

Table 3a. Flavonoids^a from food and beverages^b – overall total^c and anthocyanidins

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Sample size	Total flavonoids ^c		Anthocyanidins (continued on next page)									
				Total	Cyanidin	Delphinidin	Malvidin	Pelargonidin					
	<i>n</i>	----- <i>mg</i> -----											
\$0 - \$24,999:													
2 - 5.....	295	69.24	(7.21)	5.46	(0.98)	0.99	(0.13)	0.48	(0.13)	2.31	(0.44)	0.93*	(0.34)
6 - 11.....	378	71.09	(6.80)	5.63	(0.82)	1.14	(0.23)	0.50	(0.11)	2.49	(0.51)	0.73	(0.17)
12 - 19.....	379	172.65	(32.32)	3.96	(0.63)	0.90	(0.15)	0.51*	(0.27)	1.07	(0.19)	0.68*	(0.28)
20 and over...	1,830	213.99	(18.63)	9.01	(2.06)	1.94	(0.49)	2.25*	(1.49)	2.35	(0.41)	1.02	(0.15)
2 and over...	2,882	189.84	(14.64)	7.96	(1.53)	1.70	(0.37)	1.81*	(1.09)	2.21	(0.32)	0.95	(0.13)
\$25,000 - \$74,999:													
2 - 5.....	335	65.71	(8.96)	8.54	(2.09)	1.36	(0.15)	0.89*	(0.40)	3.95	(1.01)	0.84*	(0.31)
6 - 11.....	462	97.29	(21.17)	6.32	(1.03)	1.33	(0.34)	0.49	(0.07)	2.62	(0.57)	1.13*	(0.44)
12 - 19.....	439	169.94*	(56.64)	4.33	(0.90)	0.93	(0.20)	0.21	(0.04)	1.06	(0.24)	1.25*	(0.59)
20 and over...	2,112	254.10	(24.49)	9.03	(0.81)	1.60	(0.17)	0.84	(0.10)	3.52	(0.43)	1.24	(0.33)
2 and over...	3,348	221.15	(23.73)	8.28	(0.81)	1.49	(0.15)	0.75	(0.09)	3.22	(0.37)	1.21	(0.33)
\$75,000 and higher:													
2 - 5.....	152	50.51	(2.89)	12.28	(1.87)	2.16*	(0.68)	1.29*	(0.41)	4.83	(1.03)	2.03*	(1.17)
6 - 11.....	221	87.48	(17.30)	13.90	(3.71)	1.79	(0.27)	1.22*	(0.56)	6.90*	(2.45)	2.01	(0.49)
12 - 19.....	246	136.71	(23.07)	4.14	(0.96)	1.59	(0.43)	0.19	(0.04)	0.89	(0.15)	1.11*	(0.64)
20 and over...	1,055	281.76	(21.63)	12.47	(1.58)	2.30	(0.23)	1.26	(0.28)	5.43	(0.89)	1.54	(0.37)
2 and over...	1,674	233.02	(15.42)	11.51	(1.37)	2.15	(0.20)	1.12	(0.26)	4.94	(0.73)	1.56	(0.37)
All individuals:													
2 - 5.....	832	61.98	(4.30)	8.78	(1.19)	1.51	(0.23)	0.90	(0.21)	3.74	(0.58)	1.20*	(0.40)
6 - 11.....	1,121	84.33	(13.56)	8.71	(1.60)	1.44	(0.17)	0.70	(0.19)	3.87	(1.00)	1.58	(0.42)
12 - 19.....	1,156	154.78	(24.57)	4.63	(0.78)	1.14	(0.18)	0.38*	(0.12)	1.33	(0.28)	1.00	(0.28)
20 and over...	5,420	249.76	(16.80)	10.21	(1.04)	2.00	(0.20)	1.34*	(0.42)	3.75	(0.44)	1.35	(0.23)
2 and over...	8,529	214.45	(14.78)	9.36	(0.92)	1.83	(0.17)	1.15	(0.31)	3.48	(0.39)	1.32	(0.24)

*, a-f Notes are on page 29.

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 family income in dollars and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 3a. Flavonoids^a from food and beverages^b – overall total^c and anthocyanidins – continued

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg -----			
\$0 - \$24,999:				
2 - 5.....	0.39	(0.09)	0.36	(0.10)
6 - 11.....	0.39	(0.07)	0.37	(0.11)
12 - 19.....	0.57*	(0.25)	0.23	(0.06)
20 and over...	0.99*	(0.41)	0.45	(0.08)
2 and over...	0.86*	(0.31)	0.41	(0.06)
\$25,000 - \$74,999:				
2 - 5.....	0.77*	(0.28)	0.74*	(0.35)
6 - 11.....	0.39	(0.06)	0.37	(0.06)
12 - 19.....	0.72*	(0.46)	0.16	(0.03)
20 and over...	1.17	(0.34)	0.65	(0.08)
2 and over...	1.04	(0.25)	0.58	(0.07)
\$75,000 and higher:				
2 - 5.....	0.87	(0.25)	1.09*	(0.37)
6 - 11.....	1.03*	(0.37)	0.95*	(0.46)
12 - 19.....	0.22	(0.04)	0.14	(0.03)
20 and over...	1.02	(0.14)	0.91	(0.18)
2 and over...	0.91	(0.13)	0.83	(0.18)
All individuals:				
2 - 5.....	0.69	(0.15)	0.74	(0.18)
6 - 11.....	0.58	(0.15)	0.54*	(0.17)
12 - 19.....	0.54*	(0.17)	0.25*	(0.08)
20 and over...	1.08	(0.17)	0.68	(0.09)
2 and over...	0.95	(0.14)	0.62	(0.08)

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Table 3b. Flavonoids^a from food and beverages^b – flavan-3-ols

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Flavan-3-ols (continued on next page)													
	Total	(-)-Epicatechin		(-)-Epicatechin 3-gallate		(-)-Epigallocatechin		(-)-Epigallocatechin 3-gallate		(+) -Catechin		(+) -Gallocatechin		
----- mg -----														
\$0 - \$24,999:														
2 - 5.....	35.14	(5.90)	8.96	(0.42)	1.44	(0.38)	2.25	(0.56)	3.66	(0.91)	4.74	(0.31)	0.23	(0.06)
6 - 11.....	41.71	(6.48)	8.59	(0.78)	1.96	(0.39)	3.11	(0.59)	5.39	(1.03)	4.77	(0.36)	0.29	(0.06)
12 - 19.....	142.11	(31.28)	9.10	(1.19)	8.46	(1.98)	12.70	(2.94)	21.56	(5.02)	5.77	(0.73)	1.40	(0.32)
20 and over...	174.41	(18.93)	9.32	(0.55)	10.51	(1.22)	15.74	(1.81)	26.39	(3.01)	6.71	(0.30)	1.80	(0.21)
2 and over...	152.42	(14.62)	9.21	(0.48)	9.09	(0.94)	13.64	(1.38)	22.91	(2.27)	6.33	(0.29)	1.54	(0.16)
\$25,000 - \$74,999:														
2 - 5.....	37.11	(7.38)	9.36	(0.61)	1.50*	(0.46)	2.39	(0.69)	3.93*	(1.26)	5.26	(0.42)	0.23	(0.07)
6 - 11.....	72.34	(20.43)	7.41	(0.69)	4.00*	(1.29)	6.04*	(1.88)	10.18*	(3.20)	4.57	(0.45)	0.63*	(0.21)
12 - 19.....	140.59*	(54.20)	8.78	(1.57)	8.44*	(3.46)	12.54*	(5.07)	20.86*	(8.27)	5.36	(0.84)	1.39*	(0.59)
20 and over...	209.99	(22.72)	10.26	(0.67)	12.68	(1.40)	19.05	(2.06)	32.30	(3.40)	7.79	(0.57)	2.11	(0.24)
2 and over...	181.08	(22.04)	9.82	(0.67)	10.85	(1.36)	16.31	(2.00)	27.59	(3.31)	7.12	(0.54)	1.80	(0.23)
\$75,000 and higher:														
2 - 5.....	17.11	(1.49)	9.32	(0.69)	0.17*	(0.07)	0.53	(0.12)	0.49*	(0.22)	5.56	(0.51)	0.02*	(0.01)
6 - 11.....	50.17*	(15.11)	8.41	(0.74)	2.53*	(0.92)	3.94*	(1.34)	6.37*	(2.10)	4.99	(0.41)	0.40*	(0.16)
12 - 19.....	107.14	(20.76)	7.88	(0.85)	6.14	(1.30)	9.22	(1.94)	16.08	(3.54)	4.88	(0.55)	0.93	(0.20)
20 and over...	229.64	(19.91)	12.19	(0.55)	13.75	(1.28)	20.59	(1.89)	34.46	(3.23)	9.30	(0.56)	2.32	(0.21)
2 and over...	186.15	(14.10)	11.14	(0.40)	11.02	(0.91)	16.53	(1.33)	27.71	(2.26)	8.15	(0.42)	1.85	(0.15)
All individuals:														
2 - 5.....	30.67	(3.80)	9.46	(0.37)	1.07	(0.25)	1.79	(0.37)	2.79	(0.63)	5.24	(0.30)	0.17	(0.04)
6 - 11.....	54.26	(12.95)	8.10	(0.51)	2.79	(0.81)	4.31	(1.17)	7.18	(1.92)	4.82	(0.31)	0.44*	(0.14)
12 - 19.....	124.63	(23.36)	8.42	(0.91)	7.34	(1.48)	10.98	(2.18)	18.63	(3.60)	5.23	(0.50)	1.19	(0.25)
20 and over...	204.45	(15.62)	10.55	(0.50)	12.29	(0.98)	18.43	(1.45)	31.06	(2.43)	7.97	(0.44)	2.07	(0.16)
2 and over...	172.95	(13.63)	10.04	(0.48)	10.29	(0.85)	15.46	(1.25)	26.05	(2.07)	7.24	(0.40)	1.72	(0.14)

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Table 3b. Flavonoids^a from food and beverages^b – flavan-3-ols – continued

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Flavan-3-ols – continued									
	Theaflavin		Theaflavin-3,3'-digallate		Theaflavin-3'-gallate		Theaflavin-3-gallate		Thearubigins	
	----- mg -----									
\$0 - \$24,999:										
2 - 5.....	0.23	(0.07)	0.25	(0.07)	0.21	(0.06)	0.18	(0.05)	12.98	(3.58)
6 - 11.....	0.27	(0.07)	0.29	(0.08)	0.25	(0.06)	0.21	(0.05)	16.59	(3.59)
12 - 19.....	1.37	(0.33)	1.51	(0.36)	1.29	(0.31)	1.09	(0.26)	77.84	(18.35)
20 and over...	1.75	(0.21)	1.93	(0.23)	1.64	(0.20)	1.39	(0.17)	97.23	(11.33)
2 and over...	1.50	(0.17)	1.66	(0.18)	1.41	(0.16)	1.20	(0.13)	83.91	(8.76)
\$25,000 - \$74,999:										
2 - 5.....	0.23*	(0.07)	0.25*	(0.08)	0.21*	(0.06)	0.18*	(0.06)	13.56*	(4.66)
6 - 11.....	0.65*	(0.22)	0.72*	(0.25)	0.60*	(0.21)	0.52*	(0.18)	37.02*	(12.10)
12 - 19.....	1.43*	(0.62)	1.58*	(0.69)	1.35*	(0.59)	1.13*	(0.49)	77.72*	(32.17)
20 and over...	2.07	(0.25)	2.29	(0.28)	1.93	(0.24)	1.65	(0.20)	117.86	(13.57)
2 and over...	1.77	(0.24)	1.96	(0.27)	1.66	(0.22)	1.42	(0.19)	100.78	(13.11)
\$75,000 and higher:										
2 - 5.....	0.01*	(0.01)	0.01*	(0.01)	0.01*	(0.01)	0.01*	(0.01)	0.97*	(0.52)
6 - 11.....	0.40*	(0.18)	0.44*	(0.20)	0.38*	(0.17)	0.32*	(0.14)	22.01*	(9.14)
12 - 19.....	0.96	(0.19)	1.06	(0.21)	0.88	(0.18)	0.78	(0.16)	58.34	(12.19)
20 and over...	2.30	(0.21)	2.54	(0.24)	2.15	(0.20)	1.83	(0.17)	128.21	(11.89)
2 and over...	1.83	(0.16)	2.02	(0.17)	1.71	(0.15)	1.46	(0.12)	102.73	(8.49)
All individuals:										
2 - 5.....	0.16	(0.04)	0.18	(0.05)	0.15	(0.04)	0.13	(0.03)	9.53	(2.45)
6 - 11.....	0.43*	(0.15)	0.48*	(0.16)	0.41*	(0.14)	0.35*	(0.12)	24.96*	(7.77)
12 - 19.....	1.20	(0.26)	1.33	(0.29)	1.12	(0.25)	0.96	(0.20)	68.24	(13.60)
20 and over...	2.03	(0.17)	2.24	(0.19)	1.89	(0.16)	1.62	(0.13)	114.30	(9.24)
2 and over...	1.69	(0.15)	1.87	(0.16)	1.58	(0.14)	1.35	(0.12)	95.65	(8.05)

*, a-f Notes are on page 29.

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Table 3c. Flavonoids^a from food and beverages^b – flavanones

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
	----- mg -----							
\$0 - \$24,999:								
2 - 5.....	20.94	(2.60)	0.24	(0.05)	16.12	(1.98)	4.58	(0.79)
6 - 11.....	15.51	(1.80)	0.23	(0.04)	12.68	(1.61)	2.61	(0.28)
12 - 19.....	11.54	(1.42)	0.20	(0.03)	8.39	(1.18)	2.94	(0.37)
20 and over...	12.15	(1.53)	0.14	(0.02)	8.81	(1.20)	3.20	(0.41)
2 and over...	12.83	(1.26)	0.16	(0.02)	9.47	(0.99)	3.20	(0.34)
\$25,000 - \$74,999:								
2 - 5.....	12.05	(2.11)	0.16	(0.02)	9.56	(1.73)	2.32	(0.41)
6 - 11.....	9.69	(1.21)	0.19	(0.02)	7.56	(1.01)	1.95	(0.28)
12 - 19.....	11.74	(2.12)	0.22	(0.06)	9.23	(1.88)	2.29	(0.31)
20 and over...	12.88	(1.19)	0.24	(0.03)	9.45	(0.86)	3.19	(0.39)
2 and over...	12.45	(0.98)	0.23	(0.02)	9.28	(0.73)	2.95	(0.31)
\$75,000 and higher:								
2 - 5.....	12.95	(1.98)	0.12	(0.02)	10.53	(1.83)	2.29	(0.22)
6 - 11.....	13.23	(2.68)	0.16	(0.04)	10.34	(2.30)	2.73	(0.55)
12 - 19.....	12.04	(1.92)	0.20	(0.03)	9.71	(1.58)	2.14	(0.42)
20 and over...	14.47	(1.08)	0.19	(0.03)	9.76	(0.78)	4.53	(0.49)
2 and over...	13.97	(0.88)	0.18	(0.02)	9.85	(0.67)	3.94	(0.38)
All individuals:								
2 - 5.....	14.54	(1.46)	0.17	(0.02)	11.49	(1.27)	2.88	(0.23)
6 - 11.....	12.28	(1.05)	0.18	(0.02)	9.74	(0.91)	2.35	(0.22)
12 - 19.....	11.88	(1.02)	0.23	(0.02)	9.27	(0.91)	2.39	(0.18)
20 and over...	13.09	(0.88)	0.20	(0.02)	9.35	(0.66)	3.55	(0.26)
2 and over...	12.97	(0.71)	0.20	(0.01)	9.49	(0.54)	3.28	(0.20)

^{a-f} Notes are on page 29.

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Table 3d. Flavonoids^a from food and beverages^b – flavones

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg -----					
\$0 - \$24,999:						
2 - 5.....	0.30	(0.06)	0.05	(0.01)	0.24	(0.06)
6 - 11.....	0.30	(0.05)	0.07	(0.01)	0.23	(0.05)
12 - 19.....	0.57	(0.10)	0.14	(0.03)	0.43	(0.09)
20 and over...	0.73	(0.07)	0.17	(0.02)	0.55	(0.07)
2 and over...	0.65	(0.07)	0.16	(0.01)	0.50	(0.06)
\$25,000 - \$74,999:						
2 - 5.....	0.35	(0.05)	0.03	(#)	0.32	(0.05)
6 - 11.....	0.36	(0.08)	0.06	(0.01)	0.31	(0.06)
12 - 19.....	0.44	(0.09)	0.11	(0.02)	0.33	(0.07)
20 and over...	0.83	(0.07)	0.22	(0.02)	0.61	(0.06)
2 and over...	0.72	(0.07)	0.19	(0.02)	0.54	(0.05)
\$75,000 and higher:						
2 - 5.....	0.53	(0.13)	0.12*	(0.07)	0.41	(0.10)
6 - 11.....	0.52	(0.09)	0.07*	(0.02)	0.46	(0.09)
12 - 19.....	0.60	(0.06)	0.13	(0.02)	0.48	(0.06)
20 and over...	1.02	(0.08)	0.26	(0.04)	0.76	(0.06)
2 and over...	0.89	(0.06)	0.22	(0.03)	0.68	(0.05)
All individuals:						
2 - 5.....	0.39	(0.05)	0.06*	(0.02)	0.32	(0.04)
6 - 11.....	0.39	(0.06)	0.06	(0.01)	0.33	(0.05)
12 - 19.....	0.55	(0.06)	0.12	(0.02)	0.43	(0.05)
20 and over...	0.86	(0.06)	0.22	(0.02)	0.64	(0.05)
2 and over...	0.76	(0.06)	0.18	(0.01)	0.57	(0.05)

*, #, a-f Notes are on page 29.

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 family income in dollars and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 3e. Flavonoids^a from food and beverages^b – flavonols

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Flavonols									
	Total		Isorhamnetin		Kaempferol		Myricetin		Quercetin	
----- mg -----										
\$0 - \$24,999:										
2 - 5.....	6.98	(0.52)	0.25	(0.05)	1.01	(0.12)	0.35	(0.05)	5.36	(0.40)
6 - 11.....	7.76	(0.34)	0.33	(0.03)	1.09	(0.10)	0.43	(0.05)	5.90	(0.23)
12 - 19.....	13.75	(1.40)	0.52	(0.06)	3.29	(0.44)	0.98	(0.17)	8.95	(0.88)
20 and over...	16.75	(0.86)	0.69	(0.04)	4.42	(0.28)	1.34	(0.10)	10.31	(0.49)
2 and over...	15.15	(0.72)	0.61	(0.03)	3.84	(0.24)	1.17	(0.08)	9.53	(0.42)
\$25,000 - \$74,999:										
2 - 5.....	6.96	(0.64)	0.21	(0.03)	1.21	(0.18)	0.39	(0.09)	5.15	(0.40)
6 - 11.....	7.96	(1.00)	0.23	(0.03)	1.64	(0.27)	0.57	(0.12)	5.52	(0.62)
12 - 19.....	12.39	(2.61)	0.43	(0.07)	2.89	(0.73)	0.95	(0.26)	8.12	(1.59)
20 and over...	19.74	(1.17)	0.85	(0.08)	5.03	(0.34)	1.63	(0.13)	12.23	(0.68)
2 and over...	17.24	(1.18)	0.72	(0.06)	4.30	(0.32)	1.40	(0.13)	10.82	(0.70)
\$75,000 and higher:										
2 - 5.....	5.56	(0.26)	0.15	(0.03)	0.81	(0.12)	0.20	(0.03)	4.40	(0.23)
6 - 11.....	7.74	(0.64)	0.23	(0.04)	1.35	(0.23)	0.51	(0.09)	5.64	(0.40)
12 - 19.....	11.31	(1.12)	0.39	(0.05)	2.50	(0.32)	0.83	(0.17)	7.59	(0.68)
20 and over...	21.43	(0.87)	0.94	(0.06)	5.47	(0.29)	1.77	(0.12)	13.27	(0.49)
2 and over...	18.04	(0.63)	0.76	(0.04)	4.46	(0.23)	1.45	(0.09)	11.37	(0.35)
All individuals:										
2 - 5.....	6.59	(0.32)	0.20	(0.02)	1.04	(0.09)	0.32	(0.04)	5.03	(0.23)
6 - 11.....	7.82	(0.52)	0.25	(0.01)	1.40	(0.17)	0.50	(0.07)	5.68	(0.30)
12 - 19.....	12.26	(1.25)	0.43	(0.04)	2.81	(0.33)	0.90	(0.12)	8.11	(0.80)
20 and over...	19.44	(0.91)	0.83	(0.05)	4.99	(0.27)	1.59	(0.10)	12.03	(0.53)
2 and over...	16.92	(0.83)	0.70	(0.04)	4.21	(0.24)	1.35	(0.09)	10.65	(0.49)

^{a-f} Notes are on page 29.

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 family income in dollars and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 3f. Flavonoids^a from food and beverages^b – isoflavones

Mean intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2008^f

Family income in dollars and age (years)	Isoflavones							
	Total		Daidzein		Genistein		Glycitein	
	----- mg -----							
\$0 - \$24,999:								
2 - 5.....	0.43*	(0.15)	0.18*	(0.07)	0.23*	(0.08)	0.02*	(0.01)
6 - 11.....	0.18	(0.04)	0.08	(0.02)	0.10	(0.02)	0.01	(#)
12 - 19.....	0.72*	(0.30)	0.32*	(0.16)	0.34*	(0.13)	0.05*	(0.02)
20 and over...	0.94	(0.19)	0.37	(0.08)	0.50	(0.10)	0.07	(0.02)
2 and over...	0.83	(0.15)	0.33	(0.06)	0.44	(0.08)	0.06	(0.01)
\$25,000 - \$74,999:								
2 - 5.....	0.69*	(0.24)	0.29*	(0.10)	0.36*	(0.13)	0.04*	(0.02)
6 - 11.....	0.61*	(0.30)	0.25*	(0.14)	0.33*	(0.16)	0.03*	(0.01)
12 - 19.....	0.44	(0.11)	0.17	(0.05)	0.24	(0.06)	0.03	(0.01)
20 and over...	1.63	(0.36)	0.64	(0.14)	0.87	(0.20)	0.12	(0.03)
2 and over...	1.37	(0.27)	0.54	(0.10)	0.73	(0.15)	0.10	(0.02)
\$75,000 and higher:								
2 - 5.....	2.08*	(0.64)	0.90*	(0.28)	1.09	(0.32)	0.10*	(0.03)
6 - 11.....	1.92*	(0.91)	0.87*	(0.41)	0.96*	(0.45)	0.10*	(0.05)
12 - 19.....	1.47*	(0.63)	0.54*	(0.23)	0.80*	(0.35)	0.12*	(0.05)
20 and over...	2.73*	(0.84)	1.03	(0.30)	1.49*	(0.48)	0.22*	(0.07)
2 and over...	2.46	(0.68)	0.94	(0.25)	1.33	(0.38)	0.19	(0.05)
All individuals:								
2 - 5.....	1.00	(0.23)	0.43	(0.10)	0.53	(0.12)	0.05	(0.01)
6 - 11.....	0.87*	(0.32)	0.38*	(0.14)	0.44*	(0.16)	0.04*	(0.02)
12 - 19.....	0.82*	(0.25)	0.32	(0.10)	0.43*	(0.13)	0.07*	(0.02)
20 and over...	1.72	(0.30)	0.66	(0.11)	0.92	(0.17)	0.13	(0.02)
2 and over...	1.50	(0.25)	0.59	(0.10)	0.80	(0.14)	0.11	(0.02)

*, #, a-f Notes are on page 29.

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 family income in dollars 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.

^a 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.

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

^c Sum of dietary flavonoids in the 6 classes presented in tables 3a through 3f.

^d Individuals with missing income data are included only in the "all individuals" category. Demographic data used in this table are available at <http://wwwn.cdc.gov/nchs/nhanes/search/DataPage.aspx?Component=Demographics&CycleBeginYear=2007>.

^e 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.

^f 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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