

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^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.....	642	59.64	(4.32)	6.68	(0.76)	1.14	(0.10)	0.60	(0.11)	2.93	(0.41)	0.76	(0.19)
6 - 11.....	751	74.29	(7.85)	6.09	(0.67)	1.39	(0.30)	0.50	(0.07)	2.42	(0.32)	0.97	(0.24)
12 - 19.....	763	155.17	(18.73)	5.27	(0.85)	1.04	(0.15)	0.57*	(0.20)	1.90	(0.39)	0.98	(0.26)
20 and over...	3,714	208.08	(11.63)	8.73	(1.19)	2.09	(0.36)	1.56*	(0.78)	2.59	(0.27)	1.05	(0.11)
2 and over...	5,870	182.05	(8.75)	8.00	(0.88)	1.85	(0.27)	1.30*	(0.56)	2.52	(0.22)	1.02	(0.10)
\$25,000 - \$74,999:													
2 - 5.....	643	64.57	(5.30)	9.44	(1.20)	1.98	(0.32)	0.86	(0.22)	3.81	(0.61)	1.34	(0.37)
6 - 11.....	911	86.16	(11.62)	6.90	(0.83)	1.64	(0.22)	0.61	(0.10)	2.51	(0.42)	1.24	(0.26)
12 - 19.....	938	151.31	(31.23)	4.92	(0.52)	1.09	(0.17)	0.32	(0.04)	1.49	(0.22)	1.24	(0.33)
20 and over...	4,327	261.52	(18.26)	12.15	(1.32)	2.27	(0.22)	1.46	(0.31)	4.32	(0.65)	1.45	(0.26)
2 and over...	6,819	224.44	(15.85)	10.81	(1.06)	2.08	(0.17)	1.24	(0.24)	3.85	(0.53)	1.41	(0.24)
\$75,000 and higher:													
2 - 5.....	302	53.03	(4.04)	14.37	(1.75)	3.11	(0.67)	1.28	(0.29)	5.20	(0.93)	2.91*	(1.17)
6 - 11.....	474	79.65	(10.75)	15.10	(2.40)	2.04	(0.30)	1.60	(0.47)	6.26	(1.53)	2.72	(0.77)
12 - 19.....	526	157.22	(43.12)	6.88	(0.86)	1.32	(0.23)	0.55	(0.08)	2.44	(0.28)	1.70*	(0.59)
20 and over...	2,253	253.36	(14.68)	16.61	(1.30)	3.01	(0.19)	1.87	(0.23)	6.13	(0.60)	2.05	(0.23)
2 and over...	3,555	216.08	(11.94)	15.17	(1.06)	2.72	(0.16)	1.65	(0.21)	5.64	(0.53)	2.11	(0.28)
All individuals:													
2 - 5.....	1,693	59.64	(2.61)	10.05	(0.73)	2.04	(0.18)	0.92	(0.13)	3.98	(0.46)	1.59	(0.45)
6 - 11.....	2,275	79.75	(7.86)	9.33	(1.03)	1.70	(0.14)	0.88	(0.17)	3.66	(0.62)	1.75	(0.32)
12 - 19.....	2,421	153.40	(19.27)	5.80	(0.49)	1.18	(0.12)	0.49	(0.07)	2.03	(0.19)	1.26	(0.24)
20 and over...	11,182	243.28	(11.08)	12.61	(0.85)	2.50	(0.15)	1.59	(0.26)	4.37	(0.39)	1.59	(0.16)
2 and over...	17,571	209.12	(9.42)	11.42	(0.71)	2.26	(0.12)	1.37	(0.20)	4.02	(0.35)	1.56	(0.18)

*, a-f Notes are on page 29.

DATA SOURCE: Flavonoid Intake Data Files 2007-2010, 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. 2016. 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 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg -----			
\$0 - \$24,999:				
2 - 5.....	0.83*	(0.35)	0.43	(0.08)
6 - 11.....	0.42	(0.05)	0.39	(0.07)
12 - 19.....	0.43*	(0.14)	0.35*	(0.12)
20 and over...	0.89	(0.22)	0.55	(0.09)
2 and over...	0.79	(0.16)	0.51	(0.07)
\$25,000 - \$74,999:				
2 - 5.....	0.76	(0.19)	0.70	(0.19)
6 - 11.....	0.47	(0.07)	0.44	(0.07)
12 - 19.....	0.54*	(0.24)	0.23	(0.03)
20 and over...	1.55	(0.26)	1.09	(0.26)
2 and over...	1.31	(0.20)	0.92	(0.20)
\$75,000 and higher:				
2 - 5.....	0.80	(0.14)	1.07	(0.25)
6 - 11.....	1.16	(0.29)	1.32*	(0.40)
12 - 19.....	0.44	(0.05)	0.43	(0.07)
20 and over...	2.19	(0.37)	1.37	(0.17)
2 and over...	1.81	(0.30)	1.24	(0.15)
All individuals:				
2 - 5.....	0.78	(0.13)	0.74	(0.10)
6 - 11.....	0.67	(0.11)	0.69	(0.14)
12 - 19.....	0.48	(0.09)	0.36	(0.05)
20 and over...	1.54	(0.18)	1.02	(0.14)
2 and over...	1.31	(0.15)	0.90	(0.12)

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Flavan-3-ols (continued on next page)															
	Total	Catechins														
		Total	(-)-Epicatechin	(-)-Epicatechin 3-gallate	(-)-Epigallocatechin	(-)-Epigallocatechin 3-gallate	(+)-Catechin	(+)-Gallocatechin								
	----- mg -----															
\$0 - \$24,999:																
2 - 5.....	30.11	(3.68)	19.77	(1.44)	8.95	(0.47)	1.14	(0.25)	1.84	(0.36)	3.04	(0.63)	4.64	(0.21)	0.17	(0.04)
6 - 11.....	44.35	(7.75)	25.10	(3.13)	8.45	(0.50)	2.14	(0.50)	3.39	(0.75)	5.90	(1.36)	4.91	(0.28)	0.31	(0.07)
12 - 19.....	121.27	(18.21)	53.50	(7.30)	8.51	(0.72)	7.42	(1.21)	11.26	(1.81)	19.89	(3.22)	5.25	(0.44)	1.16	(0.19)
20 and over...	167.01	(11.59)	70.53	(4.36)	9.28	(0.34)	10.31	(0.76)	15.57	(1.13)	26.88	(1.96)	6.77	(0.18)	1.72	(0.12)
2 and over...	143.40	(8.69)	61.77	(3.25)	9.10	(0.29)	8.75	(0.57)	13.25	(0.84)	22.91	(1.44)	6.32	(0.17)	1.44	(0.09)
\$25,000 - \$74,999:																
2 - 5.....	35.65	(4.40)	22.91	(1.67)	9.85	(0.66)	1.37	(0.29)	2.22	(0.44)	3.77	(0.82)	5.51	(0.32)	0.19	(0.04)
6 - 11.....	60.43	(11.31)	30.05	(4.33)	7.73	(0.49)	3.30	(0.74)	5.06	(1.08)	8.65	(1.87)	4.81	(0.27)	0.51	(0.12)
12 - 19.....	119.37	(29.49)	52.87	(11.44)	8.81	(1.05)	7.33	(1.94)	11.06	(2.88)	19.39	(4.90)	5.15	(0.54)	1.13	(0.32)
20 and over...	213.44	(17.44)	89.60	(6.62)	10.92	(0.50)	13.21	(1.13)	20.04	(1.67)	35.01	(2.86)	8.30	(0.37)	2.13	(0.18)
2 and over...	180.96	(15.06)	77.09	(5.74)	10.38	(0.45)	11.11	(0.97)	16.86	(1.44)	29.44	(2.47)	7.53	(0.33)	1.78	(0.16)
\$75,000 and higher:																
2 - 5.....	19.63	(2.13)	17.32	(1.29)	9.25	(0.53)	0.34*	(0.11)	0.79	(0.18)	0.94*	(0.30)	5.94	(0.46)	0.05*	(0.02)
6 - 11.....	44.14	(9.39)	24.95	(3.54)	8.08	(0.50)	2.18	(0.60)	3.47	(0.89)	5.74	(1.51)	5.14	(0.27)	0.33	(0.10)
12 - 19.....	126.08*	(41.65)	54.68	(15.81)	8.47	(1.20)	7.69*	(2.74)	11.59*	(4.02)	20.23*	(6.80)	5.51	(0.72)	1.19*	(0.45)
20 and over...	197.75	(14.34)	84.92	(5.55)	11.55	(0.40)	12.10	(0.96)	18.42	(1.42)	31.74	(2.49)	9.11	(0.33)	1.99	(0.15)
2 and over...	166.37	(11.47)	72.49	(4.41)	10.76	(0.34)	10.09	(0.77)	15.37	(1.13)	26.47	(1.95)	8.16	(0.28)	1.64	(0.13)
All individuals:																
2 - 5.....	29.35	(2.25)	20.47	(0.89)	9.53	(0.37)	0.99	(0.15)	1.68	(0.23)	2.69	(0.40)	5.44	(0.22)	0.14	(0.02)
6 - 11.....	49.54	(7.49)	26.60	(2.86)	8.05	(0.36)	2.53	(0.48)	3.97	(0.71)	6.72	(1.20)	4.95	(0.18)	0.39	(0.08)
12 - 19.....	120.50	(18.51)	53.10	(7.24)	8.62	(0.65)	7.37	(1.22)	11.14	(1.80)	19.56	(3.11)	5.27	(0.36)	1.14	(0.20)
20 and over...	194.73	(10.64)	82.58	(4.07)	10.69	(0.32)	11.99	(0.69)	18.19	(1.02)	31.57	(1.78)	8.19	(0.25)	1.96	(0.11)
2 and over...	164.91	(8.94)	71.08	(3.42)	10.17	(0.30)	10.06	(0.57)	15.28	(0.85)	26.51	(1.47)	7.43	(0.23)	1.63	(0.09)

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^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.....	0.16	(0.04)	0.18	(0.04)	0.15	(0.04)	0.13	(0.03)	9.71	(2.18)
6 - 11.....	0.29	(0.07)	0.32	(0.08)	0.27	(0.07)	0.23	(0.06)	18.13	(4.38)
12 - 19.....	1.09	(0.18)	1.20	(0.20)	1.02	(0.17)	0.86	(0.14)	63.60	(10.25)
20 and over...	1.60	(0.12)	1.77	(0.14)	1.50	(0.12)	1.27	(0.10)	90.34	(6.78)
2 and over...	1.35	(0.09)	1.49	(0.10)	1.26	(0.09)	1.07	(0.08)	76.46	(5.09)
\$25,000 - \$74,999:										
2 - 5.....	0.19	(0.04)	0.21	(0.05)	0.17	(0.04)	0.16	(0.03)	12.02	(2.76)
6 - 11.....	0.50	(0.12)	0.55	(0.13)	0.47	(0.11)	0.40	(0.10)	28.47	(6.56)
12 - 19.....	1.10	(0.32)	1.22	(0.36)	1.03	(0.31)	0.88	(0.25)	62.28	(16.88)
20 and over...	1.99	(0.19)	2.20	(0.21)	1.86	(0.18)	1.59	(0.15)	116.20	(10.12)
2 and over...	1.67	(0.16)	1.85	(0.18)	1.56	(0.15)	1.34	(0.13)	97.45	(8.73)
\$75,000 and higher:										
2 - 5.....	0.03*	(0.02)	0.04*	(0.02)	0.03*	(0.02)	0.03*	(0.01)	2.19*	(0.92)
6 - 11.....	0.32*	(0.10)	0.35*	(0.11)	0.30*	(0.10)	0.25*	(0.08)	17.98*	(5.50)
12 - 19.....	1.17*	(0.46)	1.29*	(0.51)	1.09*	(0.44)	0.93*	(0.36)	66.92*	(24.09)
20 and over...	1.85	(0.15)	2.05	(0.17)	1.74	(0.14)	1.48	(0.12)	105.72	(8.24)
2 and over...	1.54	(0.12)	1.70	(0.14)	1.44	(0.12)	1.23	(0.10)	87.96	(6.61)
All individuals:										
2 - 5.....	0.13	(0.02)	0.15	(0.03)	0.12	(0.02)	0.11	(0.02)	8.36	(1.42)
6 - 11.....	0.37	(0.08)	0.41	(0.09)	0.35	(0.08)	0.30	(0.06)	21.51	(4.33)
12 - 19.....	1.10	(0.20)	1.21	(0.22)	1.03	(0.19)	0.87	(0.16)	63.18	(10.54)
20 and over...	1.83	(0.11)	2.02	(0.12)	1.71	(0.10)	1.46	(0.09)	105.14	(6.16)
2 and over...	1.53	(0.09)	1.69	(0.10)	1.43	(0.09)	1.22	(0.08)	87.97	(5.17)

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
	----- mg -----							
\$0 - \$24,999:								
2 - 5.....	15.71	(1.59)	0.18	(0.03)	11.83	(1.26)	3.70	(0.44)
6 - 11.....	15.32	(1.45)	0.19	(0.03)	12.06	(1.21)	3.07	(0.33)
12 - 19.....	15.15	(2.44)	0.22	(0.03)	11.63	(1.91)	3.30	(0.56)
20 and over...	13.05	(0.91)	0.18	(0.02)	9.66	(0.74)	3.21	(0.24)
2 and over...	13.64	(0.78)	0.18	(0.01)	10.21	(0.62)	3.24	(0.21)
\$25,000 - \$74,999:								
2 - 5.....	11.65	(1.26)	0.13	(0.02)	9.19	(1.01)	2.33	(0.29)
6 - 11.....	10.29	(0.78)	0.15	(0.02)	8.11	(0.64)	2.03	(0.18)
12 - 19.....	14.10	(1.90)	0.31	(0.08)	10.98	(1.60)	2.81	(0.38)
20 and over...	12.89	(0.73)	0.22	(0.02)	9.46	(0.55)	3.20	(0.23)
2 and over...	12.73	(0.63)	0.22	(0.01)	9.50	(0.47)	3.02	(0.19)
\$75,000 and higher:								
2 - 5.....	10.80	(1.34)	0.11	(0.02)	8.51	(1.13)	2.18	(0.26)
6 - 11.....	10.90	(1.64)	0.13	(0.02)	8.52	(1.36)	2.25	(0.36)
12 - 19.....	9.73	(1.24)	0.19	(0.03)	7.60	(1.03)	1.94	(0.31)
20 and over...	14.28	(0.89)	0.20	(0.02)	10.10	(0.70)	3.99	(0.30)
2 and over...	13.25	(0.71)	0.19	(0.01)	9.57	(0.55)	3.49	(0.24)
All individuals:								
2 - 5.....	12.51	(0.93)	0.13	(0.01)	9.71	(0.78)	2.67	(0.18)
6 - 11.....	12.04	(0.77)	0.15	(0.01)	9.48	(0.64)	2.41	(0.17)
12 - 19.....	13.40	(1.13)	0.25	(0.03)	10.44	(0.93)	2.72	(0.25)
20 and over...	13.42	(0.51)	0.20	(0.01)	9.76	(0.39)	3.46	(0.16)
2 and over...	13.25	(0.46)	0.20	(0.01)	9.81	(0.35)	3.25	(0.14)

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg -----					
\$0 - \$24,999:						
2 - 5.....	0.28	(0.03)	0.04	(#)	0.24	(0.03)
6 - 11.....	0.31	(0.03)	0.06	(0.01)	0.26	(0.03)
12 - 19.....	0.53	(0.06)	0.11	(0.02)	0.42	(0.06)
20 and over...	0.74	(0.04)	0.17	(0.01)	0.57	(0.04)
2 and over...	0.65	(0.04)	0.15	(0.01)	0.51	(0.03)
\$25,000 - \$74,999:						
2 - 5.....	0.32	(0.03)	0.03	(#)	0.28	(0.03)
6 - 11.....	0.33	(0.04)	0.05	(0.01)	0.28	(0.03)
12 - 19.....	0.47	(0.06)	0.11	(0.02)	0.36	(0.04)
20 and over...	0.87	(0.05)	0.22	(0.01)	0.65	(0.04)
2 and over...	0.75	(0.04)	0.19	(0.01)	0.57	(0.04)
\$75,000 and higher:						
2 - 5.....	0.48	(0.08)	0.07*	(0.04)	0.41	(0.06)
6 - 11.....	0.44	(0.04)	0.06	(0.01)	0.38	(0.04)
12 - 19.....	0.70	(0.09)	0.12	(0.01)	0.58	(0.10)
20 and over...	1.15	(0.11)	0.33	(0.09)	0.82	(0.04)
2 and over...	1.00	(0.08)	0.27	(0.07)	0.73	(0.03)
All individuals:						
2 - 5.....	0.35	(0.03)	0.05	(0.01)	0.31	(0.03)
6 - 11.....	0.36	(0.02)	0.05	(0.01)	0.31	(0.02)
12 - 19.....	0.59	(0.05)	0.11	(0.01)	0.48	(0.05)
20 and over...	0.92	(0.05)	0.24	(0.03)	0.68	(0.03)
2 and over...	0.81	(0.04)	0.20	(0.02)	0.61	(0.03)

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

DATA SOURCE: Flavonoid Intake Data Files 2007-2010, 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. 2016. 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 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Flavonols									
	Total	Isorhamnetin	Kaempferol	Myricetin	Quercetin					
----- mg -----										
\$0 - \$24,999:										
2 - 5.....	6.56	(0.32)	0.24	(0.03)	0.96	(0.07)	0.34	(0.03)	5.01	(0.25)
6 - 11.....	7.96	(0.41)	0.33	(0.02)	1.24	(0.10)	0.45	(0.05)	5.94	(0.28)
12 - 19.....	12.48	(0.92)	0.46	(0.04)	2.84	(0.28)	0.92	(0.10)	8.27	(0.58)
20 and over...	17.28	(0.52)	0.75	(0.03)	4.49	(0.20)	1.35	(0.07)	10.69	(0.31)
2 and over...	15.32	(0.40)	0.65	(0.02)	3.82	(0.15)	1.17	(0.05)	9.68	(0.25)
\$25,000 - \$74,999:										
2 - 5.....	6.87	(0.40)	0.22	(0.02)	1.11	(0.10)	0.38	(0.05)	5.15	(0.27)
6 - 11.....	7.74	(0.52)	0.27	(0.02)	1.48	(0.14)	0.49	(0.06)	5.50	(0.33)
12 - 19.....	11.91	(1.54)	0.45	(0.05)	2.50	(0.40)	0.88	(0.15)	8.06	(0.98)
20 and over...	20.73	(0.85)	0.92	(0.05)	5.26	(0.26)	1.72	(0.10)	12.83	(0.50)
2 and over...	17.96	(0.76)	0.78	(0.04)	4.43	(0.22)	1.45	(0.09)	11.30	(0.45)
\$75,000 and higher:										
2 - 5.....	5.99	(0.47)	0.21	(0.04)	0.86	(0.09)	0.25	(0.03)	4.67	(0.37)
6 - 11.....	7.80	(0.60)	0.29	(0.04)	1.31	(0.13)	0.49	(0.06)	5.72	(0.42)
12 - 19.....	12.63	(1.56)	0.54	(0.06)	2.76	(0.49)	0.91	(0.20)	8.42	(0.88)
20 and over...	21.03	(0.52)	1.04	(0.05)	5.16	(0.19)	1.66	(0.08)	13.17	(0.29)
2 and over...	18.07	(0.50)	0.87	(0.04)	4.31	(0.16)	1.39	(0.06)	11.50	(0.28)
All individuals:										
2 - 5.....	6.53	(0.22)	0.22	(0.02)	0.99	(0.05)	0.33	(0.02)	4.99	(0.16)
6 - 11.....	7.82	(0.37)	0.29	(0.01)	1.35	(0.09)	0.47	(0.04)	5.71	(0.24)
12 - 19.....	12.39	(0.86)	0.50	(0.04)	2.66	(0.24)	0.90	(0.10)	8.33	(0.53)
20 and over...	19.85	(0.54)	0.91	(0.03)	5.00	(0.16)	1.59	(0.06)	12.35	(0.32)
2 and over...	17.25	(0.48)	0.77	(0.02)	4.21	(0.14)	1.35	(0.05)	10.92	(0.29)

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

DATA SOURCE: Flavonoid Intake Data Files 2007-2010, 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. 2016. 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 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

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

Mean daily intake (standard error) per individual, by family income in dollars^d and age, in the United States,^e What We Eat in America, NHANES 2007-2010^f

Family income in dollars and age (years)	Isoflavones							
	Total		Daidzein		Genistein		Glycitein	
	----- mg -----							
\$0 - \$24,999:								
2 - 5.....	0.30	(0.07)	0.12	(0.03)	0.16	(0.04)	0.02	(#)
6 - 11.....	0.25	(0.05)	0.10	(0.02)	0.13	(0.02)	0.02	(#)
12 - 19.....	0.47*	(0.16)	0.20*	(0.08)	0.23	(0.06)	0.03*	(0.01)
20 and over...	1.28	(0.29)	0.48	(0.10)	0.70	(0.17)	0.10	(0.02)
2 and over...	1.04	(0.21)	0.40	(0.07)	0.56	(0.12)	0.08	(0.02)
\$25,000 - \$74,999:								
2 - 5.....	0.65	(0.16)	0.27	(0.07)	0.34	(0.08)	0.04	(0.01)
6 - 11.....	0.46*	(0.16)	0.19*	(0.07)	0.25*	(0.08)	0.02	(0.01)
12 - 19.....	0.54	(0.11)	0.21	(0.05)	0.29	(0.06)	0.04	(0.01)
20 and over...	1.44	(0.20)	0.56	(0.07)	0.78	(0.11)	0.10	(0.02)
2 and over...	1.22	(0.15)	0.47	(0.06)	0.66	(0.08)	0.09	(0.01)
\$75,000 and higher:								
2 - 5.....	1.75	(0.39)	0.74	(0.17)	0.93	(0.20)	0.09	(0.02)
6 - 11.....	1.27*	(0.50)	0.56*	(0.22)	0.64*	(0.25)	0.07*	(0.02)
12 - 19.....	1.20*	(0.37)	0.45*	(0.14)	0.66*	(0.21)	0.09*	(0.03)
20 and over...	2.53	(0.41)	0.95	(0.15)	1.38	(0.23)	0.20	(0.03)
2 and over...	2.22	(0.34)	0.84	(0.13)	1.21	(0.19)	0.17	(0.03)
All individuals:								
2 - 5.....	0.85	(0.13)	0.36	(0.06)	0.45	(0.07)	0.04	(0.01)
6 - 11.....	0.65	(0.17)	0.28	(0.07)	0.33	(0.08)	0.03	(0.01)
12 - 19.....	0.71	(0.15)	0.28	(0.06)	0.38	(0.08)	0.05	(0.01)
20 and over...	1.74	(0.17)	0.66	(0.06)	0.94	(0.10)	0.13	(0.01)
2 and over...	1.48	(0.14)	0.57	(0.05)	0.80	(0.08)	0.11	(0.01)

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

DATA SOURCE: Flavonoid Intake Data Files 2007-2010, 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. 2016. 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 2007-2010. <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 2.10.

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 classes (anthocyanidins, flavan-3-ols, flavanones, flavones, flavonols, and isoflavones), as described in reference 2. The flavan-3-ol class includes derived tannins (theaflavins and thearubigins) but excludes condensed tannins (proanthocyanidins; see reference 3) because sufficient data are not yet available for the full range of survey foods/beverages. Also included with the flavan-3-ols is a subtotal for catechins, which is calculated as the sum of (-)-epicatechin, (-)-epicatechin 3-gallate, (-)-epigallocatechin, (-)-epigallocatechin 3-gallate, (+)-catechin, and (+)-gallocatechin. The anthocyanidins, flavanones, flavones, flavonols, and isoflavones included in the database are presented as their aglycone forms (without sugars); flavan-3-ols are presented 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>.

^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>) 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 2010. <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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