



Maltose Intolerance: is the inability to digest maltose (found in wheat and barley) due to a lack of an enzyme called maltase in your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

What to **AVOID**

- Bread
- Bagels
- Cereals
- Crackers and Cookies
- Energy Bars
- Pretzels
- Pasta
- Noodles
- Pizza
- Hamburgers
- Beer
- Pie
- Candies
- Honey
- Ketchup
- Sweet Potatoes
- Canned Fruit
- Broccoli
- Kiwi

Read Food Labels looking for words like **Maltose** or **Corn Syrup**.

What to **HAVE**

- Banana
- Cucumber
- Cantaloupe
- Honeydew
- Apricot
- Plums
- Watermelon
- Blackberries