Monounsaturated fatty acids (% of total kcal) Female Male Africa Americas Supply (% of total kcal) Country 20 10 Asia WSM VUT TON SLB PNG NZL MHL KIR FSM FJI AUS Oceania 0-11 mo. 11-14 years 12-23 mo. 15-19 years 2-6 years 25-29 years 30-34 years 35-39 years 40-44 years 1 6–10 years 60–64 years 65–69 years 70–74 years 75–79 years 80–84 years 85–89 years 90–94 years 9 90-94 years - 95+ years - 0-11 mo. 15–19 years
2–5 years
20–24 years
25–29 years
30–34 years
35–39 years
40–44 years 45-49 years 50-54 years 55-59 years 45–49 years = 50–54 years = 55–59 years = 6–10 years – 60–64 years – 65–69 years – 70–74 years – 75–79 years – 80–84 years – 85–89 years – 90–94 years – 95+ years –