

FRUCTOSE MALABSORPTION - where do I start?

This is a summary of the foods which are high in fructose. Also listed are foods high in fructans and polyols as these may be a problem as well for people with fructose intolerance. Please note this list is always being modified as more foods are tested.

This is a guide only and we recommend you see our Specialist Dietitian to assess your diet, individual triggers and to help you plan meals that you can safely eat.

For some people other triggers are also important to investigate as a factor in their irritable bowel e.g. stress, lack of fibre or fluid, irregular eating, hidden fats, alcohol, spicy or highly flavoured foods, food additives.

Fructose malabsorption can be diagnosed using a hydrogen breath-test, which recognises unabsorbed fructose. Normally, fructose is absorbed in the small bowel but in fructose malabsorption the fructose moves through to the large bowel, where bacteria can use it as a food source. When bacteria digest fructose, it can cause symptoms of stomach bloating, wind, stomach pain, loose bowel motions and / or constipation.

Wheat based products can be a problem for some people e.g. bread, pasta, breakfast cereals. You do not have to avoid small amounts of wheat e.g. thickeners in foods like people with Coeliac Disease.

Good bread and cereals alternatives include:

oats, fruit free muesli, corn cereals, rice cereals, gluten free bread or wraps, spelt bread, wholegrain rice cakes, potato, rice, polenta, rice noodles, gluten free pasta.

What are the potential problem foods?

1. Foods with High Fructose

- Apple
- Watermelon
- Pear
- Nashi fruit
- Persimmon
- Sugar snap peas
- Honey
- Fruit juice
- Dried fruit or fruit bars
- High Fructose Corn Syrups

2. Foods with Excess Fructans

- Wheat and rye based products
- Onion
- Asparagus
- Leek
- Raddichio lettuce
- Brussel sprouts
- Cabbage
- Garlic
- Peas
- Beetroot
- Artichokes
- Chicory
- Fennel
- Okra
- Dandelion leaves and tea
- Caro or Ecco

3. Foods high in Polyols

- Avocado
- Cauliflower
- Mushrooms
- Snow peas
- Blackberries
- Cherries
- Lychee
- Stone fruit
- Sugar free chewing gum and lollies

Dietitian: Gabrielle Cocks Phone 9791 8788 for an appointment