

# Lignan content of selected foods

Mg of SDG per 100 grams dry weight

## Oil Seed Nuts

Flaxseed	370,000
Peanuts	298

## Berries

Strawberries	1,500
Cranberries	1,054

## Grains and Cereals

Barley	58
Rye	47

## Fruits

Bananas	3,040
Guava	700

## Legumes

Soybeans	273
Kidney beans	153

## Vegetables

Broccoli	414
Garlic	379

Source: Adapted from W. Mazur, "Phytoestrogen content in foods," *Baillieres Clinical Endocrinology and Metabolism* 1998 Dec;12(4):729-42.