

Nutrition hints for fructose malabsorption

This is defined as an insufficient uptake of fructose (resorption insufficiency) in the small intestine which often causes gas and general upper GI problems.

A diet of easily digestible foods which do not cause gas is recommended.

Individual compatibility (tolerance) varies greatly; generally, small amounts are tolerated well.

Nutritional Therapy

- Restricting fructose.
- Frequent small meals: 5-6 meals a day, keeping a balanced diet in mind.
- You should be alert that in many medications (syrups, drops, coated tablets) fructose and sucrose (table sugar) might be present.

Nutrition Guidelines

- Necessary nutrition and energy supply.
- Easily digestible foods that do not cause gas.
- All foods that contain fructose are to be avoided.
- As a sweetener, use glucose (grape sugar) and/or sweeteners in tablet or liquid form.
- In addition, all nutrients containing sorbitol, such as diabetic baked good and sugar-free sweets) are not suitable (sorbitol is converted into fructose).
- Industrially produced foodstuffs and processed foods require a precise content breakdown.
- Where appropriate, vitamin and mineral supplements.

Food selection

- Avoid fruits and products made from them because of the high fructose content.
- The following are not suitable: fruit sugar, cane and beet sugar, honey, sorbitol, and sweets of all sorts.
- The proportion of vegetables per day is limited to 150 g, but all vegetables with a fructose content higher than 2 g per 100 g are not suitable.
These include: kale, kohlrabi, pumpkin, carrots, peppers, leeks, red beets, sprouts, red cabbage, white cabbage, and onions.
- The following vegetables generally cause little gas and are thus suitable:
Artichokes, eggplants, bamboo shoots, leaf lettuce (iceberg, red lettuce, mache, Batavia lettuce, etc.), cauliflower florets, beans (green, fine), broccoli, chicory, chinese cabbage, fennel, cucumbers (cooked), celeriac, chard, mushrooms (button mushrooms, forest mushrooms, chanterelles), black salsify, bean sprouts, asparagus (green or white), spinach, celery, Teltow turnips, tomatoes, white turnips, zucchini.
- The following cause severe gas and are usually difficult to digest: beans, peas, kale, cucumbers (raw), leeks, lentils, corn, sweet peppers, radishes, radish, rhubarb, Brussels sprouts, sauerkraut, white cabbage, savoy cabbage, onions.
- Potatoes contain fructose and should be limited to a maximum of 150 g per day.

Fructose and sorbitol, even in small amounts, can have not only an additive effect, but can multiply in combination.