



**Sorbitol Intolerance**: is the inability to digest sorbitol (common dietary sweetener) because you are poorly absorbing it through your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

### What to **AVOID**

- Artificial Sweetener (Dietary Sweeteners): Sorbitol, Mannitol, Isomalt, Xylitol
- Apples
- Pears
- Figs
- Blackberries
- Stone Fruits
- Dry Fruits
- Avocados
- Cauliflower
- Celery
- Sweet Corn
- Snow Peas
- Bell Peppers
- Candies

Read Food Labels looking for words like **Sucrose, Sugar Free, Diet, Sugar Alcohol, Polyol, Glucitol.**

### What to **HAVE**

- Banana
- Blueberries
- Strawberries
- Cantaloupe
- Pineapples
- Oranges
- Mandarin Oranges
- Grapefruit
- Kiwi
- Eggplant
- Bell Peppers
- Broccoli
- Peas
- Spinach
- Kale
- Lettuce
- Asparagus
- Onion