

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

Susan Sungsoo Cho, Terry Finocchiaro

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

Fructose Malabsorption Product Guide:

Fructose Malabsorption Food Product Guide 2006 Sue Shepherd, 2006 [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 *Low Fodmap Diet* Sue Shepherd, 2008 The Low FODMAP Shopping Guide has been written for people diagnosed with Fructose Malabsorption and for those experiencing symptoms of irritable bowel syndrome FODMAPS are molecules found in foods which in some people are poorly absorbed or not absorbed at all and are often dietary causes for symptoms of IBS [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 **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 *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 *FDA Compliance Policy Guides Manual* ,1977 [Handbook of Functional Gastrointestinal Disorders](#) Kevin W. Olden,2020-07-24 Presenting an integrated multidisciplinary approach to understanding functional gastrointestinal GI disorders this unique reference provides a comprehensive survey of esophageal gastric and colonic diseases known to have a strong behavioral or psychosomatic component detailing the latest technologies used to assess these disorders from both a gastroenterologic and a psychologic perspective **Manual of Nutritional Therapeutics** David H. Alpers,Beth E. Taylor,Dennis M. Bier,Samuel Klein,2015-01-21 Meant for quick retrieval of vital information regarding the management of nutritional issues in patients with gastroenterological problems either primary or as the consequence of other medical disorders such as diabetes hyperlipidemia and obesity The book addresses normal physiology and pathophysiology and offers chapters on diseases that can lead to specific nutritional problems The clinical focus is on therapeutic nutrition and dietary management **The Longevity List** Professor Merlin Thomas,2017-09-01 **Handbook of Food Toxicology** S.S. Deshpande,2002-08-29 From health and economic consequences to exposure assessment and detoxification this reference comprehensively covers the formation characteristics and control of various toxins that occur in the production storage handling and preparation of food The author discusses toxin sources mechanisms routes of exposure and absorption and their chemical and biochemical components to prevent contamination of food products and reduce epidemics of foodborne disease The book contains more than 3000 references to facilitate further research as well as recent guidelines from the FDA and World Health Organization regarding food hygiene and safety **The Clinician's Handbook**

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Low FODMAP Diet Sue Shepherd,2015-01-01 Do you have Fructose Malabsorption Do you have Irritable Bowel Syndrome Do you find shopping for food a frustrating experience THEN HERE IS YOUR BEST FRIEND Fructose malabsorption is a medical condition which can cause symptoms of irritable bowel syndrome Foods that contain excess fructose and fructans are a problem for people with fructose malabsorption This very helpful pocket book size product guide is the only comprehensive list of suitable commercially available foods sold in Australia The guide includes background to the Low FODMAP Diet and many helpful colour photographs of food products throughout Written by Dr Sue Shepherd dietician specialising in fructose malabsorption and irritable bowel syndrome [Manual of Dietetic Practice](#) Joan Gandy,2019-08-26 The authoritative guide for dietetic students and both new and experienced dietitians endorsed by the British Dietetic Association Now in its sixth edition the bestselling Manual of Dietetic Practice has been thoroughly revised and updated to include the most recent developments and research on the topic Published on behalf of the British Dietetic Association this comprehensive resource covers the entire dietetics curriculum and is an ideal reference text for healthcare professionals to develop their expertise and specialist skills in the realm of dietetic practice This important guide includes The latest developments and scientific evidence in the field New data on nutrition and health surveillance programs Revised and updated evidence based guidelines for dietetic practice An exploration of how Public Health England has influenced the field Practical advice on public health interventions and monitoring A companion website with helpful materials to support and develop learning Written for dietitians clinical nutritionists and other healthcare professionals by leading dietitians and other professionals the Manual of Dietetic Practice continues to provide a crucial resource for experts and novices alike

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Handbook of Prebiotics and Probiotics Ingredients Susan Sungsoo Cho, Terry Finocchiaro, 2009-11-19 While there is little dispute that probiotics and prebiotics alone and together have been proven to promote gastrointestinal health and proper immune function the challenge faced by researchers is finding not only the right combinations but also finding those that are fully compatible with the formulation processing packaging and distributio *Handbook on Sourdough Biotechnology* Marco Gobetti, Michael Gänzle, 2023-04-24 Bread and leavened bakery products have been essential to human nourishment for millennia Traditionally bread production has relied on the use of sourdough as a leavening agent and to impart a characteristic quality to baked goods In recent years improved understanding of the biodiversity and microbial ecology of sourdough microbiota the discovery of new species the improved management and monitoring of its meta community and the commercialization of innovative products have vastly expanded the potential of sourdough fermentation for making baked goods For example raw materials such as cereals

pseudo cereals ancient grains and gluten free substrates as well as a large number of baked good varieties e g typical and industrial breads sweet baked goods gluten free products may benefit from advances in sourdough fermentation In addition biotechnological tools and culture properties have been discovered to improve both the shelf life and the sensory and textural qualities of baked goods as well as their nutritional and health promoting properties Now in its second edition the Handbook on Sourdough Biotechnology remains the only book dedicated completely to sourdough biotechnology with the contribution of the most experienced researchers from the field It reviews the history of sourdough and the potential of sourdough fermentation in the production of bread and baked goods A thorough discussion of the various processing steps includes the chemical properties of the raw matter the taxonomy diversity and metabolic properties of starter yeasts and lactic acid bacteria and the effects of sourdough fermentation on the shelf life and the sensory textural nutritional and health promoting properties of baked goods

Oxford Handbook of Gastroenterology & Hepatology Stuart Bloom, George Webster, Daniel Marks, 2022-06-02 This fully revised and updated third edition of the Oxford Handbook of Gastroenterology and Hepatology provides up to date pragmatic advice on the management of common conditions and emergencies An essential resource for all those involved in the care of patients with gastroenterological and hepatological disease both for specialists and trainees in gastroenterology and hepatology and also clinicians from other specialties The handbook includes a problems based approach a unique A to Z compendium of conditions and sections on therapeutic drugs and emergencies Thoroughly revised and updated it now includes such updates as new approaches for the management of eating disorders and post liver transplant patients the latest advances in endoscopy new therapies refined advice on how to select between therapeutic options as well as additional emergency topics on abdominal trauma bowel obstructions and major haemorrhage

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