USDA’s Flavonoid Database: Flavonoids in Fruit
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Abstract

Food sources of flavonoids are vegetables, fruits, nuts, seeds, roots, and beverages like tea and wine. The USDA Database for the Flavonoid Content of Selected Foods, released in March 2003, contains information on the most prevalent dietary flavonoids. These are organized into five subcategories based on their chemical structure:

- **Flavanones**: Quercetin, Kaempferol, Myricetin, Isorhamnetin
- **Flavones**: Apigenin, Luteolin, and Banzo
- **Flavanones**: Hesperetin, Naringenin, and Eriodictyol
- **Flavonols**: Quercetin, Kaempferol, Myricetin, and Isoflavones
- **Flavan-3-ols**: Catechin, Gallocatechin, Epicatechin, Epicatechin 3-gallate, Epigallocatechin, Epigallocatechin 3-gallate, Theaflavin, Theaflavin-3,3'-digallate, Theaflavin-3-gallate, Thearubigins

Introduction

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Summary

- **Anthocyanidins** are particularly high in blackberries, blueberries, cranberries, cherries, and apples. All contain 100 mg/100g. Elderberries are the highest at 749 mg/100g. Cyanidin is the predominant or only anthocyanidin in most fruits. The only other food in the database containing anthocyanidins is peppermint, which contains eriodictyol and 50 mg/100g. Cyanidin is the predominant or only anthocyanidin in most fruits.
- **Citrus** fruits are the only fruits that contain flavanones. The only other food in the database containing flavanones is peppermint, which contains eriodictyol and 50 mg/100g. Cyanidin is the predominant or only anthocyanidin in most fruits.
- **Flavonols** are widely distributed in vegetables and fruits, and are particularly high in onions and tomatoes.
- **Flavan-3-ols** are present in high concentrations in tea and wine.
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