Supplementary Table 2: EFSA FoodEx Level L2\* categories and levels of phytonutrients used for EU (Tier 2) intake estimates (mg/kg)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **EFSA FoodEX Category** | **-Carotene** | **β-Carotene** | **β-Cryptoxanthin** | **Lycopene** | **Lut/Zea** | **Flavonol** | **Flavanol** | **Flavanone** | **Anthocyanidin** | **Ellagic acid** |
| root vegetables | 33 | 70 | 1.8 |  |  |  |  |  |  |  |
| bulb vegetables |  |  |  |  |  | 534 |  |  | 11 |  |
| fruiting vegetables | 22 | 34 | 23 | 26 | 54 | 63 |  | 24 |  |  |
| brassica vegetables | 12 | 25 |  |  | 80 | 51 |  |  |  |  |
| leaf vegetables | 1.4 | 62 |  |  |  | 97 |  |  | 4.9 |  |
| legume vegetable | 1.6 | 28 |  |  | 19 | 74 |  |  |  |  |
| citrus fruit | 1.4 |  | 1.4 |  |  | 3.5 |  | 497 |  |  |
| pome fruit |  |  |  |  |  | 22 | 166 |  | 1.5 |  |
| stone fruit |  |  |  |  |  | 20 | 47 |  | 539 |  |
| berries and small fruit |  | 14 |  |  |  | 138 | 34 |  | 1060 | 192 |
| wine |  |  |  |  |  | 28 | 66 | 2.9 | 71 |  |

\* L2 is the most detailed level of classification in the EFSA Comprehensive Food Consumption database.