.8	68	146.9	82.6	72	127.7	77.2	12	153.8	81.6	284
Female	144.3	61.9	54	132.9	47.3	61	124.9	51.1	56	121.6	50.8	55	131.1	55.0	9	130.9	53.2	235
Total	158.6	81.8	119	146.6	73.2	128	135.8	54.5	124	135.9	71.5	127	129.1	67.0	21	143.5	71.1	519

Heptadecanoic acid (ant) (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	26.8	21.9	65	27.0	30.4	67	22.8	23.8	68	26.6	22.6	72	26.1	16.2	12	25.8	24.5	284
Female	34.7	20.3	54	31.2	23.0	61	31.8	24.8	56	28.1	23.1	55	38.0	34.7	9	31.7	23.3	235
Total	30.4	21.5	119	29.0	27.1	128	26.9	24.6	124	27.3	22.7	127	31.2	25.7	21	28.5	24.1	519

Stearic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.438	1.743	65	4.068	1.533	67	3.439	1.157	68	3.216	1.454	72	2.941	1.054	12	3.738	1.543	284
Female	3.809	1.172	54	3.346	1.071	61	3.066	1.169	56	2.838	1.042	55	3.577	1.595	9	3.276	1.179	235
Total	4.153	1.537	119	3.724	1.376	128	3.271	1.172	124	3.052	1.301	127	3.214	1.317	21	3.529	1.408	519

Arachidic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	183.4	63.5	65	180.9	61.1	67	159.0	46.8	68	145.9	51.1	72	141.1	68.5	12	165.7	58.3	284
Female	163.4	53.9	54	154.4	49.6	61	147.7	64.3	56	124.7	41.4	55	143.9	55.9	9	147.5	54.4	235
Total	174.3	59.9	119	168.3	57.2	128	153.9	55.5	124	136.7	48.2	127	142.3	61.9	21	157.4	57.2	519

Behenic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	97.4	70.6	65	101.9	66.8	67	84.8	41.5	68	80.6	61.1	72	105.4	127.5	12	91.5	65.0	284
Female	87.1	53.3	54	79.7	37.5	61	79.3	52.8	56	63.7	25.1	55	89.4	79.6	9	77.9	45.8	235
Total	92.7	63.3	119	91.3	55.7	128	82.3	46.8	124	73.3	49.4	127	98.6	107.4	21	85.4	57.5	519

Lignoceric acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	42.1	31.5	65	41.8	33.0	67	33.7	21.3	68	32.6	32.5	72	47.3	68.8	12	37.8	32.5	284
Female	36.8	27.0	54	33.0	18.5	61	33.5	26.2	56	24.1	12.6	55	37.2	48.2	9	32.1	23.5	235
Total	39.7	29.5	119	37.6	27.3	128	33.6	23.6	124	28.9	26.1	127	42.9	59.6	21	35.2	28.9	519

Decenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.9	12.7	65	15.5	17.8	67	13.3	13.9	68	15.1	13.0	72	14.9	10.1	12	14.9	14.3	284
Female	18.5	11.7	54	17.6	13.3	61	18.2	14.7	56	16.2	13.6	55	21.7	19.2	9	17.8	13.6	235
Total	17.1	12.3	119	16.5	15.8	128	15.5	14.4	124	15.6	13.2	127	17.8	14.7	21	16.2	14.0	519

Myristoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	106.5	82.4	65	90.1	90.9	67	68.9	50.9	68	82.3	83.8	72	92.6	97.2	12	86.9	79.9	284
Female	99.6	63.9	54	81.0	51.0	61	85.2	52.7	56	75.8	52.2	55	93.3	68.6	9	85.5	55.8	235
Total	103.4	74.3	119	85.8	74.5	128	76.2	52.2	124	79.5	71.7	127	92.9	84.1	21	86.3	69.9	519

Pentadecanoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.0	0.0	65	4.2	34.2	67	0.0	0.0	68	0.0	0.0	72	0.0	0.0	12	1.0	16.6	284
Female	0.0	0.0	54	0.0	0.0	61	6.7	49.9	56	0.0	0.0	55	0.0	0.0	9	1.6	24.4	235
Total	0.0	0.0	119	2.2	24.7	128	3.0	33.5	124	0.0	0.0	127	0.0	0.0	21	1.3	20.5	519

Palmitoleic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1023.7	493.5	65	968.0	417.4	67	931.3	357.7	68	886.2	507.4	72	775.1	243.9	12	943.1	443.4	284
Female	762.5	323.6	54	750.8	277.4	61	721.0	310.6	56	660.3	310.0	55	804.9	334.5	9	727.3	306.4	235
Total	905.2	442.9	119	864.5	372.5	128	836.3	351.9	124	788.4	446.0	127	787.9	278.7	21	845.4	401.7	519

Heptadecenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	113.8	73.8	65	102.4	68.3	67	95.1	40.6	68	98.0	68.7	72	80.8	60.5	12	101.3	64.0	284
Female	90.9	47.1	54	80.2	33.4	61	75.6	36.2	56	76.9	37.3	55	82.3	46.8	9	80.9	39.1	235
Total	103.4	63.9	119	91.8	55.4	128	86.3	39.7	124	88.9	58.0	127	81.5	53.7	21	92.0	55.1	519

Oleic acid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	21.764	7.187	65	19.994	6.418	67	17.476	5.410	68	15.678	5.857	72	14.886	4.363	12	18.486	6.585	284
Female	18.242	5.183	54	16.153	4.611	61	15.613	5.486	56	13.287	4.392	55	14.797	3.963	9	15.782	5.151	235
Total	20.166	6.571	119	18.164	5.930	128	16.635	5.501	124	14.642	5.386	127	14.848	4.093	21	17.262	6.123	519

Icosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	460.2	239.1	65	659.6	425.0	67	750.7	469.7	68	685.3	501.0	72	452.5	337.3	12	633.6	432.6	284
Female	434.7	247.1	54	689.8	480.9	61	501.7	380.5	56	516.4	481.0	55	453.6	348.8	9	536.7	417.0	235
Total	448.6	242.0	119	674.0	451.0	128	638.3	447.7	124	612.2	497.7	127	453.0	333.5	21	589.7	427.9	519

Docosenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	193.5	263.1	65	506.1	590.0	67	671.0	689.9	68	563.5	696.6	72	315.8	460.3	12	480.6	608.4	284
Female	253.3	350.5	54	659.8	720.8	61	411.0	565.0	56	436.5	687.5	55	245.4	332.7	9	439.0	609.3	235
Total	220.6	305.9	119	579.3	657.5	128	553.6	647.2	124	508.5	692.8	127	285.7	402.6	21	461.7	608.6	519

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	35.2	32.1	65	54.3	43.8	67	73.9	46.7	68	64.8	47.7	72	39.0	24.5	12	56.6	44.7	284
Female	35.7	25.6	54	57.0	37.9	61	42.2	31.5	56	48.7	41.3	55	31.3	19.9	9	45.7	35.0	235
Total	35.5	29.2	119	55.6	41.0	128	59.6	43.4	124	57.8	45.6	127	35.7	22.4	21	51.7	40.9	519

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	9.9	17.7	65	11.4	13.8	67	11.8	10.9	68	12.1	12.1	72	9.0	6.5	12	11.2	13.5	284
Female	4.4	4.9	54	10.5	9.0	61	10.0	10.4	56	9.3	10.9	55	7.1	7.9	9	8.6	9.3	235
Total	7.4	13.7	119	11.0	11.7	128	11.0	10.7	124	10.9	11.6	127	8.2	7.0	21	10.0	11.9	519

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	5.6	6.2	65	9.2	11.2	67	9.9	10.8	68	9.6	9.9	72	8.9	7.1	12	8.6	9.7	284
Female	3.4	3.4	54	7.7	6.6	61	8.3	9.6	56	8.0	9.5	55	5.7	6.1	9	6.9	7.8	235
Total	4.6	5.3	119	8.5	9.3	128	9.2	10.2	124	8.9	9.7	127	7.6	6.7	21	7.8	9.0	519

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	5.2	6.3	65	10.4	13.5	67	10.7	11.9	68	9.6	10.7	72	8.3	7.7	12	9.0	11.0	284
Female	3.1	3.4	54	9.2	8.4	61	8.0	7.9	56	8.0	11.0	55	4.8	7.2	9	7.1	8.4	235
Total	4.3	5.3	119	9.9	11.3	128	9.5	10.4	124	8.9	10.8	127	6.8	7.5	21	8.1	9.9	519

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	11.216	3.198	65	11.180	3.354	67	10.271	2.908	68	9.091	2.573	72	9.207	2.461	12	10.358	3.103	284
Female	9.735	3.089	54	9.116	2.620	61	8.815	3.155	56	8.382	2.543	55	8.631	2.060	9	8.996	2.851	235
Total	10.544	3.222	119	10.197	3.187	128	9.614	3.096	124	8.784	2.574	127	8.960	2.262	21	9.741	3.065	519

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	1600.0	522.0	65	1580.6	502.4	67	1441.2	489.5	68	1280.8	418.2	72	1315.8	389.4	12	1464.5	494.0	284
Female	1345.9	539.8	54	1277.1	422.9	61	1190.9	561.2	56	1237.4	445.1	55	1124.6	443.2	9	1257.2	492.0	235
Total	1484.7	542.9	119	1436.0	488.7	128	1328.1	535.7	124	1262.0	428.8	127	1233.8	413.9	21	1370.6	503.3	519

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	3.7	3.6	65	5.5	6.2	67	6.1	5.1	68	6.2	5.4	72	4.4	3.0	12	5.4	5.1	284
Female	2.6	2.6	54	6.5	5.4	61	5.3	4.8	56	4.9	5.0	55	4.0	4.3	9	4.9	4.8	235
Total	3.2	3.2	119	6.0	5.8	128	5.7	4.9	124	5.7	5.2	127	4.2	3.5	21	5.1	5.0	519

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	55.7	72.1	65	111.9	116.6	67	139.2	104.3	68	129.0	120.3	72	63.3	56.4	12	107.9	108.3	284
Female	53.7	51.6	54	113.3	100.7	61	78.7	81.3	56	91.2	94.3	55	56.6	49.4	9	84.0	85.9	235
Total	54.8	63.4	119	112.6	108.9	128	111.9	99.0	124	112.7	111.0	127	60.5	52.3	21	97.1	99.4	519

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	66.9	36.8	65	68.0	39.3	67	63.1	28.4	68	50.6	29.5	72	40.3	13.5	12	61.0	33.9	284
Female	49.3	23.8	54	49.3	19.9	61	43.8	22.7	56	42.9	26.0	55	48.8	31.6	9	46.5	23.4	235
Total	58.9	32.6	119	59.1	32.8	128	54.4	27.6	124	47.3	28.2	127	44.0	22.8	21	54.4	30.5	519

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	31.5	13.5	65	31.9	12.9	67	30.4	10.6	68	28.3	12.7	72	29.2	10.5	12	30.4	12.4	284
Female	25.9	9.7	54	25.3	9.7	61	24.8	8.9	56	24.8	10.6	55	26.0	9.0	9	25.2	9.6	235
Total	28.9	12.2	119	28.8	11.9	128	27.9	10.2	124	26.8	11.9	127	27.9	9.8	21	28.1	11.5	519

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	22.7	24.3	65	42.3	38.7	67	56.3	38.8	68	54.6	39.5	72	30.7	27.1	12	43.8	37.9	284
Female	26.5	22.4	54	43.1	33.2	61	31.7	28.2	56	39.9	34.0	55	31.5	29.6	9	35.4	30.4	235
Total	24.4	23.4	119	42.7	36.0	128	45.2	36.4	124	48.2	37.8	127	31.0	27.4	21	40.0	34.9	519

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	171.2	76.2	65	186.6	68.4	67	191.9	68.3	68	171.5	67.0	72	162.2	38.7	12	179.5	69.2	284
Female	143.1	48.7	54	144.9	58.6	61	146.9	50.8	56	145.9	56.4	55	144.9	66.0	9	145.2	53.9	235
Total	158.4	66.4	119	166.7	67.0	128	171.6	64.8	124	160.4	63.7	127	154.8	51.4	21	163.9	65.0	519

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	223.0	225.3	65	361.0	309.5	67	451.3	287.6	68	433.2	276.4	72	280.2	166.0	12	366.0	285.6	284
Female	208.5	144.9	54	324.1	206.5	61	276.9	201.7	56	301.3	209.5	55	256.3	195.6	9	278.3	196.2	235
Total	216.4	192.4	119	343.5	265.1	128	372.5	266.2	124	376.1	257.2	127	269.9	175.0	21	326.3	252.7	519

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	5.4	6.6	65	10.7	13.0	67	11.4	10.7	68	11.0	10.7	72	7.6	6.1	12	9.6	10.6	284
Female	3.7	5.0	54	10.6	10.0	61	8.5	8.7	56	8.2	10.3	55	6.5	7.7	9	7.8	9.0	235
Total	4.7	6.0	119	10.6	11.6	128	10.1	9.9	124	9.8	10.6	127	7.1	6.7	21	8.8	9.9	519

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	0.0	0.1	65	0.1	0.3	67	0.0	0.1	68	0.1	0.5	72	0.1	0.2	12	0.1	0.3	284
Female	0.1	0.4	54	0.2	0.6	61	0.1	0.3	56	0.1	0.2	55	0.2	0.5	9	0.1	0.4	235
Total	0.1	0.3	119	0.1	0.5	128	0.0	0.2	124	0.1	0.4	127	0.1	0.3	21	0.1	0.3	519

Docosatetraenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.2	6.1	65	13.1	5.6	67	12.8	5.1	68	9.8	4.6	72	11.1	5.1	12	11.9	5.5	284
Female	9.3	5.3	54	10.5	5.0	61	9.8	3.8	56	9.5	5.1	55	11.1	5.3	9	9.8	4.8	235
Total	10.9	5.9	119	11.9	5.4	128	11.4	4.8	124	9.7	4.8	127	11.1	5.1	21	11.0	5.3	519

n-3 Docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.6	62.2	65	101.9	82.3	67	133.1	81.1	68	128.6	83.3	72	80.8	51.4	12	107.8	80.6	284
Female	66.0	46.2	54	100.2	65.0	61	78.8	53.3	56	93.5	74.5	55	79.4	72.1	9	84.9	62.2	235
Total	68.0	55.3	119	101.1	74.3	128	108.6	74.8	124	113.4	81.2	127	80.2	59.4	21	97.4	73.7	519

n-6 Docosapentaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.2	7.8	65	13.2	13.4	67	14.2	10.2	68	15.1	12.4	72	10.9	7.4	12	12.7	11.3	284
Female	6.8	5.8	54	12.7	9.6	61	11.3	9.4	56	10.5	9.1	55	7.6	6.4	9	10.3	8.8	235
Total	7.6	7.0	119	13.0	11.7	128	12.9	9.9	124	13.1	11.2	127	9.5	7.0	21	11.6	10.3	519

Docosahexaenoic acid (mg)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	415.1	363.6	65	658.4	508.9	67	823.9	455.8	68	777.6	469.0	72	513.6	261.9	12	666.4	471.1	284
Female	399.9	234.2	54	595.8	348.6	61	480.5	314.2	56	551.9	361.0	55	429.6	253.8	9	506.7	323.5	235
Total	408.2	310.5	119	628.6	439.3	128	668.8	432.1	124	679.8	438.6	127	477.6	255.5	21	594.1	418.2	519

Alcohol (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.7	16.6	65	23.1	26.0	67	18.1	20.4	68	11.8	15.7	72	12.8	11.8	12	16.7	20.1	284
Female	2.5	4.9	54	3.0	7.3	61	2.9	5.5	56	1.9	3.5	55	1.1	1.5	9	2.5	5.4	235
Total	9.1	14.1	119	13.6	21.9	128	11.2	17.3	124	7.5	13.0	127	7.8	10.6	21	10.3	16.9	519

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

Energy (kcal)

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

Water (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2326.8	703.1	65	2425.4	709.4	67	2534.4	660.9	68	2402.1	663.6	72	2222.4	543.4	12	2414.4	679.3	284
Female	1869.4	622.4	54	2110.2	599.1	61	2275.6	631.9	56	2275.6	556.2	55	2207.4	812.3	9	2136.7	627.4	235
Total	2119.3	703.1	119	2275.2	675.3	128	2417.5	658.2	124	2347.3	620.3	127	2216.0	653.0	21	2288.7	670.1	519

Protein (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	82.3	19.7	65	83.6	18.3	67	85.9	16.1	68	82.9	19.5	72	78.7	11.5	12	83.5	18.2	284
Female	69.5	14.5	54	69.7	12.7	61	72.3	14.8	56	71.2	13.4	55	71.1	17.0	9	70.7	13.9	235
Total	76.5	18.6	119	77.0	17.2	128	79.8	16.9	124	77.8	18.0	127	75.5	14.3	21	77.7	17.5	519

Lipid (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	67.2	18.5	65	64.8	18.8	67	58.4	14.9	68	54.9	16.1	72	49.7	12.8	12	60.7	17.7	284
Female	59.1	14.5	54	54.5	13.1	61	50.9	14.6	56	46.9	13.5	55	50.4	13.0	9	52.8	14.5	235
Total	63.5	17.2	119	59.9	17.1	128	55.0	15.2	124	51.5	15.5	127	50.0	12.6	21	57.1	16.8	519

Carbohydrate (g)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	313.4	67.5	65	292.9	53.2	67	299.7	54.7	68	318.8	59.3	72	302.9	48.9	12	306.2	59.0	284
Female	251.6	50.0	54	264.6	45.0	61	276.0	60.9	56	271.5	51.1	55	260.6	69.1	9	265.8	53.0	235
Total	285.3	67.5	119	279.4	51.3	128	289.0	58.6	124	298.3	60.5	127	284.7	60.7	21	287.9	59.8	519