Supplementary table 1. Food composition data on stilbenes. Data extracted from Phenol-Explorer database (5).

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| --- | --- | --- |
| Food | Resveratrol | Resveratrol 3-O-glucoside |
| Red wine | 0.27 (0.31) | 0.62 (0.65) |
| Rosé wine | 0.12 (0.08) | 0.20 (0.12) |
| White wine | 0.04 (0.03) | 0.25 (0.12) |
| Champagne | 0.009 (0.001) | ̶ |
| Juice of green grape | 0.005 (0.002) | 0.11 (0.07) |
| Black grape | 0.15 (0.20) | 0.03 (0.06) |
| Green grape | 0.02 (0.02) | 0.24 (0.42) |
| Bilberry | 0.67 | ̶ |
| Cranberry | 1.92 | ̶ |
| Lingonberry | 3 | ̶ |
| Redcurrant | 1.57 | ̶ |
| Strawberry | 0.35 | ̶ |
| Peanut | 0.08 (0.28) | ̶ |
| Pistachio | 0.11 (0.05) | ̶ |
| Peanut butter | 0.04 (0.02) | 0.01 (0.004) |
| Vinegar | 0.005 (0.005) | ̶ |
| Dark chocolate | 0.04 | 0.10 |
| Lentils | ̶ | 0.09 |
| Beer1 | 0.001 | 0.0002 |
| Apple2 | ̶ | 0.04 |
| Tomato3 | 0.001 | traces |

Mean (standard deviation) in mg/100g or mg/100mL

1Data extracted from (ref 7): Chiva-Blanch G, Urpi-Sarda M, Rotches-Ribalta M et al. Determination of resveratrol and piceid in beer matrices by solid-phase extraction and liquid chromatography-tandem mass spectrometry. J Chromatogr A 2011;1218:698-705.

2Data extracted from (ref 9): Farneti B, Masuero D, Costa F et al. Is there room for improving the nutraceutical composition of apple? J Agric Food Chem 2015;63:2750-9.

3Data extracted from (ref 8): Ragab AS, Van FJ, Jankowski B, Park JH, Bobzin SC. Detection and quantitation of resveratrol in tomato fruit (Lycopersicon esculentum Mill.). J Agric Food Chem 2006;54:7175-9.