

CALCULATE YOUR FRUCTOSE INTAKE

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

MAXIMUM PER DAY:

FRUCTOSE LIST

Glen Matten MSc &
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12th March 2018

FRUITS

Fruit	Size or Quantity	Fructose (g)	Fruit	Size or Quantity	Fructose (g)
Olives	10 olives (40g)	Trace	Orange	1 fruit (130g)	4.1
Avocado	1/2 fruit (100g)	0.2	Pineapple	1 slice (85g)	4.5
Lime	1 fruit (65g)	0.2	Kumquat	5 fruits (95g)	4.5
Passion fruit	1 fruit (20g)	0.5	Lychee	6 fruits (60g)	4.6
Damson	1 fruit (25g)	1.0	Papaya	½ medium (150g)	5.0
Apricot, fresh	1 fruit (35g)	1.0	Peach	1 medium (150g)	5.1
Cranberries	1 cup (110g)	1.3	Blueberries	1 cup (150g)	5.2
Guava	1 fruit (55g)	1.4	Mulberries	1 cup (125g)	5.3
Lemon	1 fruit (110g)	1.7	Pomelo	¼ fruit (150g)	5.3
Gooseberries	1 cup (150g)	1.9	Cherries	15 fruits (120g)	5.4
Melon (Cantaloupe)	1 slice (125g)	2.0	Nectarine	1 medium (140g)	5.7
Plum	1 fruit (65g)	2.0	Prickly pear	1 fruit (100g)	5.7
Satsuma	1 medium (70g)	2.2	Watermelon	1 slice (285g)	6.6
Fig, fresh	1 fruit (50g)	2.2	Grapes	20 fruits (100g)	7.7
Sharon fruit	1 fruit (25g)	2.3	Banana	1 medium (120g)	8.3
Melon (Galia)	1 slice (125g)	2.6	Mango	½ fruit (105g)	8.4
Tangerine	1 medium (90g)	2.7	Pear	1 medium (180g)	9.8
Raspberries	1 cup (110g)	2.8	Pomegranate	1 fruit (280g)	9.9
Grapefruit	½ fruit (120g)	2.8	Apple, fresh	1 medium (180g)	13.3
Melon (Honeydew)	1 slice (125g)	2.9	Dates, fresh	6 fruits (145g)	21.8
Redcurrants	1 cup (110g)	3.0	Dried Fruits		
Whitecurrants	1 cup (110g)	3.0	Prunes	6 fruits (60g)	9.6
Clementine	1 medium (75g)	3.3	Apricots, dried	½ cup (60g)	9.8
Loganberries	1 cup (145g)	3.5	Figs, dried	6 fruits (50g)	11.3
Quince	1 fruit (90g)	3.6	Dates, dried	½ cup (80g)	26.9
Blackberries	1 cup (145g)	3.7	Currants	½ cup (80g)	27.5
Strawberries	10 fruits (120g)	3.8	Sultanas	½ cup (80g)	28.6
Kiwi	1 fruit (75g)	3.8	Raisins	½ cup (80g)	28.7
Greengage	1 fruit (66g)	4.0	Apple, dried	1 cup (85g)	35.9
Blackcurrants	1 cup (110g)	4.0			

Your Guide:

Fresh fruit is an integral part of a healthful diet, bringing valuable vitamins, potassium, phytonutrients and fibre. However, the fructose content of fruit can vary greatly.

As a general rule, we recommend you eat one to three servings of fresh fruit daily, making choices that fit within your fructose limit (see above).

As well as taking account of the fructose content, challenge yourself to eat a wide variety and diversity of different fruits low in fructose as indicated in this list.

VEGETABLES

Vegetable	Size or Quantity	Fructose (g)	Vegetable	Size or Quantity	Fructose (g)
Seaweed	N/A	Trace	Asparagus	6 spears (100g)	1.2
Mushroom	1 cup, sliced (70g)	0.1	Purple broccoli	3 spears (90g)	1.2
Swiss chard	1 cup (35g)	0.1	Green bean	½ cup (90g)	1.2
Watercress	1 cup, chopped (35g)	0.1	Lentil, red split	½ cup, raw (95g)	1.2
Celery	1 stalk (40g)	0.2	Aubergine	¼ whole (135g)	1.2
Spinach	1 cup (30g)	0.2	Red kidney bean	½ cup, raw (90g)	1.3
Spring onion	1 medium (15g)	0.2	Okra	1 cup (100g)	1.4
Chinese cabbage	1 cup, shredded (70g)	0.2	Hummus	½ cup (125g)	1.4
Radish	6 medium (25g)	0.2	Chickpea	½ cup, raw (100g)	1.4
Rhubarb	1 stalk (50g)	0.3	Cabbage	1 cup, shredded (70g)	1.4
Endive	1 cup (50g)	0.3	Artichoke (Jerusalem)	1 cup, sliced (150g)	1.4
Lettuce	1 cup, shredded (35g)	0.3	Runner bean	½ cup (90g)	1.5
Shallot	2 tbsp., chopped (20g)	0.3	Tomato	1 medium (90g)	1.5
Cucumber	½ cup, slices (50g)	0.4	Potato (new)	1 medium (210g)	1.5
Kale	1 cup, chopped (65g)	0.5	Haricot bean	½ cup, raw (105g)	1.5
Yam	1 cup (150g)	0.5	Celeriac	1 cup (155g)	1.6
Radicchio	1 cup, shredded (40g)	0.5	Peas	½ cup (75g)	1.6
Parsley	1 cup, chopped (60g)	0.5	Carrot (young)	1 medium (60g)	1.6
Broad beans	½ cup (125g)	0.6	Pepper, green	1 medium (120g)	1.7
Potato (old)	1 medium (210g)	0.6	Squash, spaghetti	1 cup, cubes (101g)	1.7
Artichoke (globe)	1 medium (125g)	0.6	Cauliflower	¼ medium (145g)	1.7
Sweetcorn	½ cup (75g)	0.7	Brussels sprouts	6 sprouts (115g)	1.9
Lentil (green & brown)	½ cup, raw (95g)	0.7	Carrot (old)	1 medium (60g)	2.1
Mangetout	1 cup (110g)	0.7	Kohlrabi	1 cup (135g)	2.3
Broccoli	3 spears (90g)	0.8	Turnip	1 medium (120g)	2.4
Courgette	½ medium (100g)	0.9	Onion	1 medium (110g)	2.9
Spring greens	1 cup, shredded (70g)	0.9	Beetroot	1 medium (80g)	2.9
Pumpkin	1 cup (115g)	0.9	Swede	1 cup, cubes (140g)	2.9
Fennel (bulb)	½ bulb (115g)	0.9	Squash, butternut	1 cup, cubes (140g)	3.2
Tomatoes, sun-dried	½ cup (55g)	1.0	Pepper, yellow	1 medium (120g)	3.6
Sugar snap peas	1 cup (110g)	1.0	Sweet potato	1 medium (130g)	3.6
Tomato puree	1 tablespoon (15g)	1.1	Parsnip	1 cup, sliced (135g)	3.6
Leek	1 medium (90g)	1.1	Pepper, red	1 medium (120g)	4.3
Cabbage, red	1 cup, shredded (70g)	1.1	Plantain	1 cup (150g)	4.3

Your Guide:

Eating a diet rich in vegetables is essential to optimal health. As well as vitamins, minerals and fibre, vegetables bring an abundance of phytonutrients, which promote health and resistance to disease.

As a general rule, we recommend you eat 5 or more servings of vegetables daily. Whilst most vegetables are low in fructose, please keep track of how your intake of vegetables contributes to your overall fructose intake.

Additionally, strive to eat the widest variety and diversity of different vegetables you possible can.

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MAXIMUM PER DAY:

SWEETENERS			TABLE SUGAR
Sweetener	Quantity	Fructose (g)	Sugar from cane or beet, saccharose, sucrose (all synonyms) provide about <u>half</u> glucose and <u>half</u> fructose: see labels for "sugars"
Molasses	1 teaspoon	1.5	
Maple syrup	1 teaspoon	1.5	
Honey	1 teaspoon	2.1	
Agave Nectar	1 teaspoon	2.8	

DRINKS			
<u>Home-made juices & smoothies</u>	According to the fruits and/or vegetables used (all the fructose is in the juice!)	Red wine Dry white wine Champagne Rose wine Cider (dry) Sweet white wine Cider (sweet)	Trace 0.5 g/glass 1.0g/glass 3.0 g/glass 5.1g/pint 6.0 g/glass 7.4g/pint
<u>Processed juices & smoothies</u>	See labels for "sugars" (typically from 8 g/100ml to 14 g/100ml)	Tomato juice V8 Coconut water	3 g/100 ml 3.5 g/100 ml 5 g/100 ml
Vegetable milks may contain added fructose (e.g. in the form of fructose syrup or within sugar): see labels!			

Your Guide:

The amount of fructose consumed through sugar, sweeteners, juices, smoothies, coconut water, and alcoholic drinks can quickly add up, faster than with solids.

Sugars and sweeteners are largely devoid of the health promoting phytonutrients and fibre found in fresh fruits and vegetables, making them a far more deleterious source of fructose. They always should be avoided or taken in minute amounts at the best.

Fruit juices and fruit smoothies can be extremely high in fructose and should be avoided (both homemade and especially commercial versions). However, homemade green vegetable juices and smoothies (lemon or lime can also be added) are low in fructose and represent a much better choice (not so much on an empty stomach).