

## FRUCTOSE INTOLERANCE

### Low Fructose Diet

**Definition:** Fructose intolerance means you are unable or have difficulty digesting fructose which is a naturally occurring sugar in fruit, vegetables and honey. Fructose can also be used as an artificial sweetener in many products (such as High Fructose Corn Syrup). Glucose is another form of sugar that is natural to the body; however it is more easily absorbed and can actually help the absorption of Fructose. Foods that have equal or more Glucose than Fructose are considered more “intestinal friendly”.

**Common symptoms include:** Gas, bloating, abdominal cramping and diarrhea.

Food Group	Foods Allowed	Foods to Avoid
Fruits	Stone Fruits: avocado, apricot, nectarine, peach, plum  Berries: blackberry, strawberry, boysenberry, cranberry, raspberry, blueberry  Citrus Fruits: grapefruit, lemon, lime, kumquat  Other: kiwi, passion fruit, pineapple, rhubarb, cantaloupe	Apple, banana, cherries, coconut milk, grapes, guava, honeydew melon, mango, orange, papaya, pear, pomegranate, star fruit, watermelon  Dried fruits/bars: currant, dates, fig, prunes, raisins, dried fruit snack bars  Canned fruits in syrup  Juices of above fruits
Vegetables	Spinach, radish, peas, beets, mushrooms, green peppers, celery, okra, corn, beans, lettuce, potatoes *Cooked vegetables have less sugar content	Sugar snap peas, tomato, broccoli, summer squash, zucchini, cucumber, artichoke, red peppers
Breads and Grains	Breads: corn, rye, gluten-free  Crackers: rye, rice, corn crisps, gluten-free  Cereals: rice, grits, oatmeal, cornflakes, puffed rice, gluten-free  Pasta: Rice, soba(buckwheat), gluten-free	Wheat-based products: flour, pasta, bread, breakfast cereals, cakes, cookies, crackers, pastries

Meat, Dairy and Fats	<p>All meats, beans, and dairy products are tolerated well</p> <p>Vegetable oils, butter and margarine are all tolerated well</p>	<p>Avoid meat prepared with wheat breading or sweetened sauces</p> <p>Read ingredients carefully on processed meats (deli meat, hot dogs, etc.)</p> <p>Avoid dairy products that contain added fruit, sweeteners made from fruit juice concentrates and high fructose corn syrup</p>
Beverages	<p>Water, carbonated water, coffee, unsweetened tea, diet soda, glucose-based energy drinks (G2 Gatorade, Propel Zero, Powerade Zero)</p> <p>Alcohol Beverages: Gin, rum, vodka, whiskey, dry red or white wine.</p>	Sweet wines (Moscato, sherry, port, dessert wines), fruit juices, chicory-based coffee, fructose-sweetened soft drinks, coconut milk
Common Sweeteners	Baker's sugar, Barley malt syrup, brown sugar, castor sugar, cane sugar, confectioner's sugar, corn sugar/syrup, dextrose, glucose, Lactose, maple sugar/syrup, Saccharose, sucrose, sugar substitutes (aspartame, saccharin, sucralose)	Agave syrup, caramel, chicory, grape syrup, high fructose corn syrup, corn syrup solids, honey, molasses, levulose, polydextrose, sugar alcohols (mannitol, sorbitol, xylitol, dulcitol, erythritol)

Good rules of thumb:

- Avoid products that list fructose, high fructose corn syrup (HFCS), honey, fruit juice concentrate and/or corn syrup solids among the first 5 ingredients on the food label.
- "Sugar-free" or "No sugar added" products typically contain sugar alcohols which are not absorbed well and can create a laxative affect in the body.
- Check medications for fructose or sorbitol in the ingredients. You may have to check with your pharmacist.
- Keep in mind, tolerance may depend on the amount of fructose you eat at one time. Fructose-containing foods are better tolerated in smaller servings throughout the day and not on an empty stomach.

References: UVA Digestive Health Center (<http://uvahealth.com/services/digestive-health/images-and-docs/low-fructose-diet.pdf>),