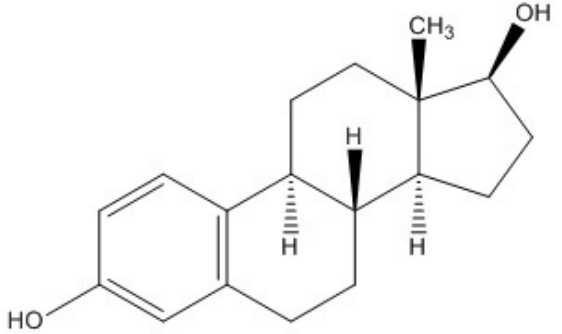
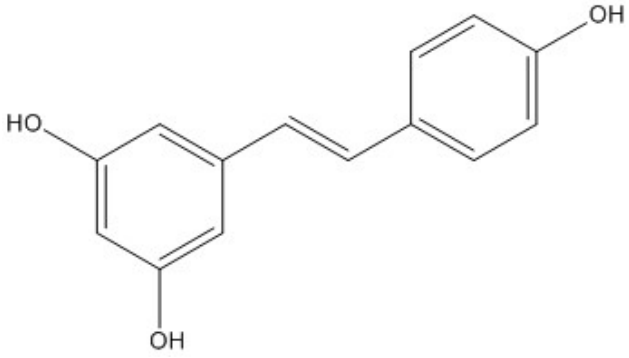
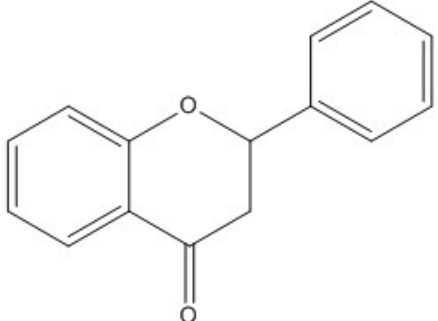


## Bijlage

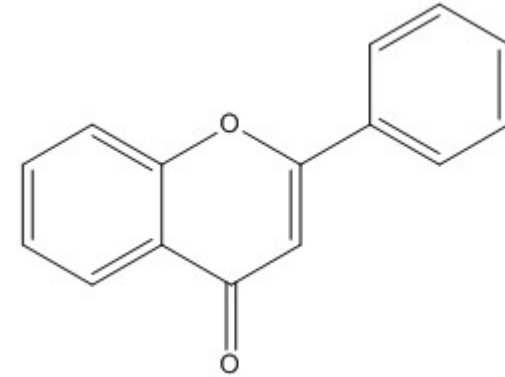
**Tabel: types en bronnen fyto-oestrogenen (naar Patisaul & Jefferson, 2010)**

Groep	Subgroep	Voorbeelden	Voedingsbron	Basisstructuur
17 $\beta$ -Oestradiol	Endogeen oestrogeen	nvt	nvt	 <p>The structure shows the steroid nucleus with a hydroxyl group at C3, a double bond between C4 and C5, and hydroxyl groups at C17 and C19. The methyl group at C13 is shown with a wedge bond, and the hydrogens at C13 and C14 are shown with dashed bonds.</p>
Polyfenolen		Resveratrol	Pel druiven, rode wijn	 <p>The structure consists of two phenolic rings connected by a trans-stilbenoid double bond. The left ring has hydroxyl groups at the 3 and 4 positions, and the right ring has a hydroxyl group at the 4 position.</p>
Flavonoïden	Flavanones	Eriodictyol, Hesperetine, Homoeriodictyol, Naringenine	Citrusvruchten en - sappen	 <p>The structure shows a chromane ring system with a benzene ring fused to a six-membered ring containing an oxygen atom and a carbonyl group. A phenyl ring is attached to the six-membered ring.</p>

Flavones

Apigenine, Luteoline,  
Tangeritine

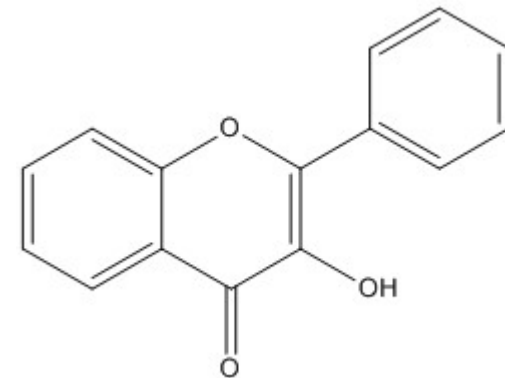
Peterselie, selder,  
capsicumpeper



Flavonolen

Fisetine, Kaempferol,  
Myricetine, Pachypodol,  
Quercetine, Rhamnazine

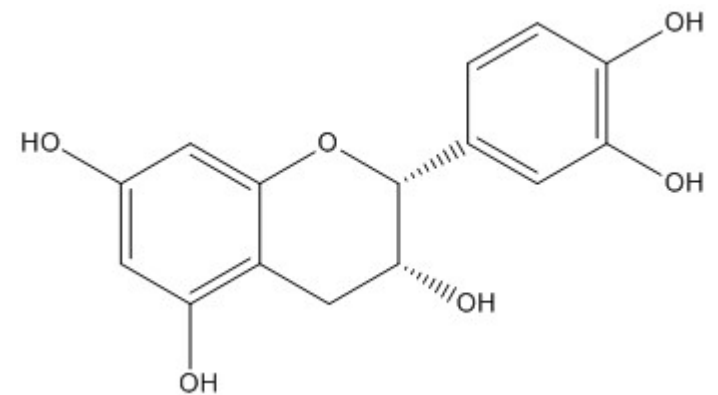
Boerenkool, broccoli,  
uien, tomaten, sla,  
appels, druiven, rode  
wijn



Catechines

Proanthocyanides

Chocolade, groene thee,  
bonen, abrikozen,  
kersen, bessen

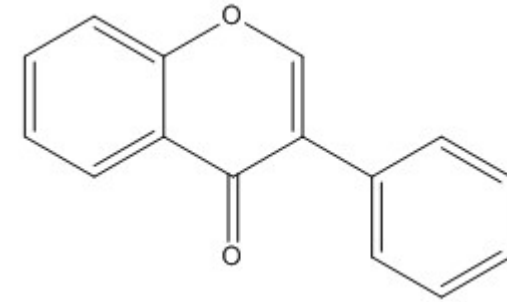


Isoflavonoïden

Isoflavonen

Biochanin A, Glyciteïne,  
Daïdzeïne, Formononetine,  
Genisteïne

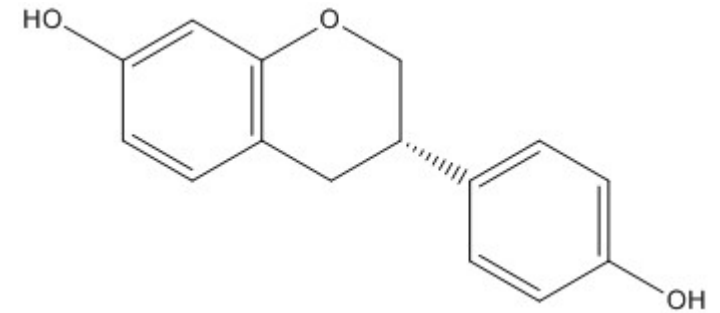
Sojabonen en andere  
peulvruchten



Isoflavanen

Equol

Metaboliët van  
daïdzeïne



Coumestanen

Coumestrol

Klaver, luzerne, spinazie

