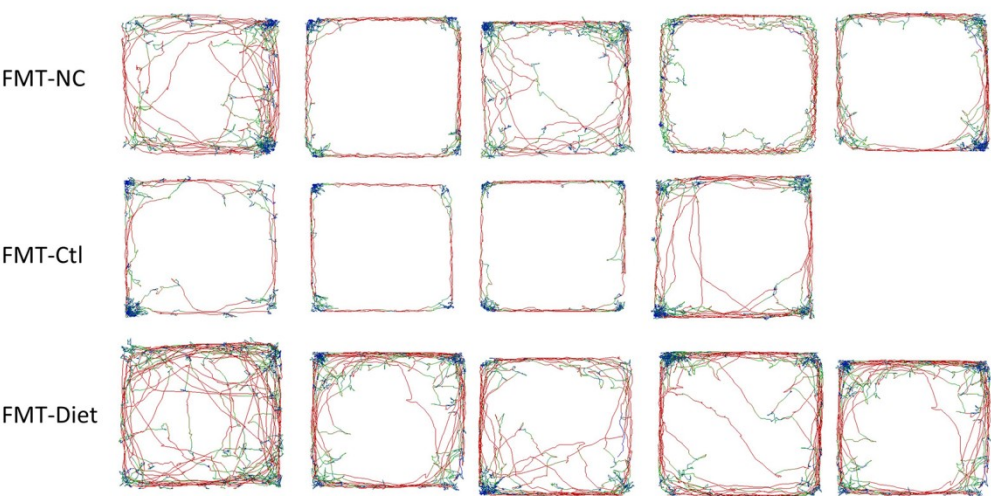


Supplementary Table 1. List of fruits and vegetables with high flavonoids content.

Fruits	Vegetables
strawberry, lemon, red apple, kumquat, grape, orange, mulberry, blueberry, hawthorn, plum, pomegranate, longan, peach, cranberries, waxberries, mango, cherry, kiwi fruit, pomelo	douban, radish Leaves, broccoli, sweet pepper, sweet potato leaf, watercress, mulberry anise leaf, lotus root, ginger, eggplant, cabbage, sweet potato, chili (spicy, yellow), celery, onions (white, purple), hawthorn leaves, sesame vegetable, perilla, coriander leaves, white radish

Supplementary Figure 1. Behavioral experiment (OFT animal model 1)



Supplementary Figure 2. Behavioral experiment (OFT animal model 2)

