

**Table 2a. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – overall total<sup>c</sup> and anthocyanidins**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Sample size	Total flavonoids <sup>c</sup>		Anthocyanidins (continued on next page)									
				Total	Cyanidin	Delphinidin	Malvidin	Pelargonidin					
	<i>n</i>	----- <i>mg</i> -----											
<b>Non-Hispanic White:</b>													
2 - 5.....	295	61.67	(6.72)	10.60	(1.91)	1.75	(0.44)	1.13*	(0.35)	4.33	(0.94)	1.59*	(0.65)
6 - 11.....	336	97.24	(22.13)	10.18	(2.45)	1.54	(0.25)	0.78*	(0.31)	4.46*	(1.56)	2.15*	(0.68)
12 - 19.....	360	190.11	(38.58)	4.64	(1.22)	1.24	(0.27)	0.42*	(0.18)	1.10*	(0.45)	1.20*	(0.43)
20 and over...	2,548	276.14	(20.62)	11.46	(1.41)	2.17	(0.26)	1.62*	(0.59)	4.14	(0.58)	1.54	(0.32)
2 and over...	3,539	243.99	(19.20)	10.60	(1.31)	2.01	(0.23)	1.41*	(0.46)	3.85	(0.54)	1.55	(0.33)
<b>Non-Hispanic Black:</b>													
2 - 5.....	182	60.74	(5.54)	5.10	(0.77)	1.04	(0.17)	0.41	(0.10)	2.70	(0.47)	0.29*	(0.14)
6 - 11.....	295	62.89	(5.59)	7.75	(1.27)	1.14	(0.12)	0.60	(0.10)	4.41	(0.85)	0.66*	(0.26)
12 - 19.....	311	94.45	(16.41)	5.17	(1.20)	0.60	(0.05)	0.28	(0.05)	2.22	(0.38)	0.48*	(0.24)
20 and over...	1,136	172.13	(10.34)	6.80	(0.81)	1.30	(0.17)	0.49	(0.10)	3.12	(0.59)	0.84	(0.16)
2 and over...	1,924	142.70	(8.08)	6.55	(0.58)	1.17	(0.12)	0.46	(0.07)	3.09	(0.43)	0.74	(0.12)
<b>Hispanic, all:</b>													
2 - 5.....	308	66.00	(5.45)	7.06	(1.08)	1.22	(0.12)	0.67	(0.16)	3.17	(0.56)	0.96*	(0.50)
6 - 11.....	437	71.01	(6.79)	5.87	(1.01)	1.42	(0.36)	0.54*	(0.20)	2.28	(0.47)	0.78*	(0.28)
12 - 19.....	431	101.06	(17.04)	4.09	(0.47)	0.99	(0.16)	0.33	(0.08)	1.53	(0.30)	0.64	(0.17)
20 and over...	1,525	133.00	(14.53)	7.72	(1.01)	1.78	(0.38)	0.74	(0.13)	2.77	(0.39)	0.95	(0.15)
2 and over...	2,701	115.64	(11.76)	6.94	(0.77)	1.58	(0.26)	0.65	(0.10)	2.57	(0.29)	0.88	(0.13)
<b>Mexican American:</b>													
2 - 5.....	217	60.14	(4.66)	5.58	(0.82)	1.02	(0.09)	0.56*	(0.18)	2.59	(0.47)	0.49	(0.12)
6 - 11.....	291	64.13	(8.08)	5.83	(1.46)	1.35	(0.34)	0.57*	(0.29)	2.40	(0.70)	0.57*	(0.23)
12 - 19.....	270	85.71	(16.62)	3.57	(0.52)	1.00	(0.23)	0.25*	(0.08)	1.32	(0.36)	0.56*	(0.18)
20 and over...	930	137.46	(22.55)	6.82	(1.08)	1.81	(0.42)	0.66	(0.14)	2.44	(0.42)	0.75	(0.15)
2 and over...	1,708	114.31	(16.66)	6.14	(0.88)	1.57	(0.29)	0.58	(0.13)	2.30	(0.35)	0.68	(0.13)

\*, a-f Notes are on page 19.

DATA SOURCE: Flavonoid Intake Data Files 2007-2008, individuals age 2 years and over (excluding breastfed children), day 1, weighted. <http://www.ars.usda.gov/Services/docs.htm?docid=25102>

SUGGESTED CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2015. Flavonoids from food and beverages: Mean intake (standard error) per individual, by race/ethnicity and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 2a. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – overall total<sup>c</sup> and anthocyanidins – continued**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg -----			
<b>Non-Hispanic White:</b>				
2 - 5.....	0.86*	(0.27)	0.95*	(0.31)
6 - 11.....	0.65*	(0.23)	0.61*	(0.26)
12 - 19.....	0.41*	(0.12)	0.26*	(0.12)
20 and over...	1.19	(0.23)	0.80	(0.12)
2 and over...	1.05	(0.20)	0.73	(0.12)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.38	(0.08)	0.28	(0.07)
6 - 11.....	0.55	(0.09)	0.39	(0.06)
12 - 19.....	1.40*	(1.07)	0.20	(0.03)
20 and over...	0.70	(0.09)	0.35	(0.07)
2 and over...	0.76	(0.18)	0.33	(0.05)
<b>Hispanic, all:</b>				
2 - 5.....	0.51	(0.09)	0.53	(0.13)
6 - 11.....	0.43	(0.11)	0.41*	(0.18)
12 - 19.....	0.36	(0.05)	0.25	(0.06)
20 and over...	0.95*	(0.30)	0.53	(0.07)
2 and over...	0.77	(0.21)	0.48	(0.07)
<b>Mexican American:</b>				
2 - 5.....	0.44	(0.10)	0.46*	(0.15)
6 - 11.....	0.48*	(0.17)	0.44*	(0.25)
12 - 19.....	0.27	(0.06)	0.19*	(0.06)
20 and over...	0.63	(0.11)	0.52	(0.11)
2 and over...	0.55	(0.09)	0.46	(0.10)

\*, a-f Notes are on page 19.

DATA SOURCE: Flavonoid Intake Data Files 2007-2008, individuals age 2 years and over (excluding breastfed children), day 1, weighted. <http://www.ars.usda.gov/Services/docs.htm?docid=25102>.

SUGGESTED CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2015. Flavonoids from food and beverages: Mean intake (standard error) per individual, by race/ethnicity and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 2b. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavan-3-ols**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Flavan-3-ols (continued on next page)													
	Total		(-)-Epicatechin		(-)-Epicatechin 3-gallate		(-)-Epigallocatechin		(-)-Epigallocatechin 3-gallate		(+) -Catechin		(+) -Gallocatechin	
	----- mg -----													
<b>Non-Hispanic White:</b>														
2 - 5.....	31.61	(5.83)	9.06	(0.62)	1.17*	(0.37)	1.95	(0.55)	3.06*	(0.97)	5.06	(0.49)	0.18*	(0.06)
6 - 11.....	66.92*	(21.11)	8.27	(0.84)	3.60*	(1.31)	5.48*	(1.90)	9.00*	(3.12)	5.01	(0.46)	0.58*	(0.22)
12 - 19.....	161.88	(36.76)	9.40	(1.41)	9.66	(2.33)	14.42	(3.43)	24.53	(5.69)	5.86	(0.78)	1.55	(0.39)
20 and over...	229.58	(18.71)	11.36	(0.63)	13.85	(1.17)	20.79	(1.73)	35.09	(2.91)	8.59	(0.61)	2.31	(0.19)
2 and over...	201.33	(17.26)	10.82	(0.65)	12.07	(1.06)	18.12	(1.56)	30.58	(2.62)	7.88	(0.57)	2.00	(0.18)
<b>Non-Hispanic Black:</b>														
2 - 5.....	32.43	(5.83)	8.78	(0.67)	1.30	(0.38)	2.01	(0.55)	3.20	(0.91)	4.18	(0.31)	0.21*	(0.07)
6 - 11.....	32.86	(5.22)	7.66	(0.65)	1.44	(0.34)	2.31	(0.50)	3.83	(0.89)	3.97	(0.28)	0.21	(0.05)
12 - 19.....	63.61	(16.45)	6.61	(0.77)	3.59	(1.03)	5.43	(1.51)	9.19	(2.60)	3.44	(0.36)	0.57	(0.17)
20 and over...	133.36	(9.90)	7.84	(0.40)	7.97	(0.63)	11.87	(0.93)	19.80	(1.56)	5.61	(0.25)	1.40	(0.11)
2 and over...	106.63	(7.66)	7.71	(0.31)	6.25	(0.48)	9.34	(0.72)	15.59	(1.20)	5.04	(0.18)	1.08	(0.08)
<b>Hispanic, all:</b>														
2 - 5.....	31.45	(5.52)	10.41	(0.88)	1.01*	(0.34)	1.68*	(0.51)	2.69*	(0.85)	6.25	(0.56)	0.15*	(0.06)
6 - 11.....	39.80	(6.02)	8.05	(0.61)	1.86	(0.37)	3.00	(0.56)	5.37	(1.02)	5.03	(0.38)	0.26	(0.06)
12 - 19.....	66.95	(14.67)	6.89	(0.91)	3.72	(0.90)	5.64	(1.31)	9.52	(2.08)	4.56	(0.57)	0.62	(0.16)
20 and over...	91.45	(14.53)	7.23	(0.56)	5.16	(0.93)	7.89	(1.36)	13.49	(2.24)	6.24	(0.37)	0.91	(0.16)
2 and over...	76.92	(11.43)	7.55	(0.51)	4.22	(0.72)	6.48	(1.05)	11.08	(1.70)	5.86	(0.33)	0.73	(0.13)
<b>Mexican American:</b>														
2 - 5.....	25.74	(3.50)	8.83	(0.73)	0.79*	(0.24)	1.34	(0.36)	2.14*	(0.66)	5.57	(0.40)	0.12*	(0.04)
6 - 11.....	33.59	(8.09)	7.94	(0.67)	1.52*	(0.52)	2.53*	(0.80)	4.69*	(1.53)	4.53	(0.34)	0.19*	(0.08)
12 - 19.....	56.70	(13.83)	6.93	(1.14)	3.05	(0.88)	4.65	(1.29)	7.88	(2.15)	4.25	(0.71)	0.51	(0.15)
20 and over...	97.88	(22.06)	7.34	(0.91)	5.57	(1.39)	8.52	(2.05)	14.63	(3.34)	6.09	(0.59)	0.99	(0.24)
2 and over...	77.75	(16.15)	7.49	(0.75)	4.29	(1.02)	6.60	(1.49)	11.34	(2.41)	5.60	(0.47)	0.75	(0.18)

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**Table 2b. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavan-3-ols – continued**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Flavan-3-ols – continued									
	Theaflavin		Theaflavin-3,3'-digallate		Theaflavin-3'-gallate		Theaflavin-3-gallate		Thearubigins	
	----- mg -----									
<b>Non-Hispanic White:</b>										
2 - 5.....	0.18*	(0.06)	0.20*	(0.07)	0.16*	(0.06)	0.14*	(0.05)	10.45*	(3.82)
6 - 11.....	0.59*	(0.24)	0.65*	(0.26)	0.56*	(0.22)	0.47*	(0.19)	32.71*	(12.56)
12 - 19.....	1.58	(0.41)	1.75	(0.45)	1.48	(0.39)	1.27	(0.32)	90.37	(21.39)
20 and over...	2.28	(0.20)	2.52	(0.22)	2.12	(0.19)	1.82	(0.16)	128.86	(11.00)
2 and over...	1.98	(0.18)	2.19	(0.20)	1.85	(0.17)	1.59	(0.15)	112.26	(10.11)
<b>Non-Hispanic Black:</b>										
2 - 5.....	0.22*	(0.07)	0.24*	(0.08)	0.20*	(0.07)	0.17*	(0.05)	11.92	(3.57)
6 - 11.....	0.21	(0.06)	0.23	(0.06)	0.19	(0.05)	0.16	(0.04)	12.65	(3.05)
12 - 19.....	0.57*	(0.17)	0.63*	(0.19)	0.54*	(0.16)	0.45*	(0.14)	32.58	(9.58)
20 and over...	1.34	(0.11)	1.48	(0.12)	1.26	(0.11)	1.06	(0.09)	73.74	(5.87)
2 and over...	1.04	(0.08)	1.15	(0.09)	0.98	(0.08)	0.83	(0.07)	57.64	(4.53)
<b>Hispanic, all:</b>										
2 - 5.....	0.15*	(0.06)	0.16*	(0.07)	0.14*	(0.06)	0.12*	(0.05)	8.69*	(3.20)
6 - 11.....	0.22*	(0.07)	0.25*	(0.08)	0.21*	(0.07)	0.18*	(0.05)	15.38	(3.45)
12 - 19.....	0.59	(0.17)	0.66	(0.19)	0.56	(0.16)	0.47	(0.14)	33.72	(8.60)
20 and over...	0.80	(0.17)	0.89	(0.18)	0.74	(0.16)	0.64	(0.13)	47.45	(8.50)
2 and over...	0.65	(0.13)	0.72	(0.15)	0.60	(0.13)	0.52	(0.10)	38.51	(6.68)
<b>Mexican American:</b>										
2 - 5.....	0.11*	(0.04)	0.12*	(0.05)	0.10*	(0.04)	0.08*	(0.03)	6.56*	(2.17)
6 - 11.....	0.15*	(0.08)	0.16*	(0.09)	0.14*	(0.07)	0.12*	(0.06)	11.62*	(4.47)
12 - 19.....	0.48*	(0.16)	0.53*	(0.17)	0.45*	(0.15)	0.38*	(0.12)	27.59	(8.21)
20 and over...	0.86	(0.25)	0.96	(0.28)	0.80	(0.24)	0.69	(0.20)	51.42	(12.83)
2 and over...	0.65	(0.19)	0.72	(0.21)	0.61	(0.18)	0.53	(0.15)	39.17	(9.44)

\*, a-f Notes are on page 19.

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**Table 2c. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavanones**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
----- mg -----								
<b>Non-Hispanic White:</b>								
2 - 5.....	12.19	(1.82)	0.14	(0.02)	9.91	(1.60)	2.14	(0.32)
6 - 11.....	10.60	(1.78)	0.15	(0.02)	8.54	(1.53)	1.92	(0.32)
12 - 19.....	7.90	(1.06)	0.14	(0.03)	6.14	(0.98)	1.62	(0.19)
20 and over...	11.95	(0.92)	0.18	(0.02)	8.55	(0.72)	3.22	(0.24)
2 and over...	11.43	(0.71)	0.17	(0.02)	8.36	(0.56)	2.90	(0.20)
<b>Non-Hispanic Black:</b>								
2 - 5.....	15.43	(1.55)	0.29*	(0.10)	12.15	(1.35)	2.99	(0.40)
6 - 11.....	13.37	(1.77)	0.31	(0.05)	10.11	(1.24)	2.95	(0.67)
12 - 19.....	16.33	(3.47)	0.43	(0.06)	12.57	(2.53)	3.34*	(1.03)
20 and over...	15.32	(1.49)	0.28	(0.03)	11.01	(1.33)	4.04	(0.34)
2 and over...	15.28	(0.75)	0.30	(0.02)	11.22	(0.66)	3.76	(0.28)
<b>Hispanic, all:</b>								
2 - 5.....	19.49	(1.86)	0.19	(0.04)	14.73	(1.44)	4.58	(0.48)
6 - 11.....	17.13	(2.07)	0.20	(0.05)	13.60	(1.60)	3.34	(0.49)
12 - 19.....	19.25	(2.18)	0.34	(0.08)	14.93	(1.88)	3.98	(0.55)
20 and over...	16.14	(1.55)	0.26	(0.02)	11.66	(1.04)	4.22	(0.68)
2 and over...	16.98	(1.20)	0.26	(0.02)	12.61	(0.80)	4.12	(0.50)
<b>Mexican American:</b>								
2 - 5.....	21.14	(1.62)	0.15	(0.04)	15.75	(1.23)	5.23	(0.49)
6 - 11.....	16.90	(2.27)	0.17*	(0.05)	13.31	(1.80)	3.42	(0.52)
12 - 19.....	14.58	(2.67)	0.34*	(0.11)	10.97	(1.80)	3.26	(0.82)
20 and over...	14.66	(1.95)	0.25	(0.02)	10.57	(1.23)	3.84	(0.88)
2 and over...	15.52	(1.52)	0.25	(0.02)	11.44	(1.03)	3.84	(0.60)

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**Table 2d. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavones**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg -----					
<b>Non-Hispanic White:</b>						
2 - 5.....	0.36	(0.06)	0.03	(0.01)	0.33	(0.06)
6 - 11.....	0.39	(0.08)	0.06	(0.01)	0.33	(0.08)
12 - 19.....	0.59	(0.08)	0.13	(0.02)	0.47	(0.07)
20 and over...	0.88	(0.08)	0.23	(0.03)	0.65	(0.06)
2 and over...	0.79	(0.08)	0.20	(0.02)	0.59	(0.06)
<b>Non-Hispanic Black:</b>						
2 - 5.....	0.24	(0.03)	0.03	(#)	0.20	(0.03)
6 - 11.....	0.40	(0.08)	0.07	(0.02)	0.33	(0.08)
12 - 19.....	0.39	(0.06)	0.09	(0.02)	0.30	(0.05)
20 and over...	0.60	(0.04)	0.15	(0.01)	0.45	(0.04)
2 and over...	0.52	(0.03)	0.12	(0.01)	0.40	(0.03)
<b>Hispanic, all:</b>						
2 - 5.....	0.38	(0.04)	0.07	(0.01)	0.31	(0.04)
6 - 11.....	0.39	(0.05)	0.07	(0.01)	0.32	(0.05)
12 - 19.....	0.49	(0.06)	0.10	(0.01)	0.39	(0.05)
20 and over...	0.89	(0.06)	0.21	(0.02)	0.68	(0.05)
2 and over...	0.74	(0.04)	0.17	(0.01)	0.57	(0.03)
<b>Mexican American:</b>						
2 - 5.....	0.43	(0.05)	0.08	(0.01)	0.34	(0.04)
6 - 11.....	0.42	(0.07)	0.07	(0.01)	0.35	(0.07)
12 - 19.....	0.57	(0.07)	0.09	(0.01)	0.48	(0.07)
20 and over...	0.94	(0.07)	0.20	(0.02)	0.74	(0.05)
2 and over...	0.78	(0.05)	0.16	(0.01)	0.62	(0.04)

#, a-f Notes are on page 19.

DATA SOURCE: Flavonoid Intake Data Files 2007-2008, individuals age 2 years and over (excluding breastfed children), day 1, weighted. <http://www.ars.usda.gov/Services/docs.htm?docid=25102>.

SUGGESTED CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2015. Flavonoids from food and beverages: Mean intake (standard error) per individual, by race/ethnicity and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 2e. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavonols**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Flavonols									
	Total		Isorhamnetin		Kaempferol		Myricetin		Quercetin	
----- mg -----										
<b>Non-Hispanic White:</b>										
2 - 5.....	6.15	(0.46)	0.15	(0.03)	1.00	(0.11)	0.31	(0.06)	4.69	(0.35)
6 - 11.....	7.93	(0.84)	0.21	(0.02)	1.55	(0.28)	0.52	(0.11)	5.64	(0.48)
12 - 19.....	14.13	(1.89)	0.47	(0.05)	3.36	(0.49)	1.12	(0.20)	9.19	(1.20)
20 and over...	20.56	(1.17)	0.85	(0.07)	5.27	(0.33)	1.76	(0.12)	12.67	(0.70)
2 and over...	18.29	(1.10)	0.73	(0.05)	4.60	(0.29)	1.54	(0.11)	11.42	(0.68)
<b>Non-Hispanic Black:</b>										
2 - 5.....	6.36	(0.35)	0.15	(0.03)	0.97	(0.15)	0.34	(0.02)	4.89	(0.38)
6 - 11.....	7.92	(0.38)	0.26	(0.02)	1.27	(0.13)	0.48	(0.05)	5.91	(0.28)
12 - 19.....	8.50	(0.86)	0.31	(0.04)	1.97	(0.32)	0.54	(0.09)	5.69	(0.49)
20 and over...	14.96	(0.47)	0.58	(0.04)	4.15	(0.16)	1.03	(0.05)	9.20	(0.35)
2 and over...	12.76	(0.34)	0.48	(0.03)	3.34	(0.12)	0.86	(0.04)	8.08	(0.25)
<b>Hispanic, all:</b>										
2 - 5.....	7.23	(0.51)	0.28	(0.05)	1.00	(0.11)	0.33	(0.03)	5.61	(0.43)
6 - 11.....	7.59	(0.40)	0.33	(0.03)	1.20	(0.10)	0.46	(0.04)	5.61	(0.30)
12 - 19.....	9.75	(0.96)	0.41	(0.04)	1.96	(0.27)	0.60	(0.09)	6.78	(0.60)
20 and over...	15.28	(0.79)	0.86	(0.05)	3.56	(0.28)	1.00	(0.07)	9.86	(0.46)
2 and over...	12.93	(0.67)	0.68	(0.04)	2.84	(0.22)	0.82	(0.05)	8.57	(0.40)
<b>Mexican American:</b>										
2 - 5.....	6.83	(0.55)	0.32	(0.05)	0.87	(0.09)	0.29	(0.03)	5.35	(0.48)
6 - 11.....	7.16	(0.48)	0.28	(0.04)	1.18	(0.15)	0.44	(0.06)	5.26	(0.34)
12 - 19.....	9.62	(0.86)	0.45	(0.05)	1.89	(0.24)	0.53	(0.09)	6.75	(0.56)
20 and over...	15.87	(1.09)	0.90	(0.06)	3.78	(0.40)	1.03	(0.10)	10.16	(0.62)
2 and over...	13.12	(0.83)	0.71	(0.04)	2.93	(0.29)	0.82	(0.08)	8.65	(0.48)

<sup>a-f</sup> Notes are on page 19.

DATA SOURCE: Flavonoid Intake Data Files 2007-2008, individuals age 2 years and over (excluding breastfed children), day 1, weighted. <http://www.ars.usda.gov/Services/docs.htm?docid=25102>.

SUGGESTED CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2015. Flavonoids from food and beverages: Mean intake (standard error) per individual, by race/ethnicity and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 2f. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – isoflavones**

Mean intake (standard error) per individual, by race/ethnicity<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2008<sup>f</sup>

Race/ethnicity and age (years)	Isoflavones			
	Total	Daidzein	Genistein	Glycitein
----- mg -----				
<b>Non-Hispanic White:</b>				
2 - 5.....	0.76* (0.29)	0.33* (0.13)	0.40* (0.16)	0.03* (0.01)
6 - 11.....	1.21* (0.51)	0.54* (0.23)	0.61* (0.26)	0.06* (0.02)
12 - 19.....	0.96* (0.39)	0.38* (0.15)	0.51* (0.21)	0.08* (0.03)
20 and over...	1.71 (0.36)	0.64 (0.13)	0.93 (0.21)	0.14 (0.03)
2 and over...	1.55 (0.32)	0.59 (0.12)	0.84 (0.18)	0.12 (0.03)
<b>Non-Hispanic Black:</b>				
2 - 5.....	1.18* (0.64)	0.50* (0.28)	0.63* (0.35)	0.05* (0.02)
6 - 11.....	0.59* (0.24)	0.24* (0.10)	0.32* (0.13)	0.03* (0.01)
12 - 19.....	0.45 (0.09)	0.17 (0.03)	0.24 (0.05)	0.03 (0.01)
20 and over...	1.09 (0.21)	0.44 (0.08)	0.58 (0.12)	0.07 (0.01)
2 and over...	0.95 (0.13)	0.39 (0.05)	0.51 (0.07)	0.06 (0.01)
<b>Hispanic, all:</b>				
2 - 5.....	0.38* (0.21)	0.16* (0.09)	0.20* (0.11)	0.02* (0.01)
6 - 11.....	0.23 (0.05)	0.09 (0.02)	0.12 (0.03)	0.01 (#)
12 - 19.....	0.52* (0.17)	0.21* (0.07)	0.27* (0.09)	0.04* (0.02)
20 and over...	1.52 (0.32)	0.64 (0.13)	0.78 (0.17)	0.11 (0.03)
2 and over...	1.14 (0.22)	0.47 (0.09)	0.58 (0.12)	0.08 (0.02)
<b>Mexican American:</b>				
2 - 5.....	0.43* (0.29)	0.18* (0.13)	0.23* (0.15)	0.02* (0.01)
6 - 11.....	0.23 (0.05)	0.09 (0.02)	0.12 (0.02)	0.01 (#)
12 - 19.....	0.68* (0.27)	0.26* (0.11)	0.36* (0.14)	0.06* (0.02)
20 and over...	1.29 (0.30)	0.55 (0.09)	0.65 (0.18)	0.10 (0.03)
2 and over...	1.00 (0.18)	0.42 (0.06)	0.51 (0.11)	0.07 (0.02)

\*, #, a-f Notes are on page 19.

DATA SOURCE: Flavonoid Intake Data Files 2007-2008, individuals age 2 years and over (excluding breastfed children), day 1, weighted. <http://www.ars.usda.gov/Services/docs.htm?docid=25102>.

SUGGESTED CITATION: U.S. Department of Agriculture, Agricultural Research Service. 2015. Flavonoids from food and beverages: Mean intake (standard error) per individual, by race/ethnicity and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**NOTES**

\* Estimates flagged with an asterisk may be less statistically reliable than estimates that are not flagged. An estimated mean is flagged when either (a) the relative standard error is greater than 30 percent or (b) the sample size is less than 30 times the variance inflation factor (VIF), a broadly calculated average design effect. The VIF used in this table is 2.16.

# Indicates a non-zero value too small to report.

<sup>a</sup> Detailed information about the flavonoid data files used in creating these tables is provided in reference 1. These tables include 29 individual flavonoids categorized into 6 (sub)classes as described in reference 2. Theaflavins and thearubigins are included (grouped with flavan-3-ols), but the proanthocyanidins listed in reference 3 are excluded because their content has not yet been determined for the full range of survey foods/beverages. The flavonoids in these tables, except for flavan-3-ols, were calculated and presented as their aglycone forms (anthocyanidins, flavanones, flavones, flavonols, and isoflavones); flavan-3-ols are reported as their actual forms (*personal communication, Dr. Xianli Wu, USDA Nutrient Data Laboratory, March 31, 2016*). Procedures for standardizing analytical values of flavonoids that are present in foods/beverages in varying forms are described in reference 4.

<sup>b</sup> Estimates are based on intake of food and beverages, including water, and do not include intake from supplements or medications.

<sup>c</sup> Sum of dietary flavonoids in the 6 classes presented in tables 2a through 2f.

<sup>d</sup> Excludes individuals missing race/ethnicity data and those whose race/ethnicity is not among the categories listed in the table. "Hispanic, all" includes "Mexican American." Demographic data used in this table are available at <http://wwwn.cdc.gov/nchs/nhanes/search/DataPage.aspx?Component=Demographics&CycleBeginYear=2007>.

<sup>e</sup> To produce estimates that are representative of the U.S. population for the years of data collection, dietary day 1 sample weights (available from <http://wwwn.cdc.gov/nchs/nhanes/search/DataPage.aspx?Component=Dietary&CycleBeginYear=2007>) were used.

<sup>f</sup> Estimates in this table are based on 1 day of data collected in What We Eat in America, the dietary intake interview component of the National Health and Nutrition Examination Survey, in 2007 to 2008. <http://www.ars.usda.gov/Services/docs.htm?docid=13793>. Breastfed children were excluded because the amount of breast milk consumed was not quantified.

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