

Unfavorable Foods

Favorable Foods

Excess free fructose*
(fructose > glucose)

Fructose load > 3 g/serving*

**Glucose in balance with or
in excess of fructose**

Glucose-rich accompaniments

- **Fruit:** apple, pear, guava, honeydew melon, mango, nashi fruit, pawpaw/papaya, quince, star fruit (carambola), watermelon
- **Honey**
- **Major sweetening ingredient:**
 - High-fructose corn syrup
 - Corn syrup solids
 - Fructose
 - Fruit juice concentrate

In average serving* quantities:

- **Dried fruit:** apple, apricot, currant, date, fig, pear, prune, raisin, sultana
- **Fruit juice, canned packing juice**
- **Fruit pastes and sauces:** tomato paste, chutney, relish, plum sauce, sweet and sour sauce, barbecue sauce
- **Fruits with high sugar content:** cherry, grape, persimmon, lychee, apple, pear, watermelon
- **>1 standard serving of fruit per sitting**
- **Coconut:** milk, cream
- **Dried fruit bars**
- **Honey**
- **Fortified wines:** sherry, port, etc

In indulgent quantities:

- **Sucrose sweetened soft drink:** >375 mL (average 40 g sucrose per 375 mL)
- **Confectionery:** excessive intake (average 40 g sucrose per 50 g)

- **Stone fruit:** apricot, nectarine, peach, plum (note these contain sorbitol)
- **Berry fruit:** blueberry, blackberry, boysenberry, cranberry, raspberry, strawberry
- **Citrus fruit:** kumquat, grapefruit, lemon, lime, mandarin, orange, tangelo
- **Other fruits:** ripe banana, jackfruit, kiwi fruit, passion fruit, pineapple, rhubarb, tamarillo
- **Other sucrose consumed in moderation**

- **Glucose-sweetened energy/sports drinks**
- **Glucose supplements:** eg, tablets and powder
- **Glucose powder, tablets, syrup**
- **Glucose-sweetened confectionery** (even if wheat-derived glucose)

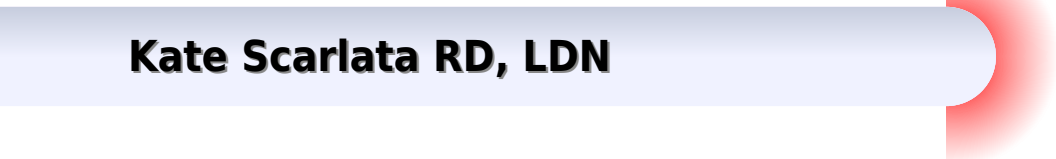
*Data from food compositional tables (26,27) and scientific journal articles (12,28-32).

*Average serving – serving in grams, as defined in Australian food composition tables, or mean weighed measures if data unavailable in food composition tables.

Figure 2. Status of foods related to fructose content, and the glucose-to-fructose ratio, for people with fructose malabsorption.

Fructose Malabsorption Product Guide

Kate Scarlata RD, LDN



Fructose Malabsorption Product Guide:

The Complete Idiot's Guide to Eating Well with IBS Kate Scarlata RD, LDN, 2010-07-06 Soothe your digestive system with 200 meal plans and recipes The Complete Idiot's Guide to Eating Well with IBS will introduce readers suffering from Irritable Bowel Syndrome IBS to the information they need to identify the foods that trigger symptoms and prepare recipes meal plans that alleviate those symptoms Features more than 200 recipes and meal plans Kate Scarlata is a licensed dietician with 20 years of experience helping IBS patients with their condition and an IBS sufferer herself Thirty five million Americans are estimated to suffer from IBS the second leading cause of worker absenteeism Handbook of Gastrointestinal Motility and Disorders of Gut-Brain Interactions Satish S.C. Rao, Henry Parkman, Richard W. McCallum, 2023-06-20 Handbook of Gastrointestinal Motility and Disorders of Gut Brain Interactions Second Edition fills the void in GI literature for a short and concise go to book for disorders of GI motility and gut and brain interactions This exceptionally illustrated reference contains all the information needed for the latest knowledge on adults as well as adolescent and pediatric GI motility disorders each systematically arranged by disorder and gut anatomy for easy reference Each chapter includes extensive color pictures of each test as well as descriptions of how to perform and interpret the motility tests and how to incorporate them into patient care decisions Current advances in the field have led the way for new updates A new section dedicated to systemic disorders and special topics including gut autonomic disorders cannabis and the gut eating disorders pediatric and adolescent disorders nutritional therapies and psychological management is included This is the perfect book for those who encounter the common problems of dysphagia heartburn nausea vomiting gastroparesis abdominal pain gas and bloating irritable bowel syndrome constipation and fecal incontinence and rare disorders in daily practice including practicing physicians gastroenterologists motility laboratory personnel surgeons and internists Provides a user friendly style that reviews the latest and most up to date information on the evaluation of symptoms and diagnostic tests of GI motility and gut and brain interactions Presents a practical approach to the diagnosis of common and obscure disorders Discusses the latest options on management and therapy and explains how to integrate diagnostic information into decision making and translate this into day to day patient care *Clinical Nutrition Handbook* Anita Jatana, 2022-02-27 Nutrition is essential for good health and plays an important role in growth and development and in disease prevention Optimum nutrition is associated with a stronger immune system safer pregnancy and childbirth lower risk of non communicable diseases NCDs and life longevity NCDs also known as chronic diseases tend to be of long duration and are the result of a combination of genetic physiological environmental and behavioural factors The main types of NCD are cardiovascular diseases such as heart attacks and stroke cancers chronic respiratory diseases such as chronic obstructive pulmonary disease and asthma and diabetes WHO This handbook is a practical guide to effective nutrition intervention and counselling for dieticians and nutritionists The text begins with discussion on nutrition amongst different sectors of the population pre term and paediatric in women's health

and in the elderly The following chapters cover preventive and curative nutrition management of patients with various NCDs such as obesity diabetes cancer cardiovascular metabolic neurological and renal disorders The final sections examine nutrition therapy in transplant patients enteral tube feeding and rehabilitation concluding with discussion on bone health nutrition sports nutrition and food drug interaction *FDA Compliance Policy Guides Manual*, 1977 **CRC Handbook of Food, Drug, and Cosmetic Excipients** Susan C. Smolinske, 2018-12-19 CRC Handbook of Food Drug and Cosmetic Excipients provides a comprehensive summary of toxicological issues regarding inactive ingredients in pharmaceutical products cosmetic products and food additives Background information on regulations and labeling requirements for each type of product is provided and 77 articles critically review human and animal data pertinent to a variety of agents and makes judgments regarding the clinical relevance The book also identifies at risk populations such as neonates patients with renal failure and atopic patients Inactive common pharmaceutical agents and or foods containing certain ingredients are listed to help physicians counsel hypersensitive patients who must avoid products containing these excipients **The Teen's Guide to Gut Health: The Low-FODMAP Way to Tame IBS, Crohn's, Colitis, and Other Digestive Disorders** Rachel Meltzer Warren, 2017-01-17 Take charge of your gut health now with the low FODMAP diet Are you a teen dealing with stomach problems If so you re not alone Fourteen percent of high school students have symptoms of IBS such as pain bloating and frequent trips to the bathroom Plus as if that weren t bad enough poor gut health can mean missed school days and trips awkward explanations extra doctor s visits and major cafeteria confusion Here s the good news In A Teen s Guide to Gut Health registered dietitian Rachel Meltzer Warren explains how you can find relief on a low FODMAP diet GET DIAGNOSED Whether it s IBS Crohn s disease colitis or something else Rachel Meltzer Warren explains the differences and who can help GET FODMAP SAVVY FODMAPs are certain carbs that can be hard to digest and they lurk in many kinds of goodfor you food from apples to yogurt Identify your triggers and learn to avoid them with a twopart elimination diet shopping lists meal plans and more GET YOUR QUESTIONS ANSWERED No topic is too embarrassing for Meltzer Warren You ll also find Real Talk from real teens throughout GET COOKING Plus 30 simple gluten free recipes that are low FODMAP approved and great for meals snacks and sharing **The Clinician's Handbook of Natural Medicine** Joseph E. Pizzorno, Michael T. Murray, Herb Joiner-Bey, 2015-12-07 Get instant easy access to the natural medicine expertise you need with The Clinician s Handbook of Natural Medicine 3rd Edition Written by leading authorities in complementary and integrative medicine this portable handbook offers clear and rational directives on diagnosing and treating 80 diseases and disorders with natural medicine Inside the pages you ll find concise summaries of diagnostic procedures general considerations therapeutic considerations and therapeutic approaches for each condition as well as naturopathic treatment methods like dietary changes physical therapy advice exercise modifications and recommended supplements and botanical medicines Based on Pizzorno s trusted Textbook of Natural Medicine 4th Edition and the most current evidence available it s

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