





## The good news

Despite some restrictions in your eating habits, there is still a lot of food to enjoy without having any symptoms of fructose malabsorption. Once you know it, your life and especially your health will get so much better. On the following pages you will find a guide of what is favorable to eat and what you should avoid for eliminating symptoms and, hopefully, restoring normal digestion.

## Applied criteria

For Fructose Malabsorption treatment it's best to restrict the intake of foods with high fructose content (e.g. >1g/100g) and a fructose: glucose ratio > 1, fructans, and sugar alcohols like sorbitol. These are some of the criteria that have been applied and led to the final assessment. The colors mean the following:

	Safe:	You should be able to eat it
	Almost Safe:	You should be able to eat it, but only in smaller doses
	Be Careful:	You should highly restrict your intake
	Avoid it:	You should definitely avoid it

Please keep in mind, that you may have different tolerance levels than others and, thus, our assessment may not perfectly fit. Some food, e.g. fruits may also vary in their fructose content depending on their land of origin or ripeness. So note your own tolerance in the last column, if you experience any difference to the assessment on the following pages.

## In general, avoid the following foods or reduce them:

- All dried fruits
- Stone fruits, which contain high amounts of sorbitol
- Sugar-free ("light") candies, gums and drinks, as they are sweetened with sorbitol or other sugar alcohols
- Fruit juices and sweetened soft drinks
- Sweetened milk products and yogurts
- Sweet baked goods, as they are often made with fructose or at least sucrose
- Foods with high fructan content, such as onions, asparagus, and chicory
- Food that generally causes flatulence, like cabbage and legumes
- Foods with high fructose content per meal or fructose: glucose ratio > 1

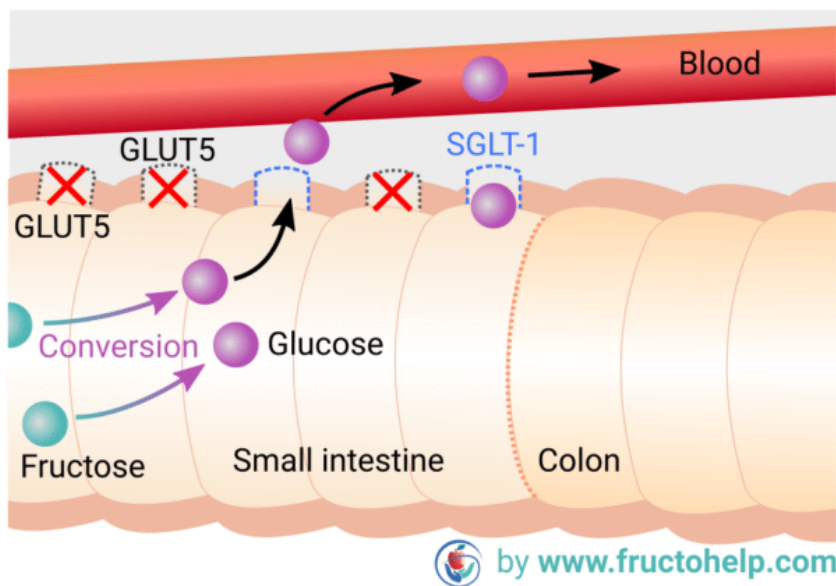
## Xylose Isomerase: the medication that will prevent symptoms

Ever heard of Xylose Isomerase? Take it and you can eat everything you crave for a certain time despite having fructose malabsorption.

[Click here to get it\\*](#) and enjoy all your meals - again!

Xylose isomerase is an enzyme that converts excess fructose into glucose, as illustrated in the figure below.

### Mechanism of xylose isomerase



Glucose can then be absorbed along the entire small intestine with the aid of a specific protein called SGLT-1.

**This means that dietary supplements of Xylose Isomerase improve the symptoms of Fructose Malabsorption significantly.**

Please note, that diabetics and people suffering from hereditary fructose intolerance (HFI) should not use it.

There are several suitable drugs which contain that enzyme. They are called Eat Anything, Fructaid (Pro Natura), XYLOSOLV (Stada), FructoZym (Biogena), depending on where you are living. [You can order them here\\*](#).

## Fruits – Page 1/2

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Apple	5,74	2,83	0,51		
Apple (dried)	27,80	2,83	2,49		
Apricot	0,87	0,50	0,82		
Apricots (dried)	4,88	0,50	4,60		
Avocado	0,20	0,67	0,00		
Banana (ripe)	3,40	0,96	0,00		
Blackberry	1,80	1,05	0,00		
Blood orange	2,60	1,13	0,00		
Blueberry	3,34	1,35	0,00		
Boysenberry	3,70	1,49	0,00		
Cactus pear	0,60	0,10	0,00		
Cantaloupe	1,30	0,81	0,00		
Cowberry	2,93	0,97	0,00		
Cranberry	2,90	0,97	0,00		
Cranberry (dried)	33,00	1,15	1,20		
Date dried	24,92	1,00	1,35		
Fig dried	23,50	0,91	0,00		
Gooseberry	3,33	1,10	0,00		
Grapefruit	2,10	0,88	0,00		
Grapes	7,44	1,04	0,20		
Guava	3,43	1,65	0,00		
Honeydew melon	1,30	2,10	0,00		
Jackfruit	1,70	0,28	0,00		
Kaki	4,80	0,81	0,00		
Kiwi	4,60	1,06	0,00		
Kumquat					
Lemon	1,35	0,96	0,00		
Lime	0,80	1,00	0,00		
Loganberry					
Lychee	3,20	0,64	0,00		
Mandarin	1,30	0,76	0,00		
Mango	2,60	3,06	0,00		
Mirabelle plum	4,30	0,84	0,00		
Nashi pear	4,90	3,22	1,00		
Nectarine	1,79	1,00	0,80		
Orange	2,58	1,14	0,00		
Papaya	3,50	0,97	0,00		
Passion fruit	2,81	0,77	0,00		
Peach	1,23	1,19	0,89		
Peach dried	7,39	1,19	5,33		
Pear	6,73	4,03	2,17		
Pear (dried)					
Physalis	4,70	1,00	0,00		
Pineapple	2,44	1,15	0,00		
Plantain	0,20	1,00	0,00		

## Fruits – Page 2/2

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Plum	2,01	0,60	2,30		
Plum dried	9,37	0,60	6,57		
Pomegranate	7,90	1,10	0,00		
Quince	4,29	1,61	0,00		
Raisin	31,60	1,01	0,85		
Raspberry	2,05	1,15	0,01		
Redcurrant	2,49	1,24	0,00		
Redcurrant dried					
Rosehip	7,30	1,00	0,00		
Sharon fruit	8,00	1,14	0,00		
Sour cherry	3,00	0,43	1,60		
Star fruit	1,20	0,75	0,00		
Strawberry	2,30	1,06	0,03		
Sweet cherry	6,14	0,89	12,60		
Tamarillo	3,70	1,00	0,00		
Watermelon	3,92	1,94	0,00		

## Alcoholic Drinks

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Beer	0,01	0,33	0,01		
Cachaca	0,00		0,00		
Champagne	1,75		0,00		
Cider	1,3-3,7				
Cognac	0,80	1,33	0,00		
Dessert wine	6,00	1,00	0,00		
Egg liqueur				Contains high amounts of different sugars	
Fortified wines	4,64	2,30	0,00		
Gin	0,00		0,00		
Glogg	1,16	1,97	0,00		
Guinness	0,01	0,33	0,01		
Honey wine					
Malt beer	0,10	0,71	0,00		
Ouzo	0,00		0,00		
Port wine	6,60	1,22	0,00		
Red wine	0,25	0,81	0,00		
Rosé wine	1,54	1,73	0,00		
Rum	0,00		0,00		
Sambuca	0,00		0,00		
Sherry	0,70	1,00	0,00		
Sparkling wine	1,44	1,01	0,00		
Tequila	0,00		0,00		
Vermouth					
Vodka	0,00		0,00		
Wheat beer	0,11		0,00		
Whiskey	0,04		0,00		
White wine	0,1-4		0,01	The sweeter the more fructose is contained	
White wine dry	0,41	1,08	0,00		

## Non-alcoholic Drinks – Page 1/2

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Almond milk			0,00		
Appel juice	6,40	2,67	0,56		
Banana nectar	0,70	0,96	0,00		
Bitter lemon			0,00		
Black currants nectar	4,65	1,02	0,02		
Black tea	0,00		0,00		
Blood orange juice			0,00		
Carrot juice	0,55	0,96	0,15		
Cherry juice	5,30	0,82	1,00		
Coffee	0,00		0,00		
Coke	4,80	1,00	0,00		
Coke (light, zero)	0,00			Contains aspartame (may be tolerated)	
Energy drinks			0,00		
Espresso	0,00		0,00		
Fruit juice	5-7	1,00			
Fruit tea	0,10		0,00		
Ginger ale			0,00		
Grape juice	8,30	1,02	0,00		
Grapefruit juice	4,20	0,98	0,00		
Grapefruit juice (fresh)	2,30	0,96	0,00		
Green tea	0,00		0,00		
Herb tea	0,09	1,00	0,00		
Ice tea					
Iced coffee			0,00		
Lemon juice	1,03	1,00	0,00		
Lemonades	4,80	1,00	0,00		
Lemonades (light, zero)	0,20	1,00		May contain sorbitol or xylitol	
Mandarin juice (fresh)	3,02	1,95	0,00		
Maté	0,00		0,00		
Mineral water	0,00		0,00		
Multivitamin juice	4,80	1,55	0,20		
Oat milk			0,00		
Oolong tea	0,00		0,00		
Orange juice	2,60	1,04	0,00		
Orange juice (fresh)	2,80	1,22	0,00		
Ovaltine	0,75	1,10	0,00		
Passion fruit juice	3,63	0,77	0,00		
Pear juice	6,25	4,03	2,01		
Pineapple juice	2,59	1,00	0,00		
Protein shakes			0,00	Often contain forbidden sweeteners for better taste	
Raspberry juice	3,08	1,28			
Redcurrant juice	2,87				
Rice milk			0,00		

## Non-alcoholic Drinks – Page 2/2

	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
	Rooibos tea			0,00		
	Smoothie	1-8				
	Sour cherry juice	5,30	0,82	0,00		
	Soy drinks	0,00		0,00		
	Sweetened milk/soy drinks					
	Tap water	0,00		0,00		
	Tea			0,00		
	Tomato juice	1,65	1,36	0,00		

## Vegetables – Page 1/3

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Artichoke	1,73	2,28	0,00		
Asparagus	0,99	1,22	0,00	Can contain fructan	
Asparagus (cooked)	0,56	1,33	0,00	Can contain fructan	
Autumn turnip	1,11	0,84	0,00		
Bamboo sprouts	0,41	1,17	0,00		
Beans	1,30	1,35	0,00	Gas forming	
Beetroot	0,50		0,00	Contains fructan	
Black salsify (cooked)	0,08	4,00	0,03	Contains high amounts of oligofructose and inulin	
Broccoli	1,04	1,09	0,40	Gas forming	
Broccoli (cooked)	0,80	1,07	0,30	Gas forming	
Brussels sprouts	0,79	0,90	0,16	Gas forming, contains fructan	
Brussels sprouts (cooked)	0,54	1,06	0,16	Gas forming, contains fructan	
Button mushroom	0,21	1,00	0,45		
Cabbage	1,90	1,00	0,00	Highly gas forming	
Carrots	1,31	0,94	0,21		
Carrots (cooked)	0,94	0,89	0,20		
Cauliflower	0,86	0,91	0,00	Gas forming	
Cauliflower (cooked)	0,76	0,86	0,00	Gas forming	
Celery	0,10	0,20	0,00		
Cep	0,26	0,96	0,42	Contains mannite	
Chanterelles	0,20	1,05	0,10		
Chick peas	0,20	1,00	0,00	Gas forming	
Chicory	0,68	0,61	0,00		
Chinese cabbage	0,51	0,78	0,00		
Chinese spinach					
Corn	0,38	0,61	0,00		
Corn salad	0,20	0,43	0,00		
Cress	0,50	0,42	0,00		
Cucumber	0,86	0,97	0,00		
Daikon	0,60	0,49	0,00		
Dandelion greens	0,55	0,43	0,00		
Eggplant	1,20	1,00	0,11		
Endive	0,61	1,27	0,00		
Escarole	0,05	2,50	0,00		
Fennel	1,06	0,84	0,13		
Field beans	0,80	1,38	0,14		
Frisee	0,05	2,50	0,00		
Ginger	3,60	1,00	0,00		
Green beans	1,31	1,36	0,00		
Green peppers			0,00	Gas forming	
Honey fungus	0,01	0,50	0,10		
Horseradish			0,00		
Hot pepper	3,00	0,82	0,00		
Iceberg lettuce	0,31	1,00	0,00		
Kale	0,92	1,48	0,00	Highly gas forming	
Kidney beans				Highly gas forming	



## Vegetables – Page 2/3

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Leeks	1,23	1,31	0,10	High amount of fructan	
Lentils	0,00	0,00	0,00	Gas forming	
Lettuce	0,53	0,88	0,00		
Lettuce mixed	0,50		0,00		
Lotus root	0,00	0,00	0,00		
Manioc	0,20	1,00	0,00		
Morel	0,03	0,50	0,40		
Mung			0,00		
Nori algae	0,84	1,00	0,00		
Okra	0,80	1,14	0,00	Gas forming	
Olives	0,30	1,00	0,00		
Onions	2,30	0,88	0,00	High amount of fructan	
Oyster mushroom	0,13	0,43	2,10		
Pak choi					
Paprika	1,19	0,82	0,33		
Parsnip	0,26	1,04	0,00		
Peas	0,07	0,78	0,00	Gas forming	
Pickles	0,70	1,13	0,04		
Potatoes	0,17	0,71	0,00		
Pumpkin	1,32	0,87	0,00		
Radicchio	0,60	1,00	0,00	Contains fructan	
Radish	0,72	0,56	0,00		
Radishes	0,70	0,57	0,00	Gas forming	
Ramson	0,80	1,21	0,00	Gas forming	
Red cabbage	1,28	0,76	0,00		
Red cabbage	1,30	0,76	0,00	High amount of fructan	
Red pepper	3,74	1,60	0,00		
Rhubarb	0,39	0,95	0,00		
Rucola	0,50	0,50	0,00		
Sauerkraut	0,20	0,50	0,00		
Savoy	1,13	1,04	0,00	Contains large amounts of oligosaccharide like fructane	
Shallots	0,73	0,63	0,00	High amount of fructan	
Shiitake mushroom	0,62	0,44	9,90	Contains high amounts of mannite (same effect as sorbitol)	
Soybean sprouts	0,09	0,31	0,00		
Spinach	0,13	0,93	0,00		
Spinach (cooked)	0,09	0,90	0,00		
Spring onions	1,90	0,63	0,00	High amount of fructan	
Stem cabbage	1,23	0,88	0,00		
Sunroot	0,10	0,50	0,00	High amount of fructan	
Sweet potatoes	0,70	0,84	0,00		
Swiss chard	0,27	1,29	0,00		
Tomatoes	1,36	1,26	0,00		
Turnips	0,55	1,83	0,00	Can cause indigestion	
Water chestnut	0,00		0,00		
Watercress	0,50	0,50	0,00		
White cabbage	1,76	0,87	0,00	Gas forming	

## Vegetables – Page 3/3

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
White turnips	1,51	0,79	0,00		
Yellow capsicum	2,17	0,82	0,00		
Zucchini	1,14	1,12	0,00		

## Grains and Nuts – Page 1/2

Subcategory	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
<b>Bread and pasta</b>	Baguette	0,07	1,00	0,00	Contains fructan	
	Bread and pasta made of wheat	0,2-0,4		0,00	Contains fructan	
	Breads and pasta without wheat or gluten-free			0,00		
	Crispbread	0,10	1,00	0,00	Contains fructan if made of wheat	
	Glas noodles	0,10		0,00		
	Maize pasta	0,10		0,00		
	Pita	0,02		0,00	Contains fructan	
	Pumpernickel	1,30	1,48	0,00	Contains fructan	
	Rice noodles	0,10		0,00		
	Rye bread	0,38	0,73	0,00		
	Spelt pasta	0,03	1,00	0,00	Contains fructan	
	Toast (white)	0,80		0,00	Contains fructan	
	Wheat noodles	0,03	1,00	0,00	Contains fructan	
	Wheat-rye bread	0,42	2,33	0,00	Contains fructan	
	Wholemeal rye bread	1,06	1,47	0,00		
<b>Cereals</b>	Breakfast cereals with honey or raisins			0,00		
	Cornflakes	2,80	1,75	0,00		
<b>Crop</b>	Amaranth	0,01	0,04	0,00		
	Barley	0,10	1,00	0,00		
	Brown rice	0,02	1,00	0,00		
	Buckwheat	0,02	1,00	0,00		
	Bulgur	0,07	1,00	0,00	Contains fructan	
	Corn	0,02	1,00	0,00		
	Corn (can)	0,30	0,60	0,12		
	Couscous	0,07	1,00	0,00	Contains fructan	
	Milo	0,00		0,00		
	Oatmeal	0,03	0,43	0,00		
	Popcorn	0,07	1,00	0,00		
	Quinoa	0,00		0,00		
	Rice (white)	0,02	1,00	0,00		
	Rye	0,06	1,00	0,00		
	Spelt	0,09	0,56	0,00	Contains fructan	
	Wheat	0,06	1,00	0,00	Contains fructan	
	Wheat germs	0,31	0,67	0,00	Contains fructan	
Whole-grain cereals			0,00			
<b>Flour</b>	Corn meal	0,10	1,00	0,00		
	Rice flour	0,10	1,00	0,00		
	Semolina	0,07	1,00	0,00	Contains fructan	
	Soy flour			0,00		
	Wheat bran	0,05	0,56	0,00	Contains fructan	
	Wheat flour	0,03	1,00	0,00	Contains fructan	
	Whole-grain flour	0,06	1,00	0,00	Contains fructan	

## Grains and Nuts – Page 2/2

Subcategory	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
<b>Legumes</b>	Peanuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Soybeans	1,82	1,30	0,00	Contains large amounts of oligosaccharide	
<b>Nuts</b>	Almonds	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Brazil nuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Cashew nuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Coconut	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Hazelnuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Macadamia nut	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Pecan nuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Pistachios	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Walnuts	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	<b>Pastry</b>	Breadcrumbs			0,00	Contains fructan
Croissant		0,02		0,00	Contains fructan	
Flak pastry		0,02		0,00	Contains fructan	
Polenta		0,10	1,00	0,00		
Short pastzry		0,02		0,00	Contains fructan	
Sourdough		0,02		0,00	Contains fructan	
Sponge mixture		0,00		0,00	Contains fructan	
Yeast dough		0,02		0,00	Contains fructan	
<b>Seeds</b>	Chia seeds					
	Flaxseed	0,00		0,00		
	Pine nuts	0,00		0,00		
	Poppy-seed	0,00		0,00		
	Pumpkin seeds	0,00		0,00	Gas forming due to large amounts of dietary fibres	
	Seeds					
	Sesame	0,00		0,00		
	Sunflower seeds	0,00		0,00		
<b>Spread</b>	Peanut butter	0,00		0,00	Gas forming due to large amounts of dietary fibres	
<b>Starch</b>	Corn starch	0,00		0,00		
	Potato flour					
	Tapioca	0,00		0,00		

## Fish and Seafood

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Fish (natural)	0,00		0,00	Marinated fish may contain fructose and/or sorbitol	
Fish fingers	0,01	0,20	0,00		
Herring in tomato sauce	0,67	1,18	0,01		
Herring salat	0,96	2,23	0,10		
Rollmop	0,30	0,86	0,00		
Seafood (natural)	0,00		0,00		
Shrimp paste	0,20		0,00		

## Meat

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Beef	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Calf	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Chicken meat	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Deer	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Duck	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Gobbler	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Goose	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Ham	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Kangaroo	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Lamb	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Meat and sausage	<< 1	< 1	0,00	Marinated meat may contain fructose and/or sorbitol	
Ostrich	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Pork	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Rabbit	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	
Turkey	0,00		0,00	Marinated meat may contain fructose and/or sorbitol	

## Dairy Products – 1/2

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Appenzeller	0,00		0,00		
Blue cheese	0,00		0,00		
Brie cheese	0,00		0,00		
Buffalo mozzarella	0,00		0,00		
Butter	0,00		0,00		
Butter cheese	0,00		0,00		
Buttermilk	0,00		0,00		
Camembert cheese	0,00		0,00		
Cheddar cheese	0,00		0,00		
Cheese	0,00		0,00		
Cheshire cheese	0,00		0,00		
Coffee cream	0,00		0,00		
Condensed milk	0,00		0,00		
Cottage cheese	0,00		0,00		
Cream	0,00		0,00		
Cream cheese	0,00		0,00		
Crème fraîche	0,00		0,00		
Curd	0,00		0,00		
Edam cheese	0,00		0,00		
Emmentaler	0,00		0,00		
Feta cheese	0,00		0,00		
Goat cheese	0,00		0,00		
Goat milk	0,00		0,00		
Gorgonzola	0,00		0,00		
Gouda cheese	0,00		0,00		
Grana Padano cheese	0,00		0,00		
Ice cream	7,50	1,00	0,00		
Kefir	0,00		0,00		
Low-fat curd	0,00		0,00		
Mascarpone	0,00		0,00		
Milk (unsweetened)	0,00		0,00		
Milk powder	0,00		0,00		
Mozzarella	0,00		0,00		
Parmesan cheese	0,00		0,00		
Ream	0,00		0,00		
Reduced fat yoghurt	0,00		0,00		
Ricotta	0,00		0,00		
Roquefort cheese	0,00		0,00		
Sheep's cheese	0,00		0,00		
Sheep's milk	0,00		0,00		
Skimmed milk	0,00		0,00		
Skimmed milk powder	0,00		0,00		
Soft cheese	0,00		0,00		

## Dairy Products – 2/2

	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Green	Sour cream	0,00		0,00		
Red	Sweetened milk products					
Red	Sweetened yogurt					
Green	Tilsit cheese	0,00		0,00		
Green	Whey	0,00		0,00		
Green	Whey powder	0,00		0,00		
Green	Yogurt (unsweetened)	0,00		0,00		



## Spices – 1/3

Subcategory	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
<b>Ingredient</b>	Baking powder	0,00		0,00		
<b>Sauces</b>	Barbeque sauce					
	Chutney					
	Cocktail sauce					
	Fish sauce			0,00		
	Guacamole	0,10	0,03	0,00		
	Hot mustard					
	Ketchup	12,00	1,18	0,10		
	Maggi	0,75	1,00	0,00		
	Mayonnaise	0,00		0,00		
	Oyster sauce			0,00		
	Pesto (green)	0,50	1,01	0,00	Often contains garlic	
	Pesto (red)	2,30	1,25	0,00		
	Soy sauce	0,17	1,00	0,00		
	Sweet&sour sauce					
	Tabasco	2,70	0,83	0,00		
	Teriyaki			0,00	Contains fructose in the form of honey	
Worcestershire sauce	5,10	0,99	0,00			
<b>Sweeteners</b>	Agave nectar	55,60	4,47	0,00		
	Brown sugar	0,00		0,00		
	Dextrose	0,00		0,00		
	Fructose	100,00		0,00		
	High fructose corn syrup	40,00	1,00	0,00		
	High fructose corn syrup HFCS55	39,00	1,22	0,00		
	Honey	38,80	1,14	0,00		
	Maple syrup	29,80	0,99	0,00		
	Molasses	8,00	1,00	0,00		
	Rice syrup	0,21	0,01	0,00		
	Sucrose	50,00	1,00	0,00		
	<b>Vinegar</b>	Cide vinegar	0,30	1,00	0,00	
Distilled vinegar						
Red wine vinegar		0,30	1,00	0,00		
Vinegar (balsamic)		7,40	0,97	0,00		
Vinegar essence		0,00		0,00		
White wine vinegar		0,30	1,00	0,00		
<b>Seasonings</b>	Anise	14,50	0,82	0,00	Usually only small amounts are digested	
	Basil	2,00	1,00	0,00	Usually only small amounts are digested	
	Bay	19,40	1,00	0,00	Usually only small amounts are digested	
	Camomile			0,00		
	Cardamon	23,50	0,82	0,00	Usually only small amounts are digested	

## Spices – 2/3

Subcategory	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Seasonings	Cayenne pepper	13,10	0,82	0,00	Usually only small amounts are digested	
	Chervil					
	Chili powder	13,00	0,81	0,00		
	Chive	0,76	1,17	0,00		
	Cinnamon	22,40	1,00	0,00	Usually only small amounts are digested	
	Cloves	20,80	1,00	0,00	Usually only small amounts are digested	
	Coriander	10,60	0,82	0,00	Usually only small amounts are digested	
	Cumin	0,00		0,00		
	Curcuma	23,30	1,00	0,00	Usually only small amounts are digested	
	Curry	17,60	0,95	0,00	Usually only small amounts are digested	
	Dill weed	3,20		0,00	Usually only small amounts are digested	
	Eucalyptus			0,00		
	Fennel seed	14,60	1,00	0,00	Usually only small amounts are digested	
	Garlic	12,80	1,29	0,00		
	Horseradish	1,17	0,50	0,00		
	Hot chili pepper					
	Juniper berries			0,00	Usually only small amounts are digested	
	Marjoram					
	Mint	2,12	1,00	0,00	Usually only small amounts are digested	
	Miso	0,00		0,00		
	Mustard	0,42	0,65	0,00		
	Nutmeg	2,25		0,00	Usually only small amounts are digested	
	Oregano	1,60	0,67	0,00	Usually only small amounts are digested	
Paprika spicy	14,30	0,82	0,00	Usually only small amounts are digested		
Parsley	0,66	1,18	0,00	Usually only small amounts are digested		
Pepper black	21,30	0,82	0,00	Usually only small amounts are digested		
Pepper white	26,40	0,82	0,00	Usually only small amounts are digested		
Peppermint	2,10	1,00	0,00	Usually only small amounts are digested		
Rosemary	3,00	1,00	0,00	Usually only small amounts are digested		

## Spices – 3/3

Subcategory	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Seasonings	Saffron	24,60	1,00	0,00	Usually only small amounts are digested	
	Sage	2,76	1,00	0,00	Usually only small amounts are digested	
	Salt	0,00		0,00		
	Stock	0,60	1,00	0,00		
	Tarragon	17,00	1,00	0,00	Usually only small amounts are digested	
	Thyme	2,94	1,00	0,00		
	Tomato paste	6,45	1,18	0,10		
	Vanilla	22,40	1,00	0,00	Usually only small amounts are digested	

## Fats and Oils

	Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
	Fat	0,00		0,00	Unproblematic in case of FM	
	Oil	0,00		0,00	Unproblematic in case of FM	

## Snacks and Sweets

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Almond cookie			0,00		
Banana chips	11,10	0,96	0,00		
Bitter chocolate			0,00	High amount of sugar	
Brownies					
Butter cookies	11,80	1,14	0,00		
Butter cookies (chocolate)	11,80	1,14	0,00		
Cereal bar	3,50	0,97	0,10		
Cheesecake	0,90	0,88	0,00		
Chewing gum (with and without sugar)	0,00		1,25		
Choc			0,00	High amount of sugar	
Cough sweets				Pure sugar; can contain artificial sweeteners like sorbitol	
Cream cake				Can contain sorbitol	
Deserts with honey				High amount of fructose	
Fruit sorbet				May contain large amounts of fructose	
Fruitcake	10,00	0,92			
Gingerbread	1,00			Can contain sorbitol	
Gummi bears				High amount of sugar	
Ice			0,00	High amount of sugar	
Ice cream					
Ladyfinger			0,00	High amount of sugar	
Licorice	1,19	1,00	0,00		
Marshmallows			0,00	High amount of sugar	
Marzipan	0,14	0,88		Can contain sorbitol	
Milk chocolate			0,00	High amount of sugar	
Nougat			0,00		
Nougat cream			0,00		
Nutella			0,00		
Peanut puffs	0,05	1,00	0,00	Gas forming due to large amounts of dietary fibres	
Potato chips	0,40	0,68	0,00		
Prawn crackers	0,00		0,00		
Pretzel	0,10	1,00	0,00		
Pretzel sticks	0,10	1,00	0,00		
Pudding			0,00		
Rice cake	0,08	1,00	0,00		
Rice cake (chocolate)			0,00		
Rice pudding	0,00		0,00		
Roasted almonds					
Stollen				Contains large amounts of fructose and sorbitol	
Tiramisu	0,40	0,58	0,00	High amount of sugar	
Tortilla chips	0,05		0,00		
Wafers			0,00	High amount of sugar	
White chocolate			0,00	High amount of sugar	
Wine gum				High amount of sugar	
Zwieback	0,10	1,00	0,00		

## Jams and Jellies

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Apple jelly	27,10	1,04			
Apple puree	7,50	1,79	0,40		
Apricot jam	13,46	0,78			
Blackberry jam	20,10	0,91	0,00		
Blueberry jam	19,90	0,89			
Cherry jam	21,68	0,78			
Orange jam	15,35	0,88			
Plum jam	16,24	0,92	6,00		
Quince jelly	17,70	1,01			
Raspberry jam	13,80	0,83			
Raspberry jelly	18,20	0,97			
Redcurrant jam	15,95	0,90			
Redcurrant jelly	14,10	0,72			
Rosehip jam	8,90	0,73			
Strawberry jam	18,66	0,85			

## Others

Food	Fructose (g/100g)	F/G	Sorbitol (g/100g)	Remarks	Own tolerance
Bolognese	0,54	1,07		Often contains onions and garlic (high amounts of fructan)	
Cocoa powder					
Coconut cream				High amount of fructose	
Coconut milk	0,00		0,00	High amount of fructose	
Eggs	0,00		0,00		
French fries	0,20	0,67	0,00		
Fried onions				Contains high amounts of fructan	
Gelatine	0,00		0,00		
Gnocchi	0,20	0,49	0,00		
Lasagne	0,80	1,20		Often contains onions (high amounts of fructan)	
Pizza	0,30	1,20	0,00		
Royal jelly					
Seitan	0,00		0,00		
Tofu	0,00		0,00		
Vanilla sauce	0,10		0,00		

## Some further information

Keep in mind, that a strict fructose free diet may lead to a deficiency of certain nutrients. So please consult a doctor or a nutritionist, if you are feeling bad during such a diet or if you are just uncertain.

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