

Supplementary table 3: Phenolic composition (mg/100g FW) of Uganda's indigenous fruits and vegetables

Name	Total polyphenol content (GAE)	Flavones	Flavonols	Lignans	Flavanols	Flavanones	Hydroxycinnamic acid	Hydroxybenzoic acids	Anthocyanins
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
Spinach/ Amaranthus	248.14 (108.29)	1.11 (2.71)	13.74 (31.17)	0.08 (0.03)					
Avocado	152.12 (66.12)			1.01 (0.011)	0.55 (0.41)				
Chilli	158.10 (184.33)	1.89 (1.23)	2.92 (2.63)						
Tomato (cherry)	8.60	3.84 (0.00)	4.56 (5.25)	0.06 (0.009)		3.84 (2.87)	1.01 (0.38)		
Egg plant	6.10 (5.23)			0.11 (0.04)			1.03 (0.17)	1.57 (1.06)	
Tomato	45.06 (16.12)	0.09 (0.50)	1.22 (1.66)	2.86 (2.89)		0.96 (0.43)	3.35(0)	0.07 (0.00)	
Cucumber	20.06 (3.94)	0.002 (0.005)	0.1 (0.23)	3.86 (3.84)					
Pumpkin	109.98 (81.45)	1.63 (0.00)		0.11 (0.079)					
Onion	102.83 (22.31)	0.46 (1.43)	128.51 (110.52)					2.00 (0.00)	9.00 (0.00)
Green bean	31.74 (23.58)		3.57 (1.67)	25.07 (1.42)	2.42 (6.50)				
Black raspberry	980 (0)		19.00 (0.00)					38.00 (0.00)	
Gooseberry	470.14 (156.12)		2.11 (2.00)	0.07 (0.01)	2.11 (0.00)		2.90 (1.27)	1.60 (0.70)	14.00 (0.00)
Lemon	59.80 (31.25)	1.27 (1.17)	0.37 (0.64)	0.02 (0.00)		35.25 (0.21)			
Lime			0.40 (0.00)			46.40 (0.00)			
Orange	278.59 (172.47)		0.10 (0.29)	3.93 (3.88)		44.82 (7.99)			
Dates	484.93 (182.35)			0.16 (0.01)			12.87 (15.08)	3.21 (3.75)	
Banana	154.70 (78.74)			0.02 (0.01)	1.55 (4.54)			1.00 (0.12)	
Custard apple					24.94 (0.00)				
Guava	126.40 (0.00)								
Loquat	116.04 (35.60)						79.88 (33.77)	4.66 (2.38)	

Name	Total polyphenol content (GAE)	Flavones	Flavonols	Lignans	Flavanols	Flavanones	Hydroxycinnamic acid	Hydroxybenzoic acids	Anthocyanins
Mango	144.77 (109.47)			0.01 (0.0003)	1.72 (0.00)				
Papaya	57.60 (0.00)			0.002 (0.00)					
Ginger	204.66 (14.71)			0.02 (0.00)					
Turmeric	2117 (0.00)								
Medlar					2.72 (0.00)				
Starfruit	142.92 (0.00)								
Pineapple	147.91 (61.33)			0.962 (1.11)					
Passion fruit	57.4 (0.00)			0.02 (0.00)					
Sweet bay (bay leaf)	16.70 (0.00)								
Pomegranate	203.75 (27.19)		0.25 (0.20)	0.30 (0.00)	1.10 (0.00)		0.20 (0.08)	54.97 (77.93)	10.13 (11.14)
Okra	37.14 (3.06)								
Hibiscus	2920.00								
Tamarind	4755.00 (1699.25)								
African spider plant	1330.00								
Bitter berries	1710.00								
Alligator pepper	3552.00 (38.00)								
Black nightshade	1290.00 (80.00)								
Jack fruit	1,011.00 (32.00)								
Java plum									230.00
Guava	126.40 (0.00)								
Black plum	463.45 (6.85)								8.28 (0.83)
Lima beans	96.00 (0.00)								
Pigeon peas	185.86 (63.28)								

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Amaranthus	1010.00 (60.00)								

SD, standard deviation; FW, fresh weight; GAE, garlic acid equivalent