

FRUCTOSE-SORBITOL INTOLERANCE

WHAT IS FRUCTOSE-SORBITOL INTOLERANCE?

Both fructose and sorbitol may be tolerated well when eaten separately; however, due to interaction between the two substances uncomfortable gastrointestinal symptoms may be experienced when consumed together.

WHAT ARE THE SYMPTOMS OF FRUCTOSE INTOLERANCE?

- Increased gas
- Abdominal cramps and pain
- Bloating
- Diarrhoea
- Nausea

MANAGEMENT

Most people with fructose-sorbitol intolerance find their symptoms subside when they avoid consuming foods that are high in fructose and foods that contain sorbitol at the same time.

*Avoid consuming foods from each of these columns at the same time

FOODS CONTAINING HIGH AMOUNTS OF FRUCTOSE	FOODS CONTAINING SORBITOL
-Apples, pears, Watermelon, mango, peach, or large amounts of any fruit. -Some tinned fruit, dried fruit, and fruit juice -Some vegetables such as asparagus and Jerusalem artichokes. -Honey, tomato paste, chutney and relish, plum sauce, sweet and sour sauce, BBQ sauce	-Diet and diabetic drinks, sugar-free chewing gum and lollies or mints. -Dried fruit and stone fruit. In particular: apple, apricot, date, fig, nectarine, peach, plum, and raisin. -Beer may be a problem in large amounts. *Isomalt and lycasin are two other sweeteners often used that also contain sorbitol.

TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT GIVES A RESULT IMMEDIATELY.

CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.