

Fructose Restricted Diet

The fructose restricted diet is very important for people with dietary fructose intolerance. This diet is **not** for persons with hereditary fructose intolerance. A person with fructose intolerance cannot absorb large amounts of fructose. When people with fructose intolerance limit foods with fructose, they have less bloating and discomfort. This diet should only be followed at the recommendation of your doctor. A registered dietitian will help you fit this plan into your life.

Food	Well Tolerated	Not Well Tolerated
Sugars and sweeteners	Aspartame (Equal), saccharin (Sweet'N Low), acesulfame potassium (Sweet One), granulated sugar (sucrose), glucose/dextrose	Fructose, sugar alcohols including sorbitol, high fructose corn syrup, sucralose (Splenda), Purevia, Truvia, honey, molasses, inulin, agave nectar
Fruits	Limit to ½ cup or 1/2 small piece fresh fruit and eat with meals: Canteloupe, cranberries, grapefruit, kiwi, lemons, limes, mandarin oranges, oranges, raspberries, strawberries, rhubarb	Limit until you consult a dietitian: Other fruits, juices and dried fruit. Coconut milk and cream.
Vegetables	Limit to 1 cup per meal or snack: alfalfa sprouts, beets, carrots, celery, corn, cucumber, lettuce, greens including spinach, okra, peas, radishes, sweet potatoes, fresh tomatoes, watercress, white potato and yams	Chicory, onions, tomato paste, tomato sauce, tomato based sauces (BBQ, catsup, salsa, spaghetti sauce)
Beverages	Skim, 2% and whole milk, tea, coffee	Beverages sweetened with fructose or sorbitol including regular soft drinks; sherry or port wine, dessert wine
Nuts and seeds	Almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, peanuts, natural peanut butter, pecans, pistachios, sunflower seeds, walnuts	Honey roasted nuts; peanut butter with added corn syrup solids or high fructose corn syrup
Meat	Beef, pork, fish, poultry, eggs	Ham or other meats processed with honey or corn syrup
Bread/Starch	Puffed rice, cornflakes, oatmeal; rice, rice noodles;barley;cornmeal, corn tortillas; rye bread	Cereals or breads containing fruit (e.g. banana bread); Limit wheat products to one serving per meal (e.g. 1 slice bread, 6 crackers, ¾ cup cereal, 1 cup white pasta)

What else should I know about following this diet?

- Read all food labels to avoid foods listed above that are not well tolerated.
- **A diet review with a dietitian should be scheduled as soon as possible.**

What should I eat & drink at my meals? Try these sample menus for ideas:

Breakfast - Cornflakes or oatmeal with low-fat white milk, scrambled egg, 1 slice toast with margarine, coffee

Lunch - Sliced roasted cold turkey on rye bread with margarine, lettuce and 1 slice tomato, ½ cup mandarin oranges, sugar-free pudding, low-fat white milk

Dinner - Grilled pork chop, 1/2 cup carrots, wild rice pilaf, ½ cup canteloupe and low-fat white milk.

Snack - Cheese and 6 soda crackers with sugar-free pop

**Please call the St. Luke's Nutrition Center at 319/369-7440
for an appointment with the dietitian. A doctor's referral is required.**