

Galactose Content in Beverages

Food	Content (mg/100g)	Standard error	Source
Coffee, dry	1100. to 150. *****		
Watermelon juice	46. *		
V-8 juice	38. *		
Coffee, instant	30. to 8. *****		
Papaya juice	21. *		
Orange juice	19.		
Apple juice	14.		
Kiwi juice	8.		

* [Rounded number (not given in decimal increments)] From a photocopy backpage attached to "Hidden sources of galactose in the environment", sent by PB Acosta to G B-G in the mail (02/98) and this backpage attachment lists it's sources as: Gropper S: Unpublished data; Matthews RH, Pehrsson PR, Farhat-Sabet M: Sugar Content of Selected Foods: Individual and Total Sugars. USDA. Home Economics Research Report No 48, 1987; van Calcar S, et. al: Unpublished data.

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Please Note: These listings are provided to the best of our ability. Please use the advice of your physician and cross check this list for accuracy.