

Table 4a. Flavonoids^a from food and beverages^b – overall total^c and anthocyanidins

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

Family income as % of Federal poverty threshold and age (years)	Sample size	Total flavonoids ^c		Anthocyanidins (continued on next page)									
				Total		Cyanidin		Delphinidin		Malvidin		Pelargonidin	
	<i>n</i>	----- <i>mg</i> -----											
Under 131% poverty:													
2 - 5.....	386	67.04	(5.96)	5.96	(1.06)	1.07	(0.11)	0.51	(0.12)	2.60	(0.46)	1.00*	(0.35)
6 - 11.....	468	69.25	(7.73)	5.48	(0.65)	1.21	(0.22)	0.48	(0.09)	2.43	(0.40)	0.65	(0.13)
12 - 19.....	450	159.02	(27.19)	4.85	(1.01)	1.11	(0.28)	0.48*	(0.23)	1.22	(0.22)	0.73*	(0.33)
20 and over...	1,506	219.71	(22.99)	9.12	(2.67)	1.95*	(0.63)	2.72*	(1.98)	2.08	(0.38)	1.00	(0.17)
2 and over...	2,810	181.19	(15.91)	7.79	(1.73)	1.67	(0.42)	1.94*	(1.26)	2.03	(0.26)	0.92	(0.16)
131-350% poverty:													
2 - 5.....	255	66.82	(9.92)	9.28	(2.20)	1.43	(0.18)	1.04*	(0.46)	4.32	(1.07)	0.78*	(0.35)
6 - 11.....	386	101.54	(22.09)	6.84	(1.27)	1.30	(0.39)	0.52	(0.07)	2.85	(0.72)	1.35*	(0.53)
12 - 19.....	361	183.24*	(67.09)	3.25	(0.96)	0.75	(0.15)	0.19	(0.06)	0.90*	(0.28)	1.04*	(0.71)
20 and over...	1,915	213.40	(14.39)	7.91	(0.74)	1.49	(0.17)	0.75	(0.10)	2.95	(0.31)	0.96	(0.23)
2 and over...	2,917	191.62	(16.25)	7.41	(0.77)	1.39	(0.14)	0.69	(0.10)	2.81	(0.30)	0.99	(0.29)
Over 350% poverty:													
2 - 5.....	133	51.08	(3.60)	11.83	(1.93)	2.11*	(0.69)	1.22*	(0.42)	4.60	(1.04)	2.01*	(1.17)
6 - 11.....	198	89.74	(19.26)	14.15	(3.95)	1.85	(0.31)	1.27*	(0.60)	7.05*	(2.51)	1.95	(0.47)
12 - 19.....	241	141.42	(25.62)	4.32	(0.82)	1.52	(0.41)	0.20	(0.03)	0.88	(0.13)	1.34*	(0.48)
20 and over...	1,514	295.16	(24.62)	12.23	(1.38)	2.20	(0.20)	1.19	(0.23)	5.24	(0.81)	1.65	(0.30)
2 and over...	2,086	256.68	(21.06)	11.53	(1.30)	2.11	(0.18)	1.10	(0.23)	4.88	(0.73)	1.65	(0.29)
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 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 4a. Flavonoids^a from food and beverages^b – overall total^c and anthocyanidins – continued

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

Family income as % of Federal poverty threshold and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg -----			
Under 131% poverty:				
2 - 5.....	0.41	(0.08)	0.38	(0.09)
6 - 11.....	0.37	(0.06)	0.35	(0.09)
12 - 19.....	1.08*	(0.55)	0.23	(0.05)
20 and over...	0.99*	(0.52)	0.38	(0.07)
2 and over...	0.89*	(0.34)	0.35	(0.05)
131-350% poverty:				
2 - 5.....	0.86*	(0.32)	0.85*	(0.41)
6 - 11.....	0.43	(0.08)	0.39	(0.07)
12 - 19.....	0.23	(0.05)	0.14	(0.04)
20 and over...	1.16*	(0.40)	0.61	(0.09)
2 and over...	0.98*	(0.30)	0.56	(0.08)
Over 350% poverty:				
2 - 5.....	0.85	(0.25)	1.05*	(0.38)
6 - 11.....	1.05*	(0.39)	0.99*	(0.49)
12 - 19.....	0.23	(0.04)	0.15	(0.03)
20 and over...	1.06	(0.16)	0.88	(0.16)
2 and over...	0.97	(0.15)	0.82	(0.16)
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 4b. Flavonoids^a from food and beverages^b – flavan-3-ols

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

Family income as % of Federal poverty threshold and age (years)	Flavan-3-ols (continued on next page)													
	Total	(-)-Epicatechin	(-)-Epicatechin 3-gallate	(-)-Epigallocatechin	(-)-Epigallocatechin 3-gallate	(+)-Catechin	(+)-Gallocatechin							
----- mg -----														
Under 131% poverty:														
2 - 5.....	34.07	(5.07)	8.99	(0.38)	1.36	(0.33)	2.16	(0.48)	3.45	(0.79)	4.85	(0.24)	0.22	(0.06)
6 - 11.....	40.75	(7.14)	8.61	(0.90)	1.89	(0.43)	3.02	(0.65)	5.24	(1.15)	4.70	(0.33)	0.28	(0.07)
12 - 19.....	126.13	(25.09)	9.32	(1.36)	7.40	(1.55)	11.13	(2.29)	18.94	(3.88)	5.73	(0.78)	1.22	(0.26)
20 and over...	181.05	(23.10)	9.12	(0.65)	10.98	(1.47)	16.38	(2.17)	27.39	(3.61)	6.48	(0.30)	1.89	(0.25)
2 and over...	145.02	(15.82)	9.08	(0.57)	8.63	(1.00)	12.93	(1.47)	21.67	(2.42)	6.03	(0.29)	1.47	(0.17)
131-350% poverty:														
2 - 5.....	37.74	(8.35)	9.30	(0.69)	1.53*	(0.52)	2.44*	(0.78)	4.07*	(1.42)	5.41	(0.53)	0.23*	(0.08)
6 - 11.....	76.85	(21.89)	6.95	(0.52)	4.32*	(1.40)	6.50*	(2.04)	10.91*	(3.46)	4.57	(0.43)	0.69*	(0.23)
12 - 19.....	156.57*	(64.62)	8.62	(1.72)	9.54*	(4.14)	14.15*	(6.06)	23.45*	(9.93)	5.24	(0.90)	1.59*	(0.70)
20 and over...	172.01	(13.17)	9.25	(0.47)	10.30	(0.83)	15.53	(1.21)	26.44	(2.05)	7.00	(0.31)	1.72	(0.14)
2 and over...	153.97	(14.93)	8.98	(0.51)	9.17	(0.94)	13.80	(1.38)	23.42	(2.33)	6.51	(0.33)	1.53	(0.16)
Over 350% poverty:														
2 - 5.....	18.53	(2.55)	9.31	(0.73)	0.27*	(0.12)	0.67*	(0.23)	0.73*	(0.34)	5.41	(0.56)	0.04*	(0.02)
6 - 11.....	51.62*	(16.55)	8.63	(0.72)	2.61*	(1.01)	4.06*	(1.47)	6.57*	(2.32)	5.06	(0.43)	0.41*	(0.18)
12 - 19.....	111.87	(23.55)	7.92	(0.88)	6.42	(1.48)	9.64	(2.18)	16.77	(3.85)	5.05	(0.65)	0.98	(0.24)
20 and over...	243.69	(22.68)	12.30	(0.64)	14.68	(1.44)	21.99	(2.12)	36.87	(3.55)	9.39	(0.68)	2.47	(0.24)
2 and over...	209.04	(19.32)	11.51	(0.52)	12.49	(1.23)	18.73	(1.80)	31.45	(2.99)	8.52	(0.58)	2.09	(0.21)
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 4b. Flavonoids^a from food and beverages^b – flavan-3-ols – continued

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

Family income as % of Federal poverty threshold and age (years)	Flavan-3-ols – continued									
	Theaflavin		Theaflavin-3,3'-digallate		Theaflavin-3'-gallate		Theaflavin-3-gallate		Thearubigins	
	----- mg -----									
Under 131% poverty:										
2 - 5.....	0.22	(0.06)	0.24	(0.07)	0.20	(0.06)	0.17	(0.05)	12.22	(3.13)
6 - 11.....	0.26	(0.07)	0.28	(0.08)	0.24	(0.07)	0.20	(0.06)	16.02	(3.81)
12 - 19.....	1.19	(0.26)	1.31	(0.29)	1.12	(0.25)	0.95	(0.21)	67.82	(14.50)
20 and over...	1.85	(0.26)	2.04	(0.28)	1.73	(0.24)	1.47	(0.20)	101.74	(13.86)
2 and over...	1.43	(0.18)	1.59	(0.20)	1.35	(0.17)	1.14	(0.14)	79.69	(9.51)
131-350% poverty:										
2 - 5.....	0.23*	(0.08)	0.25*	(0.09)	0.21*	(0.07)	0.19*	(0.07)	13.89*	(5.35)
6 - 11.....	0.71*	(0.24)	0.78*	(0.27)	0.66*	(0.23)	0.57*	(0.19)	40.20*	(13.21)
12 - 19.....	1.63*	(0.74)	1.80*	(0.81)	1.54*	(0.70)	1.29*	(0.58)	87.73*	(38.43)
20 and over...	1.66	(0.15)	1.83	(0.16)	1.54	(0.14)	1.33	(0.12)	95.42	(7.87)
2 and over...	1.49	(0.16)	1.64	(0.18)	1.39	(0.15)	1.19	(0.13)	84.86	(8.82)
Over 350% poverty:										
2 - 5.....	0.03*	(0.02)	0.04*	(0.02)	0.03*	(0.02)	0.03*	(0.02)	1.95*	(1.08)
6 - 11.....	0.41*	(0.19)	0.45*	(0.21)	0.39*	(0.18)	0.33*	(0.15)	22.70*	(10.01)
12 - 19.....	1.01	(0.24)	1.12	(0.26)	0.92	(0.23)	0.82	(0.19)	61.22	(13.84)
20 and over...	2.44	(0.25)	2.70	(0.27)	2.28	(0.24)	1.95	(0.20)	136.63	(13.43)
2 and over...	2.07	(0.21)	2.29	(0.24)	1.94	(0.20)	1.65	(0.17)	116.31	(11.48)
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 39.

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Table 4c. Flavonoids^a from food and beverages^b – flavanones

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

Family income as % of Federal poverty threshold and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
	----- mg -----							
Under 131% poverty:								
2 - 5.....	19.39	(2.19)	0.22	(0.05)	15.00	(1.72)	4.17	(0.61)
6 - 11.....	14.30	(1.58)	0.21	(0.03)	11.38	(1.36)	2.71	(0.35)
12 - 19.....	14.27	(2.57)	0.19	(0.03)	10.81	(2.26)	3.26	(0.42)
20 and over...	11.29	(1.10)	0.13	(0.02)	8.23	(0.80)	2.93	(0.39)
2 and over...	12.74	(0.96)	0.16	(0.02)	9.53	(0.76)	3.06	(0.26)
131-350% poverty:								
2 - 5.....	11.63	(2.44)	0.18	(0.02)	9.22	(2.00)	2.23	(0.47)
6 - 11.....	9.34	(1.45)	0.20	(0.03)	7.48	(1.17)	1.67	(0.29)
12 - 19.....	9.27	(1.57)	0.24	(0.06)	7.21	(1.26)	1.83	(0.36)
20 and over...	13.41	(1.51)	0.18	(0.03)	9.76	(1.18)	3.47	(0.45)
2 and over...	12.52	(1.26)	0.19	(0.02)	9.26	(0.97)	3.07	(0.37)
Over 350% poverty:								
2 - 5.....	12.56	(1.95)	0.12	(0.02)	10.29	(1.81)	2.16	(0.22)
6 - 11.....	13.49	(3.02)	0.16	(0.03)	10.59	(2.56)	2.75	(0.64)
12 - 19.....	11.52	(1.53)	0.19	(0.03)	9.18	(1.27)	2.15	(0.38)
20 and over...	13.84	(0.98)	0.24	(0.02)	9.57	(0.74)	4.04	(0.39)
2 and over...	13.53	(0.80)	0.22	(0.02)	9.62	(0.60)	3.69	(0.33)
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)

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Table 4d. Flavonoids^a from food and beverages^b – flavones

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

Family income as % of Federal poverty threshold and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg -----					
Under 131% poverty:						
2 - 5.....	0.34	(0.06)	0.05	(0.01)	0.29	(0.06)
6 - 11.....	0.35	(0.07)	0.06	(0.01)	0.28	(0.07)
12 - 19.....	0.56	(0.10)	0.13	(0.02)	0.43	(0.08)
20 and over...	0.72	(0.06)	0.16	(0.01)	0.56	(0.06)
2 and over...	0.62	(0.06)	0.13	(0.01)	0.49	(0.05)
131-350% poverty:						
2 - 5.....	0.32	(0.06)	0.03	(0.01)	0.29	(0.06)
6 - 11.....	0.34	(0.05)	0.06	(0.02)	0.28	(0.05)
12 - 19.....	0.45	(0.09)	0.13	(0.03)	0.32	(0.06)
20 and over...	0.75	(0.06)	0.20	(0.02)	0.55	(0.04)
2 and over...	0.66	(0.05)	0.17	(0.02)	0.48	(0.04)
Over 350% poverty:						
2 - 5.....	0.54	(0.13)	0.12*	(0.07)	0.42	(0.10)
6 - 11.....	0.53	(0.09)	0.07*	(0.02)	0.46	(0.10)
12 - 19.....	0.58	(0.06)	0.11	(0.02)	0.47	(0.06)
20 and over...	1.01	(0.09)	0.26	(0.03)	0.75	(0.07)
2 and over...	0.92	(0.08)	0.23	(0.03)	0.69	(0.06)
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 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 4e. Flavonoids^a from food and beverages^b – flavonols

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

Family income as % of Federal poverty threshold and age (years)	Flavonols									
	Total		Isorhamnetin		Kaempferol		Myricetin		Quercetin	
----- mg -----										
Under 131% poverty:										
2 - 5.....	6.79	(0.39)	0.24	(0.04)	1.01	(0.09)	0.34	(0.05)	5.20	(0.30)
6 - 11.....	7.80	(0.46)	0.31	(0.03)	1.18	(0.11)	0.42	(0.05)	5.88	(0.34)
12 - 19.....	12.89	(1.32)	0.47	(0.03)	2.98	(0.39)	0.90	(0.13)	8.54	(0.88)
20 and over...	16.86	(0.91)	0.70	(0.05)	4.51	(0.35)	1.36	(0.12)	10.29	(0.46)
2 and over...	14.42	(0.72)	0.58	(0.03)	3.62	(0.26)	1.10	(0.08)	9.12	(0.40)
131-350% poverty:										
2 - 5.....	7.08	(0.68)	0.21	(0.03)	1.22	(0.20)	0.42	(0.10)	5.23	(0.43)
6 - 11.....	7.92	(0.89)	0.24	(0.03)	1.62	(0.29)	0.60	(0.12)	5.46	(0.48)
12 - 19.....	12.83	(2.84)	0.45	(0.07)	3.10	(0.82)	1.01*	(0.32)	8.27	(1.68)
20 and over...	17.70	(0.77)	0.80	(0.08)	4.50	(0.19)	1.40	(0.08)	11.00	(0.49)
2 and over...	15.69	(0.80)	0.68	(0.06)	3.91	(0.20)	1.23	(0.09)	9.88	(0.50)
Over 350% poverty:										
2 - 5.....	5.61	(0.31)	0.16	(0.03)	0.85	(0.10)	0.20	(0.02)	4.40	(0.27)
6 - 11.....	7.84	(0.72)	0.24	(0.04)	1.39	(0.25)	0.52	(0.10)	5.69	(0.44)
12 - 19.....	11.72	(1.17)	0.41	(0.05)	2.61	(0.34)	0.86	(0.17)	7.84	(0.70)
20 and over...	21.96	(1.21)	0.92	(0.07)	5.60	(0.37)	1.85	(0.14)	13.59	(0.71)
2 and over...	19.37	(1.05)	0.80	(0.06)	4.84	(0.33)	1.60	(0.12)	12.13	(0.60)
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 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2008. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

Table 4f. Flavonoids^a from food and beverages^b – isoflavones

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

Family income as % of Federal poverty threshold and age (years)	Isoflavones							
	Total		Daidzein		Genistein		Glycitein	
	----- mg -----							
Under 131% poverty:								
2 - 5.....	0.48*	(0.18)	0.21*	(0.08)	0.26*	(0.10)	0.02	(0.01)
6 - 11.....	0.58*	(0.36)	0.25*	(0.16)	0.30*	(0.19)	0.02*	(0.01)
12 - 19.....	0.32	(0.06)	0.12	(0.02)	0.17	(0.03)	0.02	(0.01)
20 and over...	0.66	(0.10)	0.27	(0.04)	0.35	(0.05)	0.05	(0.01)
2 and over...	0.59	(0.09)	0.24	(0.04)	0.31	(0.04)	0.04	(0.01)
131-350% poverty:								
2 - 5.....	0.76*	(0.38)	0.31*	(0.16)	0.41*	(0.20)	0.05*	(0.02)
6 - 11.....	0.25	(0.06)	0.09	(0.02)	0.14	(0.04)	0.02*	(0.01)
12 - 19.....	0.87*	(0.29)	0.38*	(0.15)	0.43	(0.12)	0.06*	(0.02)
20 and over...	1.62	(0.44)	0.63	(0.17)	0.87	(0.24)	0.12	(0.03)
2 and over...	1.37	(0.33)	0.54	(0.13)	0.73	(0.18)	0.10	(0.03)
Over 350% poverty:								
2 - 5.....	2.01*	(0.65)	0.88*	(0.29)	1.04*	(0.33)	0.09*	(0.03)
6 - 11.....	2.11*	(0.98)	0.95*	(0.44)	1.05*	(0.49)	0.10*	(0.05)
12 - 19.....	1.40*	(0.62)	0.52*	(0.22)	0.76*	(0.34)	0.12*	(0.05)
20 and over...	2.43	(0.59)	0.93	(0.21)	1.31	(0.33)	0.19	(0.05)
2 and over...	2.28	(0.52)	0.88	(0.19)	1.23	(0.29)	0.17	(0.04)
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 39.

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>.
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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.
- ^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 4a through 4f.
- ^d Percent of poverty level is based on family income, family size and composition using U.S. Census Bureau poverty thresholds (5). The lowest poverty threshold category is related to Federal nutrition assistance programs (<http://www.fns.usda.gov>). 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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