



**Sucrose Intolerance**: is the inability to digest sucrose (table sugar) due to a lack of an enzyme called sucrase in your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

What to **AVOID**

- White Sugar
- Brown Sugar
- Baked Goods
- Cereals
- Dried Fruits
- Canned Fruits
- Maple Syrup
- Peaches
- Nectarines
- Pineapples
- Oranges
- Tangerines
- Apricots
- Apples
- Mango
- Grapefruits
- Cantaloupe
- Honeydew
- Chocolates
- Sweet Potato
- Peanut Butter
- Carrots
- Beans
- Lentils
- Green Peas
- Soybeans
- Spaghetti Sauce
- **Drinks**: Sweetened Drinks, Sodas, Fruit Juices
- **Nuts**: Peanut Butter, Pistachio, Cashews, Macadamia, Hazelnut, Almonds

Read Food Labels looking for words like **Sucrose** or **Added Sugar**. You want that to be less than **5%**.

If you absolutely need to have any of the above, take Sucraid right before and when you eat the product which will allow you to better digest it.



## What to HAVE

- Cherries
- Watermelon
- Plums
- Raspberries,
- Blackberries
- Blueberries
- Kiwi
- Strawberries
- Lemon / Lemon Juice
- Lime / Lime Juice
- Grapes
- Pears
- Apples Without Skin
- Papaya
- Prunes
- Avocado