

## *Galactose Content in Dairy Foods*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Milk (human)	3500 per 100 ml		Acosta 1993
Milk (cow's)	2270 per 100 ml		Acosta 1993
Casein (whole)	134		Reynolds et al 1959
Cheddar cheese (aged 15 days)	94.5	10.5	Harvey, et al 1981
Casein (alpha)	75		Reynolds et al 1959
Cheddar cheese (aged 30 days)	70	8	Harvey, et al 1981
Casein (beta)	52		Reynolds et al 1959
Casein (gamma)	48		Reynolds et al 1959
Cheddar cheese (aged 78 days)	43	5	Harvey, et al 1981
Nutramigen (formula)	17 per 100 ml		Acosta 1993

## Galactose Content in Non-dairy/and Substitutes

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Soy formula	1.5		Acosta 1993

**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.