

## Nutrition hints for sorbitol malabsorption 1/2

### Sorbitol intolerance

Sorbitol incompatibility

#### 1. What does this mean for nutrition?

Avoid sorbitol as a sweetener and foods high in sorbitol.

Small amount of sorbitol can often be tolerated (at most 10-10 g per day, sometimes less).

In order to prevent general upper GI problems, easily digestible foods that do not cause gas are recommended.

#### 2. Key points about foods

- Avoid sorbitol and foods containing sorbitol
- easily digestible food that does not cause gas

#### 3. vegetables and fruits low in fibre

(see 5)

#### 4. Choice of foods

The following foods are high in sorbitol and **not suitable**:

- Sorbitol as sweetener: e.g. Sionon, Flarom, diabetic sweetener
- Dietetic foods produced with sorbitol: for example, diabetic marmalades, diabetic sweets, diabetic baked goods
- Types of fruit which have a naturally **high sorbitol content**: Apples, pears, cherries, prunes, plums, dates fruits with seeds, such as mirabelles, apricots, nectarines, and all fruit syrups made from these types of fruits
- Types of fruit which have a naturally **low sorbitol content**: Berry fruits such as strawberries, raspberries, blackberries, blueberries, currants, gooseberries, citrus fruits, bananas, pineapples, kiwis
- Sorbitol as a coating for: sultanas, raisins, and dried fruit or candied fruit
- Sorbitol in sweets: chewing gum, jelly babies, jelly fruits, candies, chocolate bars, filled wafers, chocolate, etc.
- Sorbitol is added to some dry products in order to maintain a smooth consistency, for instance, semolina, pudding powder, pudding sugar, etc., however it is added in extremely small quantities.

#### 5. Additional Hints

Pay attention to the content breakdown of foods. Packaged foods have a list of ingredients.

It gives information about the components and additives. Sorbitol is also listed as an E-

number: E 420=sorbitol

## Nutrition hints for sorbitol malabsorption 2/2

**Types of fruits and vegetables** are classified according to:

- low-fibre, easily digestible
- high-fibre, causing gas

### **Fruit**

**types that cause little gas or are low in fiber:**

Pineapples, apples, \*oranges, apricots, avocados, bananas, pears, blackberries, strawberries, figs (fresh), grapefruits, guavas, blueberries, raspberries, elderberries, kiwis, lychees, mandarin oranges, mangoes, melons (cantaloupe, watermelons, honey melons), nectarines, papayas, passion fruits, cherries, cranberries, quinces, lemons.

**types that cause severe gas and are high-fibre:**

Currants (red and black), cherries (sweet and sour), mirabelles, plums, greengage plums, gooseberries, dried fruit (raisins, apricots, figs, etc.), grapes, prunes.

### **Vegetables**

**types that cause little gas or are low in fiber:**

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

**types that cause severe gas and are high-fibre:**

Beans, peas, kale, cucumbers (raw), leeks, lentils, corn, sweet peppers, radishes, radish, rhubarb, Brussels sprouts, sauerkraut, white cabbage, savoy cabbage, onions.

**Food combinations keeping gastroenterological staples in mind:**

All fruits and vegetables that cause little gas or are low in fibre are suitable.

**Food combinations keeping low-fibre foods in mind:**

All fruits and vegetables that cause little gas or are low in fibre are suitable when cooked. Eliminate all starred \* types (leaf lettuce, oranges, blackberries, figs, grapefruits).