

USDA-Iowa State University Database on the Isoflavone Content of Foods - 1999

(Units = mg/100 g edible portion for Mean, Standard error of the mean (SEM), Min, and Max; #S = the total number of means/individual values; CC=Confidence code)

NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
99001	9-grain bread	Daidzein	0.01		1	0.01	0.01	c	19
		Genistein	0.01		1	0.01	0.01	c	19
		Total Isofl.	0.02		1	0.02	0.02	c	19
11001	Alfalfa seeds, sprouted, raw	Daidzein	0.00		2	0.00	0.00	b	11, 21
		Genistein	0.00		2	0.00	0.00	b	11, 21
		Glycitein	0.00		1	0.00	0.00	c	21
		Total Isofl.	0.00		2	0.00	0.00	b	11, 21
99003	Alfalfa seeds, sprouted, raw, mixed with clover seeds, sprouted, raw	Daidzein	0.00		1	0.00	0.00	c	21
		Genistein	0.00		1	0.00	0.00	c	21
		Glycitein	0.00		1	0.00	0.00	c	21
		Total Isofl.	0.00		1	0.00	0.00	c	21
16104	Bacon, meatless	Daidzein	2.80		1	2.80	2.80	c	36
		Genistein	6.90		1	6.90	6.90	c	36
		Glycitein	2.40		1	2.40	2.40	c	36
		Total Isofl.	12.10		1	12.10	12.10	c	36
16014	Beans, black, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16024	Beans, great northern, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16027	Beans, kidney, all types, mature seeds, raw	Daidzein	0.02		2	0.01	0.02	b	17
		Genistein	0.04		2	0.02	0.06	b	17
		Total Isofl.	0.06		2	0.03	0.08	b	17

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16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16032	Beans, kidney, red, mature seeds, raw	Daidzein	0.01		1	0.01	0.01	c	17
		Genistein	0.00		1	0.00	0.00	c	17
		Total Isofl.	0.01		1	0.01	0.01	c	17
16037	Beans, navy, mature seeds, raw	Daidzein	0.01		2	0.00	0.01	c	11, 17
		Genistein	0.20		2	0.00	0.41	c	11, 17
		Total Isofl.	0.21		2	0.00	0.42	c	11, 17
16040	Beans, pink, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16042	Beans, pinto, mature seeds, raw	Daidzein	0.01		2	0.00	0.02	c	11, 17
		Genistein	0.26		2	0.00	0.52	c	11, 17
		Total Isofl.	0.27		2	0.00	0.54	c	11, 17
99026	Beans, red, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.31		1	0.31	0.31	c	11
		Total Isofl.	0.31		1	0.31	0.31	c	11
16045	Beans, small white, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.74		1	0.74	0.74	c	11
		Total Isofl.	0.74		1	0.74	0.74	c	11
11053	Beans, snap, green, cooked, boiled, drained, without salt	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
11052	Beans, snap, green, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16052	Broadbeans (fava beans), mature seeds, raw	Daidzein	0.02		1	0.02	0.02	c	17
		Genistein	0.00		2	0.00	0.00	c	12, 17
		Total Isofl.	0.03		1	0.03	0.03	c	17
99008	Broadbeans, fried	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	1.29		1	1.29	1.29	c	11
		Total Isofl.	1.29		1	1.29	1.29	c	11
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	Daidzein	0.04		2	0.00	0.08	c	11, 17
		Genistein	0.06		2	0.00	0.12	c	11, 17
		Total Isofl.	0.10		2	0.00	0.20	c	11, 17
99009	Clover sprouts, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.35		1	0.35	0.35	c	11
		Total Isofl.	0.35		1	0.35	0.35	c	11
99010	Country rye bread, Finland	Daidzein	0.00		1	0.00	0.00	c	19
		Genistein	0.00		1	0.00	0.00	c	19
		Total Isofl.	0.00		1	0.00	0.00	c	19
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	Daidzein	0.01		2	0.00	0.03	c	11, 17
		Genistein	0.02		2	0.00	0.03	c	11, 17
		Total Isofl.	0.03		2	0.00	0.06	c	11, 17
18216	Crackers, crispbread, rye	Daidzein	0.01	0.00	3	0.00	0.01	b	19
		Genistein	0.01	0.00	3	0.00	0.01	b	19
		Total Isofl.	0.01	0.00	3	0.00	0.02	b	19
12220	Flax seed, raw	Daidzein	0.00		1	0.00	0.00	c	19
		Genistein	0.00		1	0.00	0.00	c	19
		Total Isofl.	0.00		1	0.00	0.00	c	19

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16173	Frichick (meatless chicken nuggets), canned, cooked	Daidzein	4.35		1	4.35	4.35	c	21
		Genistein	9.35		1	9.35	9.35	c	21
		Glycitein	0.90		1	0.90	0.90	c	21
		Total Isofl.	14.60		1	14.60	14.60	c	21
16172	Frichick (meatless chicken nuggets), canned, raw	Daidzein	3.45		1	3.45	3.45	c	21
		Genistein	7.90		1	7.90	7.90	c	21
		Glycitein	0.85		1	0.85	0.85	c	21
		Total Isofl.	12.20		1	12.20	12.20	c	21
22125	GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen	Daidzein	2.95		1	2.95	2.95	c	21
		Genistein	5.28		1	5.28	5.28	c	21
		Glycitein	1.07		1	1.07	1.07	c	21
		Total Isofl.	9.30		1	9.30	9.30	c	21
22117	GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen, prepared	Daidzein	2.58		1	2.58	2.58	c	21
		Genistein	4.68		1	4.68	4.68	c	21
		Glycitein	0.95		1	0.95	0.95	c	21
		Total Isofl.	8.22		1	8.22	8.22	c	21
03931	Infant formula, ENFAMIL NEXT STEP, powder, soy formula, not reconstituted	Daidzein	7.23		2	7.15	7.30	b	22, 23
		Genistein	14.75		2	14.50	15.00	b	22, 23
		Glycitein	3.00		2	2.95	3.05	b	22, 23
		Total Isofl.	25.00		2	24.90	25.10	b	22, 23
03863	Infant formula, MEAD JOHNSON, GERBER soy, with iron, powder, not reconstituted	Daidzein	8.08		2	6.50	9.65	b	22, 23
		Genistein	13.90		2	12.80	15.00	b	22, 23
		Glycitein	3.12		2	2.93	3.30	b	22, 23
		Total Isofl.	25.09		2	22.23	27.95	b	22, 23

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03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	Daidzein	1.10		1	1.10	1.10	c	26
		Genistein	2.22		1	2.22	2.22	c	26
		Total Isofl.	6.03		2	3.32	8.75	c	26, 31
03826	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, powder, not reconstituted	Daidzein	7.05		2	6.90	7.20	b	22, 23
		Genistein	14.94		2	14.45	15.43	b	22, 23
		Glycitein	2.95		2	2.83	3.07	b	22, 23
		Total Isofl.	24.94		2	24.18	25.70	b	22, 23
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	Daidzein	1.71		1	1.71	1.71	c	32
		Genistein	2.18		1	2.18	2.18	c	32
		Total Isofl.	3.89		1	3.89	3.89	c	32
03843	Infant formula, ROSS, ISOMIL, with iron, powder, not reconstituted	Daidzein	6.03		2	6.03	6.03	b	22, 23
		Genistein	12.23		2	11.43	13.03	b	22, 23
		Glycitein	2.73		2	2.70	2.77	b	22, 23
		Total Isofl.	20.99		2	20.16	21.83	b	22, 23
99112	Infant formula, ROSS, ISOMIL, with iron, powder, reconstituted from powder, as fed	Daidzein	0.78		1	0.78	0.78		39
		Genistein	1.58		1	1.58	1.58		39
		Glycitein	0.35		1	0.35	0.35		39
		Total Isofl.	2.71		1	2.71	2.71		39
03841	Infant formula, ROSS, ISOMIL, with iron, ready-to-feed	Daidzein	1.91		1	1.91	1.91	c	32
		Genistein	2.26		1	2.26	2.26	c	32
		Total Isofl.	4.17		1	4.17	4.17	c	32
03891	Infant formula, WYETH-AYERST, NURSOY, with iron, liquid concentrate, not reconstituted	Daidzein	1.02		2	0.79	1.25	b	22, 26
		Genistein	2.82		2	2.19	3.45	b	22, 26
		Glycitein	0.35		1	0.35	0.35	c	22
		Total Isofl.	4.02		2	2.98	5.05	b	22, 26

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03893	Infant formula, WYETH-AYERST, NURSOY, with iron, powder, not reconstituted	Daidzein	5.70		1	5.70	5.70	c	22
		Genistein	13.55		1	13.55	13.55	c	22
		Glycitein	2.05		1	2.05	2.05	c	22
		Total Isofl.	26.00		2	21.30	30.70	b	22, 31
03890	Infant formula, WYETH-AYERST, NURSOY, with iron, ready-to-feed	Daidzein	0.75		1	0.75	0.75	c	23
		Genistein	1.60		1	1.60	1.60	c	23
		Glycitein	0.28		1	0.28	0.28	c	23
		Total Isofl.	2.63		1	2.63	2.63	c	23
99018	Instant beverage, soy, powder, not reconstituted	Daidzein	40.07	6.19	6	29.50	70.00	a	5, 36, 38
		Genistein	62.18	2.78	6	55.00	73.15	a	5, 36, 38
		Glycitein	10.90	0.14	4	10.50	11.10	b	36
		Total Isofl.	109.51	4.11	6	100.10	125.00	a	5, 36, 38
99019	Kala chana, mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.64		1	0.64	0.64	c	11
		Total Isofl.	0.64		1	0.64	0.64	c	11
99020	Lapacho tea (Tecoma heptaphylla)	Daidzein	0.02		1	0.02	0.02	c	19
		Genistein	0.03		1	0.03	0.03	c	19
		Total Isofl.	0.05		1	0.05	0.05	c	19
16069	Lentils, mature seeds, raw	Daidzein	0.00	0.00	3	0.00	0.01	b	11, 17
		Genistein	0.00	0.00	3	0.00	0.01	b	11, 17
		Total Isofl.	0.01	0.01	3	0.00	0.02	b	11, 17
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16071	Lima beans, large, mature seeds, raw	Daidzein	0.02		2	0.00	0.04	c	11, 17
		Genistein	0.01		2	0.00	0.01	c	11, 17
		Total Isofl.	0.03		2	0.00	0.05	c	11, 17

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16074	Lima beans, thin seeded (baby), mature seeds, raw	Daidzein	0.00		1	0.00	0.00	c	11
		Genistein	0.00		1	0.00	0.00	c	11
		Total Isofl.	0.00		1	0.00	0.00	c	11
16112	Miso	Daidzein	16.13	4.36	7	7.10	36.64	a	5, 15, 21, 36
		Genistein	24.56	4.23	9	11.70	52.39	a	5, 12, 15, 21, 36
		Glycitein	2.87	0.47	3	2.30	3.80	b	21, 36
		Total Isofl.	42.55	9.18	7	22.70	89.20	a	5, 15, 21, 36
99002	Miso soup mix, dry	Daidzein	24.93		2	20.75	29.11	c	5
		Genistein	35.46		2	33.69	37.24	c	5
		Total Isofl.	60.39		2	54.44	66.35	c	5
16080	Mung beans, mature seeds, raw	Daidzein	0.01		2	0.00	0.01	c	11, 17
		Genistein	0.18		2	0.00	0.37	c	11, 17
		Total Isofl.	0.19		2	0.00	0.38	c	11, 17
16083	Mungo beans, mature seeds, raw	Daidzein	0.01		2	0.00	0.02	c	11, 17
		Genistein	0.01		2	0.00	0.03	c	11, 17
		Total Isofl.	0.03		2	0.00	0.05	c	11, 17
16113	Natto (soybeans, boiled and fermented)	Daidzein	21.85	2.69	5	16.02	31.46	a	21, 24
		Genistein	29.04	3.01	7	21.52	42.53	a	12, 21, 24
		Glycitein	8.17	1.21	5	6.89	13.01	a	21, 24
		Total Isofl.	58.93	7.38	5	46.40	86.99	a	21, 24
42299	Oil, canola and soybean	Daidzein	0.00		1	0.00	0.00	c	21
		Genistein	0.00		1	0.00	0.00	c	21
		Glycitein	0.00		1	0.00	0.00	c	21
		Total Isofl.	0.00		1	0.00	0.00	c	21

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04044	Oil, soybean, salad or cooking	Daidzein	0.00	0.00	3	0.00	0.00	a	21
		Genistein	0.00	0.00	3	0.00	0.00	a	21
		Glycitein	0.00	0.00	3	0.00	0.00	a	21
		Total Isofl.	0.00	0.00	3	0.00	0.00	a	21
16087	Peanuts, all types, raw	Daidzein	0.03		2	0.01	0.05	b	17
		Genistein	0.24		2	0.08	0.39	b	17
		Total Isofl.	0.26		2	0.13	0.39	b	17
16085	Peas, split, mature seeds, raw	Daidzein	2.42	2.42	3	0.00	7.26	b	11, 17
		Genistein	0.00	0.00	3	0.00	0.01	b	11, 17
		Total Isofl.	2.42	2.42	3	0.00	7.26	b	11, 17
16101	Pigeon peas (red gram), mature seeds, raw	Daidzein	0.02		1	0.02	0.02	c	17
		Genistein	0.54		1	0.54	0.54	c	17
		Total Isofl.	0.56		1	0.56	0.56	c	17
19015	Snacks, granola bars, hard, plain	Daidzein	0.05		1	0.05	0.05	c	19
		Genistein	0.08		1	0.08	0.08	c	19
		Total Isofl.	0.13		1	0.13	0.13	c	19
99105	Soybean butter, full fat, Worthington Foods, Inc.	Daidzein	0.22		1	0.22	0.22	c	24
		Genistein	0.30		1	0.30	0.30	c	24
		Glycitein	0.05		1	0.05	0.05	c	24
		Total Isofl.	0.57		1	0.57	0.57	c	24
99042	Soy cheese, unspecified	Daidzein	11.24		2	1.38	21.10	c	5, 10
		Genistein	20.08		2	1.95	38.20	c	5, 10
		Total Isofl.	31.32		2	3.33	59.30	c	5, 10
99041	Soy cheese, cheddar	Daidzein	1.80		2	0.20	3.40	c	36
		Genistein	2.25		2	0.50	4.00	c	36
		Glycitein	3.10		2	2.70	3.50	c	36
		Total Isofl.	7.15		2	3.40	10.90	c	36

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99054	Soy cheese, mozzarella	Daidzein	1.10		1	1.10	1.10	c	36
		Genistein	3.60		1	3.60	3.60	c	36
		Glycitein	3.00		1	3.00	3.00	c	36
		Total Isofl.	7.70		1	7.70	7.70	c	36
99056	Soy cheese, parmesan	Daidzein	1.50		1	1.50	1.50	c	36
		Genistein	0.80		1	0.80	0.80	c	36
		Glycitein	4.10		1	4.10	4.10	c	36
		Total Isofl.	6.40		1	6.40	6.40	c	36
99043	Soy drink	Daidzein	2.41		2	0.70	4.12	c	6, 26
		Genistein	4.60		2	2.10	7.10	c	6, 26
		Total Isofl.	7.01		2	2.80	11.22	c	6, 26
99045	Soy fiber	Daidzein	18.80		2	16.58	21.03	c	5, 20
		Genistein	21.68		2	17.11	26.26	c	5, 20
		Glycitein	7.90		1	7.90	7.90	c	20
		Total Isofl.	44.43		2	38.13	50.73	c	5, 20
99080	Soy flour (textured)	Daidzein	59.62	12.18	8	1.65	123.25	a	20, 26, 32, 36
		Genistein	78.90	14.75	8	2.75	144.02	a	20, 26, 32, 36
		Glycitein	20.19	2.87	4	15.60	28.28	b	20, 36
		Total Isofl.	148.61	28.71	8	4.40	295.55	a	20, 26, 32, 36
16117	Soy flour, defatted	Daidzein	57.47	9.28	9	22.60	93.90	a	5, 27, 28, 33, 35, 36
		Genistein	71.21	5.54	9	46.51	100.54	a	5, 27, 28, 33, 35, 36
		Glycitein	7.55	1.82	3	3.95	9.89	c	33, 35, 36
		Total Isofl.	131.19	11.25	9	73.72	168.09	a	5, 27, 28, 33, 35, 36

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16115	Soy flour, full-fat, raw	Daidzein	71.19	6.95	20	18.20	130.92	a	7, 10, 11, 19, 20, 25, 26, 28, 35
		Genistein	96.83	7.38	21	6.39	145.23	a	7, 10, 11, 19, 20, 25, 26, 28, 35
		Glycitein	16.18	2.65	7	4.80	24.83	a	7, 10, 20, 25, 35
		Total Isofl.	177.89	12.57	20	59.80	264.84	a	7, 10, 11, 19, 20, 25, 26, 28, 35
16116	Soy flour, full-fat, roasted	Daidzein	99.27	10.01	3	87.65	119.20	c	1, 5, 21
		Genistein	98.75	16.21	3	70.74	126.90	c	1, 5, 21
		Glycitein	16.40		2	14.40	18.40	c	1, 21
		Total Isofl.	198.95	37.29	3	131.70	260.50	c	1, 5, 21
99111	Soy hot dog, frozen, unprepared	Daidzein	3.40		1	3.40	3.40	c	36
		Genistein	8.20		1	8.20	8.20	c	36
		Glycitein	3.40		1	3.40	3.40	c	36
		Total Isofl.	15.00		1	15.00	15.00	c	36
16119	Soy meal, defatted, raw	Daidzein	57.47		1	57.47	57.47	c	34
		Genistein	68.35		1	68.35	68.35	c	34
		Total Isofl.	125.82		1	125.82	125.82	c	34
16120	Soy milk, fluid	Daidzein	4.45	0.75	14	1.14	9.84	a	1, 5, 10, 14, 15, 16, 21, 34, 35
		Genistein	6.06	0.84	16	1.12	11.28	a	1, 5, 10, 12, 14, 15, 16, 21, 34, 35
		Glycitein	0.56	0.09	5	0.36	0.86	a	1, 21, 35

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
		Total Isofl.	9.65	1.76	14	1.26	21.13	a	1, 5, 10, 14, 15, 16, 21, 34, 35
99014	Soymilk, iced	Daidzein	1.90		2	0.34	3.45	c	5
		Genistein	2.81		2	1.78	3.85	c	5
		Total Isofl.	4.71		2	2.12	7.31	c	5
99096	Soymilk skin or film (Food jook or yuba), cooked	Daidzein	18.20		1	18.20	18.20	c	10
		Genistein	32.50		1	32.50	32.50	c	10
		Total Isofl.	50.70		1	50.70	50.70	c	10
99053	Soymilk skin or film (Food jook or yuba), raw	Daidzein	79.88		2	43.76	116.00	c	10, 34
		Genistein	104.80		2	77.91	131.70	c	10, 34
		Glycitein	18.40		1	18.40	18.40	c	10
		Total Isofl.	193.88		2	121.66	266.10	c	10, 34
99049	Soy noodles, flat	Daidzein	0.90		1	0.90	0.90	c	36
		Genistein	3.70		1	3.70	3.70	c	36
		Glycitein	3.90		1	3.90	3.90	c	36
		Total Isofl.	8.50		1	8.50	8.50	c	36
99038	Soy paste	Daidzein	15.03	3.79	6	3.00	27.20	a	5, 34, 36
		Genistein	15.21	4.87	6	0.31	29.98	a	5, 34, 36
		Glycitein	7.70		1	7.70	7.70	c	36
		Total Isofl.	31.52	9.26	6	3.31	59.40	a	5, 34, 36
99060	Soy protein concentrate, aqueous washed	Daidzein	43.04	24.04	3	16.68	91.05	b	5, 20
		Genistein	55.59	10.60	3	40.29	75.95	b	5, 20
		Glycitein	5.16		2	4.27	6.05	c	20
		Total Isofl.	102.07	32.82	3	61.23	167.00	b	5, 20

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16121	Soy protein concentrate, produced by alcohol extraction	Daidzein	6.83	3.68	5	0.79	21.09	a	5, 20, 26
		Genistein	5.33	1.69	5	1.29	10.73	a	5, 20, 26
		Glycitein	1.57		1	1.57	1.57	c	20
		Total Isofl.	12.47	5.24	5	2.08	31.82	a	5, 20, 26
16122	Soy protein isolate	Daidzein	33.59	5.99	14	7.70	68.89	a	1, 4, 5, 10, 20, 30, 33, 35, 36
		Genistein	59.62	6.68	14	27.17	105.10	a	1, 4, 5, 10, 20, 30, 33, 35, 36
		Glycitein	9.47	1.81	11	5.40	26.40	a	1, 4, 20, 30, 35, 36
		Total Isofl.	97.43	11.11	14	46.50	199.25	a	1, 4, 5, 10, 20, 30, 33, 35, 36
16125	Soy sauce made from hydrolyzed vegetable protein	Daidzein	0.10		1	0.10	0.10	c	21
		Genistein	0.00		1	0.00	0.00	c	21
		Glycitein	0.00		1	0.00	0.00	c	21
		Total Isofl.	0.10		1	0.10	0.10	c	21
16123	Soy sauce made from soy and wheat (shoyu)	Daidzein	0.93	0.24	3	0.60	1.40	b	5, 21, 34
		Genistein	0.82	0.21	5	0.30	1.54	a	5, 12, 21, 34
		Glycitein	0.45		1	0.45	0.45	c	21
		Total Isofl.	1.64	0.33	3	1.27	2.30	b	5, 21, 34
99063	Soy-based liquid formula for adults, ROSS, ENRICH	Daidzein	0.14		1	0.14	0.14	c	6
		Genistein	0.40		1	0.40	0.40	c	6
		Total Isofl.	0.54		1	0.54	0.54	c	6
99064	Soy-based liquid formula for adults, ROSS, GLUCERNA	Daidzein	0.02		1	0.02	0.02	c	6
		Genistein	0.06		1	0.06	0.06	c	6
		Total Isofl.	0.08		1	0.08	0.08	c	6

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
99065	Soy-based liquid formula for adults, ROSS, JEVITY ISOTONIC	Daidzein	0.03		1	0.03	0.03	c	6
		Genistein	0.31		1	0.31	0.31	c	6
		Total Isofl.	0.34		1	0.34	0.34	c	6
99072	Soybean chips	Daidzein	26.71		1	26.71	26.71	c	5
		Genistein	27.45		1	27.45	27.45	c	5
		Total Isofl.	54.16		1	54.16	54.16	c	5
43299	Soybean curd cheese	Daidzein	9.00		1	9.00	9.00	c	10
		Genistein	19.20		1	19.20	19.20	c	10
		Total Isofl.	28.20		1	28.20	28.20	c	10
99034	Soybean, curd, fermented	Daidzein	14.30		1	14.30	14.30	c	36
		Genistein	22.40		1	22.40	22.40	c	36
		Glycitein	2.30		1	2.30	2.30	c	36
		Total Isofl.	39.00		1	39.00	39.00	c	36
99030	Soybeans, Brazil, raw	Daidzein	20.16	3.03	6	9.89	30.48	b	2
		Genistein	67.47	13.40	6	28.28	110.98	b	2
		Total Isofl.	87.63	14.51	6	42.54	141.46	b	2
99092	Soybeans, Japan, raw	Daidzein	34.52	11.49	7	13.40	100.65	a	11, 37
		Genistein	64.78	13.04	8	13.00	138.24	a	11, 37
		Glycitein	13.78	1.64	6	9.10	20.40	b	37
		Total Isofl.	118.51	22.16	7	68.80	238.89	a	11, 37
99093	Soybeans, Korea, raw	Daidzein	72.68	6.12	18	21.00	124.20	a	3
		Genistein	72.31	5.71	18	24.80	110.70	a	3
		Total Isofl.	144.99	10.73	18	45.80	231.70	a	3
99040	Soybeans, Taiwan, raw	Daidzein	28.21		1	28.21	28.21	c	11
		Genistein	31.54		1	31.54	31.54	c	11
		Total Isofl.	59.75		1	59.75	59.75	c	11

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
99035	Soybeans, flakes, defatted	Daidzein	36.97	8.61	9	13.92	88.04	a	7, 8, 14, 29, 30
		Genistein	85.69	14.67	9	44.41	156.06	a	7, 8, 14, 29, 30
		Glycitein	14.23		2	1.71	26.76	c	7, 29
		Total Isofl.	125.82	22.76	9	61.34	244.10	a	7, 8, 14, 29, 30
99036	Soybeans, flakes, full-fat	Daidzein	48.23		2	22.10	74.35	c	7, 32
		Genistein	79.98		2	28.00	131.96	c	7, 32
		Glycitein	1.57		1	1.57	1.57	c	7
		Total Isofl.	128.99		2	50.10	207.89	c	7, 32
11451	Soybeans, immature, cooked, boiled, drained, without salt	Daidzein	6.85		1	6.85	6.85	c	11
		Genistein	6.94		1	6.94	6.94	c	11
		Total Isofl.	13.79		1	13.79	13.79	c	11
11450	Soybeans, immature, seeds, raw	Daidzein	9.27	1.62	3	6.62	12.20	c	10, 11, 24
		Genistein	9.84	2.46	3	5.94	14.40	c	10, 11, 24
		Glycitein	4.29		1	1.29	4.29	c	24
		Total Isofl.	20.42	3.13	3	16.49	26.60	c	10, 11, 24
99100	Soybeans, green, mature seeds, raw	Daidzein	67.79	4.58	4	54.60	75.35	b	24, 36
		Genistein	72.51	6.84	4	62.65	91.72	b	24, 36
		Glycitein	10.88	2.98	4	6.72	19.69	b	24, 36
		Total Isofl.	151.17	12.00	4	135.40	186.76	b	24, 36
16109	Soybeans, mature cooked, boiled, without salt	Daidzein	26.95		1	26.95	26.95	c	11
		Genistein	27.71		1	27.71	27.71	c	11
		Total Isofl.	54.66		1	54.66	54.66	c	11

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16111	Soybeans, mature seeds, dry roasted	Daidzein	52.04	14.04	7	0.54	86.00	a	5, 10, 11, 24, 36
		Genistein	65.88	14.89	8	1.10	110.55	a	5, 10, 11, 24, 36
		Glycitein	13.36	5.94	5	0.00	30.70	a	10, 24, 36
		Total Isofl.	128.35	33.38	7	1.66	201.90	a	5, 10, 11, 24, 36
16108	Soybeans, mature seeds, raw (US, food quality)	Daidzein	46.64	5.42	22	9.88	91.30	a	9, 10, 11, 17, 35, 36, 37
		Genistein	73.76	6.80	22	20.67	134.10	a	9, 10, 11, 17, 35, 36, 37
		Glycitein	10.88	0.74	16	4.80	16.70	a	10, 35, 36, 37
		Total Isofl.	128.35	11.66	22	36.20	220.90	a	9, 10, 11, 17, 35, 36, 37
99091	Soybeans, mature seeds, raw (US, commodity grade)	Daidzein	52.20	5.30	14	20.74	79.23	a	7, 11, 34, 37
		Genistein	91.71	9.26	14	42.79	150.10	a	7, 11, 34, 37
		Glycitein	12.07	1.41	11	4.22	18.14	a	7, 37
		Total Isofl.	153.40	14.80	14	71.93	237.00	a	7, 11, 34, 37
11452	Soybeans, mature seeds, sprouted, raw	Daidzein	19.12	2.70	3	13.78	22.50	c	10, 34
		Genistein	21.60	5.60	3	11.25	30.50	c	10, 34
		Total Isofl.	40.71	8.25	3	25.03	53.00	c	10, 34
16167	Soylinks, frozen, cooked, MORNING STAR breakfast	Daidzein	0.75		1	0.75	0.75	c	21
		Genistein	2.70		1	2.70	2.70	c	21
		Glycitein	0.30		1	0.30	0.30	c	21
		Total Isofl.	3.75		1	3.75	3.75	c	21
16166	Soylinks, frozen,raw, MORNING STAR breakfast	Daidzein	1.18		1	1.18	1.18	c	21
		Genistein	2.45		1	2.45	2.45	c	21
		Glycitein	0.30		1	0.30	0.30	c	21
		Total Isofl.	3.93		1	3.93	3.93	c	21

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
02019	Spices, fenugreek seed	Daidzein	0.01		1	0.01	0.01	c	17
		Genistein	0.01		1	0.01	0.01	c	17
		Total Isofl.	0.02		1	0.02	0.02	c	17
12036	Sunflower seed kernels, dried	Daidzein	0.00		1	0.00	0.00	c	19
		Genistein	0.00		1	0.00	0.00	c	19
		Total Isofl.	0.00		1	0.00	0.00	c	19
99107	Tea, green, Japan	Daidzein	0.01		1	0.01	0.01	c	18
		Genistein	0.04		1	0.04	0.04	c	18
		Total Isofl.	0.05		1	0.05	0.05	c	18
99106	Tea, jasmine, Twinings	Daidzein	0.01		1	0.01	0.01	c	18
		Genistein	0.03		1	0.03	0.03	c	18
		Total Isofl.	0.04		1	0.04	0.04	c	18
16114	Tempeh	Daidzein	17.59	3.13	6	4.67	27.30	a	5, 13, 21, 26, 35, 36
		Genistein	24.85	5.47	6	1.11	39.77	a	5, 13, 21, 26, 35, 36
		Glycitein	2.10	0.67	3	0.90	3.20	b	21, 35, 36
		Total Isofl.	43.52	8.34	6	6.88	62.50	a	5, 13, 21, 26, 35, 36
99081	Tempeh burger	Daidzein	6.40		1	6.40	6.40	c	36
		Genistein	19.60		1	19.60	19.60	c	36
		Glycitein	3.00		1	3.00	3.00	c	36
		Total Isofl.	29.00		1	29.00	29.00	c	36
16174	Tempeh, cooked	Daidzein	19.25		1	19.25	19.25	c	21
		Genistein	31.55		1	31.55	31.55	c	21
		Glycitein	2.20		1	2.20	2.20	c	21
		Total Isofl.	53.00		1	53.00	53.00	c	21

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16162	Tofu, MORI-NU, silken, firm	Daidzein	11.13		2	8.55	13.71	b	5, 21
		Genistein	15.58		2	12.85	18.31	b	5, 21
		Glycitein	2.40		1	2.40	2.40	c	21
		Total Isofl.	27.91		2	23.80	32.02	b	5, 21
16128	Tofu, dried-frozen (koyadofu, kori tofu, or tung tou-fu)	Daidzein	25.34		1	25.34	25.34	c	34
		Genistein	42.15		1	42.15	42.15	c	34
		Total Isofl.	67.49		1	67.49	67.49	c	34
99084	Tofu, AZUMAYA, extra firm, cooked (steamed)	Daidzein	8.00		1	8.00	8.00	c	21
		Genistein	12.75		1	12.75	12.75	c	21
		Glycitein	1.95		1	1.95	1.95	c	21
		Total Isofl.	22.70		1	22.70	22.70	c	21
99083	Tofu, AZUMAYA, extra firm, prepared with nigari	Daidzein	8.23		2	7.35	9.10	b	21
		Genistein	12.45		2	11.10	13.80	b	21
		Glycitein	1.95		2	1.70	2.20	b	21
		Total Isofl.	22.63		2	20.15	25.10	b	21
99085	Tofu, AZUMAYA, firm, cooked	Daidzein	12.80		1	12.80	12.80	c	21
		Genistein	16.15		1	16.15	16.15	c	21
		Glycitein	2.40		1	2.40	2.40	c	21
		Total Isofl.	31.35		1	31.35	31.35	c	21
16126	Tofu, firm, prepared with calcium sulfate and nigari	Daidzein	9.44	1.68	6	2.90	14.55	a	6, 21, 34
		Genistein	13.35	2.00	7	4.96	21.26	a	6, 12, 21, 34
		Glycitein	2.08	0.15	4	1.70	2.40	a	21
		Total Isofl.	24.74	3.77	6	7.85	34.55	a	6, 21, 34
16129	Tofu, fried (aburage)	Daidzein	17.83	2.60	4	12.20	24.70	b	10, 21
		Genistein	28.00	3.41	4	19.00	35.10	b	10, 21
		Glycitein	3.37	1.07	3	1.60	5.30	b	10, 21
		Total Isofl.	48.35	6.06	4	36.90	65.10	b	10, 21

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NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
16130	Tofu, okara	Daidzein	5.39		2	0.57	10.20	c	21, 35
		Genistein	6.48		2	1.95	11.00	c	21, 35
		Glycitein	1.64		2	1.09	2.20	c	21, 35
		Total Isofl.	13.51		2	3.61	23.40	c	21, 35
99097	Tofu, pressed (Tau kwa), raw	Daidzein	13.60		1	13.60	13.60	c	10
		Genistein	13.90		1	13.90	13.90	c	10
		Glycitein	2.00		1	2.00	2.00	c	10
		Total Isofl.	29.50		1	29.50	29.50	c	10
16427	Tofu, raw, regular, prepared with calcium sulfate	Daidzein	9.02	2.86	4	1.15	14.60	b	6, 11, 35, 36
		Genistein	13.60	3.61	4	2.89	18.66	b	6, 11, 35, 36
		Glycitein	1.98		2	1.05	2.90	c	35, 36
		Total Isofl.	23.61	6.33	4	5.09	33.70	b	6, 11, 35, 36
16132	Tofu, salted and fermented (fuyu)	Daidzein	14.29		2	3.58	25.00	c	10, 34
		Genistein	16.38		2	3.96	28.80	c	10, 34
		Glycitein	5.00		1	5.00	5.00	c	10
		Total Isofl.	33.17		2	7.54	58.80	c	10, 34
99086	Tofu, soft, VITASOY-silken	Daidzein	8.59		1	8.59	8.59	c	6
		Genistein	20.65		1	20.65	20.65	c	6
		Total Isofl.	29.24		1	29.24	29.24	c	6
16127	Tofu, soft, prepared with calcium sulfate and nigari	Daidzein	11.99	2.69	7	3.44	25.80	a	6, 10, 21, 34
		Genistein	18.23	3.77	7	5.26	37.70	a	6, 10, 21, 34
		Glycitein	2.03	0.28	3	1.70	2.60	b	10, 21
		Total Isofl.	31.10	6.19	7	8.70	63.50	a	6, 10, 21, 34
43476	Tofu, yogurt	Daidzein	5.70		1	5.70	5.70	c	36
		Genistein	9.40		1	9.40	9.40	c	36
		Glycitein	1.20		1	1.20	1.20	c	36
		Total Isofl.	16.30		1	16.30	16.30	c	36

USDA-Iowa State University Database on the Isoflavone Content of Foods - 1999

(Units = mg/100 g edible portion for Mean, Standard error of the mean (SEM), Min, and Max; #S = the total number of means/individual values; CC=Confidence code)

NDB No	Description	NutrDesc	Mean	SEM	#S	Min	Max	CC	Reference No.
23501	USDA Commodity, beef patties with VPP, frozen, cooked	Daidzein	0.67	0.15	5	0.30	1.05	a	21
		Genistein	1.09	0.19	5	0.50	1.65	a	21
		Glycitein	0.10	0.03	5	0.00	0.20	a	21
		Total Isofl.	1.86	0.35	5	0.90	2.90	a	21
23506	USDA Commodity, beef patties with VPP, frozen, raw	Daidzein	0.35	0.07	5	0.20	0.55	a	21
		Genistein	0.77	0.12	5	0.35	1.10	a	21
		Glycitein	0.02	0.02	5	0.00	0.10	a	21
		Total Isofl.	1.14	0.20	5	0.55	1.75	a	21
22126	WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned	Daidzein	1.00		1	1.00	1.00	c	21
		Genistein	2.05		1	2.05	2.05	c	21
		Glycitein	0.30		1	0.30	0.30	c	21
		Total Isofl.	3.35		1	3.35	3.35	c	21
22116	WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned, prepared	Daidzein	1.35		1	1.35	1.35	c	21
		Genistein	2.00		1	2.00	2.00	c	21
		Glycitein	0.40		1	0.40	0.40	c	21
		Total Isofl.	3.75		1	3.75	3.75	c	21