

Meats

Food	Content (mg/100g)	Standard error	Source
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Note: Organ meats are a no-no such as liver, kidney, brains, etc. since these do contain galactose [same organs affected in our infants]. Also processed meats and sandwich meats are a no-no since these can contain milk fillers/products as well as organ meats.

Miscellaneous

Food	Content (mg/100g)	Standard error	Source
Soybeans	44		Gross, K.C

Note: Soybeans are placed in the miscellaneous category because they are high in galactose and should be pointed out as such. The substitution of soy-based products for milk-based products should be scrutinized more carefully as well as any soy products that have been fermented since lactose is used in the fermentation process as in soy sauces, etc. Vitamins and medications should be very carefully scrutinized because pill forms are made with milk base and with lactose fillers and extenders. Also watch antibiotics for the same. MSG (monosodium glutamate) may have lactose added as extenders as well as in soy sauces. Another watch are artificial sweeteners which may contain lactose as a filler. An Additional Note: G. B-G. discussed over the phone with a specialist with Mead Johnson, makers of ProSobee and Nutramigen, that both infant formulas were tested recently for galactose and both were shown to have less than .8mg per quart (all the data she had) - as of Jan 30, 1998. This test included Formula 3232A which is listed as a "mono and disaccharide free infant formula but is still milk-based and that no added mono and disaccharide's were present (>.8mg per quart).

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.