

**Fructose Intolerance**: is the inability to digest fructose because you are poorly absorbing it through your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

What to **AVOID**

- Dried Fruits
- Canned Fruits
- Apples
- Pears
- Grapes
- Ripped Bananas
- Blueberries
- Melons
- Watermelons
- Mango
- Plums
- Cherries
- Figs
- Kiwi
- Papaya
- Apricots
- **Drinks**: Fruit Juices, Soft Drinks, Sports Drinks, Coconut Water
- **Alcohol**: Wine, Rum
- **Sweeteners**: Honey, Pancake Syrup, Agave
- Asparagus
- Sweet Onions
- Sweet Peppers
- Sweet Corn
- Summer Squash
- Eggplant
- Tomatoes
- Cabbage
- Garlic
- Cereals
- Rye and Wheat Bread
- Pickles
- Jams
- Barbecue Sauces

Read Food Labels looking for words like **Fructose, Fructans, Fruit Juice or High Fructose Corn Syrup.**



If you absolutely need to have any of the above, take 2 Fructaid capsules right when you are eating the product to allow you to better digest it.



## What to HAVE

- Strawberry
- Blueberry
- Small amount Blackberries
- Small amount Raspberries
- Clementine
- Tangerines
- Oranges
- Pineapple
- Coconut
- Peaches
- Nectarines
- Apricots
- Cantaloupe
- Grapefruits
- Avocado
- Carrot
- Celery
- Cucumber
- Green Beans
- Lettuce
- Spinach
- Kale
- Sweet Potato
- Zucchini