

## *Galactose Content in Vegetables*

<b>Food</b>	<b>Content (mg/100g)</b>	<b>Standard error</b>	<b>Source</b>
Blackeyed peas	521.0 *		
Green peas, split	493.0 *		
Peas	161.0 *		
Yellow peas, split	144.0 *		
Pigeon Peas	100.0 *		
Field peas, dry	85.0 *		
Tomato	23.0	2.0	Gross & Acosta. 1991
Yams	12. *		
Pepper, bell	10.2	0.4	Gross & Acosta. 1991
Pumpkin	9.9	2.5	Gross & Acosta. 1991
Brussels sprouts	9.2	0.7	Gross & Acosta. 1991
Potato, sweet	7.7	0.7	Gross & Acosta. 1991
Broccoli	6.8	0.7	Gross & Acosta. 1991
Carrot	6.2	0.4	Gross & Acosta. 1991
Onion, bunching	6.1	0.3	Gross & Acosta. 1991
Onion, yellow	5.1	0.3	Gross & Acosta. 1991
Pea, sweet	4.9	0.8	Gross & Acosta. 1991
Turnip	4.9	0.6	Gross & Acosta. 1991
Eggplant (aubergine)	004.7	0.2	Gross & Acosta. 1991
Cauliflower	4.3	0.3	Gross & Acosta. 1991
Bean sprouts, green	004.3	0.2	Gross & Acosta. 1991
Cucumber	4.0	0.3	Gross & Acosta. 1991
Corn, sweet	3.7	0.3	Gross & Acosta. 1991
Cabbage, common	003.3	0.2	Gross & Acosta. 1991
Zucchini squash	3.3	0.1	Gross & Acosta. 1991
Lettuce, garden	3.1	0.3	Gross & Acosta. 1991
Celery	2.4	0.1	Gross & Acosta. 1991
Kale	2.3	0.2	Gross & Acosta. 1991
Asparagus	1.2	0.6	Gross & Acosta. 1991
Potato, white	1.2	0.3	Gross & Acosta. 1991
Beet, red	0.8	0.2	Gross & Acosta. 1991
Radish, red	0.5	0.3	Gross & Acosta. 1991
Spinach	0.1	0.1	Gross & Acosta. 1991
Artichoke	000	(ND)	Gross & Acosta. 1991
Mushroom, common	000	(ND)	Gross & Acosta. 1991

Olive, green	000	(ND)	Gross & Acosta. 1991
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\* [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sent by PB Acosta to G B-G in the mail (02/98) and this backpage attachment lists it's sources as: Gropper S: Unpublished data; Matthews RH, Pehrsson PR, Farhat-Sabet M: Sugar Content of Selected Foods: Individual and Total Sugars.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 al: Unpublished data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: I know Tomato is a fruit but I felt it would work better categorized for use in vegies. In a photocopied source of nutritional therapy listing foods only as OK and not OK, green english peas were listed as 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.