



## Chemid

MUFA

## ubiquitous

Yes

\*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	170	1700	-0.22925702420668695	USDA's Ag Handbook 8 and sequelae)
Allium cepa	Bulb	230	2230		USDA's Ag Handbook 8 and sequelae)
Allium schoenoprasum	Leaf	840	10500	0.2923626056480234	USDA's Ag Handbook 8 and sequelae)
Anacardium occidentale	Seed	273170	286115	1.2782320665688478	--
Ananas comosus	Fruit	480	3556	-0.2022365513065334	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Pt	270	5035		USDA's Ag Handbook 8 and sequelae)
Arachis hypogaea	Seed	223280	261265	1.0984598038157434	USDA's Ag Handbook 8 and sequelae)
Artocarpus altilis	Seed	7120	18280	-0.6593656796878006	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	70	903	-1.4142135623730951	--
Benincasa hispida	Fruit	370	9485	-0.11591953415943726	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Bertholletia excelsa	Seed	230160	238125	0.9310581877148646	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	270	2219	-0.042210550390970464	USDA's Ag Handbook 8 and sequelae)
Borago officinalis	Seed	74750	220225	0.8015642841623266	J. Pharm. Belg. 43:359-363. 1988.
Brassica napus var. napobrassica	Root	250	2500	0.07398045035870428	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	70	780		--
Brassica oleracea var. botrytis l.	Flower	120	1550	0.46291004988627577	--
Brassica oleracea var. sabellica l.	Leaf	520	3345	-0.4028010683812442	--
Brassica rapa	Root	60	740	-0.6537638959737779	--
Cajanus cajan	Seed	120	135	-0.790631985830862	--
Carica papaya	Fruit	380	3402	-0.2044785517519125	USDA's Ag Handbook 8 and sequelae)
Carum carvi	Seed	71250	79085	-0.21948429390500326	Revised USDA data received 1993.
Cicer arietinum	Seed	13580	15350	-0.6805621678112048	USDA's Ag Handbook 8 and sequelae)
Cichorium endivia	Leaf	40	644	-0.6652241408554652	--
Cichorium intybus	Leaf	20	365	-0.692331152044028	USDA's Ag Handbook 8 and sequelae)
Cichorium intybus	Root	40	200	-0.8770490931439714	USDA's Ag Handbook 8 and sequelae)
Cocos nucifera	Seed	14250	26880	-0.5971507316122795	USDA's Ag Handbook 8 and sequelae)
Colocasia esculenta	Leaf	600	4185	-0.32118856157696957	--
Colocasia esculenta	Root	160	454	-0.7720223522528064	--
Corchorus olitorius	Leaf	170	1385	-0.5932302509245516	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucumis sativus	Fruit	30	759	-0.2429565204346204	--
Cucurbita pepo	Flower	90	1855	0.9258200997725515	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	130	1548	-0.23146990776316503	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	142580	153180	0.31654088954333737	USDA's Ag Handbook 8 and sequelae)
Cucurbita spp	Fruit	160	2530	-0.21717351531276052	--
Cynara cardunculus	Flower	50	330	-1.3887301496588274	USDA's Ag Handbook 8 and sequelae)
Daucus carota	Root	80	655	-0.6889106399727899	--
Dioscorea pentaphylla	Root	40	215	-0.8708467265559104	--
Elettaria cardamomum	Fruit	8700	9455	-0.11635628749295267	Revised USDA data received 1993.
Ficus carica	Fruit	660	3159	-0.20801625375338736	USDA's Ag Handbook 8 and sequelae)
Fragaria spp	Fruit	520	6168	-0.16420989440179143	USDA's Ag Handbook 8 and sequelae)
Ginkgo biloba	Seed	6190	13815	-0.6916668126130565	USDA's Ag Handbook 8 and sequelae)
Glycine max	Seed	44040	48150	-0.4432772495696827	USDA's Ag Handbook 8 and sequelae)
Helianthus annuus	Seed	94620	100000	-0.06817898704459366	--
Ipomoea batatas	Root	110	405	-0.7922834164404721	--
Juglans cinerea	Seed	104250	107852	-0.011375292592385388	--
Juglans nigra	Seed	127270	133070	0.17105919119464807	USDA's Ag Handbook 8 and sequelae)
Juglans regia	Seed	141750	147720	0.27704163181166935	USDA's Ag Handbook 8 and sequelae)
Lactuca sativa	Leaf	120	2000	-0.5334782370142791	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Lens culinaris	Seed	1630	1835	-0.7783336821415149	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	1040	3465	0.18274126285569006	USDA's Ag Handbook 8 and sequelae)
Lepidium sativum	Leaf	2390	22545	1.462627658573604	--
Luffa aegyptiaca	Fruit	370	7400	-0.14627389083875847	--
Lupinus albus	Seed	39400	43990	-0.473371922127144	--
Macadamia spp	Seed	581710	598340	3.5369602250432144	USDA's Ag Handbook 8 and sequelae)
Malus domestica	Fruit	150	935	-0.24039423421132997	USDA's Ag Handbook 8 and sequelae)
Mangifera indica	Fruit	1010	5522	-0.17361464951682332	--
Manihot esculenta	Root	1040	3300	0.4047733350552872	--
Mentha spicata	Leaf	250	1730	-0.5597108284870816	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	330	1545	-0.5776850115332612	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Fruit	410	1593	-0.23081477776289192	USDA's Ag Handbook 8 and sequelae)
Nelumbo nucifera	Rhizome	200	955	-1	--
Nelumbo nucifera	Seed	1040	3152	-0.7688061139304148	--
Pastinaca sativa	Root	1120	5470	1.3020490347947684	--
Persea americana	Fruit	96080	373400	5.18211677804928	--
Phaseolus lunatus	Seed	500	1680	-0.7794549980661318	--
Phaseolus vulgaris	Fruit	50	514	-0.24652333932499626	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Seed	1230	1382	-0.7816108183599115	USDA's Ag Handbook 8 and sequelae)

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Phaseolus vulgaris	Sprout Seedling	390	4194	1.1231063025389685	USDA's Ag Handbook 8 and sequelae)
Pinus edulis	Seed	229420	243800	0.9721128191484206	USDA's Ag Handbook 8 and sequelae)
Pinus pinea	Seed	190760	204435	0.6873347457771549	USDA's Ag Handbook 8 and sequelae)
Pistacia vera	Seed	326680	339831	1.6668295259670671	--
Pisum sativum	Fruit	210	2077	-0.22376849064884324	--
Pisum sativum	Seed	350	1656	-0.7796286211770402	--
Prunus armeniaca	Fruit	170	1245	-0.2358811164316707	USDA's Ag Handbook 8 and sequelae)
Prunus domestica	Fruit	4060	27432	0.14536086839393333	USDA's Ag Handbook 8 and sequelae)
Prunus dulcis	Seed	339020	354615	1.7737813622866605	USDA's Ag Handbook 8 and sequelae)
Prunus persica	Fruit	340	2755	-0.2138978653113949	--
Psidium cattleianum	Fruit	550	2845	-0.21258760531084867	--
Psidium guajava	Fruit	550	3955	-0.1964277319707784	USDA's Ag Handbook 8 and sequelae)
Psophocarpus tetragonolobus	Leaf	2850	12312	0.46841244175438723	--
Psophocarpus tetragonolobus	Seed	2500	65590	-0.3171111223095563	--
Psophocarpus tetragonolobus	Tuber	2340	5493	1	--
Pyrus communis	Fruit	840	5188	-0.1784771699632949	--
Raphanus sativus	Root	170	3295	0.40270587952593356	--
Rosmarinus officinalis	Leaf	11600	35990	2.7689135561729756	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	530	3965	-0.19628214752627327	Revised USDA data received 1993.

<b>Plant</b>	<b>Part</b>	<b>Low PPM</b>	<b>High PPM</b>	<b>StdDev</b>	<b>Reference</b>
Secale cereale	Seed	3030	3400	-0.7670120084510276	USDA's Ag Handbook 8 and sequelae)
Solanum melongena	Fruit	90	1152	-0.23723505176556847	--
Solanum tuberosum	Tuber	20	95	-1	--
Tamarindus indica	Fruit	1810	2640	-0.215572086423204	USDA's Ag Handbook 8 and sequelae)
Tetragonia tetragonioides	Leaf	50	835	-0.6466670113321124	--
Vicia faba	Seed	170	895	-0.7851339206520951	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	1290	1428	-0.7812780407306703	--
Vigna radiata	Seed	1610	1770	-0.7788039114002252	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	220	2311	-1.305847565394658	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	360	2963	-0.21086970886568804	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Seed	1140	1245	-0.7826019169513472	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	220	2153	0.7071067811865472	--
Vigna unguiculata	Seed	710	2139	-0.7761344560700081	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Shoot	220	2153	0.7071067811865472	USDA's Ag Handbook 8 and sequelae)
Vitis vinifera	Fruit	230	1183	-0.23678373998760255	USDA's Ag Handbook 8 and sequelae)
Zingiber officinale	Rhizome	1540	8400	1	--
Zingiber officinale	Root	1540	8400	2.513577974996003	USDA's Ag Handbook 8 and sequelae)