

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018

Race/ethnicity and age (years)	Sample size	Total flavonoids	Anthocyanidins (continued on next page)				
			Total	Cyanidin	Delphinidin	Malvidin	Pelargonidin
		<i>n</i>	----- <i>mg (standard error)</i> -----				
<b>Non-Hispanic White:</b>							
2 - 5.....	212	81.94 (13.41)	15.46 (2.80)	3.29* (1.06)	1.41 (0.41)	4.93 (1.08)	2.55 (0.38)
6 - 11.....	254	83.75 (10.51)	18.08 (4.23)	2.21 (0.34)	2.03 (0.60)	4.70 (1.17)	3.65* (1.76)
12 - 19.....	331	87.58 (13.46)	6.71 (1.10)	1.08 (0.17)	0.71 (0.12)	2.48 (0.67)	1.04* (0.39)
20 and over...	1,694	247.59 (20.01)	15.24 (1.93)	2.59 (0.49)	1.82 (0.34)	5.27 (0.75)	1.58 (0.27)
2 and over...	2,491	214.50 (16.68)	14.66 (1.79)	2.46 (0.40)	1.72 (0.28)	4.96 (0.69)	1.72 (0.23)
<b>Non-Hispanic Black:</b>							
2 - 5.....	113	52.80 (6.34)	6.14* (1.88)	0.96 (0.17)	0.39 (0.10)	2.30* (0.85)	1.86* (0.70)
6 - 11.....	186	60.62 (8.79)	7.01 (1.07)	1.58* (0.58)	0.38 (0.09)	2.01 (0.55)	1.87* (0.62)
12 - 19.....	232	80.10 (9.31)	9.89 (2.35)	1.94* (0.92)	0.65 (0.15)	5.37* (2.13)	0.83 (0.23)
20 and over...	1,128	135.96 (10.78)	11.38 (1.55)	1.42 (0.37)	0.99 (0.19)	4.24 (0.87)	1.42 (0.32)
2 and over...	1,659	119.46 (8.06)	10.61 (1.24)	1.47 (0.32)	0.88 (0.16)	4.10 (0.67)	1.41 (0.27)
<b>Non-Hispanic Asian<sup>1</sup>:</b>							
2 - 5.....	49	52.08* (11.21)	10.79* (2.32)	1.60* (0.29)	1.13* (0.44)	5.18* (1.19)	1.43* (0.70)
6 - 11.....	70	79.19* (11.36)	11.84* (3.67)	2.19* (0.64)	1.80* (0.88)	2.81* (1.18)	2.99* (1.41)
12 - 19.....	117	113.59 (18.41)	8.67 (1.45)	1.53 (0.30)	1.45* (0.61)	3.01 (0.80)	1.46* (0.59)
20 and over...	626	282.56 (27.58)	18.62 (3.65)	3.41 (0.96)	2.75 (0.50)	6.84 (1.69)	1.64 (0.33)
2 and over...	862	245.08 (23.39)	16.97 (2.94)	3.09 (0.79)	2.50 (0.37)	6.18 (1.34)	1.70 (0.30)
<b>Hispanic:</b>							
2 - 5.....	107	64.80 (13.16)	10.35 (2.09)	1.94* (0.60)	0.98 (0.29)	3.75 (0.82)	2.34 (0.59)
6 - 11.....	199	54.39 (4.73)	6.90 (0.96)	1.92 (0.23)	0.51 (0.14)	2.11 (0.50)	1.26 (0.33)
12 - 19.....	270	70.94 (4.96)	7.32 (1.76)	0.97 (0.10)	1.18* (0.37)	2.53 (0.62)	1.43* (0.46)
20 and over...	1,058	123.73 (11.60)	14.70 (1.76)	2.90 (0.59)	1.79 (0.29)	4.15 (0.68)	2.15 (0.31)
2 and over...	1,634	104.36 (8.76)	12.48 (1.28)	2.44 (0.42)	1.51 (0.21)	3.67 (0.46)	1.96 (0.21)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Anthocyanidins – continued			
	Peonidin		Petunidin	
	----- mg (standard error) -----			
<b>Non-Hispanic White:</b>				
2 - 5.....	2.14	(0.57)	1.14 *	(0.35)
6 - 11.....	3.84 *	(1.84)	1.65 *	(0.53)
12 - 19.....	0.90 *	(0.29)	0.51	(0.08)
20 and over...	2.61	(0.38)	1.36	(0.25)
2 and over...	2.52	(0.34)	1.29	(0.21)
<b>Non-Hispanic Black:</b>				
2 - 5.....	0.35 *	(0.15)	0.28	(0.08)
6 - 11.....	0.90 *	(0.66)	0.26	(0.07)
12 - 19.....	0.59 *	(0.25)	0.51	(0.11)
20 and over...	2.64	(0.73)	0.66	(0.13)
2 and over...	2.16	(0.56)	0.60	(0.10)
<b>Non-Hispanic Asian<sup>1</sup>:</b>				
2 - 5.....	0.62 *	(0.22)	0.83 *	(0.38)
6 - 11.....	1.38 *	(0.93)	0.66 *	(0.40)
12 - 19.....	0.51 *	(0.19)	0.70	(0.18)
20 and over...	2.43 *	(0.75)	1.56	(0.37)
2 and over...	2.11	(0.62)	1.40	(0.30)
<b>Hispanic:</b>				
2 - 5.....	0.63	(0.16)	0.71 *	(0.26)
6 - 11.....	0.74 *	(0.26)	0.35 *	(0.11)
12 - 19.....	0.37	(0.11)	0.85	(0.25)
20 and over...	2.38	(0.57)	1.34	(0.24)
2 and over...	1.78	(0.40)	1.12	(0.17)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Flavan-3-ols (continued on next page)															
	Total		Catechins													
			Total		(-)-Epicatechin		(-)-Epicatechin 3-gallate		(-)-Epigallocatechin(-)-Epigallocatechin 3-gallate		(+) -Catechin		(+) -Galocatechin			
----- mg (standard error) -----																
<b>Non-Hispanic White:</b>																
2 - 5.....	46.83	(12.16)	23.67	(3.39)	10.71	(0.93)	1.57*	(0.58)	2.46*	(0.78)	2.61*	(0.92)	6.00	(0.62)	0.32*	(0.12)
6 - 11.....	42.87	(8.16)	20.87	(1.92)	8.73	(0.81)	1.53	(0.41)	2.64	(0.57)	2.93	(0.72)	4.73	(0.45)	0.30	(0.08)
12 - 19.....	60.97	(12.18)	24.36	(5.96)	6.95	(0.73)	2.62*	(0.92)	4.32*	(1.43)	6.33*	(2.85)	3.72	(0.39)	0.43*	(0.13)
20 and over...	200.73	(18.80)	91.15	(11.54)	11.31	(0.77)	13.09	(1.70)	20.89	(2.70)	35.68	(5.88)	8.19	(0.55)	1.98	(0.20)
2 and over...	170.42	(15.41)	77.28	(9.22)	10.71	(0.58)	10.84	(1.37)	17.32	(2.18)	29.31	(4.71)	7.45	(0.45)	1.65	(0.16)
<b>Non-Hispanic Black:</b>																
2 - 5.....	26.89	(3.97)	21.60	(3.16)	11.61	(1.70)	0.86*	(0.33)	1.66*	(0.58)	2.64*	(1.17)	4.73	(0.49)	0.11*	(0.04)
6 - 11.....	35.81	(7.99)	19.64	(3.45)	8.44	(0.97)	1.23*	(0.44)	2.88*	(1.20)	2.71*	(1.05)	4.16	(0.38)	0.20*	(0.08)
12 - 19.....	50.39	(7.12)	24.73	(2.97)	6.44	(0.62)	2.52	(0.40)	3.93	(0.60)	7.38	(1.34)	4.14	(0.50)	0.32	(0.06)
20 and over...	99.15	(10.73)	42.45	(4.45)	7.23	(0.52)	5.55	(0.67)	8.98	(1.07)	14.45	(2.08)	5.36	(0.36)	0.88	(0.11)
2 and over...	84.96	(7.88)	37.55	(3.47)	7.43	(0.45)	4.63	(0.49)	7.55	(0.84)	12.12	(1.61)	5.09	(0.34)	0.73	(0.07)
<b>Non-Hispanic Asian<sup>1</sup>:</b>																
2 - 5.....	20.44*	(6.69)	19.50*	(6.63)	8.55*	(2.04)	0.87*	(0.59)	1.62*	(1.00)	3.27*	(2.34)	5.11*	(0.97)	0.08*	(0.05)
6 - 11.....	40.31*	(9.87)	23.08*	(3.59)	10.73*	(1.54)	1.48*	(0.52)	2.53*	(0.73)	3.11*	(1.17)	4.96*	(0.66)	0.28*	(0.10)
12 - 19.....	78.46	(15.43)	35.58	(8.51)	9.94	(2.18)	3.86	(1.15)	5.85*	(1.79)	10.00*	(3.88)	5.33	(0.77)	0.60	(0.15)
20 and over...	218.88	(27.07)	129.72	(26.28)	13.50	(1.62)	18.08	(3.64)	28.50	(5.87)	57.63	(14.28)	9.75	(0.72)	2.26	(0.31)
2 and over...	186.86	(22.46)	110.00	(21.39)	12.80	(1.33)	15.05	(2.97)	23.72	(4.79)	47.67	(11.62)	8.86	(0.57)	1.90	(0.26)
<b>Hispanic:</b>																
2 - 5.....	31.84*	(10.22)	19.79	(3.06)	10.18	(1.08)	0.75*	(0.53)	1.23*	(0.76)	1.46*	(1.01)	6.04	(0.77)	0.14*	(0.11)
6 - 11.....	23.09	(3.72)	15.87	(1.42)	8.67	(0.84)	0.42*	(0.17)	0.97*	(0.31)	0.89*	(0.31)	4.84	(0.43)	0.07*	(0.04)
12 - 19.....	38.17	(3.14)	21.36	(4.77)	6.62	(0.74)	1.68*	(0.58)	3.09*	(1.00)	5.34*	(2.48)	4.41	(0.41)	0.21	(0.05)
20 and over...	72.66	(10.03)	43.41	(6.72)	8.04	(0.69)	4.72	(0.92)	8.30	(1.59)	14.92	(3.21)	6.77	(0.53)	0.65	(0.11)
2 and over...	59.39	(7.05)	35.54	(4.91)	8.05	(0.49)	3.53	(0.68)	6.25	(1.17)	11.05	(2.37)	6.17	(0.38)	0.49	(0.08)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Flavan-3-ols – continued									
	Theaflavin		Theaflavin-3,3'-digallate		Theaflavin-3'-gallate		Theaflavin-3-gallate		Thearubigins	
----- <i>mg (standard error)</i> -----										
<b>Non-Hispanic White:</b>										
2 - 5.....	0.40*	(0.16)	0.44*	(0.17)	0.38*	(0.15)	0.32*	(0.12)	21.62*	(8.34)
6 - 11.....	0.36	(0.11)	0.40	(0.12)	0.34	(0.10)	0.28	(0.08)	20.62	(6.15)
12 - 19.....	0.47	(0.13)	0.51	(0.14)	0.43	(0.12)	0.35	(0.10)	34.84	(7.11)
20 and over...	1.82	(0.19)	2.00	(0.21)	1.70	(0.18)	1.42	(0.15)	102.64	(9.55)
2 and over...	1.54	(0.16)	1.69	(0.18)	1.44	(0.15)	1.20	(0.13)	87.29	(8.05)
<b>Non-Hispanic Black:</b>										
2 - 5.....	0.08*	(0.05)	0.09*	(0.06)	0.07*	(0.05)	0.06*	(0.04)	4.99*	(2.67)
6 - 11.....	0.26*	(0.11)	0.28*	(0.12)	0.24*	(0.10)	0.20*	(0.08)	15.19*	(5.39)
12 - 19.....	0.30*	(0.09)	0.33*	(0.10)	0.26*	(0.08)	0.24*	(0.08)	24.53	(6.04)
20 and over...	0.85	(0.13)	0.92	(0.14)	0.79	(0.12)	0.64	(0.10)	53.50	(7.83)
2 and over...	0.70	(0.09)	0.76	(0.10)	0.65	(0.09)	0.53	(0.07)	44.77	(5.78)
<b>Non-Hispanic Asian<sup>1</sup>:</b>										
2 - 5.....	0.01*	(0.01)	0.01*	(0.01)	0.01*	(0.01)	0.01*	(0.01)	0.91*	(0.53)
6 - 11.....	0.31*	(0.13)	0.34*	(0.14)	0.30*	(0.12)	0.25*	(0.10)	16.03*	(6.69)
12 - 19.....	0.61	(0.16)	0.67	(0.18)	0.56	(0.15)	0.47	(0.13)	40.57	(9.66)
20 and over...	1.58	(0.11)	1.72	(0.13)	1.47	(0.11)	1.22	(0.09)	83.17	(5.81)
2 and over...	1.35	(0.10)	1.47	(0.11)	1.26	(0.09)	1.04	(0.08)	71.74	(5.10)
<b>Hispanic:</b>										
2 - 5.....	0.17*	(0.13)	0.18*	(0.14)	0.15*	(0.12)	0.13*	(0.10)	11.42*	(7.06)
6 - 11.....	0.09*	(0.05)	0.10*	(0.05)	0.09*	(0.04)	0.07*	(0.04)	6.87*	(2.36)
12 - 19.....	0.16	(0.04)	0.17	(0.05)	0.14*	(0.04)	0.11*	(0.04)	16.24	(3.49)
20 and over...	0.44	(0.08)	0.47	(0.09)	0.40	(0.08)	0.33	(0.06)	27.61	(4.53)
2 and over...	0.34	(0.05)	0.37	(0.06)	0.31	(0.05)	0.26	(0.04)	22.57	(2.94)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Flavanones							
	Total		Eriodictyol		Hesperetin		Naringenin	
----- mg (standard error) -----								
<b>Non-Hispanic White:</b>								
2 - 5.....	11.10*	(5.86)	0.04*	(0.02)	8.91*	(5.05)	2.15*	(0.82)
6 - 11.....	13.38	(3.90)	0.10*	(0.07)	9.21	(2.63)	4.07*	(1.35)
12 - 19.....	7.16	(1.57)	0.19*	(0.15)	4.97	(1.09)	1.99	(0.56)
20 and over...	8.48	(0.81)	0.12	(0.03)	5.68	(0.51)	2.68	(0.34)
2 and over...	8.81	(0.79)	0.12	(0.03)	6.00	(0.52)	2.69	(0.30)
<b>Non-Hispanic Black:</b>								
2 - 5.....	12.60	(3.11)	0.02	(#)	9.22	(2.18)	3.36	(0.99)
6 - 11.....	8.03	(2.30)	0.01	(#)	6.29	(1.66)	1.73*	(0.66)
12 - 19.....	10.08	(2.71)	0.13*	(0.11)	7.33	(1.86)	2.61*	(0.95)
20 and over...	9.15	(0.86)	0.26*	(0.12)	6.49	(0.59)	2.40	(0.29)
2 and over...	9.32	(0.76)	0.21*	(0.09)	6.70	(0.55)	2.41	(0.25)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
2 - 5.....	12.04*	(3.83)	0.02*	(0.01)	8.75*	(2.71)	3.27*	(1.19)
6 - 11.....	14.40*	(6.26)	0.01*	(0.01)	10.20*	(4.24)	4.19*	(2.08)
12 - 19.....	10.67*	(3.69)	0.08	(0.02)	8.84*	(3.11)	1.76*	(0.61)
20 and over...	16.77	(3.49)	0.19*	(0.10)	11.45	(2.24)	5.14	(1.24)
2 and over...	15.87	(3.26)	0.16*	(0.08)	11.02	(2.10)	4.69	(1.16)
<b>Hispanic:</b>								
2 - 5.....	13.72	(2.03)	0.03*	(0.01)	9.25	(1.35)	4.44	(0.75)
6 - 11.....	16.35	(2.06)	0.08*	(0.03)	12.14	(1.45)	4.12	(0.72)
12 - 19.....	14.04	(2.41)	0.21*	(0.10)	10.20	(1.86)	3.64	(0.59)
20 and over...	15.83	(1.73)	0.25	(0.05)	11.05	(1.23)	4.52	(0.61)
2 and over...	15.46	(1.56)	0.21	(0.04)	10.90	(1.13)	4.34	(0.50)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Flavones					
	Total		Apigenin		Luteolin	
	----- mg (standard error) -----					
<b>Non-Hispanic White:</b>						
2 - 5.....	0.51	(0.09)	0.02	(#)	0.50	(0.09)
6 - 11.....	0.44	(0.06)	0.04*	(0.01)	0.40	(0.06)
12 - 19.....	0.49	(0.08)	0.05	(0.01)	0.44	(0.07)
20 and over...	0.90	(0.07)	0.17	(0.01)	0.73	(0.06)
2 and over...	0.81	(0.06)	0.14	(0.01)	0.67	(0.05)
<b>Non-Hispanic Black:</b>						
2 - 5.....	0.25	(0.04)	0.03	(0.01)	0.22	(0.03)
6 - 11.....	0.27	(0.05)	0.04	(0.01)	0.23	(0.05)
12 - 19.....	0.46	(0.08)	0.06	(0.01)	0.40	(0.08)
20 and over...	0.71	(0.04)	0.12	(0.01)	0.59	(0.03)
2 and over...	0.62	(0.03)	0.10	(0.01)	0.52	(0.03)
<b>Non-Hispanic Asian<sup>1</sup>:</b>						
2 - 5.....	0.55*	(0.04)	0.05*	(0.02)	0.50*	(0.04)
6 - 11.....	0.67*	(0.18)	0.07*	(0.03)	0.60*	(0.16)
12 - 19.....	0.89	(0.11)	0.10	(0.02)	0.79	(0.10)
20 and over...	1.48	(0.09)	0.28	(0.04)	1.20	(0.06)
2 and over...	1.34	(0.07)	0.24	(0.04)	1.10	(0.05)
<b>Hispanic:</b>						
2 - 5.....	0.47	(0.10)	0.04*	(0.01)	0.43	(0.11)
6 - 11.....	0.44	(0.05)	0.03	(0.01)	0.41	(0.05)
12 - 19.....	0.52	(0.06)	0.05	(0.01)	0.47	(0.06)
20 and over...	1.11	(0.08)	0.22	(0.06)	0.89	(0.07)
2 and over...	0.90	(0.06)	0.16	(0.04)	0.75	(0.05)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Flavonols									
	Total		Isorhamnetin		Kaempferol		Myricetin		Quercetin	
----- mg (standard error) -----										
<b>Non-Hispanic White:</b>										
2 - 5.....	7.56	(0.71)	0.16	(0.03)	1.63	(0.25)	0.39	(0.06)	5.38	(0.49)
6 - 11.....	7.72	(0.64)	0.19	(0.04)	1.45	(0.22)	0.52	(0.08)	5.56	(0.47)
12 - 19.....	9.73	(1.01)	0.35	(0.05)	2.17	(0.30)	0.90	(0.12)	6.31	(0.64)
20 and over...	19.39	(0.88)	0.87	(0.07)	5.30	(0.27)	1.88	(0.12)	11.33	(0.52)
2 and over...	17.19	(0.78)	0.75	(0.07)	4.59	(0.24)	1.64	(0.10)	10.21	(0.46)
<b>Non-Hispanic Black:</b>										
2 - 5.....	6.60	(0.50)	0.20	(0.05)	1.13	(0.17)	0.32	(0.09)	4.95	(0.33)
6 - 11.....	7.67	(0.66)	0.16	(0.02)	1.76	(0.26)	0.65*	(0.23)	5.10	(0.34)
12 - 19.....	8.83	(0.87)	0.39	(0.10)	1.77	(0.26)	0.69	(0.10)	5.99	(0.63)
20 and over...	14.58	(0.94)	0.78	(0.14)	4.12	(0.36)	1.26	(0.12)	8.41	(0.42)
2 and over...	12.97	(0.79)	0.66	(0.11)	3.52	(0.31)	1.10	(0.11)	7.69	(0.35)
<b>Non-Hispanic Asian<sup>1</sup>:</b>										
2 - 5.....	6.81*	(0.55)	0.26*	(0.07)	1.00*	(0.21)	0.27*	(0.04)	5.28*	(0.54)
6 - 11.....	10.91*	(1.18)	0.64*	(0.12)	1.13*	(0.13)	0.28*	(0.06)	8.85*	(1.06)
12 - 19.....	13.29	(0.95)	0.72	(0.16)	3.18	(0.58)	0.88	(0.16)	8.51	(0.48)
20 and over...	23.27	(1.41)	1.39	(0.15)	5.93	(0.55)	1.76	(0.20)	14.19	(0.74)
2 and over...	20.92	(1.21)	1.24	(0.12)	5.18	(0.49)	1.53	(0.17)	12.97	(0.61)
<b>Hispanic:</b>										
2 - 5.....	7.39	(0.91)	0.29	(0.05)	1.34	(0.36)	0.44	(0.12)	5.32	(0.51)
6 - 11.....	7.26	(0.48)	0.28	(0.05)	1.23	(0.16)	0.42	(0.07)	5.33	(0.39)
12 - 19.....	9.31	(0.49)	0.53	(0.08)	1.82	(0.15)	0.79	(0.09)	6.18	(0.41)
20 and over...	16.10	(0.61)	0.98	(0.05)	3.70	(0.25)	1.29	(0.10)	10.12	(0.34)
2 and over...	13.53	(0.49)	0.79	(0.04)	2.99	(0.17)	1.06	(0.08)	8.69	(0.31)

**Table 2. Flavonoid Intakes from Food and Beverages:** Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, in the United States, 2017-2018 (continued)

Race/ethnicity and age (years)	Isoflavones							
	Total		Daidzein		Genistein		Glycitein	
----- mg (standard error) -----								
<b>Non-Hispanic White:</b>								
2 - 5.....	0.46*	(0.14)	0.20*	(0.06)	0.24*	(0.07)	0.03	(0.01)
6 - 11.....	1.25*	(0.55)	0.45*	(0.19)	0.70*	(0.32)	0.10*	(0.05)
12 - 19.....	2.52*	(1.79)	0.95*	(0.69)	1.35*	(0.94)	0.22*	(0.16)
20 and over...	2.86	(0.61)	1.06	(0.21)	1.56	(0.34)	0.24	(0.06)
2 and over...	2.61	(0.54)	0.97	(0.19)	1.42	(0.30)	0.22	(0.05)
<b>Non-Hispanic Black:</b>								
2 - 5.....	0.33*	(0.14)	0.12*	(0.05)	0.18*	(0.08)	0.03*	(0.01)
6 - 11.....	1.83*	(1.23)	0.71*	(0.47)	0.96*	(0.64)	0.16*	(0.11)
12 - 19.....	0.45	(0.12)	0.17	(0.04)	0.25	(0.07)	0.04	(0.01)
20 and over...	1.00	(0.23)	0.37	(0.09)	0.54	(0.12)	0.08	(0.02)
2 and over...	0.97	(0.19)	0.37	(0.07)	0.52	(0.10)	0.08	(0.02)
<b>Non-Hispanic Asian<sup>1</sup>:</b>								
2 - 5.....	1.45*	(0.95)	0.68*	(0.44)	0.69*	(0.46)	0.08*	(0.05)
6 - 11.....	1.06*	(0.57)	0.46*	(0.25)	0.53*	(0.28)	0.07*	(0.03)
12 - 19.....	1.61*	(0.60)	0.66*	(0.24)	0.85*	(0.33)	0.10*	(0.03)
20 and over...	3.53	(0.77)	1.44	(0.32)	1.82	(0.40)	0.26	(0.05)
2 and over...	3.12	(0.63)	1.28	(0.26)	1.61	(0.33)	0.23	(0.04)
<b>Hispanic:</b>								
2 - 5.....	1.04*	(0.85)	0.39*	(0.33)	0.55*	(0.45)	0.09*	(0.08)
6 - 11.....	0.34	(0.10)	0.14*	(0.04)	0.18	(0.05)	0.02*	(0.01)
12 - 19.....	1.58*	(0.62)	0.58*	(0.23)	0.89*	(0.35)	0.12*	(0.05)
20 and over...	3.34*	(1.15)	1.21*	(0.42)	1.85*	(0.63)	0.28*	(0.10)
2 and over...	2.60	(0.77)	0.94*	(0.29)	1.44	(0.42)	0.22*	(0.07)



### Symbol Legend

\* Indicates an estimate that may be less statistically reliable than estimates that are not flagged. The rules for flagging estimated means are as follows:

**Mean:** An estimated mean is flagged when based on a sample size of less than 30 times the variance inflation factor (VIF), where the VIF represents a broadly calculated average design effect, or when the relative standard error is greater than 30 percent. The VIF used in this table is 2.57.

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

### Footnotes

<sup>1</sup> A new sampling methodology was implemented for NHANES 2011-2012 to oversample non-Hispanic non-black Asians in addition to the ongoing oversample of Hispanics, non-Hispanic blacks, low-income whites/others, and whites/others 80+ years.

<sup>2</sup> Flavonoid Intake Data Files reflect the application of the flavonoid composition values included in the Database of Flavonoid Values for USDA Food Codes 2017-2018 to the WWEIA, NHANES 2017-2018 dietary data.

### Notes Applicable to All Tables in Series: Flavonoid Intakes, *What We Eat in America*, NHANES 2017-2018

Sample weights designed for dietary analysis were used to allow estimates representative of the U. S. population for the years of collection.

The statistics in this table are estimated from Day 1 dietary recall interviews conducted in the *What We Eat in America*, National Health and Nutrition Examination Survey (NHANES) 2017-2018. The 24-hour dietary recalls were conducted in-person, by trained interviewers, using the USDA 5-step Automated Multiple-Pass Method. Food intakes were coded using USDA food codes. A database that provided flavonoid values for all food codes in the 2017-2018 WWEIA, NHANES survey cycle was developed (See: [https://www.ars.usda.gov/ARSDocuments/2017-2018/FlavonoidDB\\_documentation\\_1718.pdf](https://www.ars.usda.gov/ARSDocuments/2017-2018/FlavonoidDB_documentation_1718.pdf)). The USDA Expanded Flavonoid Database for the Assessment of Dietary Intakes, Release 1.1 [https://www.ars.usda.gov/ARSDocuments/2017-2018/Data/Flav/FDB-EXP\\_R01-1\\_Doc.pdf](https://www.ars.usda.gov/ARSDocuments/2017-2018/Data/Flav/FDB-EXP_R01-1_Doc.pdf) provided the basis for the flavonoid values included in the 2017-2018 flavonoid database. The flavonoid database was applied to the dietary intake files to generate the flavonoid intake data files, which were analyzed to provide the estimates presented in this table.

Intake of flavonoids are based on the consumption of food and beverages, including water, and do not include intake from supplements or medications.

The table includes data from individuals 2 years and over. Breast-fed children were excluded because breast milk was not quantified in dietary recall interviews.

### Suggested Citation

U.S. Department of Agriculture, Agricultural Research Service. 2022. Flavonoid Intakes from Food and Beverages: Mean Amounts Consumed per Individual, by Race/Ethnicity and Age, *What We Eat in America*, NHANES 2017-2018.