



Flavonoid Values for USDA Survey Foods and Beverages 2007-2008



This release of the database addendum and associated data files described below makes it possible, for the first time, to calculate nationally representative estimates of flavonoid intakes by people of all ages in the United States and to link flavonoid intakes with other health-related data.

- The ***Provisional Flavonoid Addendum to the USDA Food and Nutrient Database for Dietary Studies (FNDDS), 4.1*** provides the amounts of 29 flavonoids in 6 flavonoid classes present in 100 grams of each of 7,174 foods/beverages in the FNDDS 4.1. The FNDDS 4.1 is the database of foods/beverages, their nutrient values, and weights for typical portions that was used to process data from What We Eat in America (WWEIA), the dietary intake component of the National Health and Nutrition Examination Survey (NHANES) 2007-2008. Flavonoid values in the Addendum are based on the USDA's Expanded Flavonoid Database for the Assessment of Dietary Intakes.

The Provisional Flavonoid Addendum is available in 3 formats – as a Microsoft Access® database, SAS® formatted files, or ASCII delimited text files. Each version of the database is downloadable as a single self-extracting executable PKZip® data file that contains all three tables or data files (Main Food Descriptions, Flavonoid Values, and Flavonoid Descriptions).

- The ***Flavonoid Intake Data Files*** are the result of applying flavonoid values from the Provisional Flavonoid Addendum to day 1 and day 2 dietary data from WWEIA, NHANES 2007-2008. They are available in SAS® format and include:
 - For each food/beverage report, the amounts of 29 individual flavonoids, 6 flavonoid classes, and total flavonoids.
 - For each respondent, the total amounts of 29 individual flavonoids, 6 flavonoid classes, and total flavonoids.

Through the key identifiers, the flavonoid intake data may be analyzed together with the nutrients and dietary components already available from WWEIA and/or other NHANES data.

For more information about the Provisional Flavonoid Addendum and/or the Flavonoid Intake Data files, visit our web site:

www.ars.usda.gov/nea/bhnrc/fsrg

29 Individual Flavonoids in Provisional Flavonoid Addendum and Data Files

<u>Flavonoid class</u>	<u>Flavonoid</u>
<i>Anthocyanidins</i>	1 Cyanidin
	2 Delphinidin
	3 Malvidin
	4 Pelargonidin
	5 Peonidin
	6 Petunidin
<i>Flavan-3-ols</i>	7 (-)-Epicatechin
	8 (-)-Epicatechin 3-gallate
	9 (-)-Epigallocatechin
	10 (-)-Epigallocatechin 3-gallate
	11 (+)-Catechin
	12 (+)-Gallocatechin
	13 Theaflavin
	14 Theaflavin-3,3'-digallate
	15 Theaflavin-3'-gallate
	16 Theaflavin-3-gallate
	17 Thearubigins
<i>Flavanones</i>	18 Eriodictyol
	19 Hesperetin
	20 Naringenin
<i>Flavones</i>	21 Apigenin
	22 Luteolin
<i>Flavonols</i>	23 Isorhamnetin
	24 Kaempferol
	25 Myricetin
	26 Quercetin
<i>Isoflavones</i>	27 Daidzein
	28 Genistein
	29 Glycitein

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