

**Table 4a. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – overall total<sup>c</sup> and anthocyanidins**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold 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>Under 131% poverty:</b>													
2 - 5.....	817	59.53	(4.03)	6.78	(0.78)	1.22	(0.13)	0.58	(0.09)	2.91	(0.39)	0.90	(0.20)
6 - 11.....	964	75.65	(8.71)	5.79	(0.49)	1.39	(0.26)	0.48	(0.05)	2.36	(0.25)	0.78	(0.13)
12 - 19.....	953	146.60	(16.49)	5.68	(0.90)	1.21	(0.20)	0.53*	(0.17)	1.90	(0.35)	1.02	(0.27)
20 and over...	3,261	214.24	(13.39)	8.58	(1.39)	2.08	(0.44)	1.71*	(0.97)	2.44	(0.25)	0.97	(0.10)
2 and over...	5,995	176.07	(9.16)	7.69	(0.92)	1.80	(0.29)	1.31*	(0.62)	2.39	(0.19)	0.95	(0.10)
<b>131-350% poverty:</b>													
2 - 5.....	500	64.60	(5.77)	10.85	(1.24)	2.25	(0.34)	0.98	(0.22)	4.16	(0.65)	1.82*	(0.83)
6 - 11.....	746	86.44	(12.00)	7.52	(1.02)	1.61	(0.29)	0.68	(0.13)	2.91	(0.54)	1.32	(0.32)
12 - 19.....	775	188.50	(50.63)	4.40	(0.51)	0.90	(0.15)	0.32	(0.06)	1.47	(0.23)	1.16*	(0.36)
20 and over...	3,888	235.77	(17.90)	10.94	(1.51)	2.01	(0.17)	1.30	(0.35)	3.88	(0.71)	1.34	(0.25)
2 and over...	5,909	207.91	(15.79)	9.95	(1.18)	1.87	(0.13)	1.12	(0.27)	3.56	(0.58)	1.35	(0.26)
<b>Over 350% poverty:</b>													
2 - 5.....	247	53.56	(4.42)	13.74	(1.84)	3.01	(0.73)	1.27	(0.32)	5.16	(1.00)	2.44*	(0.88)
6 - 11.....	405	79.92	(12.15)	15.36	(2.54)	2.14	(0.25)	1.65	(0.49)	6.18	(1.54)	2.84	(0.71)
12 - 19.....	471	130.60	(16.68)	7.04	(0.85)	1.35	(0.24)	0.55	(0.08)	2.45	(0.29)	1.82*	(0.56)
20 and over...	3,014	268.11	(16.39)	16.22	(1.02)	3.02	(0.23)	1.85	(0.18)	5.93	(0.53)	2.00	(0.19)
2 and over...	4,137	234.64	(13.43)	15.19	(0.95)	2.80	(0.19)	1.69	(0.18)	5.58	(0.50)	2.05	(0.23)
<b>All individuals:</b>													
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 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4a. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – overall total<sup>c</sup> and anthocyanidins – continued**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg -----			
<b>Under 131% poverty:</b>				
2 - 5.....	0.75*	(0.28)	0.42	(0.07)
6 - 11.....	0.41	(0.04)	0.37	(0.05)
12 - 19.....	0.69*	(0.29)	0.33*	(0.11)
20 and over...	0.89	(0.25)	0.49	(0.10)
2 and over...	0.79	(0.17)	0.45	(0.07)
<b>131-350% poverty:</b>				
2 - 5.....	0.83	(0.21)	0.80	(0.20)
6 - 11.....	0.52	(0.09)	0.48	(0.10)
12 - 19.....	0.30	(0.03)	0.24	(0.04)
20 and over...	1.37	(0.29)	1.03	(0.30)
2 and over...	1.15	(0.22)	0.89	(0.23)
<b>Over 350% poverty:</b>				
2 - 5.....	0.80	(0.15)	1.06	(0.28)
6 - 11.....	1.18	(0.30)	1.36*	(0.43)
12 - 19.....	0.44	(0.05)	0.43	(0.07)
20 and over...	2.11	(0.30)	1.32	(0.14)
2 and over...	1.84	(0.26)	1.23	(0.14)
<b>All individuals:</b>				
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)

\*, a-f Notes are on page 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4b. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavan-3-ols**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Flavan-3-ols (continued on next page)															
	Total	Catechins														
		Total	(-)-Epicatechin	(-)-Epicatechin 3-gallate	(-)-Epigallocatechin	(-)-Epigallocatechin 3-gallate	(+)-Catechin	(+)-Gallocatechin								
	----- mg -----															
<b>Under 131% poverty:</b>																
2 - 5.....	30.85	(3.50)	19.96	(1.36)	8.81	(0.43)	1.19	(0.23)	1.93	(0.34)	3.16	(0.60)	4.69	(0.18)	0.18	(0.04)
6 - 11.....	47.19	(8.51)	26.11	(3.41)	8.39	(0.54)	2.35	(0.55)	3.70	(0.83)	6.41	(1.44)	4.90	(0.28)	0.35	(0.09)
12 - 19.....	111.37	(15.27)	50.48	(6.33)	8.81	(0.78)	6.75	(1.00)	10.27	(1.51)	18.25	(2.71)	5.35	(0.47)	1.05	(0.16)
20 and over...	173.54	(13.37)	73.06	(4.96)	9.37	(0.38)	10.79	(0.87)	16.27	(1.29)	28.10	(2.21)	6.73	(0.19)	1.80	(0.14)
2 and over...	138.53	(9.16)	60.12	(3.38)	9.13	(0.32)	8.46	(0.59)	12.81	(0.87)	22.18	(1.48)	6.15	(0.17)	1.39	(0.10)
<b>131-350% poverty:</b>																
2 - 5.....	34.51	(4.98)	22.95	(1.94)	10.08	(0.71)	1.25	(0.31)	2.07	(0.47)	3.49	(0.91)	5.89	(0.34)	0.17	(0.04)
6 - 11.....	60.36	(11.98)	29.84	(4.50)	7.60	(0.54)	3.29	(0.79)	5.03	(1.16)	8.60	(2.01)	4.81	(0.28)	0.51	(0.13)
12 - 19.....	157.95*	(48.78)	66.64	(18.56)	9.24	(1.50)	9.91*	(3.19)	14.83*	(4.69)	25.56*	(7.98)	5.53	(0.81)	1.57*	(0.52)
20 and over...	189.84	(17.24)	80.04	(6.52)	10.09	(0.47)	11.68	(1.11)	17.73	(1.65)	30.96	(2.88)	7.68	(0.31)	1.88	(0.17)
2 and over...	166.23	(15.18)	70.96	(5.74)	9.79	(0.42)	10.16	(0.99)	15.42	(1.45)	26.86	(2.54)	7.11	(0.27)	1.63	(0.16)
<b>Over 350% poverty:</b>																
2 - 5.....	20.22	(2.68)	17.29	(1.55)	9.19	(0.63)	0.40*	(0.14)	0.86	(0.23)	1.11*	(0.39)	5.67	(0.46)	0.06*	(0.02)
6 - 11.....	43.79	(10.30)	24.81	(3.87)	8.07	(0.51)	2.16*	(0.66)	3.46	(0.98)	5.72	(1.65)	5.07	(0.26)	0.33*	(0.11)
12 - 19.....	99.93	(15.48)	44.92	(6.08)	7.83	(0.59)	5.95	(1.01)	9.05	(1.49)	16.09	(2.67)	5.11	(0.40)	0.89	(0.16)
20 and over...	213.16	(15.73)	90.75	(6.10)	11.84	(0.45)	13.11	(1.04)	19.93	(1.54)	34.45	(2.68)	9.28	(0.40)	2.14	(0.17)
2 and over...	184.05	(12.79)	79.31	(4.94)	11.11	(0.37)	11.24	(0.84)	17.10	(1.25)	29.57	(2.17)	8.47	(0.35)	1.83	(0.14)
<b>All individuals:</b>																
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)

\*, a-f Notes are on page 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4b. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavan-3-ols – continued**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

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 -----									
<b>Under 131% poverty:</b>										
2 - 5.....	0.18	(0.04)	0.19	(0.04)	0.16	(0.04)	0.14	(0.03)	10.23	(2.08)
6 - 11.....	0.33	(0.09)	0.36	(0.10)	0.31	(0.08)	0.26	(0.07)	19.82	(4.82)
12 - 19.....	0.97	(0.15)	1.07	(0.17)	0.91	(0.14)	0.77	(0.12)	57.18	(8.42)
20 and over...	1.67	(0.15)	1.84	(0.16)	1.57	(0.14)	1.33	(0.12)	94.06	(7.88)
2 and over...	1.29	(0.10)	1.43	(0.11)	1.22	(0.10)	1.03	(0.08)	73.44	(5.42)
<b>131-350% poverty:</b>										
2 - 5.....	0.17	(0.04)	0.19	(0.05)	0.15	(0.04)	0.14	(0.04)	10.92	(3.08)
6 - 11.....	0.50	(0.13)	0.55	(0.14)	0.47	(0.12)	0.40	(0.10)	28.60	(7.03)
12 - 19.....	1.56*	(0.53)	1.72*	(0.59)	1.47*	(0.50)	1.24*	(0.42)	85.32*	(28.21)
20 and over...	1.76	(0.18)	1.95	(0.20)	1.64	(0.17)	1.41	(0.14)	103.03	(10.06)
2 and over...	1.54	(0.16)	1.70	(0.18)	1.44	(0.15)	1.23	(0.13)	89.36	(8.84)
<b>Over 350% poverty:</b>										
2 - 5.....	0.04*	(0.02)	0.05*	(0.02)	0.04*	(0.02)	0.03*	(0.02)	2.77*	(1.17)
6 - 11.....	0.31*	(0.11)	0.34*	(0.13)	0.29*	(0.11)	0.25*	(0.09)	17.79*	(6.04)
12 - 19.....	0.86	(0.16)	0.95	(0.17)	0.79	(0.15)	0.69	(0.12)	51.71	(8.86)
20 and over...	2.00	(0.17)	2.21	(0.18)	1.87	(0.16)	1.60	(0.13)	114.73	(9.02)
2 and over...	1.71	(0.14)	1.89	(0.15)	1.60	(0.13)	1.36	(0.11)	98.18	(7.34)
<b>All individuals:</b>										
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)

\*, a-f Notes are on page 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4c. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavanones**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
	----- mg -----							
<b>Under 131% poverty:</b>								
2 - 5.....	14.84	(1.44)	0.17	(0.02)	11.28	(1.15)	3.40	(0.37)
6 - 11.....	13.86	(1.22)	0.19	(0.02)	10.82	(1.00)	2.85	(0.31)
12 - 19.....	16.77	(2.53)	0.24	(0.03)	12.80	(1.96)	3.73	(0.64)
20 and over...	12.71	(0.78)	0.16	(0.01)	9.43	(0.65)	3.11	(0.21)
2 and over...	13.61	(0.74)	0.18	(0.01)	10.23	(0.58)	3.20	(0.20)
<b>131-350% poverty:</b>								
2 - 5.....	11.25	(1.44)	0.13	(0.02)	8.85	(1.14)	2.28	(0.34)
6 - 11.....	10.35	(0.91)	0.14	(0.02)	8.23	(0.74)	1.98	(0.19)
12 - 19.....	11.81	(1.59)	0.31	(0.08)	9.35	(1.37)	2.16	(0.27)
20 and over...	13.74	(0.92)	0.20	(0.02)	10.10	(0.73)	3.43	(0.26)
2 and over...	13.10	(0.76)	0.21	(0.02)	9.79	(0.60)	3.11	(0.21)
<b>Over 350% poverty:</b>								
2 - 5.....	11.25	(1.35)	0.11	(0.02)	8.92	(1.16)	2.23	(0.26)
6 - 11.....	11.09	(1.92)	0.12	(0.02)	8.72	(1.58)	2.25	(0.41)
12 - 19.....	9.89	(1.24)	0.19	(0.03)	7.69	(1.03)	2.02	(0.33)
20 and over...	13.45	(0.76)	0.22	(0.01)	9.56	(0.58)	3.67	(0.26)
2 and over...	12.88	(0.66)	0.21	(0.01)	9.30	(0.49)	3.37	(0.23)
<b>All individuals:</b>								
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)

<sup>a-f</sup> Notes are on page 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4d. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavones**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg -----					
<b>Under 131% poverty:</b>						
2 - 5.....	0.28	(0.03)	0.04	(#)	0.25	(0.03)
6 - 11.....	0.33	(0.04)	0.06	(0.01)	0.28	(0.04)
12 - 19.....	0.51	(0.05)	0.11	(0.01)	0.40	(0.05)
20 and over...	0.73	(0.04)	0.16	(0.01)	0.56	(0.03)
2 and over...	0.62	(0.03)	0.13	(0.01)	0.48	(0.03)
<b>131-350% poverty:</b>						
2 - 5.....	0.31	(0.04)	0.03	(#)	0.28	(0.04)
6 - 11.....	0.33	(0.03)	0.05	(0.01)	0.28	(0.03)
12 - 19.....	0.50	(0.06)	0.13	(0.02)	0.37	(0.04)
20 and over...	0.78	(0.04)	0.21	(0.01)	0.57	(0.03)
2 and over...	0.68	(0.03)	0.17	(0.01)	0.51	(0.03)
<b>Over 350% poverty:</b>						
2 - 5.....	0.50	(0.08)	0.08*	(0.04)	0.42	(0.06)
6 - 11.....	0.42	(0.04)	0.05	(0.01)	0.37	(0.04)
12 - 19.....	0.69	(0.09)	0.11	(0.01)	0.58	(0.10)
20 and over...	1.15	(0.09)	0.32	(0.07)	0.83	(0.05)
2 and over...	1.03	(0.08)	0.27	(0.05)	0.76	(0.04)
<b>All individuals:</b>						
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 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4e. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – flavonols**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Flavonols									
	Total		Isorhamnetin		Kaempferol		Myricetin		Quercetin	
----- mg -----										
<b>Under 131% poverty:</b>										
2 - 5.....	6.43	(0.25)	0.24	(0.03)	0.98	(0.06)	0.34	(0.03)	4.88	(0.20)
6 - 11.....	8.05	(0.45)	0.32	(0.02)	1.34	(0.11)	0.46	(0.05)	5.93	(0.31)
12 - 19.....	11.94	(0.84)	0.43	(0.03)	2.64	(0.27)	0.87	(0.09)	8.00	(0.53)
20 and over...	17.54	(0.52)	0.78	(0.03)	4.58	(0.21)	1.37	(0.07)	10.81	(0.30)
2 and over...	14.74	(0.38)	0.63	(0.02)	3.64	(0.14)	1.11	(0.05)	9.36	(0.23)
<b>131-350% poverty:</b>										
2 - 5.....	6.99	(0.44)	0.23	(0.02)	1.08	(0.11)	0.39	(0.06)	5.29	(0.31)
6 - 11.....	7.58	(0.51)	0.25	(0.03)	1.40	(0.15)	0.49	(0.07)	5.43	(0.32)
12 - 19.....	13.11	(2.07)	0.47	(0.05)	2.99	(0.59)	1.04	(0.25)	8.62	(1.25)
20 and over...	18.94	(0.75)	0.83	(0.05)	4.80	(0.22)	1.55	(0.10)	11.76	(0.45)
2 and over...	16.65	(0.65)	0.71	(0.04)	4.10	(0.19)	1.34	(0.09)	10.51	(0.38)
<b>Over 350% poverty:</b>										
2 - 5.....	5.94	(0.41)	0.21	(0.03)	0.88	(0.08)	0.25	(0.03)	4.60	(0.33)
6 - 11.....	7.89	(0.67)	0.30	(0.04)	1.35	(0.14)	0.49	(0.07)	5.74	(0.47)
12 - 19.....	11.85	(0.73)	0.53	(0.07)	2.47	(0.21)	0.81	(0.10)	8.04	(0.45)
20 and over...	21.90	(0.73)	1.05	(0.05)	5.44	(0.23)	1.76	(0.09)	13.65	(0.42)
2 and over...	19.42	(0.64)	0.92	(0.05)	4.72	(0.20)	1.53	(0.07)	12.26	(0.37)
<b>All individuals:</b>										
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)

<sup>a-f</sup> Notes are on page 39.

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 as % of Federal poverty threshold and age, in the United States, What We Eat in America, NHANES 2007-2010. <http://www.ars.usda.gov/nea/bhnrc/fsrg>.

**Table 4f. Flavonoids<sup>a</sup> from food and beverages<sup>b</sup> – isoflavones**

Mean daily intake (standard error) per individual, by family income as % of Federal poverty threshold<sup>d</sup> and age, in the United States,<sup>e</sup> What We Eat in America, NHANES 2007-2010<sup>f</sup>

Family income as % of Federal poverty threshold and age (years)	Isoflavones							
	Total		Daidzein		Genistein		Glycitein	
	----- mg -----							
<b>Under 131% poverty:</b>								
2 - 5.....	0.33	(0.09)	0.14	(0.04)	0.18	(0.05)	0.02	(#)
6 - 11.....	0.43*	(0.18)	0.18*	(0.08)	0.23*	(0.09)	0.02	(0.01)
12 - 19.....	0.33	(0.06)	0.13	(0.02)	0.18	(0.03)	0.02	(#)
20 and over...	1.15	(0.33)	0.43	(0.11)	0.63*	(0.19)	0.09*	(0.03)
2 and over...	0.88	(0.21)	0.34	(0.07)	0.48	(0.12)	0.07	(0.02)
<b>131-350% poverty:</b>								
2 - 5.....	0.68*	(0.21)	0.28*	(0.09)	0.36*	(0.11)	0.04*	(0.01)
6 - 11.....	0.30	(0.06)	0.11	(0.02)	0.16	(0.03)	0.02	(#)
12 - 19.....	0.72	(0.17)	0.30	(0.08)	0.37	(0.08)	0.05	(0.01)
20 and over...	1.53	(0.23)	0.58	(0.08)	0.84	(0.13)	0.11	(0.02)
2 and over...	1.29	(0.18)	0.49	(0.06)	0.70	(0.10)	0.09	(0.01)
<b>Over 350% poverty:</b>								
2 - 5.....	1.91	(0.43)	0.81	(0.18)	1.01	(0.22)	0.09	(0.02)
6 - 11.....	1.38*	(0.53)	0.61*	(0.24)	0.70*	(0.27)	0.07*	(0.03)
12 - 19.....	1.20*	(0.39)	0.45*	(0.15)	0.65*	(0.22)	0.09*	(0.03)
20 and over...	2.23	(0.31)	0.85	(0.11)	1.21	(0.18)	0.17	(0.03)
2 and over...	2.07	(0.28)	0.79	(0.10)	1.12	(0.15)	0.16	(0.02)
<b>All individuals:</b>								
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 39.

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 as % of Federal poverty threshold 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.

<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 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.

<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 4a through 4f.

<sup>d</sup> Percent of poverty level is based on family income, family size and composition using the U.S. Census Bureau's annual poverty thresholds that are documented in reference 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://www.nchs.gov/nhanes/search/DataPage.aspx?Component=Demographics>.

<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://www.nchs.gov/nhanes/search/DataPage.aspx?Component=Dietary>) 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 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.

## REFERENCES

1. Sebastian RS, Wilkinson Enns C, Goldman JD, Steinfeldt LC, Martin CL, Moshfegh AJ. 2016. *Flavonoid Values for USDA Survey Foods and Beverages 2007-2010*: [documentation]. Beltsville, MD: U.S. Department of Agriculture, Food Surveys Research Group. [https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/fndds/FlavonoidDB\\_documentation\\_0710.pdf](https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/fndds/FlavonoidDB_documentation_0710.pdf). Accessed September, 2016.
2. Bhagwat S, Haytowitz DB, Wasswa-Kintu S. 2015 (Dec). *USDA's Expanded Flavonoid Database for the Assessment of Dietary Intakes, Release 1.1: Documentation and User Guide* [documentation]. Beltsville, MD: U.S. Department of Agriculture, Nutrient Data Laboratory. [https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Flav/FDB-EXP\\_R01-1\\_Doc.pdf](https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Flav/FDB-EXP_R01-1_Doc.pdf). Accessed June 14, 2016.
3. Bhagwat S, Haytowitz D. 2015 (Sep; slightly revised Dec). *USDA Database for the Proanthocyanidin Content of Selected Foods, Release 2* [documentation]. Beltsville, MD: U.S. Department of Agriculture, Nutrient Data Laboratory. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/PA/PA02.pdf>. Accessed June 14, 2016.
4. Bhagwat S, Haytowitz DB. 2015 (Sep; slightly revised Nov). *USDA Database for the Flavonoid Content of Selected Foods, Release 3.2* [documentation]. Beltsville, MD: U.S. Department of Agriculture, Nutrient Data Laboratory. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Flav/Flav3.2.pdf>. Accessed June 14, 2016.
5. US Census Bureau. *Poverty thresholds*. <http://www.census.gov/hhes/www/poverty/data/threshld/index.html>. Accessed June 15, 2016.

THIS PAGE IS INTENTIONALLY BLANK