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Fructose-Free Shopping Guide

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Our Motto: *Why take medications
when it could be a simple food issue?*

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Introduction

- ***The main reason to investigate fructose sensitivity is because you have frequent (daily) diarrhea.***
- ***If you don't get this - choose another investigation.***

If you are suffering from either Hereditary Fructose Intolerance (HFI, a rather rare hereditary condition) or Fructose malabsorption (rather common), the **Complete Guide to Fructose-free** is your companion. This publication can be used in conjunction with the **Detection Diet 21 Day Journal** (free when you register at foodintol®).

The Detection Diet 21 Day Journal is central to your investigation because it helps you to educate yourself for future problems with fructose. It will also create a personal record of your eating habits for reference any time. In addition you will become more aware of your body's signals.

The **Complete Guide to Fructose-free** is divided into sections:

- **Understanding fructose sensitivity** – an introduction
- **General Guide** for an overview of what to avoid
- **Tips & Traps** – to avoid common pitfalls
- **Shopping Guide** - for assistance on what to buy
- **Trouble shooting** – if you get confused or stuck

Use this guide to find out for sure whether you have Fructose sensitivity – or not. And remember – if you get a “yes” answer – see your doctor to rule out the rarer and more serious Hereditary Fructose Intolerance (HFI).

Finally, here's to better health, more energy, more resistance to disease, more motivation . . . more life!

Kind regards

Deborah

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Understanding Both Fructose Sensitivities

Difference Between HFI and Fructose Malabsorption

Hereditary Fructose Intolerance (HFI) is a rather rare hereditary condition in which the necessary enzymes for digestion of Fructose are not produced by the person's liver.

- ❑ The symptoms are stomach bloating, abdominal pain and diarrhea.
- ❑ The treatment is a **very STRICT** Fructose-free diet **for life**. If the diet is not strictly observed there can be serious health issues including liver failure.
- ❑ **IMPORTANT:** If it turns out that you ARE Fructose-sensitive at the end of your investigation with the Detection Diet, then you **must see your doctor** to rule out HFI.
- ❑ For more information on HFI see: **Boston University** Hereditary Fructose Intolerance: <http://www.bu.edu/aldolase/index.html>

Fructose malabsorption is a much more common condition, but not as immediately life threatening as HFI. Special cells in the intestine called enterocytes have a deficient carrier mechanism so Fructose cannot be digested properly.

- ❑ The symptoms are stomach bloating, abdominal pain and diarrhea and often, Irritable Bowel Syndrome. Depression is also associated with Fructose sensitivity.
- ❑ The treatment is a Fructose-free diet – but with a few concessions. (e.g. with a little experimentation you can find a threshold level of Fructose which is free of symptoms.)

Fructose Sensitivity - What it means:

One of the most important issues about Fructose sensitivity is:

- It's ***not just a matter of avoiding Fructose alone***.
- **Fructose masquerades as other things.** You must avoid corn syrup, honey and other ingredients you read on labels. See Basic Guide Table for full list.
- **Other substances** are converted into Fructose by normal digestive processes. These are: **sucrose** (*normal cane sugar, white sugar*) sucralose (Splenda) and **sugar alcohols** like sorbitol, mannitol, xylitol, maltitol etc., found in artificial sweeteners.
- **Sucrose** (white sugar also known as cane sugar): **You can eat sucrose!** (*However not those with HFI*). Although sucrose breaks down into Fructose and Glucose, their occurrence in equal quantities in the gut means the Fructose cannot get up to the mischief it would when present without Glucose. So cane sugar or **white sugar is okay** to eat on Fructose-free.
- **Unspecified sugars.** When a label says "Sugar" without saying what type of sugar, then avoid it. Such a loose term gives the manufacturers permission to use any type of sugar and to change it as market prices fluctuate.

- **Sucralose:** There is still debate about whether the breakdown of sucralose (an artificial sweetener) into dichloro-fructose causes the bloating and diarrhea typical of Fructose. We recommend you don't eat products that contain sucralose.

- **Artificial sweeteners generally:** Avoid artificial sweeteners like aspartame, sucralose and saccharin. (Besides, there should be little need for ANY artificial sweetener when you can have cane sugar, sucrose.)

- **Threshold level:** Once you get control of your symptoms **you will be able to eat some of these sugars without suffering symptoms.** That means you'll be able to re-introduce some sugars to your diet. That is, you will find your tolerance THRESHOLD level by using this guide and the Detection Diet 21 Day Journal.

- For FAQs see our page on [Fructose Sensitivity](http://www.foodintol.com) at www.foodintol.com

Craving sugar

Many fructose intolerant people actually *crave* sweet things: it's a normal result of the Fructose sensitivity condition. So, the thing that *causes* your gastro-intestinal (GI) symptoms is the very thing your body tells you it wants.

A little bit like an addiction. And what should you do with an addiction? You must control it, or it will control you.

Association with Initial Stage of Depression

In fact fructose sensitivity is strongly associated with early stage depression. It is a cycle that goes something like this:

When a fructose intolerant person eats some sugar it gets broken down abnormally in the small intestine by bacteria (which are always present.) That produces hydrogen gas (which gives you GI symptoms like cramps, flatulence and diarrhea) and other things which disrupt normal metabolism.

Anybody knows that wherever there is a fine balance at work (and there are thousands of those in the human body) and you upset one part of it, then other parts are also affected. There are things present in the intestine that need to be kept in balance for us to feel well and not be depressed, in particular a molecule called L-tryptophan.

To find our more and get references go to our [Fructose Sensitivity](http://www.foodintol.com) page.

Find your Threshold Level (Fructose Malabsorption only)

The good news is, after get your body back in balance by dramatically reducing your Fructose intake, you will be able to have small amounts of it without suffering any symptoms. That is, there will be a threshold level at which you can eat sweet things and not experience any GI symptoms.

If you have more you will tip the balance. But that's ok . . . *you'll be the first one to know.*

Keep your journal

One other major benefit you will find from the exercise of sugar-controlled eating is that you will become much more aware of your body and its natural limits.

For best results - keep a journal. It's the only way to track your foods eaten, pharmaceuticals taken, symptoms and moods along the way. I cannot stress enough that it is *vital* to keep a journal.

How important is your health? Is it important to be at your best?

Do you want to be able to grasp opportunities as they come along or are you content to carry on this way and risk more serious medical conditions down the track?

Of course we hope you want to be in **excellent** health – right now and for the future.

Treatment

Rather than something to be 'cured' via medication fructose sensitivity is best treated by changing the diet to control sugars.

We say *control* because after a while you will find a certain level of Fructose that you can tolerate without symptoms. So you will be able to eat some sugar in fruits, cakes, biscuits or confectionery. It's just a question of *balance*.

⇒ *So for you - Fructose-free eating is central to restoring and maintaining good intestinal health.*

General Guide

Main Points to Note

- Fructose sensitivity causes a whole range of symptoms that can severely impact your lifestyle. Look in the [Symptoms Matrix](#) – (please register if you have not already). Also see [Fructose Sensitivity](#) for further information and FAQs.
- The most powerful way to combat Fructose sensitivity is with a Fructose-free diet.
- **Supplements may be needed.** Consult your doctor. A fructose-free diet can be low on fruits and vegetables. This can mean a deficiency in Vitamin C and beta-carotenes and trace elements. Consider using a multi vitamin, Vitamin C and/or carotene supplements (take care - some contain sugars and artificial sweeteners).
- **Sweeteners:** you can use Sucrose (white sugar), glucose, lactose or dextrose.
- **What to avoid:** while there is a comprehensive list in the next few pages the main food groups to **avoid** on a Fructose-free diet are:
 - All dried fruits
 - All fruit juice or fruit flavoured soft drinks
 - All sugars - except sucrose, glucose, lactose and dextrose
 - Beans and pulses; lentils, all dried beans.
 - Beer, red wine and some spirits
 - Canned foods or prepared foods
 - Commercially produced baked goods: cakes, biscuits, pies, cookies etc.
 - Corn syrup – especially *high fructose corn syrup* used extensively in soft drinks
 - Honey - and foods that contain honey
 - Honey-baked ham, sugar-cured ham or other preserves
 - Legumes: peas, snowpeas, peanuts (Yes, peanuts are legumes!) all dried beans like lentils, lima beans, navy beans, chickpeas, black-eyed peas, kidney beans, red beans, soybeans (but soymilk is okay)
 - Most fresh fruits (some notable exceptions)
 - Nuts: pecans, cashews, peanuts, brazils, hazelnuts etc.
 - Preserved foods: salami, ham, sausages, pickles, preserved vegetables.
 - Soft drinks and mixers (unless with allowed sweeteners)
 - Sweets and confectionery including chocolate and chewing gum
 - Whole grains and bran (whole wheat, whole corn, whole rye etc.)
 - Wholemeal flour and wholemeal products. **White flour (refined flour) – is okay to eat.**

- Things you can **eat safely** on a fructose-free diet. They do not contain fructose, nor do they convert into fructose in the body:
 - **Sweeteners:**
 - Sucrose – white sugar, cane sugar, caster sugar
 - Glucose or dextrose
 - Lactose

 - **Fruits you can eat:** These do contain fructose, but you can eat them because the ratio of fructose to glucose makes them more intestine-friendly. It is also important to include some fruits in the diet as they are great sources of essential carotenes and Vitamin C. They also bring variety to a fruit-deprived Fructose-free dieter. However you must remember to **only eat them moderately**: small serves of each until you find your threshold tolerance level (the level at which you begin to get symptoms.)
 - Blackberries
 - Raspberries
 - Strawberries
 - Blueberries
 - Cherries
 - White grapes
 - Pineapples
 - Oranges
 - Tangerines
 - Grapefruit

 - **Baked goods you can eat:** white flour foods (no wholemeal foods) – provided they don't contain restricted sugars:
 - Savoury pies and savoury pastries (allowed vegetables only, no legumes)
 - White bread, white rolls etc.
 - Home made sweet baked goods

Colour-coded tables

The following tables are colour-coded for your convenience:

Avoid items in red table	

Eat moderately items in yellow table	

Eat freely items in green table	

Tips & Traps

READ THE LABEL! Look for these ingredients on labels and AVOID:

- Agave syrup
- Brown sugar
- Cane juice, evaporated cane juice
- Caramel
- Corn syrup, high fructose corn syrup
- Dried fruits inc. sultanas, currants, raisins, dates, prunes. Dried apricots, peaches, pears, nectarines, mango, figs, dates etc.
- Fructose
- Fruit juice, fruit juice concentrate, fruit pectin, fruit pulp
- Fruit sugar
- Honey, honey concentrate
- Invert sugar
- Levulose, maltose
- Maple syrup
- Molasses
- Palm sugar
- Nuts
- Sucralose
- Sugar alcohols: sorbitol, mannitol, maltitol, xylitol etc.
- Treacle
- Whole grains & bran – all types, including whole grain corn (all contain Fructose in outer part of grain)

Read on for Fructose Traps.

FRUCTOSE TRAP #1

“New Improved recipe!” FACT: *Manufacturers change their recipes all the time.* The packet might say “New & Improved” or might say nothing at all. The only solution is to read labels for ingredients even if you are familiar with the product. **READ THE LABEL!**

FRUCTOSE TRAP #2

Restaurant dining – ask, **ask ASK!** If the waiter doesn't know what's in it, then get the chef to tell you. Ask for a special serve to be made up for you (eg. without tomatoes). Also refer to the **Dining Out Guide**.

FRUCTOSE TRAP #3

Sugar alcohols: Sugarless foods and beverages are great *provided they do not contain sugar alcohols*, which break down easily in the body to fructose and other things. It seems like a strange irony that manufacturers make a range of so-called 'Fructose-free' or 'sugarless' products, only to substitute another compound that is toxic to those on a fructose-free diet. **READ THE LABEL!**

FRUCTOSE TRAP #4

Processed foods: Unspecified sugars are used widely in food manufacturing and turn up in **almost all processed foods:** baked products, canned foods, dehydrated products, frozen foods and breakfast cereals. If the label just says "Sugar", then leave it alone. Make sure to select only those with stipulated allowed sugars. Or avoid them and eat home made!

FRUCTOSE TRAP #5

Bread: Most white breads are okay for the Fructose-free diet. But some white breads contain unspecified sugars, like hamburger buns, bread with additives and bake-at-home varieties. **READ THE LABEL!**

FRUCTOSE TRAP #6

Medications and supplements: Medications and vitamin supplements are *real traps* as they are often not suspected to contain sugars. What can we say? **READ THE LABEL!**

Main Foods to Avoid

Below is a large basic guide table with general guidelines on which foods to avoid and suggested substitutes on the Fructose-free diet. Use it as a starting reference.

- **Avoid foods** in the **Orange** part of the table.
- **Eat moderately** those foods in the **Yellow** part of table, until you find your threshold level.
- **Eat freely** those foods in the **Green** part of the table.

Basic Guide Table to Fructose-free

Food type	Foods to avoid	Substitutes
Beverages	Beer, apple cider	Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.
Beverages	Coolers, cider, pre-mixed spirit drinks with bourbon, rum or vermouth.	Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.
Beverages	Fruit juice, cordial, fruit concentrates	Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.
Beverages	Soft drinks, cola, tonic etc.	Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.
Beverages	Spirits: brandy, liqueurs	MODERATELY: 1 or 2 drinks/week Distilled spirits: vodka, whisky, rum or gin. Dry white wine.
Beverages	Red wine, champagne, fortified wines, vermouth	MODERATELY: 1 or 2 drinks/week Distilled spirits: vodka, whisky, rum or gin. Dry white wine.
Condiments	Commercial mayonnaise, salad dressings, apple cider vinegar.	Fructose-free commercial mayonnaise or home made dressings with balsamic vinegar or lemon juice. Mustard and horseradish if Fructose-free.
Condiments	Jams, marmalades, honey, jellies, peanut butter.	Yeast spreads, cottage cheese, cream cheese, meat paste, sliced meat, avocado etc.

Food type	Foods to avoid	Substitutes
Condiments	Soy sauce, Worcestershire sauce, barbecue sauce etc	Home made dressings made with allowed sugars.
Condiments	Tomato-based sauces and fruit sauces, chutneys and relishes	Home made dressings made with allowed sugars.
Dairy	Cheese with sugar or fruit	Any other cheese
Dairy	Flavoured milk products	Milk – any kind if unsweetened.
Dairy	Ice cream and ice cream products	Ice cream made with allowed sugars or natural yoghurt.
Dairy	Yoghurt, with flavourings and/or fruit	Natural yoghurt only
Flour-based foods or grains	Bagels	White bread (no raisins or other fruit) allowed sugars only.
Flour-based foods or grains	Cakes, cookies, donuts & muffins, sweet slices, brownies.	Home made muffins, cakes, scones, slices, cookies with allowed fruits and allowed sugars
Flour-based foods or grains	Pancakes with syrup and/or fruit toppings	Home made pancakes with white flour and allowed sugars and allowed fruits.
Flour-based foods or grains	Pasta – all wholemeal varieties	Pasta – refined (white) varieties, or white variety with vegetable colour (eg. spinach, herb etc.)
Flour-based foods or grains	Pastries, puddings, fruit pies, sweet buns	Unsweetened pastries and breads. Home made goodies with allowed sugars and allowed fruits.
Flour-based foods or grains	Raisin toast or fruit bread of any kind.	White bread: any kind if no fruit – allowed sugars only.

Food type	Foods to avoid	Substitutes
Flour-based foods or grains	Tacos, corn chips (made with whole grain corn). Legumes eg. kidney beans, red beans etc.	Flour tortillas, burritos, fajitas, enchiladas (if made with refined flour). No beans in fillings.
Flour-based foods or grains	Whole grain or wholemeal bread	White bread: any bread made with refined flour and no fruit if Fructose-free.
Flour-based foods or grains	Wholemeal flatbread, naan bread, chappati.	White pita flatbread, roti, flour tortillas etc.
Fruit & vegetables	Canned vegetables	Fresh varieties of allowed vegetables
Fruit & vegetables	Dried fruits or semi-dried fruits: sultanas, apricots, prunes, dried apple, figs, dates, raisins etc.	MODERATELY: Coconut and allowed fresh fruits
Fruit & vegetables	Most fruits: apples, pears, bananas, etc.	MODERATELY: 2 serves/week Fresh fruit only (not canned or processed). Grapes: White (green) grapes Berries: raspberries, blueberries, blackberries, strawberries, cherries, cranberries. Rhubarb. Citrus: oranges, tangerines, lemons, limes, grapefruit. Pineapple.
Fruit & vegetables	Sweet corn, sweet potato, eggplant, onions, peas, pumpkin, snowpeas, broad beans, winter/summer squash. Root vegetables: carrots,	MODERATELY: 2 serves/week Asparagus, Brussels sprouts, broccoli, cabbage, capsicum (green peppers, red peppers), cauliflower, cucumbers, green beans, lettuce, watercress, zucchini.

Food type	Foods to avoid	Substitutes
	<p>parsnips, turnips, swedes, beetroot.</p> <p>Tubers: potatoes ,yams</p>	<p>Avocado, spinach, silver beet, endive, celery, mushrooms, swiss chard, turnip greens, mustard greens.</p>
Fruit & vegetables	<p>Onions, brown, red and white.</p>	<p>Shallots (spring onions), leeks, chives</p>
Fruit & vegetables	<p>Tomatoes – all varieties</p>	<p>Allowed fruits or vegetables</p>
Grains	<p>All breakfast cereals whether corn, wheat or other grains. All porridge. All muesli, bran and bran flakes.</p>	<p>Allowed bread and toast, crumpets. Home made muffins or sweet pastries with allowed sugars and allowed fruits.</p>
Grains	<p>Polenta (maize meal)</p>	<p>White pasta</p>
Grains	<p>Breakfast bars</p>	<p>White bread toast (Fructose-free), crumpets. Home made Fructose-free muffins.</p>
Meat, fish & eggs	<p>Preserved or processed meats like ham, most sausages, salami, hot dogs, strassburg, chicken loaf. (Salt-cured bacon is okay)</p>	<p>Fresh eggs Fresh meat Fresh bacon Fresh fish and seafood. Fresh sausages, but only if made with refined flour.</p>
Sugar-based products	<p>Chocolate and chocolate – coated products</p>	<p>Chocolate with allowed sugars only.</p>
Sugar-based products	<p>Artificial sweeteners: Splenda, saccharin, aspartame, sucralose, levulose, maltose, sorbitol and other sugar alcohols.</p>	<p>ALLOWED SUGARS Sucrose (cane sugar, white sugar or caster sugar). Glucose, lactose or dextrose.</p>
Sugar-based products	<p>Confectionery</p>	<p>Confectionery with allowed sugars.</p>
Sugar-based products	<p>Desserts – most types</p>	<p>Natural yoghurt. Pancakes with allowed fruits. Suitable ice cream - no fruit or fruit flavours. Home made cakes, slices and cookies with allowed fruits and sugars.</p>

Food type	Foods to avoid	Substitutes
Sugar-based products	Ice cream toppings and syrups	Desiccated coconut to sprinkle. Allowed fruits eg. fresh or frozen berries, or pineapple.
Sugar-based products	Jams, jellies, honey or nut spreads, golden syrup, treacle.	Margarine, butter, yeast spread, tahini - if unsweetened or suitably sweetened.
Sugar-based products	Fructose and all products which contain it: fruit sugar, brown sugar, raw sugar, icing sugar, icing mixture, corn syrup, high fructose corn syrup, palm sugar, jaggery, honey, maple syrup, golden syrup, treacle.	<p>ALLOWED SUGARS Sucrose (cane sugar, white sugar or caster sugar). Glucose, lactose or dextrose.</p>
Sugar-based products	Sucralose, maltose, levulose	
Sugar-based products	Sugar alcohols: sorbitol, lactitol, maltitol, mannitol, xylitol etc.	

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Foods which routinely contain Fructose: avoid all.

Avoid these . . .

All commercially produced sweet baked goods; donuts, cakes pie etc.

All commercially manufactured sweet biscuits and cookies

Cake mixes, cookie mixes

Canned products like soups (unless Fructose-free)

Confectionery – all kinds including chocolate and chewing gum

Dehydrated sauces and gravies

Dehydrated soups

Dried fruits

French toast

Fresh fruits (except for allowed fruits)

Fresh vegetables (except for allowed vegetables)

Frozen desserts

Fruit pies & sweet tarts

Jams, jellies and spreads: All jam, jelly, honey, peanut butter and syrup toppings.

Legumes: peas, dried beans like kidney beans, lentils, lima beans, red beans, soy beans, chickpeas.

Meal starters in a jar or dehydrated etc.

Mexican foods with beans eg. burritos, fajitas, enchiladas etc.

Nuts – all kinds

Avoid these . . .

Pasta with tomato based sauce: bolognese, napoli etc.

Peanut butter

Pizza – all types

Sauces – all tomato sauce, ketchup, barbecue sauce, fruit sauces and chutneys

Sugar – all sugar products: brown sugar, honey, maple syrup etc (See allowed sugars in Basic Guide Table)

Sweet bakery items – muffins, croissants, pies, slices, fruit buns, doughnuts, pastries, cakes, raisin bread etc

Tomato products like pasta sauce, tomato paste, pizza toppings etc.

Vinegar made from apple cider.

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Shopping Guide

This guide is laid out as if you are at the shops, e.g. in the supermarket. There are basically five different sections where you buy foods:

1. **Fresh:** Fruit and vegetables.
2. **Chilled:** Refrigerated goods
3. **Freezer:** Frozen goods
4. **Bakery:** Bread and all baked goods
5. **Shelf goods:** Long shelf life food products

Remember a *strict* Fructose-free diet is a temporary measure - until you find your tolerance or threshold level. At this point you will be able to loosen up a little and have some Fructose.

But in the meantime you will find eating differently gives a remarkable 'lift' both to the spirit and the body.

Allowing yourself to become free of high-sugar foods for a while is excellent health management – without drugs or therapies. Think about it.

Use your Journal

Remember to note all your changes in your journal. This should be The Detection Diet 21 Day Journal. All changes must be noted, whether they are physical symptoms or changes in mood and temperament.

FRESH PRODUCE SECTION

Generally, when shopping in the Fresh Produce section of the supermarket or at a greengrocer, with regard to Fructose:

FRESH FRUITS

Don't buy . . .	Substitute
<p>Dried fruits: raisins, sultanas, prunes, dried apricots, dried figs, glace fruit or crystallised fruit.</p> <p>Fresh fruit – most varieties like apples, bananas, kiwi fruit, all melons, and pears</p> <p>Stone fruits: apricots, nectarines, peaches, plums.</p> <p>Tropical fruits: paw paw, papaya, mango.</p>	<p>MODERATELY: 2 serves/week Fresh fruit only (not canned or processed). Grapes: White (green) grapes</p> <p>Berries: raspberries, blueberries, blackberries, strawberries, cherries, cranberries. (Consider frozen varieties)</p> <p>Rhubarb. Citrus: oranges, tangerines, lemons, limes, grapefruit. Pineapple.</p>

FRESH VEGETABLES

Don't buy . . .	Substitute
<p>Tomatoes – all varieties</p> <p>Tubers: potatoes, yams</p> <p>Sweet vegetables: sweet corn, sweet potato, pumpkin, winter/summer squash.</p> <p>Eggplant, onions, peas, snowpeas, broad beans</p> <p>Root vegetables: carrots, parsnips, turnips, swedes, beetroot.</p> <p>Onions, brown, red and white.</p>	<p>MODERATELY: 2 serves/week Asparagus</p> <p>Brussels sprouts, broccoli, cabbage, cauliflower,</p> <p>Capsicum (green peppers, red peppers)</p> <p>Cucumbers, lettuce, watercress Green beans, zucchini.</p>
	<p>Avocadoes</p> <p>Spinach, shallots, swiss chard, endive, celery, chives.</p> <p>Mushrooms</p>

CHILLED SECTION

Generally this means refrigerated products like fresh meat, fresh fish, delicatessen, dairy, eggs and fruit juice.

Don't buy these . . .
Dairy desserts - e.g yoghurt snacks, crème caramel etc.
Flavoured milk products
Fruit juice – all kinds.
Jellied fruit snacks
Prepared meats like marinated chicken wings or kebabs with sauce etc.
Prepared salads including pasta salads and marinated products
Preserved meats: salami, cabana, ham, and manufactured meats like chicken loaf.
Sausages – unless made with white flour and allowed sugars
Seafood salad, seafood cocktail
Tomatoes – semi-dried, sun-dried, oven roasted etc
Yogurt – with fruit or sugar.

Buy these . . .
Dairy foods. Must be Fructose-free and have no fruit: <ul style="list-style-type: none"> <input type="checkbox"/> Butter <input type="checkbox"/> Cheeses: All kinds of cheeses <input type="checkbox"/> Cream <input type="checkbox"/> Cream cheese <input type="checkbox"/> Fresh cottage cheese <input type="checkbox"/> Margarine <input type="checkbox"/> Milk – no sugar or flavourings <input type="checkbox"/> Natural yogurt – no sugar <input type="checkbox"/> Soy milk – no sugar or flavourings <input type="checkbox"/> Soy yogurt – no sugar or flavourings
Eggs – how ever you like them!
Fresh fish without marinade or sauce
Fresh meat without marinade, sauce
Fresh chicken without sauce or marinade
Fresh seafood without marinade or sauce

FROZEN FOODS

Don't buy . . .	Substitute with . . .
Frozen meals	Frozen fish, battered or crumbed but no sauce.
Frozen cake, muffins	Fresh home made with allowed sugar and fruit
Frozen dim sims	Fresh meat, fish
Frozen dinners	Fresh home made
Frozen fish with sauce	Frozen fish without sauce
Frozen fruit pies and desserts	Fresh or frozen allowed fruits, Fructose-free yogurt.
Frozen hamburgers (in buns)	Fresh home made hamburgers
Frozen sweet pastries & pies	Fresh or frozen allowed fruits, Fructose-free yogurt. Home made cakes.
Frozen pizza	Fresh home made pizza without sugar or tomato topping.
Frozen single serve dinners	Fresh home made meals
Frozen vegetables with sauce	Frozen vegetables without sauce
Ice cream, ice confections	Fructose-free ice cream with allowed fruit, natural yogurt.

Buy these:

Frozen fish fingers or fish fillets without sauce

Frozen berries:

raspberries, blueberries, cherries, boysenberries, blackberries, cranberries.

Frozen crumbed chicken if no sugar

Frozen hamburger patties if no sugar

Frozen turkey: Turkey thigh or turkey breast (no stuffing)

Frozen vegetables without sauce: green beans, broccoli, Brussels sprouts, cauliflower etc

Frozen vegetables without sauce: spinach, broad beans

BAKERY SECTION

This includes all baked goods like bread, cookies, cakes and pastries.

Don't buy these (they all contain unspecified sugars):
Crumpets – unless no Fructose
Any wholegrain or wholemeal products. The outer husk of the grain contains fructose.
English muffins (pre-split)
Focaccia
Naan, chappati
Pizza bases
Sweet baked goods: pies, cookies, scones, cakes, slices, muffins
Sweet rolls: hot cross buns, fruit buns, coffee scrolls, croissants, sweet rolls, pastries, doughnuts.
Sweet yeast-raised loaves like raisin bread, brioche, sweet crust bread, iced loaves, tea bread.
Wholemeal, whole grain or multigrain bread or rolls

Buy these:
Any sugar-free white bread or savoury pastry
Crumpets – if sugar-free
Lebanese bread (flatbread, pita) – white bread only
Meat pie, pastie, quiche, savoury pastries
Roti
Turkish bread
White bread – all kinds (no sugar or fruit)
White rolls – plain or with cheese, if sugar-free

SHELF GOODS

This includes all processed, canned and dried food products that are in the centre of the supermarket – packets, bottles, bags and sealed containers.

You will notice that most of this stuff is off limits. The reason is they almost all contain high levels of unspecified sugar.

Don't buy:	Substitute:
Baked beans, spaghetti (canned)	Fresh home made meals
Cakes – all types	Home made Fructose-free cakes and muffins
Canned foods (soup, meat, vegetables, fruit etc.)	Fresh home made meals
Cereals – all types whether processed or unprocessed	White bread for toast, crumpets if Fructose-free
Cordial	Non-fruit soft drinks with allowed sugars.
Corn chips	Rice snacks if Fructose-free.
Crackers: wholemeal, multigrain	Fructose-free crackers made with white refined flour
Dehydrated sauce, soup mixes	Fresh home made
Dips with beans, eg. hommus	Meat or fish based dips. Cream cheese based dips.
Flatbread – wholemeal	White flatbread, white pita pockets, roti, white flour tortillas (not wholegrain tortillas).
Fruit juice (canned or bottled)	Non-fruit soft drinks with allowed sugars, plain mineral water.
Fruit sauces	Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.
Jams, jellies and spreads including peanut butter, and yeast spreads	Jams and jellies if made with cane sugar. Margarine, butter, meat paste, cottage cheese, cream cheese, sliced cheese, sliced meat, avocado.
Meal base products in a jar or packet	Fresh home made
Milk additives - drinking chocolate etc.	Malt (if Fructose-free), coffee, tea, allowed sugars.
Mint sauce or mint jelly	Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.
Muesli	Other breakfast foods like toast, crumpets, eggs, bacon, home made muffins etc. Yoghurt with allowed fruits.

Don't buy:	Substitute:
Pasta sauce – tomato-based	Home made without tomato.
Pickled or vinegared products: olives, artichokes, gherkins, pickled cucumbers etc.	
Polenta (maize meal)	White pasta
Rice – brown rice varieties	White rice
Salad dressing including mayonnaise	Lemon juice or home made dressing with allowed sugars - no fruit or tomato
Salsa dips, hommus.	Non-tomato based dips eg. cream cheese dips, fish mousse, tzatziki, cucumber dip, taramasalata.
Sauces and sauce bases	Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.
Soft drinks and mixers	Non-fruit soft drinks and mixers with allowed sugars.
Sugar: Fructose, sorbitol and other sugar alcohols, maltose, levulose, sucralose, fruit sugar, fruit pectin, brown sugar, raw sugar, palm sugar, jaggary, honey, maple syrup, golden syrup, treacle, molasses.	Sucrose, glucose, lactose dextrose.
Sweet biscuits, cookies	Home made Fructose-free cookies
Tacos (made with whole corn) And the bean fillings	Tortillas, burritos, fajitas, gorditas – if made with refined flour (no wholemeal). <i>No beans in fillings!</i>
Wholemeal pasta products	Regular pasta, egg noodles, rice noodles, white rice.

FOOD

Buy these:
Canned fish: tuna, salmon, sardines, herrings in oil or brine only: (no sauces, sugar, tomato)
Coconut milk – allowed sugars only
Crackers and crispbread – if not wholemeal
Flatbread – white varieties only
Horseradish sauce – no sugar
Milk (long life) – no sugar
Mustard – no sugar
Olive oil and other oils
Pasta and noodles – (not wholemeal)
Rice – white rice varieties only
Soy milk (long life) – no sugar
Chocolate – allowed sugars only, no fruit.
Fructose-free confectionery - allowed sugars only, no fruit.
Fructose-free soft drinks and mixers - allowed sugars only, no fruit.
Tortillas, burritos, fajitas, gorditas, enchiladas – if made with refined flour (no wholemeal)

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Trouble Shooting

If you still have ***ongoing symptoms despite following a fructose-free diet*** there are several possible reasons and things you can do:

1. **Accidental ingestion of fructose** - You may have found the right guide to use – but some fructose is still getting in to your diet accidentally.

To figure this out go back through your refrigerator and your pantry and re-read all labels. If the food does not have a label – throw it away. You need to know what you are eating.

Then look very hard at all your supplements and medications. Many contain fructose or sugars in some form. Refer to **Fructose Trap #6** in the earlier section.

2. **A different food intolerance** – You may have *some other* food intolerance – not the one you thought - say dairy, yeast or gluten.
 - Refer to one of the other **foodintol®** Complete Guides e.g. for dairy-free or yeast-free and see if you can identify your problem foods that way.
 - Or you could investigate by doing the **Detection Diet**
 3. **An additional food intolerance** - Many sensitive people have more than one intolerance – it is quite common. Investigate another food intolerance. You can buy other food guides at the foodintol® Online Shop
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