

Supplementary Materials: Protective Role of Dietary Berries in Cancer

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Table S1. Berries with selected nutrient and phytochemical profiles expressed in values per 100 g of edible portion as determined by United States Department of Agriculture (USDA).

Berry Type	Anthocyanidin (mg) *	Flavan-3-ols (mg) †	Flavonols (mg) ‡	Vitamin C (mg)	Vitamin E (mg)
Bilberry	430.91	4.13	◇	◇	◇
Black currant	272.44	1.17	12.69	181	1.00
Black raspberry	324.02	◇	◇	◇	◇
Blackberry	90.46	42.50	2.49	21	1.17
Blueberry	163.52	51.71	9.72	9.70	0.57
Chokeberry	437.22	◇	8.90	◇	◇
Cranberry	0.72	◇	6.91	◇	◇
Mulberries	◇	◇	2.47	36.40	0.87
Red raspberry	◇	◇	1.32	26.20	0.87
Strawberry	33.63	4.51	1.60	58.50	0.29

* Total anthocyanidins: cyanidin, delphinidin, peonidin, petunidin. † Total flavan-3-ols: (-)-epicatechin, (-)-epicatechin 3-gallate, (-)-epigallocatechin, (-)-epigallocatechin 3 gallate, (+)-catechin, (+)-gallicocatechin. ‡ Total flavonols: kaempferol, myricetin, quercetin. ◇ Value is not provided by the USDA food composition database. NOTE: Values for vitamins C and E were included due to the anti-oxidant potential of those nutrients. Source of data: USDA food composition database; modified from Basu et al., 2010 [1,2].

References

1. Basu, A.; Rhone, M.; Lyons, T.J. Berries: emerging impact on cardiovascular health. *Nutr. Rev.* **2010**, *68*, 168–177.
2. United States Department of Agriculture. Available online: www.usda.gov (accessed on 15 June 2016).



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