

FRUCTOSE INTOLERANCE

WHAT IS FRUCTOSE INTOLERANCE

Foods that we eat are made up of a variety of components, including proteins, sugars and fibres. In our foods, there are often some certain “sugars” and “non-digestible” component’s (some carbohydrates), which can be absorbed very differently in some individuals, and in some cases, ‘mal-absorbed’.

Fructose is a sugar found naturally in honey, wheat, fruits and some vegetables. Fructose is ever increasing in our diet as an added ‘sweetening’ ingredient to packaged foods often described as ‘fruit concentrate’.

WHAT ARE THE SYMPTOMS OF FRUCTOSE INTOLERANCE?

- Bloating
- Wind
- Abdominal pain or cramping
- Diarrhoea and/or constipation
- Nausea
- Reflux
- Urgency

This Functional Intestinal Gut Disorders (FIGD) generates symptoms that are also common in conditions including Irritable Bowel Syndrome, Inflammatory Bowel Disease, and Coeliac Disease (a true food allergy).

It is also recommended that you work alongside your Doctor and Dietitian, to determine if there are any underlying gastrointestinal issues, before starting a diet for fructose intolerance: Coeliac Disease can be tested by your doctor.

HOW DO I KNOW I HAVE FRUCTOSE INTOLERANCE?

Fructose malabsorption can be diagnosed using a breath test or determined by dietary elimination and challenge with the supervision of a dietitian.

WHAT FOODS DO I HAVE TO LIMIT IF I HAVE FRUCTOSE INTOLERANCE?

When fructose malabsorption is a problem, foods will cause symptoms when you consume a load, over a period of time, which accumulates in affect. These symptoms can vary, depending on the timing, type and amount, of these foods you consume (note these are often hidden sources).

We recommend that you book in to see one of our qualified Dietitian, who can work with you and your daily eating patterns, to make eating the foods you love, much more enjoyable and symptom free. The Dietitian, can also work to identify and manage any further dietary intolerance that you may be still experiencing, and really manage those symptoms, whilst improving your health for the long-term!

HIGH AND LOW FRUCTOSE-CONTAINING FOODS LIST

	HIGH FRUCTOSE FOODS	LOWER FRUCTOSE ALTERNATIVES
FRUIT	Apples, pears, Watermelon, mango, peach, or large amounts of any fruit. Some tinned fruit, dried fruit, and fruit juice	Spread fruit across day limiting to 2-3 serves a day. Choose from the following: Banana, Kumquat, Blueberry, Grape fruit, Honeydew melon, lemon, orange, passionfruit, quince, Blueberry, Carambola, durian, grapes, jackfruit, lime, paw-paw, kiwi fruit, guava, pineapple, raspberry, tangelo, cantaloupe, cranberry, figs, mandarin, rhubarb. Tinned fruit with juice drained. Tomato.
VEGETABLES	Some vegetables such as asparagus and Jerusalem artichokes.	Potato, pumpkin, carrot, bok choy, celery, cucumber, lettuce, eggplant, capsicum, fennel, marrow, olive, parsnip, peas, sweet potato, squash, swede, sweet corn, silverbeet, spinach, turnip, taro, watercress.
CONDIMENTS	Honey, tomato paste, chutney and relish, plum sauce, sweet and sour sauce, BBQ sauce	Jam, marmalade (avoid plum and apricot jam), peanut butter, treacle, vegemite, maple syrup, golden syrup.
GRAINS/ CEREALS	Cereals containing dried fruit and some people may need to consult a dietitian about modified grain choices.	Cornflakes, porridge, rice bubbles, wheat free muesli, gluten free cereal (also free from dried fruit and honey).
BREAD:	Fruit containing breads and too much wheat.	Alternatives/Lower-wheat varieties of bread include gluten free bread, spelt, kamut, oat, barley or corn bread or mountain bread.

