

If Fructose Does Not Agree with You

- Fructose is the natural sugar in fruits, honey, and syrups.
- Fructose is added to many soft drinks and processed foods to make them sweet.
- For some people fructose can cause bloating, gas, diarrhea, belly pain, and nausea.
- Some people can eat small amounts without problems but feel sick if they eat a lot.

Treatment: Cut down or cut out foods with a lot of fructose

Avoid foods and drinks with a lot of fructose or high fructose corn syrup such as:

- Packaged bake goods
- Juices, jams, and jellies
- Agave syrup, honey, pancake syrup, molasses, invert sugar (also known as simple syrup)
- Licorice

How to handle fruit:

- Limit fruit portions to 1 fruit or ½ cup of fruit taken with a meal
- Avoid fruits with higher fructose: figs, dates, pears, prunes, apples, mangos, bananas, watermelons, grapes, raisins, kiwi
- Eat fruits with lower fructose (See Table below)

Lower Fructose Fruits

Fruit	Serving Size	Fructose (grams)
Apricot	1 fruit	.33
Cantaloupe	½ cup diced	1.5
Raspberries	½ cup	1.5
Pineapple	½ cup	2
Blackberries	½ cup	2
Strawberries	½ cup sliced	2
Peach	1 fruit	2
Grapefruit	½ fruit	2
Plum	1 fruit	2
Nectarine	1 fruit	2
Honeydew	½ cup diced	2.5
Orange	1 fruit	3