



Letter to the Editor

Invited Letter to Editor in response to: Estimated dietary polyphenol intake and major food sources

Our research group recently published an estimation of a dietary intake of total and individual polyphenols in a representative sample of the Brazilian general population aged 10 years or older⁽¹⁾. In comparison with available data, the present estimates of total polyphenols intake were lower than that previously reported for other populations, including Latin American countries (Mexico)⁽²⁾ and small Brazilian samples^(3,4). As we pointed out in the 'Discussion' section, the intake of fruit and vegetable was very low, as well as the food variety in the Brazilian diet, which illustrates the low quality of their diet and the low polyphenol intake⁽¹⁾.

We would like to thank Tomoyuki Kawada for his comment, and we agree that large heterogeneity in intakes of polyphenols could be justified by ethnic differences. As we highlighted in the 'Discussion' section, the different dietary preferences and habits according to different populations, which are related to the food availability and local cultures, could be an explanation to the differences between polyphenol intake across populations⁽¹⁾. In relation to the study developed with adults and elderly adults from São Paulo⁽³⁾, the median polyphenol intake was 292.2 mg/d for adults (*v.* 205 mg/1000 kcal/d (4184 kJ/d) as aglycone equivalents for the entire Brazilian population) and 348.6 mg/d for elderly adults (*v.* 225 mg/1000 kcal/d as aglycone equivalents for the entire Brazilian population). Although the city of São Paulo is one of the most important of Brazil, its dietary habits do not represent the entire population of the state of São Paulo, as well as the country. We consider our analysis more accurate because, in addition to using a larger sample, estimates were performed using sample weights to allow population representativeness.

We appreciate the opportunity to respond the letter from Kawada's and his interest in our work.

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The authors declare that they have no conflicts of interest.

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