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FORTY FOODS RICH IN VITAMIN B17

apple seeds	lentils
apricot kernels	lima beans
bamboo shoots	linseed
barley	loganberries
beet tops	macadamia nuts
bitter almond	meat
blackberries	millet seed
boysenberries	peach kernels
brewer's yeast	pecans
brown rice	plum kernels
buckwheat	quince
cashews	raspberries
cherry kernels	sorghum cane syrup
cranberries	spinach
eucalyptus leaves	sprouts (alfalfa, buckwheat, garbanzo bean, lentil, mung bean)
currants	strawberries
fava beans	walnuts
flax seeds	watercress
garbanzo beans	yams
gooseberries	
huckleberries	