

Unfavorable Foods

**Excess free fructose*
(fructose > glucose)**

- 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

Fructose load > 3 g/serving*

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)

Favorable Foods

Glucose in balance with or in excess of fructose

- 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-rich accompaniments

- 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

Ying Liu



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