

Flavan-3-ol Content of Common Foods and Beverages

Food/Beverage	Serving Size	Flavan-3-ol Content (mg)	Main Flavan-3-ols	Notes
Green Tea	1 cup (240 mL)	125-250	EGCG, catechins	Higher if steeped longer
Black Tea	1 cup (240 mL)	50-150	Theaflavins, catechins	Lower than green tea
Dark Chocolate (70-85%)	1 oz (28 g)	100-250	Epicatechin, catechin	Higher % cocoa = more flavan-3-ols
Cocoa Powder	1 tbsp (5 g)	50-100	Epicatechin, catechin	Use non-alkalized ("natural") cocoa
Apples (with skin)	1 medium	40-100	Epicatechin, procyanidins	Flavan-3-ols mostly in the skin
Red Grapes	1 cup (150 g)	50-90	Catechin, epicatechin	Also rich in resveratrol
Grape Seed Extract	100-300 mg supplement	100-200+	Procyanidins	Highly concentrated form
Berries (e.g., blueberries)	1 cup (150 g)	20-50	Catechin, epicatechin	Varies by type and ripeness
Blackberries	1 cup (144 g)	40-60	Catechins, procyanidins	Good flavan-3-ol source