

## *Fruits*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Dried Figs	4100.0	*	
Grapes, European	400.0	*	
Persimmon, American	35.4	2.5	Gross & Acosta. 1991
Papaya	28.6	1.9	Gross & Acosta. 1991
Honeydew melon	26.7	2.0	Gropper et. al. unpublished data
Blueberry	26.2	8.0	Gropper et. al. unpublished data
Pineapple	18.7	2.9	Gropper et. al. unpublished data
Watermelon	14.7	2.0	Gross & Acosta. 1991
Date	11.5	0.6	Gross & Acosta. 1991
Kiwi	9.8	0.4	Gross & Acosta. 1991
Banana	9.2	0.8	Gross & Acosta. 1991
Raspberry (California)	8.4	2.4	Gropper et. al. unpublished data
Apple	8.3	0.7	Gross & Acosta. 1991
Pear	7.3	1.4	Gross & Acosta. 1991
Raspberry (Canada)	7.3	1.3	Gropper et. al. unpublished data
Plum, purple	6.3	0.7	Gropper et. al. unpublished data
Peach	5.5	0.5	Gropper et. al. unpublished data
Strawberry	4.6	0.3	Gropper et. al. unpublished data
Orange, sweet	4.3	0.4	Gross & Acosta. 1991
Cantaloupe melon	4.3	0.2	Gross & Acosta. 1991
Grapefruit	4.1	0.1	Gross & Acosta. 1991
Plum, red	3.8	1.8	Gropper et. al. unpublished data
Mango	2.9	0.9	Gropper et. al. unpublished data
Grape, green	2.9	0.1	Gross & Acosta. 1991
Cherry	2.7	0.6	Gropper et. al. unpublished data
Apricot	1.1	0.6	Gross & Acosta. 1991
Avocado	<0.5		Gross & Acosta. 1991

\* [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sent by PB Acosta to G B-G in the mail (02/98) and this backpage attachment lists it's sources as: Gropper S: Unpublished data; Matthews RH, Pehrsson PR, Farhat-Sabet M: Sugar Content of Selected Foods: Individual and Total Sugars.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 al: Unpublished data

Note: From a photocopied source out of a nutritional therapy book which just lists foods in two columns, those that are OK and those that are not, it mentions that dried shredded coconut is not OK.

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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.