Supplementary Table 1: Phytonutrient content of principal fruit and vegetable categories (mg/kg or mg/L)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **-Carotene** | **β-Carotene** | **β-Cryptoxanthin** | **Lycopene** | **Lut&Zea** | **Flavonol** | **Flavanol** | **Flavanone** | **Anthocyanidin** | **Ellagic acid** |
| apple juice |  |  |  |  |  | 4.9 | 589 |  |  |  |
| apples |  |  |  |  |  | 22 | 166 |  | 1.5 |  |
| beans | 1.6 |  |  |  |  | 74 | 438 |  |  |  |
| beans (pulses) |  |  |  |  |  | 273 | 62 |  | 90 |  |
| black tea |  |  |  |  |  | 51 | 421 |  |  |  |
| blackberry |  |  |  |  |  | 131 | 12 |  | 1072 | 437 |
| blackcurrants |  |  |  |  |  | 183 | 12 |  | 3087 |  |
| blueberries |  |  |  |  |  | 150 | 37 |  | 1059 | 14 |
| brassica vegetable |  | 62 |  |  | 13 | 51 |  |  |  |  |
| broccoli |  | 25 |  |  |  | 137 |  |  |  |  |
| carrots | 33 | 70 | 1.8 |  |  | 4.8 |  |  |  |  |
| cherries |  |  |  |  |  | 20 | 47 |  | 539 |  |
| chilli peppers |  |  |  |  |  | 152 |  |  |  |  |
| citrus juice | 1.4 |  | 7.7 |  |  | 2.9 |  | 259 |  |  |
| cranberries |  |  |  |  |  | 225 | 21 |  | 329 |  |
| grapes |  |  |  |  |  | 20 | 40 |  | 239 |  |
| lettuce |  |  |  |  |  | 97 |  |  | 4.9 |  |
| maize |  |  | 1.4 |  | 13 |  |  |  |  |  |
| onions |  |  |  |  |  | 534 |  |  | 11 |  |
| orange/grapefruit |  |  | 1.6 |  | 50 | 3.5 |  | 497 |  |  |
| peas |  | 28 |  |  | 19 |  | 0.1 |  |  |  |
| potatoes |  |  |  |  |  | 0.6 |  |  |  |  |
| raspberry |  |  |  |  |  | 89 | 56 |  | 357 | 337 |
| strawberry |  |  |  |  |  | 52 | 67 |  | 455 | 365 |
| sweet peppers | 22 | 658 | 4.2 | 5 | 54 | 8.1 |  |  |  |  |
| sweet potato\* |  | 84 |  |  |  | 0.5 |  |  | 115 |  |
| tomatoes |  |  |  | 26 |  | 29 |  | 24 |  |  |
| watercress |  |  |  |  |  | 50 |  |  |  |  |
| wine (red+white) |  |  |  |  |  | 28 | 66 | 2.9 | 71 |  |
| **Derived values:** |  |  |  |  |  |  |  |  |  |  |
| Vegetables, other | 12 | 41 | 24 |  | 17 | 54 |  |  |  |  |
| Fruits, other |  | 14 |  |  |  |  |  |  |  |  |
| Berry fruits |  |  |  |  |  |  |  |  |  |  |
| Fruiting vegetables |  |  |  |  |  |  |  |  |  |  |
| Roots, other | 33 | 70 | 1.8 |  |  |  |  |  |  |  |
| Savoury sauces |  |  |  | 150 |  |  |  |  |  |  |
| Bean-based meal |  |  |  | 30 |  |  |  |  |  |  |
| Meat-based meal |  |  |  | 30 |  |  |  |  |  |  |
| Veg-based meal |  |  |  | 30 |  |  |  |  |  |  |

Data taken from HPLC analysis using phenol-explorer version 3, June 2013, except \*USDA version 3.1, 2013. Lut&Zea is for intake of lutein and zeaxanthin combined. The flavonols only include the monomeric forms.