

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.