Table 1. Dietary intake of flavonoids (mg/d)\* in the EPIC study.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  | Mean | SD | Median | Percentile 5 | Percentile 95 |
| Total flavonoids | | | 516 | 358 | 418 | 116 | 1,240 |
|  | Anthocyanins | | 40 | 54 | 25 | 3.4 | 117 |
|  | Dihydrochalcones | | 2.4 | 2.6 | 1.7 | 0.11 | 6.4 |
|  | Dihydroflavonols | | 2.6 | 5.1 | 0.54 | <0.01 | 12.8 |
|  | Flavanols | | 379 | 305 | 284 | 63 | 1,019 |
|  |  | Flavan-3-ol monomers | 118 | 159 | 41 | 6.6 | 462 |
|  |  | Proanthocyanidins | 238 | 165 | 203 | 52 | 539 |
|  |  | Theaflavins | 23 | 39 | 1.5 | <0.01 | 106 |
|  | Flavanones | | 40 | 45 | 25 | 1.9 | 119 |
|  | Flavones | | 11.5 | 8.6 | 9.3 | 2.6 | 28 |
|  | Flavonols | | 40 | 34 | 28 | 7.2 | 112 |
|  | Isoflavones | | 1.7 | 9.1 | 0.03 | <0.01 | 7.3 |

\*Intake values are expressed as either flavonoid glycosides or aglycones as found in foods.