

Low Fructose Diet

What is Fructose?

Fructose is a naturally occurring simple sugar found in fruit, vegetables, and honey. Fructose intolerance can occur in people with irritable bowel syndrome and other GI disorders. Fruits and fruit juices with higher levels of fructose may cause gas, bloating, abdominal cramping, and diarrhea. Glucose is also a naturally occurring sugar. The more glucose than fructose in a product, the more "intestinal friendly" the fruit or fruit juice may be.

High Fructose Corn Syrup (HFCS) ****

HFCS is made up of almost half glucose and half fructose and may be absorbed just as well as sucrose (regular table sugar). Therefore, items with HFCS such as soft drinks, may be tolerated well when limited to 12 oz per day and with a meal. HFCS can also be found in canned, baked, or processed foods such as barbeque sauces, catsup, jams, jellies, chocolate milks, etc.

*** In some patients, even a small amount of processed fruit juice or even foods with HFCS may cause as much malabsorption, and/or intestinal discomfort, as eating large quantities of fruit.

General Guidelines

- Eliminate products with ingredients that list fructose, crystalline fructose (not HFCS), and honey on the label.
- Limit drinks with HFCS; if used, drink less than the recommended serving size, e.g., less than 12 oz of soda (may help to drink with a meal).
- Keep in mind the amount of fructose found in 2 apples or 2 oz of honey is the same fructose in 1 can of soda.
- Follow guidelines below for fruits, vegetables, and other foods that are friendlier to your intestines!



Fruits:

- Serving size is ½ cup
- Limit to 1 to 2 servings per day.
- Fresh or fresh frozen fruit may be better tolerated than canned fruit.
- Keep in mind tolerance may depend on the amount you eat at one time.
- Limit concentrated sources such as dried fruit and fruit juices or eating large amounts of any fruit.

The following recommended “Foods to Avoid” should not be eaten because of their high fructose content. These are otherwise healthy foods.

Intestine Friendly	Foods to Avoid	Questionable Foods/limit
Pineapples, strawberries, raspberries, blackberries, lemons, limes, avocado, bananas*, rhubarb, orange blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, passionfruit, mandarin, papaya, tangelo	Prunes, pears, cherries peaches, apples, plums, applesauce, apple juice, pear juice, apple cider, grapes, dates, mango, watermelon	Other fruit juices or drinks sugar-free jam/jelly dried fruit canned fruit in heavy syrup other fruit

Vegetables:

- Serving size is ½ cup (most vegetables) or 1 cup (leafy green vegetables)
- Limit to 3 servings per day.
- Cooked vegetables may be tolerated best as cooking causes the loss of free sugars.
- Keep in mind tolerance may depend on the amount you eat at one time.

Intestine Friendly	Foods to Avoid	Questionable Foods/limit
Asparagus, cauliflower*, green peppers*, broccoli*, leafy greens, celery, mushrooms, white potatoes, shallots, spinach, pea pods, cucumber*, beans*, other root vegetables	Sugar snap peas	Tomatoes, corn, carrot, sweet potatoes

Other:

Intestine Friendly	Foods to Avoid	Questionable Foods/limit
<ul style="list-style-type: none"> • All meats • All fats • All dairy • All eggs • All beans* • Aspartame (Equal® and Nutrasweet®), Saccharin (Sweet `n Low®) • Sucrose (table sugar) • Maple or golden syrup 	<ul style="list-style-type: none"> • Honey • Flavorings with fructose • Desserts (ice cream, candy, cookies, bars) sweetened with fructose • Cereal or other processed foods fructose on the label 	<ul style="list-style-type: none"> • Limit products with HFCS if symptoms still continue

***Possible gas forming foods may need to be avoided**