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**POSTER SESSION A: POLYPHENOLS BIOAVAILABILITY AND EXPOSURE ASSESSMENT**

P029

**Flavonoid intake from black and green tea around the globe.**

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**Background:** Flavonoids may reduce the risk of cardiovascular disease and positively influence surrogate cardiovascular endpoints. While tea accounts for a significant part of dietary flavonoid intake, little is known about the inter-country comparability of intake and about intake in younger adults. This knowledge has important implications for public health messaging.

**Objectives:** Understand global intake of flavonoids from black and green tea in younger adults.

**Methods:** An online cohort was recruited consisting of a representative sample from United States of America, France, United Kingdom, Poland, Australia, China, India, Russia, Turkey, Indonesia and Saudi Arabia (n = 10,960; aged 18–45 years). Participants completed a comprehensive questionnaire on tea intake. Flavonoid intake was calculated using USDA databases.

**Results:** Globally 33% of the cohort consumed black tea daily and 14% green tea, ranging from 9% in France to 72% in Turkey. Amongst tea drinkers globally, on average black tea contributed 74.9mg/100g flavon-3-ols and 356.0mg/100g total flavonoids and green tea contributed 231.1mg/100g flavon-3-ols and 250.3mg/100g total flavonoids to the diet. Flavonoid intake from black tea intake varied greatly between countries, ranging for total flavonoids from 213.5mg/100g in China to 535.6mg/100g in Turkey. Flavonoid intake from green tea varied less, ranging for total flavonoids from 198.4mg/100g in India to 273.2mg/100g in China.

**Conclusion:** Among consumers flavonoid intake from green tea was comparable across countries, however black tea showed wide variation. In countries with low tea intake and low flavonoid intake from total diet, tea could be seen as a good additional source of flavonoids.

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