

A Antiinsulinogenic

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	# Chemicals	Total PPM
Anacardium occidentale Cashew	1	0.04
Anethum graveolens Garden Dill; Dill	1	
Asparagus officinalis Asparagus	1	4.0
Bertholletia excelsa Brazilnut; Brazilnut-Tree; Paranut; Creamnut	1	0.02
Brassica oleracea var. capitata I. Red Cabbage; Cabbage; White Cabbage	1	29.0
Carya ovata Shagbark Hickory	1	0.02
Carya illinoensis Pecan	1	0.02
Carya glabra Pignut Hickory	1	2.2
Cocos nucifera Kokospalme (Ger.); Copra; Nariyal; Coconut Palm; Cocotero (Sp.); Coconut	1	0.008
Corylus avellana Hazel; European Filbert; Cobnut; European Hazel; English Filbert	1	0.02
Diospyros virginiana American Persimmon	1	5.16
Juglans nigra Black Walnut	1	0.06
Juglans cinerea Butternut	1	0.04
Juniperus virginiana Red Cedar	1	5.28
Lactuca sativa Lettuce	1	40.6
Linum usitatissimum Linseed; Flax	1	
Liquidambar styraciflua American Styrax; Sweetgum	1	9.719999999999999
Lycopersicon esculentum Tomato	1	12.0
Nyssa sylvatica Black Gum; Black Tupelo	1	11.74
Panax quinquefolius Ginseng; American Ginseng	1	0.04
Phaseolus vulgaris Snap Bean; Black Bean; Popping Bean; String Bean; Flageolet Bean; Pop Bean; Green Bean; Haricot Bean; French Bean; Haricot; Navy Bean; Kidney Bean; Haricot Vert; Wax Bean; Garden Bean; Field Bean; Dwarf Bean	1	210.0
Phaseolus lunatus Lima Bean; Butter Bean	1	6.0
Pimenta dioica Pimento; Clover-Pepper; Allspice; Jamaica-Pepper; Pimenta	1	0.4
Pinus echinata Shortleaf Pine	1	2.52
Pistacia vera Pistachio	1	0.02
Prunus serotina Black Cherry; Wild Cherry	1	12.8
Prunus dulcis Almond	1	0.04
Pyrus communis Pear	1	1.11
Quercus velutina Black Oak	1	1.86
Quercus rubra Northern Red Oak	1	2.68
Quercus alba White Oak	1	3.04
Rhus copallina Winged Sumac; Dwarf Sumac	1	13.26
Sassafras albidum Sassafras	1	11.98
Symphoricarpos orbiculatus Buckbush	1	8.8
Vigna unguiculata Pea Bean; Yardlong Bean; Asparagus Bean	1	4.8
Zea mays Corn	1	2.7