

Galactose Content in Legumes

Food	Content (mg/100g)	Standard error	Source
Garbanzos	444		Gross, K.C
Navy beans	272 *		
Black turtle beans	215 *		
Great Northern beans	207 *		
Lima, baby	175		Gross, K.C
Cranberry beans	169 *		
Kidney beans	153		Gross, K.C
Lentils	116		Gross, K.C
White beans, small, dry	90 *		
Pinto beans	42		Gross, K.C

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sent by PB Acosta to G B-G in the mail (02/98) and this backpage attachment lists it's sources as: Gropper S: Unpublished data; Matthews RH, Pehrsson PR, Farhat-Sabet M: Sugar Content of Selected Foods: Individual and Total Sugars.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 al: Unpublished data

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.