

List of Plants



Chemid

PHYTATE

*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	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus esculentus	Fruit	50.0	2900.0	-0.36	*
Avena sativa	Seed	8970.0	10000.0	-0.31	*
Bertholletia excelsa	Seed	17990.0	19660.0	0.92	*
Beta vulgaris	Root	30.0	370.0		*
Brassica oleracea var. italica	Leaf	180.0	1640.0		*
Carum carvi	Seed	10190.0	10900.0	-0.19	*
Cicer arietinum	Seed	2080.0	8260.0	-0.53	USDA's Ag Handbook 8 and sequelae)
Cocos nucifera	Seed	2300.0	2370.0	-1.28	*
Coffea arabica	Seed	7.0	370.0	-1.53	*
Corylus avellana	Seed	16200.0	17200.0	0.61	*
Cucurbita foetidissima	Seed	--	19000.0	0.83	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Cynara cardunculus	Flower	90.0	900.0		*
Ficus carica	Fruit	3850.0	5570.0	-0.01	*
Fragaria spp	Fruit	60.0	230.0	-0.71	*
Glycine max	Seed	2480.0	25800.0	1.7	*
Helianthus annuus	Seed	16000.0	17030.0	0.58	*
Hordeum vulgare	Seed	1640.0	10000.0	-0.31	*
Juglans regia	Seed	7600.0	9930.0	-0.32	*
Juglans nigra	Seed	19770.0	20400.0	1.01	*
Lens culinaris	Seed	4340.0	4940.0	-0.95	*
Malus domestica	Fruit	630.0	4040.0	-0.21	*
Musa x paradisiaca	Fruit	320.0	1110.0	-0.6	*
Olea europaea	Fruit	20.0	170.0	-0.72	*
Papaver somniferum	Seed	21890.0	23290.0	1.38	*
Persea americana	Fruit	10.0	30.0	-0.74	*
Phaseolus vulgaris	Seed	2220.0	11160.0	-0.16	*

<i>Phaseolus acutifolius</i>	Seed	6150.0	10200.0	-0.28	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Phaseolus vulgaris</i>	Fruit	600.0	12230.0	0.87	*
<i>Prunus dulcis</i>	Seed	12800.0	13640.0	0.15	*
<i>Sesamum indicum</i>	Seed	16160.0	17240.0	0.61	*
<i>Solanum tuberosum</i>	Tuber	810.0	4010.0		*
<i>Theobroma cacao</i>	Seed	10.0	530.0	-1.51	Phytate in Food. Harland & Oberleas. Wld. Rev. Nutr. Diet, 52: 235-259.
<i>Trigonella foenum-graecum</i>	Seed	6450.0	29760.0	2.2	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (<i>Trigonella foenum-graecum</i> L.). Plant Foods for Human Nutrition. 46: 77-84, 1994.
<i>Trigonella foenum-graecum</i>	Fruit	6600.0	24520.0	2.48	Singh, J., Gupta, K., and Arora, S.K. 1993. Changes in the anti-nutritional factors of developing seeds and pod walls of fenugreek (<i>Trigonella foenum-graecum</i> L.). Plant Foods for Human Nutrition. 46: 77-84, 1994.
<i>Vicia faba</i>	Seed	180.0	1100.0	-1.44	*
<i>Vigna unguiculata</i>	Seed	8150.0	9180.0	-0.41	*
<i>Zea mays</i>	Seed	310.0	6400.0	-0.77	*