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Nutrition Guide for Fructose Malabsorption

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Nutrition Guide For Fructose Malabsorption

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In the table below there are lists of foods – *safe to eat*, *to try*, and *to avoid* in fructose malabsorption (FM), according to several dietitians' and fructose malabsorbers' recommendations. The list may serve only as the orientation, since absorption of fructose and other nutrients may vary considerably among individuals with FM, so everyone should make lists of not/allowed foods and their tolerable amounts, according to personal experience. In small children, fructose absorption often improves with age.

Table: Foods – safe, to try, and to avoid in fructose malabsorption

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FOOD GROUP	SAFE TO EAT	TO TRY (IN MODERATION)	TO AVOID
SUGARS AND SWEETENERS	Acesulfam potassium (Nutrinova, Sweet One, Sunnett, Ace-K, Acesulfame K), dextrin, erythritol, glucose (dextrose, glucodin), glycogen, maltodextrin (modified starch), moducal, trehalose.	Barley malt syrup, brown rice syrup, brown sugar, corn syrup (if no fructose is added), grape syrup, maple syrup, sorghum syrup, sucrose (table or cane sugar). Sugar substitutes: dulcitol, isomalt, lactalol, lacticol, litesse, lycasin, maltitol, mannitol, saccharin (Sweet 'n Low), sucanat, trimoline, xylitol.	Agave syrup (in Tex-Mex foods, tequila, margaritas, soft drinks), caramel, Chinese rock sugar, corn syrup solids, fructose, fruit juice concentrate, golden syrup (cane syrup), High Fructose Corn Syrup (HFCS), honey, invert sugar (treacle), licorice, molasses, raw sugar (Turbinado, Demerara, jaggery, palm sugar – gur); sweets in excess (>50g), soft drinks with sucrose

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			(>375 mL); Sugar substitutes: hydrogenated starch hydrolysates (HSH), sorbitol, stevia, sucralose.
FRUITS	Cumquat, grapefruit, lemons, limes.	Avocado, bananas, blackberries, boysenberries, blueberries, cantaloupes, cranberries, grapes (white), jack-fruit, kiwi, mandarins, oranges, passion fruit, pineapple, rhubarb, strawberries, raspberries, tamarillo, tangelo; Apricots, nectarines, peaches, (not for persons sensitive to sorbitol).	Apples, cherries, dates, figs, grapes (black), guava, honeydew melon, lychee, mango, nashi fruit, papaya, pears, persimmon, plumes, prunes, raisins, star fruit, sultana, quince, watermelon. Dried fruits, fruit compotes and jams in general.
VEGETABLES	Bouillon, celery, escarole, hash- browns, mustard greens, pea pods (immature), potatoes (white), pumpkin, shallots, spinach, Swiss chard.	Asparagus, beets, carrots, dandelion greens, cauliflower, endive, legumes (beans, peas and lentils), lettuce, mushrooms, onions, green onions, soy, sweet potatoes, turnip greens, zucchini.	Artichoke, eggplant, green peppers, green cabbage, kale, leeks, lettuce (iceberg), pickles (e.g. sweet cucumbers), radishes, squash, tomatoes, turnips, watercress.
BREADS AND CEREALS	Barley, breads and pasta without fructose or gluten-free, wheat-free rye bread, corn meal (degermed), cornflakes (non- flavored), grits, grouts, oatmeal,	Wheat (including dinkie, kamut, sourdoughs, spelt, wholemeal and wheat products: biscuits, noodles, pasta, pastry).	Brown rice, sweetened breakfast cereals (or with raisins, honey).



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AdChoices ▶

	<p>porridge (cooked oatmeal), plain muffins, rice (white), rice or buckwheat noodles, rye flour, tortilla</p>		
<p>PROTEINS (MEAT, FISH, EGGS, NUTS)</p>	<p>Meat (fresh, not commercially breaded), fish (fresh or tinned without sauce), other seafood, eggs, grains, nuts, seeds: amaranth, flax seed, millet, poppy, pistachios, sesame, tahini, sunflower</p>	<p>Legumes: chick peas, lentils, lima, mung, soy (including tofu); Nuts</p>	<p>Meat, fish (if processed, sweetened, or commercially breaded); coconut milk/cream.</p>
<p>DAIRY</p>	<p>Plain, unsweetened milk, yogurt, cheese.</p>		<p>Sweetened milk products, ice cream</p>
<p>SAUCES AND SPICES</p>	<p>Basil, bay, cinnamon, cumin, curry, marjoram, oregano, parsley, rosemary, thyme.</p>	<p>Distilled vinegar. Coriander, garlic, onions, parsnip, spring onions.</p>	<p>Sauces: Barbeque's, Sweet&Sour, Hot mustard, chutney, ketchup, relish, soy sauce, vinegar (apple cider, balsamic); Spices: chervil, dill weed, ginger, hot chili pepper, pumpkin pie seasoning.</p>
<p>DRINKS</p>	<p>Water: tap water, non-flavored bottled water, mineral water, tea,</p>	<p>Fruit juices: blackberry, cranberry, white grapes; Alcohol: dry white or red wine (1 glass/serving).</p>	<p>Fruit juices (apple, apricot, mango, orange, pear, peach, prune, sweat cherry), soft drinks with</p>

coffee (not
chicory
based coffee
substitutes).

sorbitol or HFCS;
alcohol (except
dry white wine);
powdered
sweetened
beverages,
sweetened
milk/vegetable/soy
drinks, coffee
substitutes with
chicory.

NOTE: the above list of *safe foods* is pretty strict. A person with mild fructose malabsorption will be probably able to safely eat most foods from *to try* list and even some foods from *to avoid* lists.

Individuals with fructose malabsorption often have lactose, glucose or gluten intolerance, so they might need an additional lactose-free, sugar-free, gluten-free or FODMAP diet.

The following substances, listed on food (and supplements) nutrition facts labels, may be problematic in fructose malabsorption:

- Arabitol
- Corn syrup solids
- Dulcitol
- Fructose (fruit sugar)
- Fructooligosaccharides (FOS)
- Fructose-glucose syrup
- Fruit juice concentrate
- Galactooligosaccharides (GOS)
- Glycerol
- Glycol
- High fructose corn syrup (HFCS)
- Hydrogenated starch hydrolysates (HSH)
- Iditol
- Inulin
- Invert sugar, saccharin, sucanat
- Isomalt
- Lactalol
- Lactitol
- Maltitol
- Mannitol
- Oligofructose
- Polyglycitol
- Polyols
- Raffinose
- Sorbitol
- Sucanat
- Sugar alcohols
- Threitol
- Trimoline
- Xylitol

The list above is probably not complete (some polyols ending with -itol are missing), but the point is that not just any "food additive" or "sweetener" is problematic in FM.

The following substances, listed on nutrition fact labels should NOT be problematic in FM (and if they are,

this is probably from other reasons than FM):

- Agar
- Acesulfam potassium
- Artificial dyes
- Carrageenan
- Dextrin
- Dextrose
- Erythritol
- Essential oils
- Gelatin
- Glucodin
- Glucose
- Gluten
- Glycogen
- Lactose
- Lecithin
- Maltodextrin
- Modified starch
- Moducal
- Pectin
- Protein hydrolysate
- Salt
- Sodium nitrite (and other nitrites and nitrates)
- Sulfites
- Trehalose
- Vitamins

To understand fructose malabsorption better, you may read about [mechanism, symptoms and diagnosis of fructose malabsorption](#), [principles of low fructose diet](#), and check the [list of foods high in fructose/sorbitol/fructans/FODMAPs](#) .

Related Articles:

- [Foods to Avoid in IBS - Low-FODMAP Diet](#)
- [Foods that Cause Constipation](#)
- [Lactose Intolerance and Lactose-Free Diet](#)
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Article reviewed by Dr. Greg. Last updated on March 27, 2011

Suggested Reading

[Low Fructose Diet in Fructose Malabsorption](#)✦

[Fructose Malabsorption – Causes, Symptoms, and Diagnosis](#)✦

[Foods, High in Fructose, Sorbitol, Fructans and FODMAPs](#)✦

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