

## 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

**Kate Scarlata RD, LDN**



## **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**

**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 your key to accessing reliable natural diagnosis and treatment options in any setting More than 80 algorithms throughout text synthesize therapeutic content and provide support for clinical judgment with a conceptual overview of case management Combination of expert author team and scientifically verified content assures this handbook contains the most reliable coverage of diagnostic and natural treatment methods Well organized format utilizing consistent headings helps you make fast and accurate diagnoses Light portable size enables you to easily carry the handbook along with you in practice NEW Updated content reflects the latest research data and trends including the most current recommendations related to specific diseases and newly emerging treatments NEW Four new chapters cover female infertility malabsorption bronchitis and pneumonia and pregnancy health and primary prevention of adult disease

*The Clinician's Handbook of Natural Medicine E-Book* Joseph E. Pizzorno, Michael T. Murray, Herb Joiner-Bey, 2016-01-05 Written by leading authorities in complementary and integrative medicine this convenient quick reference handbook provides clear and rational directives on diagnosing and treating specific diseases and disorders with natural medicine You'll get concise summaries of diagnostic procedures general considerations therapeutic considerations and therapeutic approaches for 84 of the most commonly seen conditions 12 of which are new to this edition plus naturopathic treatment methods and easy to follow condition flowcharts Based on Pizzorno's trusted *Textbook of Natural Medicine* and the most current evidence available it's your key to accessing reliable natural diagnosis and treatment options in any setting Expert authorship lends credibility to information Scientifically verified content assures the most reliable coverage of diagnostic and natural treatment methods Over 80 algorithms synthesize therapeutic content and provide support for your clinical judgment with a conceptual overview of case management The book's compact size makes it portable for easy reference in any setting A consistent organization saves you time and helps you make fast accurate diagnoses NEW Updated content reflects the latest research data and trends including the most current recommendations related to specific diseases and newly emerging treatments NEW Four new chapters cover female infertility malabsorption bronchitis and pneumonia and pregnancy health and primary prevention of adult disease [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

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zuranolone capsules      *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      **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



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## **Table of Contents Fructose Malabsorption Product Guide**

1. Understanding the eBook Fructose Malabsorption Product Guide
  - The Rise of Digital Reading Fructose Malabsorption Product Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Fructose Malabsorption Product Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Fructose Malabsorption Product Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Fructose Malabsorption Product Guide
  - Personalized Recommendations
  - Fructose Malabsorption Product Guide User Reviews and Ratings
  - Fructose Malabsorption Product Guide and Bestseller Lists
5. Accessing Fructose Malabsorption Product Guide Free and Paid eBooks

- Fructose Malabsorption Product Guide Public Domain eBooks
- Fructose Malabsorption Product Guide eBook Subscription Services
- Fructose Malabsorption Product Guide Budget-Friendly Options
- 6. Navigating Fructose Malabsorption Product Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Fructose Malabsorption Product Guide Compatibility with Devices
  - Fructose Malabsorption Product Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Fructose Malabsorption Product Guide
  - Highlighting and Note-Taking Fructose Malabsorption Product Guide
  - Interactive Elements Fructose Malabsorption Product Guide
- 8. Staying Engaged with Fructose Malabsorption Product Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Fructose Malabsorption Product Guide
- 9. Balancing eBooks and Physical Books Fructose Malabsorption Product Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Fructose Malabsorption Product Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Fructose Malabsorption Product Guide
  - Setting Reading Goals Fructose Malabsorption Product Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fructose Malabsorption Product Guide
  - Fact-Checking eBook Content of Fructose Malabsorption Product Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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