

Data in brief

Table 1: Food composition databases used for phytochemical analysis of case control studies

Ref	Country (study name)	Population, n, n= (age, y)	Dietary assessment	Food items (group/diet)	Phytochemical(s) addressed	Food composition data source	Quality rating
(Neill et al., 2014)	Australia	5503 women (18-79)	FFQ	Whole diet	Individual isoflavones (daidzein, genistein, glycitein, biochanin A and formononetin), enterolignans (enterolactone, enterodiol and equol), lignans (matairesinol and secoisolariciresinol) and coumestrol	1. UK Food Standards Agency FCDB on phytoestrogens 2010 2. Published literature 3. Published analytical data	Positive
(Iwasaki et al., 2009)	Brazil	850 women (20-74)	FFQ	Soy foods	Isoflavones	Published literature	Positive
(Iwasaki et al., 2010)	Brazil	846 women (20-74)	FFQ	Soy foods	Isoflavones	Published literature	Positive
(Cotterchio et al., 2006)	Canada	2985 (20-74)	FFQ	Whole diet	Lignans, isoflavones and total phytoestrogen	1. Published literature 2. Published analytical data	Positive

(Cotterchio, Boucher, Kreiger, Mills, & Thompson, 2008)	Canada (The Ontario Women's Diet and Health Study)	6493 (25-74)	FFQ	Whole diet	Total isoflavonoids, genistein, daidzein, glycitein, formononetin, coumestrol, total lignans, matairesinol, secoisolariciresinol, Lariciresinol and pinoresinol	Published database	Positive
(Frankenfeld et al., 2004)	China	2315 women (30-64)	FFQ	Soy foods	Daidzein and Genistein	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. Published literature	Positive
(A. H. Lee et al., 2014)	China	1000 women (75+)	FFQ	Whole diet	Daidzein, genistein, glycitein, and total isoflavones	1. U.S. Department of Agriculture--USDA database for the isoflavone content of selected foods, 2008 2. Chinese food composition tables	Positive
(C. Zhang et al., 2010)	China	876 (25-70)	FFQ	Soy foods	Soy isoflavones	Chinese Food Composition Table 2002	Positive
(Zhu, Zhou, Jiao,	China	375 women	FFQ	Soy foods	Soy isoflavones	Chinese Food Composition Table	Positive

& Xu, 2011)		(18+)					
(Y. F. Zhang, Kang, Li, & Zhang, 2012)	China	685 women (18+)	FFQ	Soy foods	Soy isoflavones	Chinese Food Composition Table	Positive
(Liu et al., 2013)	China	1200 (32-73)	FFQ	Whole diet	Total isoflavones, daidzeins, genistein and glyciteins	China Food Composition Table 2004	Positive
(Zamora- Ros et al., 2014)	Eight European countries: Denmark, France, Germany, Italy, The Netherlands, Spain, Sweden, and the United Kingdom	12403 (NS)	FFQ	Whole diet	Flavanols, flavan-3-ols [(+)-catechin, (+)- catechin 3-gallate, (+)-gallocatechin, (-)- epicatechin, (-)-epigallocatechin, (-)- epicatechin-3-gallate, (-)-epigallocatechin- 3-gallate, proanthocyanidins, dimers, trimers, 4-6mers, 7-10mers, theaflavins, flavonols, quercetin, kaempferol, myricetin, isorhamnetin,	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004 3. The Phenol-Explorer database 2009	Positive

(the EPIC– InterAct study)							
(Lagiou et al., 2004)	Greece	899 (18+)	FFQ	Whole diet	Flavones, flavonols, flavan-3-ols, flavanones, anthocyanidins and isoflavones	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 	Positive
(Lagiou et al., 2006)	Greece	200 (18+)	FFQ	Whole diet	Total flavonoids, flavones, flavonols, flavan-3-ols, flavanones, anthocyanidins and isoflavones	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive
(Rossi et al., 2013)	Italy	1362 women (18-79)	FFQ	Whole diet	Flavanols, flavanones, flavonols, anthocyanidins, flavones, isoflavones, and proanthocyanidins	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003 	Positive

						3. Published analytical data	
(Bosetti et al., 2005)	Italy	5157 women (23-74)	FFQ	Whole diet	Flavanones, flavan-3-ols, flavonols, flavones, anthocyanidines and isoflavones	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 3. Published analytical experiments	Positive
(Rossi et al., 2012)	Italy	978 (34-80)	FFQ	Whole diet	Flavonoids, flavanols, flavanones, flavonols, anthocyanidins, flavones, isoflavones, proanthocyanidins, monomers, dimers, trimers, 4–6 mers, 7–10 mers, and >10 mers	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003 3. Published analytical data	Positive
(Rossi, Bosetti, Negri, Lagiou, &	Italy	15672 (18+)	FFQ	Food and beverage	Flavonoids, isoflavones, anthocyanidins, flavanols, flavanones, flavones, and flavonols, proanthocyanidins, monomers, dimers, trimers, 4–6mers, 7–10mers and	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA	Positive

La					>10 mers	Database for the Flavonoid Content of Selected Foods, 2003.	
Vecchia,						3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.	
2010)						4. Published analytical data	
(Rossi et	Italy	3442	FFQ	Whole diet	Total flavonoids and 6 subclasses (flavan-3-ols, flavanones, flavonols, flavones, anthocyanidins and isoflavones)	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive
al., 2008)		women				2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	
		(18-79)				3. Published analytical data	
(Tavani et	Italy	760	FFQ	Whole diet	Total flavonoids, isoflavones, anthocyanidins, flavan-3-ols, flavanones, flavones and flavonols	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive
al., 2006)		(79+)				2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	

						3. Published analytical data	
(Rossi et al., 2006)	Italy	6107 (19-74)	FFQ	Whole diet	Total flavonoids, isoflavones, anthocyanidins, flavan-3-ols, flavanones, flavones and flavonols	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 3. Published literature	Positive
(Rossi et al., 2010)	Italy	6107 (19-74)	FFQ	Food and beverage	Total proanthocyanidins, monomers, dimers, trimers, 4–6, 7–10, and >10 mers	U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.	Positive
(Hirose et al., 2005)	Japan	1021 women (30+)	FFQ	Whole diet	Isoflavones	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive
(Hirayama et al., 2010)	Japan	618 (50–75)	FFQ	Whole diet	Isoflavones, genistein and daidzein	Japanese food composition tables	Positive
(Y. Nagata	Japan	400 men	FFQ	Whole diet	Isoflavones, genistein, daidzein, lycopene,	Japanese Standard Tables of Food Composition, 4th	Positive

et al., 2007)		(59–73)			carotenoids, alpha-carotene, beta-carotene, beta-cryptoxanthin, lutein, zeaxanthin and lycopene	and 5th editions	
(Akhter, Iwasaki, Yamaji, Sasazuki, & Tsugane, 2009)	Japan	1418 (40-79)	FFQ	Soy foods	Total isoflavone	Published literature	Positive
(Z. J. Wang et al., 2013)	Japan (the Fukuoka colorectal cancer study)	1631 (20-74)	FFQ	Whole diet, tea and coffee	Total polyphenols, tea polyphenols, coffee polyphenols and polyphenols other than coffee	1. U.S. Department of Agriculture- USDA database for the oxygen radical absorbance capacity of selected foods, 2010 2. The Phenol-Explorer database 2009 3. Published literature	Positive
(Budhatho ki et al., 2011)	Japan (The Fukuoka Colorectal Cancer Study)	1631 (20–74)	FFQ	Whole diet	Isoflavones	Published literature	Positive

(Nanri et al., 2010)	Japan (the Japan Public Health Center-Based Prospective Study)	59791 (45-75)	FFQ	Whole diet	Daidzein and genistein	Published literature	Positive
(Hernández-Ramírez et al., 2009)	Mexico	725 (20+)	FFQ	Polyphenols contained foods	Polyphenols, total flavonoids, flavonols, flavones, flavanols, phenolic acid/cinnamic acids, total lignans, matairesinol, lariciresinol pinoresinol secoisolariciresinol and coumestrol	Published literature	Positive
(Zamora-Ros, Not, et al., 2013)	Spain (the Bellvitge Colorectal Cancer Study)	825 (18+)	FFQ	Whole diet	Flavonoid and lignans	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002/8 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003/7 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 	Positive

						4. The Phenol-Explorer database 2009	
						5. UK Food Standards Agency FCDB on phytoestrogens 2010	
(Hedelin, Bälter, et al., 2006)	Sweden	2096 (35-79)	FFQ	Whole diet	Total isoflavonoids, genistein, daidzein, formononetin, biochanin A, and equol.	1. Published literature 2. Published analytical data	Positive
(Hedelin, Klint, et al., 2006)	Sweden (the Cancer Prostate Sweden Study)	2629 (35-79)	FFQ	Phytoestrogen-rich food products	Total isoflavonoids, genistein, daidzein, biochanin A, formononetin, coumestrol, total lignans, matairesinol, secoisolariciresinol, enterolactone, lariciresinol, pinoresinol, syringaresinol, medioresinol, enterodiol and equol	Published analytical data	Positive
(Theodoratou et al., 2007)	UK	2912 (16-79)	FFQ	Whole diet	Flavones, flavonols, quercetin, flavan-3-ols, catechins, epicatechin, procyanidins, flavanones, naringenin, hesperetin and phytoestrogens	Published literature	Positive
(Silva et al., 2004)	UK	717 women	FFQ	Whole diet	Genistein, daidzein, matairesinol and secoisolariciresinol	1. Published literature 2. Published analytical data	Positive

		(75+)				3. Unpublished data	
(Heald, Ritchie, Bolton-Smith, Morton, & Alexander, 2007)	UK (The PCANDIET study)	916 (50-74)	FFQ	Whole diet	Isoflavones	Published analytical data	Positive
(Bandera et al., 2009)	US	822 women (21+)	FFQ	Whole diet and supplement	Total isoflavonoids, genistein, daidzein, formononetin, glycitein, total lignans, matairesinol, lariciresinol pinoresinol, secoisolariciresinol, coumestrol, quercetin and total phytoestrogens	Published literature	Positive
(Cui et al., 2008)	US	1395 (18+)	FFQ	Whole diet	Total flavonoids and Flavonoid Compounds	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive
(Gates et al., 2009)	US	2324 women	FFQ	Food and beverage of	Total flavonoids, myricetin, kaempferol, quercetin, luteolin and apigenin	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected	Positive

		(NS)		interest		Foods, 2003.	
						2. Published literature	
						3. Published analytical data	
(Carmichael, Gonzalez-Feliciano, Ma, Shaw, & Cogswell, 2011)	US (The National Birth Defects Prevention)	(n= 6584, reproducti ve age women)	FFQ	Whole diet	Total Isoflavones, genistein, biochanin A, daidzein, glycetin , formononetin, total lignans, lecoisolariciresinol, matairesinol, coumestrol, total phytoestrogens	Published analytical data	Positive
(Fink et al., 2007)	US (the Long Island Breast Cancer Study)	1210 women (25-98)	FFQ	Whole diet	Total flavonoids, flavonols, flavones, flavan-3-ols, flavanones, anthocyanidins, isoflavones, and lignans	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 3. Published literature 4. Published analytical data	Positive

(Park, Murphy, Wilkens, Henderson, & Kolonel, 2008)	US (the Multiethnic Cohort Study)	82483 (45-75)	FFQ	Legume	Genistein, daidzein, glycitein and total isoflavones	Food composition table from the Cancer Research Center of Hawaii for the Multiethnic Cohort Study	Positive
(Carmichael et al., 2013)	US (The National Birth Defects Prevention Study)	4368 women (18+)	FFQ	Whole diet	Total phytoestrogen, total and specific isoflavones, lignans and coumestans	U.S. Department of Agriculture-USDA national nutrient database for standard reference 2007	Positive
(Bandera et al., 2011)	US (the New Jersey Ovarian Cancer Study)	595 women (21+)	FFQ	Whole diet	Total phytoestrogens, isoflavones, daidzein, genistein, formononetin, glycitein, lignans, matairesinol, lariciresinol, pinoresinol, secoisolariciresinol, and coumestrol	Published analytical data based on local food items	Positive

Abbreviations: NS- Not stated, FFQ- Food frequency questionnaire, FCDB- Food Composition Database

Table 2: Food composition databases used for phytochemical analysis of cohort studies

Ref	Country (study name)	Populatio n, n= (age, y)	Dietary assessme nt	Food items (group/diet)	Phytochemical(s) addressed	Food composition data source	Quality rating
(Zamora-Ros et al., 2012)	10 European countries: Denmark, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden, and the United Kingdom (the EPIC	477312 (35-70)	FFQ	Whole diet	Total flavonoids, anthocyanidins, flavonols, flavanones, flavanols, flavan-3- ol monomers, proanthocyanidins, theaflavins, isoflavones and lignans	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture--USDA database for the isoflavone content of selected foods, 2008 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 4. The Phenol-Explorer database 2009 5. UK Food Standards Agency Food Composition Database on phytoestrogens 2010	Positive

	study)						
(Shu et al., 2009)	China (The Shanghai Breast Cancer Survival Study)	5042 women (20-75)	FFQ	Whole diet	Isoflavones	Chinese Food Composition Tables 2002	Positive
(Yang et al., 2009)	China (the Shanghai Women's Health Study)	68412 women (40-70)	FFQ	Soy foods	Isoflavones	China Food Composition Tables 2002	Positive
(Yang et al., 2013)	China (the Shanghai Women's Health Study)	444 women (18+)	FFQ	Whole diet	Isoflavones	Chinese Food Composition Tables	Positive
(Bobe, Weinstein, et al., 2008)	Finland	27111 men (50-69)	FFQ	Whole diet	Total flavonoids, flavonols, kaempferol, myricetin, quercetin, flavan-3-ols, catechin, epicatechin, flavones, apigenin and luteolin	1. Published literature 2. Published analytical data	Positive
(Mursu,	Finland	2590 men	Food	Whole diet	Flavonols, quercetin, kaempferol,	1. U.S. Department of Agriculture- USDA	Positive

Nurmi, et al., 2008)	(The Kuopio Ischaemic Heart Disease Risk Factor Study	(42, 48, 54 or 60)	records		myricetin, isorhamnetin, flavones, luteolin, apigenin, flavanones, hesperitin, naringenin, eriodictyol, flavan-3-ols, (+)- catechin, (+)-catechin 3-gallate, (+)- gallocatechin, (-)-epicatechin, (-)- epigallocatechin, (-)-epicatechin-3-gallate, (-)-epigallocatechin-3-gallate, theaflavin, theaflavin-3-gallate, theaflavin- 30-gallate, theaflavin-3,30-digallate, thearubigins, anthocyanidins, cyanidin, delphinidin, malvidin, pelargonidin, peonidin, petunidin	Database for the Flavonoid Content of Selected Foods, 2003 2. Published literature	
(Mursu, Voutilainen, et al., 2008)	Finland (the Kuopio Ischaemic Heart Disease Risk Factor Study)	1950 men (42-60)	Food records	Whole diet	Total flavonoids, flavonols, flavones, flavanones, flavan-3-ols and anthocyanidins	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003	Positive
(Kesse-	France	2574	24-h	Whole diet	Total polyphenols, flavonoids,	1. The Phenol-Explorer database	Positive

Guyot et al., 2012)	(the SU.VI.MAX study)	(18+)	food records		anthocyanins, dihydrochalcones, dihydroflavonols, catechins, theaflavins, flavanones, flavones, flavonols, proanthocyanidins, stilbene, lignans, hydroxybenzoic acids and hydroxycinnamic acids	2. Published literature	
(Letenneur, Proust-Lima, Le Gouge, Dartigues, & Barberger- Gateau, 2007)	France (the PAQUID: Personnes Age'es Quid: 'what about older persons'')	1640 (65+)	FFQ	Whole diet	Flavonoids	Published analytical data based on local food items	Positive
(Touvier et al., 2013)	France (the SU.VI.MAX Cohort)	13017 women (55+)	FFQ	Whole diet	Total polyphenols, the main groups and subgroups of polyphenols	The Phenol-Explorer database	Positive
(Nagel, Mack, von	Germany (The EPIC-	54 women (45-75)	FFQ	Whole diet	Isoflavones , daidzein, genistein, formononetin, biochanin A, lignans,	Published literature	Neutral

Fournier, & Linseisen, 2005)	Heidelberg)				secoiolariciresinol, matairesinol, enterodiol, enterolacton and coumestrol			
(Akhter et al., 2008)	Japan (The Japan Public Health Center based prospective study)	83063 (45-74)	FFQ	Whole diet	Genistein and daidzein	1. Food composition table for isoflavones in Japanese foods 2. Published literature		Positive
(Kurahashi et al., 2007)	Japan	43509 men (45-74)	FFQ	Miso soup and soy foods	Isoflavones	Food composition table for isoflavones in Japanese foods		Positive
(Oba et al., 2007)	Japan	13894 men (35+)	FFQ	Soy products	Isoflavones	Published literature		Positive
(Hara et al., 2012)	Japan	806550, (45-74)	FFQ	Soy foods	Isoflavones	Food composition table of Japanese foods		Positive
(Wada et al., 2013)	Japan (the Takayama	15607 women	FFQ	Soy foods	Isoflavones	Published literature		Positive

	study)	(35+)					
(Shimazu et al., 2010)	Japan (The Japan Public Health Center-based Prospective Study)	76661 (40-69)	FFQ	Whole diet	Isoflavones, genistein and daizein	Food composition table of Japanese foods 2003	Positive
(C. Nagata, Nakamura, et al., 2008)	Japan	11229 (35-69)	FFQ	Soy foods	Soy isoflavone	Japanese Standard Tables of Food Composition, 4th and 5th editions	Positive
(Hughes et al., 2008)	Netherland (the Netherlands Cohort Study)	4280 (55-69)	FFQ	Whole diet	Total catechins, catechin, epicatechin, epicatechin gallate, gallocatechin, epigallocatechin, epigallocatechin gallate, total flavocol/flavones, quercetin, kaempferol and myricetin	Published analytical data	Positive
(Keinan-Boker, Van Der Schouw,	Netherlands (The EPIC-Dutch portion)	17357 women (50-69)	FFQ	Whole diet	Total isoflavone, daidzein, genistein, biochaninA, formononetin), total lignin, enterolactone	Published literature	Positive

Grobbee, & Peeters, 2004)					and enterodiol		
(Van Der Schouw et al., 2005)	Netherlands (The Dutch Prospect-EPIC cohort)	16165 women (49-70)	FFQ	Whole diet	Isoflavones, daidzein, genistein, formononetin, biochanin A, lignans, secoiolariciresinol, matairesinol, total isoflavones and dietary lignans	Published literature	Positive
(Geybels et al., 2013)	Netherlands (the Netherlands Cohort study)	58279 men (55-69)	FFQ	Whole diet	Lycopene, total catechin, catechin, epicatechin, total flavonol, quercetin, kaempferol, myricetin	1. Published analytical data 2. Published analytical data based on local food items	Positive
(Simons et al., 2009)	Netherlands (the Netherlands Cohort Study)	120852 (55-69)	FFQ	Whole diet	Total flavonol and flavone, quercetin, kaempferol, myricetin, total catechin, (+)-catechin, (+)-galliccatechin, (-)-epicatechin, (-)-epigallocatechin, (-)-epicatechin gallate and (-)-epigallocatechin gallate	1. Published literature 2. Published analytical data based on local food items	Positive
(Devore et	Netherlands	5395	FFQ	Whole diet	Beta-carotene and flavonoids	Dutch Food and Nutrition Table 2006	Positive

al., 2010)	(The Rotterdam Study)	(55+)						
(Milder et al., 2006)	Netherlands (The Zutphen Elderly Study)	570 men (64–84)	Dietary history	Whole diet	Beta-carotene, flavonols and flavones, Catechins, lariciresinol, pinoresinol, secoisolariciresinol and matairesinol	Published literature		Positive
(Hedelin et al., 2008)	Norway	45448 women (30–49)	FFQ	Whole diet	Phytoestrogen, isoflavonoids, lignans, and coumestrol	Published literature		Positive
(Koh et al., 2009)	Singapore (the Singapore Chinese Health Study)	63257 (45–74)	FFQ	Soy foods	Soy isoflavones	Published analytical data based on local food items		Positive
(Mueller et al., 2012)	Singapore (the Singapore Chinese Health Study)	43176 (45–74)	FFQ	Soy foods	Soy isoflavones	Published analytical data based on local food items		Positive

(A. H. Wu, Koh, Wang, Lee, & Yu, 2008)	Singapore (the Singapore Chinese Health Study)	35303 women (45-74)	FFQ	Soy foods	Total soy isoflavone	Analytical data based on local food items (detail not shows)	Positive
(Talaiei, Koh, van Dam, Yuan, & Pan, 2014)	Singapore (The Singapore Chinese Health Study)	63257 (45-74)	FFQ	Soy foods	Soy isoflavones	Singapore Food Composition Database	Positive
(Zamora-Ros, Jiménez, et al., 2013)	Spain (the EPIC study-Spain)	40622 (29-69)	FFQ	Whole diet	Flavonoids and lignans	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002/8 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003/7 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 4. The Phenol-Explorer database 2009 	Positive

						5. UK Food Standards Agency FCDB on phytoestrogens 2010	
(Tresserra-Rimbau, Rimm, Medina-Remón, Martínez-González, de la Torre, et al., 2014)	Spain (the PREDIMED trial)	7172 (55-80)	FFQ	Whole diet	Polyphenol intake (total and main groups)	The Phenol-Explorer database	Positive
(Tresserra-Rimbau, Rimm, Medina-Remón, Martínez-González, López-	Spain (the PREDIMED trial)	7172 (55-80)	FFQ	Whole diet	Polyphenol intake (total and main groups)	The Phenol-Explorer database	Positive

Sabater, et al., 2014)							
(Tresserra-Rimbau et al., 2013)	Spain (The PREDIMED study)	7200 (55-80)	FFQ	Whole diet	Total polyphenol and individual polyphenols	The Phenol-Explorer database	Positive
(Y. Lin, Wolk, Håkansson, Lagergren, & Lu, 2013)	Sweden (the Swedish Mammography Cohort and the Cohort of Swedish Men)	81670 (45-83)	FFQ	Whole diet	Lignans	1. Published literature 2. Published analytical data	Positive
(Hedelin, Lö, Andersson, Adlercreutz, & Weiderpass, 2011)	Sweden	47140 women (30-49)	FFQ	Whole diet	Total isoflavones, total lignans and coumestrol,	Published literature	Positive

(Swann et al., 2013)	UK (the EPIC-Norfolk)	3159 women (75+)	FFQ	Whole diet	Phytoestrogens , isoflavones and lignans	The CAFE computer program	Positive
(Low et al., 2005)	UK (the EPIC -Nutrition-Norfolk study)	125 women (45-75)	Food records	Whole diet	Daidzein, genistein, isoflavone	1. Published analytical data 2. Published literature	Positive
(Low et al., 2006)	UK (the EPIC-Norfolk)	1200 (45–75)	FFQs and 7-day food diaries	Whole diet	Genistein and daidzein	Published analytical data	Positive
(Ward et al., 2010)	UK (the EPIC-Norfolk)	3305 (40-79)	Food records	Whole diet	Isoflavones, genistein, daidzein, glycitein, biochanin A, formononetin, lignans, secoisolariciresinol, matairesinol, enterolignans, equol and enterolactone	1. McCance and Widdowson's the composition of foods, 1991 2. Published analytical data	Positive
(Laurin, Masaki, Foley, White, &	US (the Honolulu-Asia Aging Study)	2459 men (45–68)	24-h recall	Whole diet	Beta-carotene and flavnoids	4. U.S. Department of Agriculture-USDA national nutrient database for standard reference. 5. Canadian Nutrient File, 2001b. 6. Malaysian Foods Composition Database, 2004	Positive

Launer, 2004)						7. Japanese Standard Tables of Food Composition. 5th rev. ed.1992.	
(Dwyer et al., 2008)	US (the Women's Intervention Nutrition Study)	2437 women (48-78)	24-h recall	Whole diet	Total flavonoids, anthocyanins, flavan-3- ols, flavanones, flavones, flavonols, isoflavones and monomeric flavonoids	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive
(Filiberto, Mumford, Pollack, Zhang, Yeung, Schliep, et al., 2013)	US (The BioCycle study)	259 women (18-44)	24-h recall	Whole diet	Total isoflavones, daidzein, genistein, glycitein, biochanin, formononetin.	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002/8	Positive
(Devore, Kang, Breteler, &	US (The Nurses' Health Study)	19415 women (30-55)	FFQ	Whole diet	31 individual flavonoids from 6 major flavonoid subclasses (anthocyanidins, flavonols, flavones, flavanones,	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007	Positive

Grodstein, 2012)					flavan-3-ols, and polymeric flavonoids)	2.	U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004	
						3.	EuroFIR eBASIS	
(Nettleton et al., 2006)	US (The Iowa Women's Health Study)	35816 women (55-69)	FFQ	Whole diet	Beta-carotene and total flavonoid	1.	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive
						2.	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	
						3.	U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.	
(Xiao, Park, Hollenbeck, & Kitahara, 2014)	US (The NIH– AARP Diet and Health Study)	491840 (50-71)	FFQ	Whole diet	Catechins, flavanones, flavonols, anthocyanidins, flavones, isoflavones, and total flavonoids	1.	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002	Positive
						2.	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected	

Foods, 2007							
(Wedick et al., 2012)	US (the Nurses' Health Study, the Nurses' Health Study II, the Health Professionals Follow-Up Study)	3645585 (30-70)	FFQ	Whole diet	Flavonols, flavones, flavanones, flavan-3-ols, anthocyanins and total flavonoids	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007	Positive
(Nöthlings et al., 2008)	US (the Multiethnic Cohort study)	183513 (45-75)	FFQ	Whole diet	Flavonols, quercetin, kaempferol, myricetin	Published analytical data based on local food items	Positive
(Adebamowo et al., 2005)	US (The Nurses Health Study II)	90630 women (26-46)	FFQ	Whole diet	Individual flavonols (kaempferol, quercetin and myricetin)	1. Published literature 2. Published analytical data	Positive

(Caan et al., 2011)	US (the Women's Healthy Eating and Living study)	3088 (18-70)	FFQ	Soy foods	Isoflavone	U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002	Positive
(Greendale et al., 2012)	US (the SWAN Phytoestrogen Study)	2721 women (42-53)	FFQ	Whole diet	Isoflavones and subclass (daidzein, genistein, formononetin, glycyetin) Lignans and subclass (lariciresinol, pinoresinol, secoisolariciresinol, mataricesinol and coumesterol)	Published database	Positive
(Guha et al., 2009)	US (the Life After Cancer Epidemiology study)	1954 women (19-79)	FFQ	Soy foods and supplements	Soy isoflavones	Published literature	Positive
(Chang et al., 2007)	US (the California Teachers Study Cohort)	97275 women (85+)	FFQ	Whole diet	Total beta-carotene, total isoflavones, genistein, daidzein and total isothiocyanates	1. US Department of Agriculture-USDA national nutrient database for standard reference. 2. Published literature	Positive

(Cassidy et al., 2011)	US (the Nurses' Health Study II, the NHS I, and the Health Professionals Follow-Up Study)	156957 (30-75)	FFQ	Whole diet	Total flavonoid, flavanones, eriodictyol, hesperetin, naringenin, anthocyanins, cyanidin, delphinidin, malvidin, pelargonidin, petunidin, peonidin, flavan-3-ols, catechins, epicatechins, flavonoid, proanthocyanidins, theaflavins, thearubigins, flavonols, quercetin, kaempferol, myricetin, isohamnetin, flavones, luteolin and apigenin	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004 3. EuroFIR eBASIS 	Positive
(Y. Wang et al., 2014)	US (the Cancer Prevention Study II Nutrition Cohort)	43268 men (50-74)	FFQ	Whole diet	Total flavonoids and 7 subclasses (Anthocyanidins, Flavanones, Flavones, Flavonols, Isoflavones, Flavan-3-ols or monomers, Proanthocyanidins)	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2007 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004 4. Published analytical data 	Positive

(Cassidy, Huang, Rice, Rimm, & Tworoger, 2014)	US (the Nurses' Health Study and Nurses' Health Study II)	171940 women (25-55)	FFQ	Whole diet	Total flavonoids and their subclasses (flavanones, flavonols, anthocyanins, flavan-3-ols, flavones, and polymeric flavonoids)	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004	Positive
(McCullough et al., 2012)	US (the Cancer Prevention Study II Nutrition Cohort)	98469 (NS)	FFQ	Whole diet	Total flavonoids, anthocyanidin, flavan-3-ols, flavanones, flavones, flavonols, proanthocyanidins and isoflavones	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004 4. Published analytical data	Positive
(Cutler et al., 2008)	US (The Iowa Women's	34708 women (55-69)	FFQ	Whole diet	Total flavonoids, anthocyanidins, flavanones, flavones, flavonols, isoflavones, flavan-3-ols or monomers,	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002.	Positive

	Health Study)				proanthocyanidins	2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	
						3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.	
(Mink et al., 2007)	US (the Iowa Women's Health Study)	3448 women (55–69)	FFQ	Whole diet	Total flavonoids, anthocyanidins, flavanones, flavones, flavonols, isoflavones, flavan-3-ols or monomers and roanthocyanidins)	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004	Positive
(Gates et al., 2007)	US (The Nurses' Health Study)	66940 women (30-55)	FFQ	Whole diet	Total flavonoids, myricetin, kaempferol, quercetin, luteolin and apigenin	1. Published and unpublished data on the flavonoid content of Dutch foods 2. Published analytical data based on local food items	Positive

(L. Wang et al., 2009)	US (the Women's Health Study)	38408 women (45+)	FFQ	Five foods (apple, broccoli, onion, tofu, and tea)	Total flavonoids, quercetin, kaempferol, and myricetin, apigenin and luteolin	1. Published literature 2. Published analytical data	Positive
(Nöthlings, Murphy, Wilkens, Henderson, & Kolonel, 2007)	US (The Multiethnic Cohort Study)	183518 (18+)	FFQ	Whole diet	Total flavonol, quercetin, kaempferol, and myricetin	1. Food composition table from the Cancer Research Center of Hawaii. 2. Published literature	Positive
(J. Lin et al., 2007)	US (the Nurses' Health Study)	66360 women (30-55)	FFQ	Whole diet	Total flavonols and flavones, quercetin, kaempferol and myricetin	Published analytical data	Positive
(Ollberding et al., 2012)	US (the Multiethnic Cohort Study)	46027 women (45-75)	FFQ	Whole diet	Total isoflavones, daidzein, genisterin and glycitein	Food composition tables maintained from the University of Hawaii Cancer Center	Positive

(Bobe et al., 2012)	US (the Polyp Prevention Trial)	1859 (18+)	FFQ	Whole diet	Lignans and proanthocyanidins	1. Published literature 2. Published database	Positive
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Abbreviations: NS- Not specified, FFQ- Food frequency questionnaire, FCDB- Food Composition Database

Table 3: Food composition databases used for phytochemical analysis of cross sectional studies

Ref	Country (study name)	Populatio n (age, y)	Dietary assessme nt	Food items (group/diet)	Phytochemical(s) addressed	Food composition data source	Quality rating
(Zamora- Ros, Forouhi, et al., 2013)	10 European countries: Denmark, France, Germany, Greece, Italy, the Netherlands, Norway, Spain, Sweden, and the United Kingdom. (the EPIC-InterAct study)	455680 (35-70)	FFQ	Whole diet	Flavanols, flavan-3-ol monomers, proanthocyanidins, theaflavins, anthocyanidins, flavonols, flavanones, flavones, and isoflavones	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture--USDA database for the isoflavone content of selected foods, 2008 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 4. The Phenol-Explorer database 2009 5. UK Food Standards Agency Food Composition Database on phytoestrogens 2010	Positive

(Zamora-Ros, Ferrari, et al., 2013)	10 European countries: Denmark, France, Germany, Greece, Italy, The Netherlands, Norway, Spain, Sweden and the United Kingdom. (the EPIC)	334850 (35-70)	FFQ	Whole diet	Total and subclasses of flavonoid and lignan intake	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture--USDA database for the isoflavone content of selected foods, 2008 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 4. The Phenol-Explorer database 2009 5. UK Food Standards Agency Food Composition Database on phytoestrogens 2010 	Positive
(Zamora-Ros, Rothwell, et al., 2013)	10 European countries: Denmark, France, Germany, Greece, Italy,	35628 (35-74)	FFQ	Whole diet	Total flavonoid, anthocyanidins, flavonols, flavanones, flavones, flavan-3-ol monomers, proanthocyanidins, theaflavins, isoflavones	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002/8 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003/7 	Positive

	The Netherlands, Norway, Spain, Sweden and the United Kingdom. (The EPIC)						3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.	
							4. The Phenol-Explorer database 2009	
							5. UK Food Standards Agency FCDB on phytoestrogens 2010	
(Hanna, O'Neill, & Lyons-Wall, 2010)	Australia (The Longitudinal Assessment of Ageing in Women - the Nutrition and Endocrine arm)	511 women (40-80)	FFQ	Whole diet	Isoflavones, total isoflavone, lignans, total phytoestrogens		1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. Published literature	Positive
(Mullie, Clarys, Deriemaeker	Belgium	45 women (18+)	FFQ and food records	Whole diet	Flavonols, quercetin, kaempferol, myricetin, isorhamnetin, flavones, luteolin, apigenin, flavanones, hesperetin, naringenin, eriodictyol,		U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive

, & Hebbelinck, 2008)					flavan-3-ols, (+)-catechin, (+)-gallicocatechin, (–)-epicatechin, (–)-epigallocatechin, theaflavin, thearubigins, anthocyanidins, cyanidin, delphinidin, malvidin, pelargonidin, peonidin, petunidin		
(Hu et al., 2014)	China	1000 (55+)	FFQ	Whole diet	Daidzein, genistein, glycitein, coumestrol, secoisolariciresinol, isoflavone, phytoestrogen	Analytical experiment (LC-MS/MS analysis)	Positive
(S. A. Lee et al., 2007)	China	196 (40-74)	FFQ	Soy and isoflavones- rich food	Isoflavone, daidzein, genistein and glycitein	The Chinese Food Composition Tables	Positive
(X. Zhang et al., 2005)	China (The Shanghai Women's Health Study)	24403 women (40-70)	FFQ	Soy foods	Soy Isoflavone	Published literature	Positive
(Boyapati et al., 2005)	China (The Shanghai Breast Cancer Study)	1459 women (25-64)	FFQ	Soy foods	Total isoflavone	Published literature	Positive

(S. H. Wu et al., 2012)	China (the Shanghai Women's Health Study)	1005 women (40-70)	FFQ and 24-h recall	Whole diet	Isoflavones	Chinese Food Composition Tables 2002	Positive
(Marniemi et al., 2005)	Finland	755 (65-99)	Dietary history	Whole diet	Quercetin, kaempferol, myricetin, apigenin and luteolin	The Nutrica database at the Social Insurance Institution	Positive
(Mursu et al., 2007)	Finland (the Kuopio Ischaemic Heart Disease Risk Factor Study)	1380 men (42, 48, 54, or 60)	Food records	Whole diet	Flavonoids, flavonols, flavones, flavanones, flavan-3-ols and anthocyanidins	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003. 2. Published analytical data based on local food items	Positive
(Nurmi, Mursu, Peñalvo, Poulsen, & Voutilainen,	Finland (The Antioxidant Supplementati on in	100 men (52-65)	Food records	Whole diet	Lariciresinol, inoresinol, secoisolariciresinol, matairesinol, plant lignans, enterodiol, enterolactone, enterolignans, total lignans	1. Published database 2. Analytical experiment (HPLC using coulometric electrode array detection)	Positive

2010)	Atherosclerosis)							
(Brat et al., 2006)	France (the SU.VI.MAX study)	4942 (45-60)	24-h recall	Fruit and vegetables	Total polyphenols	Analytical experiment (The Folin-Ciocalteu method)		Positive
(Pérez-Jiménez et al., 2011)	France (The SU.VI.MAX--French cohort)	4942 (45-60)	Dietary records	Whole diet	Total polyphenol, flavonoids, phenolic acids, glycones, hydroxycinnamic acids, proanthocyanidins, catechins, anthocyanins, flavonols, hydroxybenzoic acids, flavones, flavanones, theaflavins, dihydroflavonols, other polyphenols, individual polyphenols	The Phenol-Explorer database		Positive
(Dilis & Trichopoulos, 2010)	Greece (The EPIC-Greek)	28572 (35–74)	FFQ	Whole diet	Flavones, flavonoles, flavanones, eriodictyal, flavan-3-ols, anthocyanidins, proanthocyanidin and their individual compounds and total phenols	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004.		Positive
(Chan et al.,	Hong Kong	126	FFQ	Whole diet	Isoflavone	Published literature		

2007)		(55-78)						
(Woo et al., 2006)	Hong Kong	3114 (65+)	FFQ	Whole diet	Total isoflavone	1. McCance & Widdowson's: The Composition of Foods, 4th edn, 1978. 2. China Food Composition 2002.	Positive	
(C. Nagata et al., 2006)	Japan	194 women (18+)	Diet records	Soy foods	Soy isoflavones	Japanese Standard Tables of Food Composition, 4th and 5th editions	Positive	
(C. Nagata, Hirokawa, Shimizu, & Shimizu, 2004)	Japan	315 women (18-48)	FFQ	Soy foods	Iosflavone	Published literature	Positive	
(Tanaka et al., 2008)	Japan (The Freshmen in Dietetic Courses Study II)	3956 women (18-22)	FFQ	Soy foods	Isoflavone, daidzein and genistein intake	Published literature	Positive	
(C. Nagata,	Japan	419	FFQ	Soy foods	Soy isoflavone	Japanese Standard Tables of Food	Positive	

Ueno, et al., 2008)		women (NS)				Composition, 4th and 5th editions	
(C. Nagata, Hirokawa, Shimizu, & Shimizu, 2005)	Japan	276 women (19–24)	FFQ	Soy foods	Soy isoflavone	Published literature	Positive
(Tsuji et al., 2012)	Japan	393 women (20-54)	FFQ	Whole diet	Soy isoflavones	Published analytical data based on local food items	Positive
(C. Nagata et al., 2005)	Japan	601 women (19-24)	FFQ	Whole diet	Soy isoflavones	Japanese Standard Tables of Food Composition, 4th and 5th editions	Positive
(Kim, Choi, & Sung, 2007)	Korea	152 (NS)	24-hour recall	Whole diet	Isoflavones, daidzein and genistein	1. Published literature 2. Published analytical data	Positive
(Galvan- Portillo, Wolff,	Mexico	50 women (17-37)	FFQ	Whole diet	Flavonoids: flavonol, flavones and flavanol; Lignans: secoisolariciresinol, matairesinol, lariciresinol and pinoresinol. Cinnamic acid and	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive

Torres-					coumestrol.		2. 1998 Notice plus database	
Sánchez,							3. Published literature	
López-								
Cervantes, &								
López-								
Carrillo,								
2007)								
(Kreijkamp-	Netherlands	301	FFQ	Whole diet	Isoflavone and lignan		Published literature	Positive
Kaspers,		(60–75)						
Kok, Bots,								
Grobbee, &								
Van Der								
Schouw,								
2005)								
(Kreijkamp-	Netherlands	301	FFQ	Whole diet	Isoflavones and lignans		Published literature	Positive
Kaspers et		women						
al., 2007)		(60–75)						
(Vrieling et	Netherlands	386	FFQ	Whole diet	Total phytoestrogens		Published literature	Positive
al., 2004)	(The EPIC	women						

	study-	(49–69)					
	Netherlands)						
(Ilow, Regulska-Ilow, Walkiewicz, Biernat, & Kowalisko, 2008)	Poland	1520 (49 and 50)	FFQ	Fruit, vegetable, tea, wine and chocolate consumption	Total flavonoids and 5 subclasses: flavonols, flavones,flavanones, flavan-3-ols and anthocyanidins	U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive
(Ravasco, Monteiro-Grillo, Marqués Vidal, & Camilo, 2005)	Portugal	140 (33-83)	Diet history	Whole diet	Beta-carotene and Isoflavones	The software DIETPLAN version 5 for Windows 2002	Positive
(Ursin et al., 2006)	Singapore	380 women (45-74)	FFQ	Soy foods	Soy isoflavones	Published analytical data based on local food items	Positive

(Zamora-Ros et al., 2010)	Spain (The EPIC-Spain)	40683 (35-64)	FFQ	Whole diet	Total flavan-3-ols and monomeric	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2008 2. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 3. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 	Positive
(González, Cuervo, & Lasheras, 2013)	Spain	159 (60-80)	FFQ	Whole diet	Total polyphenol, phenolic acids, hydroxybenzoic acid, hydroxycinnamic acid, flavonoids, anthocyanins, flavanols, flavanones, flavones, flavonols, other polyphenols, lignans, and stilbenes	The Phenol-Explorer database	Positive
(Welch et al., 2012)	UK	3160 women (18-79)	FFQ	Whole diet	Flavonoids and subclasses (flavanones, anthocyanins, flavan-3-ols, polymers, flavonols, and flavones)	<ol style="list-style-type: none"> 1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA 	Positive

						Database for the Proanthocyanidin Content of Selected Foods, 2004 The Phenol-Explorer database	
(Butchart et al., 2011)	UK (the Lothian Birth Cohort 1936 study)	1091 (70)	FFQ	Whole diet	Flavonols, flavones, catechins, procyanidins and flavanounes	Published analytical data based on local food items	Positive
(Jennings et al., 2012)	UK	1898 women (18–75)	FFQ	Whole diet	Total flavonoids and their subclasses (flavanones, anthocyanins, flavan-3-ols, polymers, flavonols, and flavones)	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004 The Phenol-Explorer database	Positive
(Jennings, Welch, Spector, Macgregor, & Cassidy,	UK	1997 women (18-76)	FFQ	Whole diet	Total flavonoids and their subclasses (flavanones, anthocyanins, flavan-3-ols, polymeric flavonoids, flavonols, flavones)	1. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2007 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin	Positive

2014)						Content of Selected Foods, 2004	
						3. Published literature	
(Mulligan et al., 2013)	UK (The EPIC-Norfolk)	20437 (40-79)	Food diaries	Whole diet	Coumestrol, total enterolignans, total isoflavones, total lignans. total phyto-oestrogens	Published analytical data based on local food item	Positive
(Kuhnle et al., 2011)	UK (the EPIC-Norfolk)	7553 (45-75)	Food records	Whole diet	Total phytoestrogen, total isoflavones, biochanin A, daidzein, formononetin; genistein, glycitein, total lignans, matairesinol; secoisolariciresinol; coumestrol, total enterolignans, enterodiol, enterolactone; and equol	Published analytical data based on local food items	Positive
(Ock, Chung, Claycombe, & Song, 2008)	US (the NHANES study)	8335 (19+)	24-h dietary recall	Whole diet	Total flavonoids and 5 subclasses and individual compounds.	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2003.	Positive
(Chun et al., 2010)	US (The	8809 (19+)	24-h dietary	Whole diet	Flavonoids, flavonols, flavones, flavanones, flavan-3-ols, and anthocyanidins and 19	1. U.S. Department of Agriculture- Iowa State University Database on the	Positive

	NHANES		record		individual flavonoid compounds	Isoflavone Content of Foods, 2002.	
	1999–2000					2. U.S. Department of Agriculture- USDA	
	and 2001–					Database for the Flavonoid Content of	
	2002)					Selected Foods, 2003.	
(Filiberto,	US	259	24-h	Whole diet	Beta-carotene, bete-cryotooxanthin, total	U.S. Department of Agriculture- Iowa State	Positive
Mumford,	(The BioCycle	women	recalls		isoflavones, daidzein, genistein, glycitein,	University Database on the Isoflavone Content	
Pollack,	Study)	(19-44)			biochanin, formononetin	of Foods, 2008	
Zhang,							
Yeung,							
Perkins, et							
al., 2013)							
(Tseng,	US	224	48-h	Whole diet	Isoflavones	U.S. Department of Agriculture--USDA	Positive
Byrne,		women	recall			database for the isoflavone content of selected	
Kurzer, &		(36-58)				foods, 2008	
Fang, 2013)							
(Sowers et	US	1881	FFQ	Whole diet	Anthocyanidins, flavonols, flavanones,	Published literature	Positive
al., 2006)	(The	(42-52)			monomeric flavanols, isoflavones, genistein and		
	Women's				daidzein		

	Health Across the Nation)						
(Song, Manson, Buring, Sesso, & Liu, 2005)	US (The Women's Health Study)	38018 women (45+)	FFQ	Whole diet	Floavonols, quercetin, kaempferol, myricetin, apigenin, and luteolin	Food tables from the Department of Nutrition, Harvard School of Public Health, US	Positive
(Bobe, Sansbury, et al., 2008)	US (the Polyp Prevention Trial)	1905 (18+)	FFQ	Whole diet	Total flavonoids, isoflavones, anthocyanidins, flavan-3-ols, flavanones, flavones, flavonols, hesperetin, naringenin, flavonol, isorhamnetin, kaempferol, myricetin, quercetin, isoflavonoids, biochanin A, daidzein, formononetin and genistein	1. U.S. Department of Agriculture- Iowa State University Database on the Isoflavone Content of Foods, 2002. 2. U.S. Department of Agriculture-USDA Database for the Proanthocyanidin Content of Selected Foods, 2004. 3. U.S. Department of Agriculture- USDA Database for the Flavonoid Content of Selected Foods, 2006. Published literature	Positive

Abbreviations: NS- Not specified, FFQ- Food frequency questionnaire, FCDB- Food Composition Database

