

## *Galactose Content in Grains*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
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## *Galactose Content in Nuts*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Hazelnuts, dried	500 *		
Safflower seed kernels	100 *		
Peanut	000	(ND)	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sent by PB Acosta to G B-G in the mail (02/98) and this backpage attachment lists it's sources as: Gropper S: Unpublished data; Matthews RH, Pehrsson PR, Farhat-Sabet M: Sugar Content of Selected Foods: Individual and Total Sugars.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 al: Unpublished data

## *Galactose Content in Spices*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Pepper, cayenne	009.7	04.0	Gross & Acosta. 1991

**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.