**Supplemental Table 2.** Description of the calculations for the estimation of the flavanol content of selected food groups in the EFSA

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Food group** | **Food items in FoodEx** | **Food item in the**  **Combined Flavanol Database** | **Frequency of**  **Consumption in EPIC Norfolk** | **Frequency of consumption in Europe1** | **Total weighing**  **factor** | **(-)-Epicatechin**  **content mg/100g** |
| Non-alcoholic beverages  Tea (infusion) | Black tea, infusion | Tea, standard, average | 94% | 90-100% | 0.95 | 2.13 |
| Green tea, infusion | Tea, green | 1% | 0-5% | 0.02 | 7.36 |
| Fruit tea, infusion | Not in database | - | - | - | - |
| Herbal tea, infusion | Tea, herbal | 3% | - | 0.02 | 0.00 |
| Instant tea powder, infusion | Tea, instant, powder | 0.2% | - | 0.005 | 0.31 |
| Instant tea, liquid | Tea, instant, liquid | 0.9% | - | 0.005 | 0.49 |
| **Total content of (-)-epicatechin in Tea (infusion)** | | | | | | 2.17 |

1Percentages calculated from Food Balance Sheets