

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for PUFA

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Abelmoschus esculentus</i>	Fruit	270.0	2700.0	-0.6462376868898586	USDA's Ag Handbook 8 and sequelae)
<i>Allium cepa</i>	Bulb	620.0	6005.0		USDA's Ag Handbook 8 and sequelae)
<i>Allium schoenoprasum</i>	Leaf	2670.0	28555.0	1.2327222613135935	USDA's Ag Handbook 8 and sequelae)
<i>Anacardium occidentale</i>	Seed	78360.0	83555.0	-0.16953414802178737	--
<i>Ananas comosus</i>	Fruit	1460.0	10815.0	-0.0653033406862613	USDA's Ag Handbook 8 and sequelae)
<i>Apium graveolens</i>	Pt	690.0	12875.0		USDA's Ag Handbook 8 and sequelae)
<i>Arachis hypogaea</i>	Seed	155340.0	183785.0	0.5939566170280232	USDA's Ag Handbook 8 and sequelae)
<i>Artocarpus altilis</i>	Seed	29770.0	68075.0	-0.2874513089812912	USDA's Ag Handbook 8 and sequelae)
<i>Asparagus officinalis</i>	Shoot	960.0	12387.0	1.4142135623730958	--
<i>Benincasa hispida</i>	Fruit	870.0	22305.0	0.7572395598533977	--
<i>Bertholletia excelsa</i>	Seed	241290.0	249640.0	1.0955996813037416	USDA's Ag Handbook 8 and sequelae)
<i>Beta vulgaris</i>	Root	500.0	3943.0	-0.48476339853379624	USDA's Ag Handbook 8 and sequelae)
<i>Borago officinalis</i>	Seed	27300.0	80430.0	-0.19333848445579574	J. Pharm. Belg. 43:359-363. 1988.
<i>Brassica rapa</i>	Root	530.0	6520.0	0.566707691896107	--
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	880.0	8800.0	1.4969964331379306	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	480.0	4335.0		--
<i>Brassica oleracea</i> var. <i>sabellica</i> l.	Leaf	3380.0	21750.0	0.30135573800989235	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Flower	830.0	10725.0	1.333147880984072	--
<i>Cajanus cajan</i>	Seed	8140.0	9100.0	-0.736686746163897	--
<i>Carica papaya</i>	Fruit	310.0	2775.0	-0.6408686079046128	USDA's Ag Handbook 8 and sequelae)
<i>Carum carvi</i>	Seed	32720.0	36320.0	-0.5293414540891105	Revised USDA data received 1993.
<i>Cicer arietinum</i>	Seed	26940.0	30450.0	-0.5740555196467518	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Root	870.0	4350.0	-0.318698697794576	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	440.0	8030.0	-1.576432461803007	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cichorium endivia	Leaf	870.0	14010.0	-0.7579795875405334	--
Cocos nucifera	Seed	3660.0	26880.0	-0.601249593588963	USDA's Ag Handbook 8 and sequelae)
Colocasia esculenta	Root	830.0	2825.0	-0.9409312988444799	--
Colocasia esculenta	Leaf	3070.0	21410.0	0.2548216281019925	--
Corchorus olitorius	Leaf	1200.0	9750.0	-1.34102461168069	--
Cucumis sativus	Fruit	510.0	12911.0	0.08474452002140845	--
Cucurbita spp	Fruit	890.0	14080.0	0.1684305644714399	--
Cucurbita pepo	Flower	40.0	825.0	-1.0752762105747442	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	209040.0	224581.0	0.9047155639598008	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	50.0	595.0	-0.7969298370757578	USDA's Ag Handbook 8 and sequelae)
Cynara cardunculus	Flower	630.0	4185.0	-0.2578716704093278	USDA's Ag Handbook 8 and sequelae)
Daucus carota	Root	770.0	6300.0	0.4769429887938258	--
Dioscorea pentaphylla	Root	450.0	2425.0	-1.1041398499395367	--
Elettaria cardamomum	Fruit	4300.0	4675.0	-0.5048519402783854	Revised USDA data received 1993.
Ficus carica	Fruit	1440.0	6893.0	-0.34607037775471583	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	1860.0	22064.0	0.7399869193808079	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Seed	6180.0	13795.0	-0.7009231111054428	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	112550.0	123060.0	0.13139075144237272	--
Helianthus annuus	Seed	327350.0	345900.0	1.828849417347788	--
Ipomoea batatas	Root	1320.0	4860.0	-0.11060779514837861	--
Juglans cinerea	Seed	427410.0	442179.0	2.562243883757353	--
Juglans regia	Seed	391250.0	406070.0	2.2871876327827585	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Seed	374920.0	392010.0	2.180087162298868	USDA's Ag Handbook 8 and sequelae)
Lactuca sativa	Leaf	1590.0	26500.0	0.9514646264290813	--
Lens culinaris	Sprout Seedling	2190.0	7300.0	-0.6506791473733823	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Lens culinaris</i>	Seed	4470.0	5035.0	-0.767651426997255	USDA's Ag Handbook 8 and sequelae)
<i>Lepidium sativum</i>	Leaf	2280.0	21500.0	0.26713948072467186	--
<i>Luffa aegyptiaca</i>	Fruit	870.0	17400.0	0.4061017942183214	--
<i>Lupinus albus</i>	Seed	24390.0	27235.0	-0.5985454209700596	--
<i>Macadamia spp</i>	Seed	12710.0	13075.0	-0.7064076302198383	USDA's Ag Handbook 8 and sequelae)
<i>Malus domestica</i>	Fruit	1050.0	6535.0	-0.3716987814442892	USDA's Ag Handbook 8 and sequelae)
<i>Mangifera indica</i>	Fruit	510.0	2788.0	-0.6399379675471701	--
<i>Manihot esculenta</i>	Root	670.0	2130.0	-1.224506156372141	--
<i>Mentha x piperita</i>	Leaf	5080.0	23795.0	0.5812447226029958	USDA's Ag Handbook 8 and sequelae)
<i>Mentha spicata</i>	Leaf	3940.0	27265.0	1.0561663737218558	USDA's Ag Handbook 8 and sequelae)
<i>Musa x paradisiaca</i>	Fruit	890.0	3458.0	-0.5919741952789742	USDA's Ag Handbook 8 and sequelae)
<i>Nelumbo nucifera</i>	Rhizome	200.0	955.0	-1.0	--
<i>Nelumbo nucifera</i>	Seed	3120.0	9454.0	-0.7339901909326525	--
<i>Pastinaca sativa</i>	Root	470.0	2300.0	-1.155142522156742	--
<i>Persea americana</i>	Fruit	19550.0	76000.0	4.601142174690385	--
<i>Phaseolus vulgaris</i>	Seed	6100.0	6855.0	-0.7537877814580886	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	590.0	6064.0	-0.40541659747163294	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus lunatus</i>	Seed	3090.0	14079.0	-0.6987597730103201	--
<i>Phaseolus vulgaris</i>	Sprout Seedling	2760.0	29677.0	1.412750482855845	USDA's Ag Handbook 8 and sequelae)
<i>Pinus pinea</i>	Seed	213430.0	228730.0	0.936320105356505	USDA's Ag Handbook 8 and sequelae)
<i>Pinus edulis</i>	Seed	256680.0	272775.0	1.2718279447919925	USDA's Ag Handbook 8 and sequelae)
<i>Pistacia vera</i>	Seed	73160.0	76105.0	-0.2262836860804633	--
<i>Pisum sativum</i>	Fruit	890.0	8803.0	-0.20933783293045571	--
<i>Pisum sativum</i>	Seed	1870.0	8846.0	-0.7386215626292532	--
<i>Prunus domestica</i>	Fruit	1340.0	9054.0	-0.19136931525983306	USDA's Ag Handbook 8 and sequelae)

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus armeniaca	Fruit	770.0	5640.0	-0.43576979066822263	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	450.0	3645.0	-0.5785872916757613	--
Prunus dulcis	Seed	109570.0	114610.0	0.0670238257248141	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	2530.0	18200.0	0.4633719700609434	USDA's Ag Handbook 8 and sequelae)
Psidium cattleianum	Fruit	2530.0	13080.0	0.09684284466816236	--
Psophocarpus tetragonolobus	Tuber	1740.0	4085.0	1.0	--
Psophocarpus tetragonolobus	Seed	1860.0	47240.0	-0.4461595808541117	--
Psophocarpus tetragonolobus	Leaf	2130.0	9201.0	-1.4161635126790344	--
Pyrus communis	Fruit	940.0	5806.0	-0.42388622918087854	--
Raphanus sativus	Root	450.0	8720.0	1.4643547229189193	--
Rosmarinus officinalis	Leaf	9140.0	28360.0	1.2060335806311215	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	3130.0	23410.0	0.8363439902360195	Revised USDA data received 1993.
Secale cereale	Seed	11150.0	12520.0	-0.7106352803705182	USDA's Ag Handbook 8 and sequelae)
Solanum tuberosum	Tuber	430.0	2043.0	-1.0	USDA's Ag Handbook 8 and sequelae)
Solanum melongena	Fruit	420.0	5204.0	-0.4669820365024516	--
Tamarindus indica	Fruit	590.0	860.0	-0.7779590913278893	USDA's Ag Handbook 8 and sequelae)
Tetragonia tetragonioides	Leaf	840.0	14000.0	-0.7593482378319422	--
Vicia faba	Seed	3100.0	16315.0	-0.6817272942050584	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	5650.0	6170.0	-0.7590056920044231	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3840.0	4222.0	-0.7738443631639267	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	1060.0	10372.0	-0.707106781186547	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	1690.0	13909.0	0.15618906438507946	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	7500.0	8304.0	-0.7427501867403675	--
Vigna unguiculata	Seed	3380.0	10181.0	-0.7284523501046448	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	1060.0	10372.0	-0.707106781186547	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna radiata	Sprout Seedling	580.0	6092.0	-0.7620713354824633	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	1690.0	8693.0	-0.21721248210881625	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Root	1540.0	8400.0	1.333787882042874	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	1540.0	8400.0	1.0	--