

A/PROF GREGOR JE BROWN

MBBS, PHD, FRACP

GASTROENTEROLOGIST

578 HIGH STREET
PRAHRAN VIC 3181

PROVIDER No: 2055019Y
WWW.GREGORBROWN.COM.AU
EMAIL: ADMIN@GREGORBROWN.COM.AU

PHONE: (03) 9521 1155
FAX: (03) 9521 1905

FRUCTOSE MALABSORPTION

Fructose is a sugar found naturally in many foods and also used as a sweetener in food products. When fructose is malabsorbed, the sugar is fermented in the bowel releasing gas that can trigger symptoms of bloating, distension, wind and abdominal pain. In many people this also contributes to constipation, but for others, fructose can increase fluid delivery through the bowel causing diarrhoea.

Reducing your intake of fructose and fructans (fructose polymer) will lead to a reduction of your symptoms. Below is a list of high fructose/fructan foods. We suggest you speak to an expert dietitian for further information including lists of safe foods and some tricks on how to include these foods in your diet through different cooking methods and in small amounts.

FOODS TO LIMIT

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|---------------|-------------------|--|
| * Apples | * Onion | * Peas |
| * Pears | * Garlic | * Corn |
| * Grapefruit | * Sweet potato | * Legumes |
| * Mango | * Cabbage | * Honey |
| * Watermelon | * Broccoli | * Coconut cream/milk |
| * Dried fruit | * Asparagus | * Rye & wheat (in large amounts, e.g. wheat/rye bread, wheat cereal, wheat pasta, etc. |
| * Peach | * Brussel Sprouts | |
| * Fruit juice | * Fennel | |
| | * Beetroot | |
| | * Artichokes | |
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FOODS TO INCLUDE

Fruits:

1 serve at a time (1 serve = size of medium orange) with at least 2 hours between each serve, for example: banana, blueberry, cantaloupe, cranberry, grapes, honeydew melon, kiwifruit, mandarin, orange, passionfruit, pineapple, raspberry, rhubarb, strawberries, tangelo

Vegetables:

5 serves per day, for example: alfalfa, bamboo shoots, beanshoots, bok choy, capsicum, carrot, celery, cucumber, eggplant, lettuce, olives, parsnip, potato, pumpkin, radish, silverbeet, spinach, squash, turnip, tomato, watercress, zucchini

Cereals/grains:

Spelt bread, gluten free bread, oat bread, rice/corn thins, rice crackers, rice bubbles, oats, cornflakes, rice flakes, gluten free pasta, rice

If you have an Apple or Android smartphone you can download the 'Monash Uni FODMAP App'

Recommended dieticians: 'Diet Solutions' or 'The Mind & Gut Specialist Clinic'

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HEAD OF ENDOSCOPY - THE ALFRED HOSPITAL

ALSO AT JOLIMONT, THE EPWORTH AND THE AVENUE