

NCC Flavonoid and Proanthocyanidin Provisional Table Calculation Instructions

To calculate Flavonoid and/or Proanthocyanidin intake for each food record day, follow the steps below for each flavonoid of interest. Note the following files are needed to carry out these steps:

- 1) NCC Flavonoid and Proanthocyanidin Provisional Table (can be [licensed](#) from NCC for a fee): Provides the amount of a Flavonoid and/or Proanthocyanidin for many foods in the NCC Food and Nutrient Database. The amount of Flavonoid and/or Proanthocyanidin are given per 100 grams of each food. The weight unit for the individual Flavonoid and/or Proanthocyanidin is mg.
- 2) Output file 01: Ingredients file

Step 1: Calculate the amount of Flavonoid and/or Proanthocyanidin from each food in output file 01.

For each food in output file 01, multiply the gram amount of the food by the Flavonoid and/or Proanthocyanidin value provided for the food in the **Flavonoid and/or Proanthocyanidin** provisional table. Then divide by 100 (as the Flavonoid and/or Proanthocyanidin values are for 100 grams of the food). The result will be the mg of Flavonoid and/or Proanthocyanidin for the amount of food reported.

Example: 50 g of fruit, blueberries, fresh is reported. The Cyanidin value for 100 grams of fruit, blueberries, fresh 8.46 mg.

$(50 \text{ g} \times 8.46 \text{ mg})/100\text{g} = 4.23 \text{ mg Cyanidin.}$

Step 2: Calculate total daily Flavonoid and/or Proanthocyanidin intake from all foods and beverages from output file 01

After Flavonoid and/or Proanthocyanidin values have been calculated for each food in output file 01, calculate the total daily Flavonoid and/or Proanthocyanidin by summing the Flavonoid and/or Proanthocyanidin amount from each food in a record.