**Supplemental data**

**Supplemental Figure 1.** Flowchart of the study design



1Set of census sectors used in the various surveys conducted in the national territory by the Brazilian Institute of Geography and Statistics

2Selection of census sectors carried out using the pre-defined stratification system for the Integrated System of Household Surveys

3 Households selected at random from the pre-defined stratification system. An average loss of 15% was estimated due to possible refusals to answer the survey, and this same proportion was added to the final number of households to minimize possible losses

4 Households selected at random from the pre-defined stratification system

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| **Supplemental Table 1.** Number of individual polyphenols consumed by Brazilian population |
|   | Aglycones, glycosides, and esters1 | Aglycones |
| Phenolic acids |  |  |
|  Hydroxybenzoic acids | 11 | 10 |
|  Hydroxycinnamic acids  | 57 | 17 |
|  Hydroxyphenylacetic acids | 4 | 4 |
|  Hydroxyphenylpropanoic acids | 2 | 2 |
| Flavonoids | 0 | 0 |
|  Flavan3ols | 19 | 13 |
|  Flavones | 14 | 6 |
|  Flavonols | 32 | 3 |
|  Flavanones | 8 | 3 |
|  Anthocyanins | 26 | 6 |
|  Isoflavonoids | 13 | 4 |
| Lignans | 13 | 13 |
| Stilbenes | 9 | 6 |
| Furanocoumarins | 4 | 4 |
| Hydroxybenzaldehydes | 4 | 4 |
| Tyrosols | 13 | 5 |
| Alkylphenols | 6 | 6 |
| Alkylmethoxyphenols | 3 | 3 |
| Hydroxycoumarins | 3 | 3 |
| Phenolic terpenes | 3 | 3 |
| Others polyphenols | 9 | 9 |
| Total | 253 | 124 |
| 1Number of aglycone consumed as such or as the conversion of ester and glycoside forms into aglycone equivalents. |

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| **Supplemental table 2.** Total and polyphenol classes intake (as aglycone equivalents) by socio-demographic characteristics1,2  |
|  | N | Total polyphenols | Phenolic acids | Flavonoids | Lignans | Stilbenes | Other polyphenols3 |
|  | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile |
| **Sex** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Male | 15,700 | 378 | 208-1035 | 163 | 78-280 | 116 | 28-823 | 1.3 | 0.7-1.9 | 0.001 | 0.0-0.002 | 1.9 | 1.1-3.0 |
| Female | 18,303 | 350 | 196-982 | 147 | 76-255 | 123 | 31-816 | 1.0 | 0.5-1.5 | 0.001 | 0.0-0.002 | 1.8 | 1.1-2.7 |
| P |  | 0.0001 | 0.0001 | 0.0707 | 0.0001 | 0.9124 | 0.0001 |
| **Race** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| White | 13,705 | 369 | 206-1090 | 146 | 73-251 | 139 | 35-870 | 1.0 | 0.6-1.8 | 0.001 | 0.0-0.002 | 2.0 | 1.2-3.0 |
| Other | 20,298 | 360 | 195-944 | 162 | 81-287 | 100 | 26-746 | 1.1 | 0.6-1.7 | 0.0004 | 0.0-0.001 | 1.7 | 1.0-2.7 |
| P |  | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0002 | 0.0001 |
| **Age (years)** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10-13 | 3,084 | 325 | 178-924 | 100 | 40-209 | 137 | 38-814 | 0.9 | 0.4-1.4 | 0.001 | 0.0-0.002 | 1.8 | 1.1-2.8 |
| 14-18 | 3,855 | 355 | 192-1042 | 115 | 42-242 | 153 | 41-839 | 1.0 | 0.6-1.6 | 0.001 | 0.0-0.002 | 1.9 | 1.2-2.9 |
| 19-59 | 22,742 | 373 | 204-1024 | 159 | 83-274 | 120 | 29-821 | 1.1 | 0.7-1.8 | 0.001 | 0.0-0.002 | 1.9 | 1.1-2.9 |
| ≥60 | 4,322 | 357 | 208-931 | 181 | 96-286 | 90 | 25-702 | 1.1 | 0.6-1.7 | 0.0004 | 0.0-0.001 | 1.6 | 0.9-2.5 |
| P |  | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0011 | 0.0001 |
| **Brazilian region** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| North | 5,274 | 367 | 190-1045 | 137 | 72-226 | 145 | 32-848 | 0.8 | 0.4-1.4 | 0.001 | 0.0-0.002 | 1.6 | 0.8-2.5 |
| Northeast | 12,615 | 350 | 183-842 | 169 | 88-301 | 79 | 24-591 | 1.0 | 0.6-1.6 | 0.001 | 0.0-0.002 | 1.6 | 0.8-2.7 |
| Midwest | 4,645 | 298 | 163-990 | 116 | 59-210 | 111 | 26-816 | 1.1 | 0.7-1.8 | 0.0004 | 0.0-0.001 | 1.6 | 1.0-2.5 |
| Southeast | 7,302 | 373 | 215-1057 | 160 | 77-264 | 137 | 32-852 | 1.2 | 0.8-1.8 | 0.0004 | 0.0-0.001 | 1.9 | 1.2-2.9 |
| South | 4,167 | 408 | 211-1179 | 143 | 73-257 | 155 | 42-999 | 1.0 | 0.5-2.1 | 0.001 | 0.0-0.002 | 2.3 | 1.5-3.3 |
| P |  | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 |
| **Area** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Urban | 25,753 | 362 | 201-1029 | 150 | 75-258 | 127 | 31-826 | 1.0 | 0.6-1.7 | 0.001 | 0.0-0.002 | 2.0 | 1.2-3.0 |
| Rural | 8,250 | 374 | 198-911 | 182 | 96-311 | 87 | 23-679 | 1.3 | 0.7-2.0 | 0.0004 | 0.0-0.001 | 1.2 | 0.6-2.2 |
| P |  | 0.1038 | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 |
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| **Table 2.** (continued) |
|  | N | Total polyphenols | Phenolic acids | Flavonoids | Lignans | Stilbenes | Other polyphenols3 |
|  | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile | Median | 25-75th percentile |
| **Educational level** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Elementary school | 13,935 | 363 | 205-972 | 180 | 97-283 | 95 | 26-731 | 1.1 | 0.7-1.8 | 0.0004 | 0.0-0.001 | 1.9 | 1.1-2.9 |
| Secondary school | 6,387 | 389 | 208-1141 | 148 | 74-248 | 155 | 38-969 | 1.0 | 0.6-1.7 | 0.001 | 0.0-0.002 | 2.1 | 1.3-3.1 |
| University | 2,028 | 417 | 223-1392 | 127 | 69-215 | 200 | 79-1227 | 0.9 | 0.5-1.8 | 0.001 | 0.0-0.002 | 2.3 | 1.5-3.4 |
| P |  | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 |
| **Personal income** |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Low | 11,335 | 345.8 | 189.5-875.7 | 169.7 | 86.6-287.2 | 82.9 | 23.1-683.3 | 1.1 | 0.7-1.2 | 0.0004 | 0.0001-0.001 | 1.6 | 0.9-2.5 |
| Middle | 11,335 | 362.9 | 200.7-973.7 | 155.2 | 74.9-267.1 | 116.8 | 30.0-810.5 | 1.1 | 0.7-1.7 | 0.001 | 0.0001-0.002 | 1.9 | 1.2-2.9 |
| High | 11,333 | 392.7 | 216.0-1212.5 | 136.5 | 67.8-238.5 | 170.5 | 46.7-1010.8 | 1.0 | 0.5-1.8 | 0.001 | 0.0002-0.002 | 2.1 | 1.4-3.2 |
| P |  | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 | 0.0001 |
| 1Estimates were performed using sample weights to allow population representativeness.2Comparisons across categories were performed by using Kruskal-Wallis test.3Other polyphenols as the sum of alkylphenols, alkylmethoxyphenols, furanocoumarins, hydroxybenzaldehydes, hydroxycoumarins, phenolic terpenes, tyrosols, catechols, pyrogallols and phlorins.  |
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