

What is fructose and why should it be put behind bars?

Do you experience bloating, gas or diarrhea after eating certain fruits?

BY DR. JOHN LEUNG AND PAIGE CROSS, TUFTS MEDICAL CENTER

What is fructose intolerance?

Fructose intolerance occurs when the body cannot fully absorb fructose. When the unabsorbed fructose reaches the colon, it is turned into hydrogen gas by bacteria, leading to abdominal symptoms when fructose is consumed.

What is fructose?

Fructose is a sugar that can be consumed by itself or as a component of sucrose (table sugar). Many fruits are high in fructose, as are many processed foods made with high fructose corn syrup (HFCS), such as soda and flavored yogurts.

What are the symptoms?

1. Gas
2. Pain
3. Bloating
4. Belching
5. Diarrhea

How common is intolerance?

Studies suggest 30 to 50 percent of patients with unexplained abdominal gastrointestinal symptoms have fructose intolerance.

How is fructose intolerance diagnosed?

Fructose intolerance is diagnosed in a way similar to how lactose intolerance is diagnosed, using a hydrogen breath test. The test involves consuming a load of fructose, and then testing the breath for the presence of hydrogen at levels above what is normal, indicating that some of



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the fructose was undigested, and thus was broken down by colon bacteria. Ask your doctor for more details.

I have been diagnosed with fructose intolerance by a doctor, should I avoid fructose completely?

No, different people can handle different amounts of fructose before symptoms begin. Furthermore, fructose absorption may vary based on what other foods a fructose-containing food is consumed with. For example, when consumed in the form of sucrose (table sugar) or alongside some protein-containing foods, fructose may be better absorbed. Conversely, fructose absorption is decreased when consumed alongside sorbitol, a common sweetener used in "sugar free" products. The take-away message, therefore, is to avoid those foods highest in fructose, and to consume fructose-containing foods as part of a larger meal.

Why not simply avoid fructose-containing foods all together if I suspect dietary fructose intolerance?

While it is good to limit foods such as soda, which are high in high fructose corn syrup, and low in nutrients, other sources of fructose are an important part of a healthy diet. Fruit is an especially important source of important vitamins and minerals, such as vitamin C, as well as many other health promoting compounds such as fiber and antioxidants.

How is fructose intolerance managed?

1. Limit consumption of fruits highest in fructose (apples, pears, cherries, watermelon, dates, peaches), foods sweetened with fructose or high fructose corn

syrup, honey and sorbitol.

2. Because of the many health benefits of eating fruit, try and incorporate fruits with lower levels of fructose, such as berries, citrus fruits, honeydew melon, bananas, kiwis and pineapple.

3. When consuming fructose-containing foods, eat them as part of a meal, and not by themselves. If consuming a beverage sweetened with HFCS, limit the serving size to 12 ounces.

Top 11 foods highest in fructose

1. Soft drinks sweetened with high fructose corn syrup
2. Dried fruits (apple, apricot, date, fig, prune, raisin)
3. Dried fruit bars
4. Fruit with high sugar content (apple, cherry, grapes, pears)
5. Fruit juice (apple, grape, pomegranate)
6. Fruit sauces/pastes (tomato paste, applesauce, BBQ sauce)
7. Fortified wines (port, sherry)
8. Honey
9. Coconut milk and cream
10. Pomegranate juice
11. Grapes

John Leung, MD, is an allergist, immunologist and gastroenterologist. He can be reached at (617) 636-5333. Paige Cross is a dietetic intern.

Tufts Medical Center

果糖是什麼？為何少食為妙？

為什麼食用某些水果後感覺腹脹、氣多、腹瀉？

搭芙茨醫療中心梁爾尊醫師和實習醫生Paige Cross撰寫



圖片由江相璇提供。

什麼是果糖不耐症？

果糖不耐症在肌體不能全部吸收果糖時發生。未吸收的果糖經過結腸由細菌轉化成氣體，產生腹痛症狀。

果糖是什麼？

果糖是一種醣類，可由腸胃直接吸收。很多水果果糖含量很高，不少精加工食品添加了含高量果糖的玉米糖漿，所以果糖含量也很高，比如像汽水、果味酸奶等。

果糖不耐症有什麼症狀？

1. 氣多
2. 腹痛

3. 腹脹
4. 打嗝
3. 腹瀉等

果糖不耐症普遍嗎？

數據表明30-50%的患者有不知原因的腹痛時均由果糖不耐引起。

果糖不耐症如何診斷？

其診斷與乳糖不耐症的診斷方式一樣，利用呼氣中氫氣含量來測定。測試前須食用一定量果糖。如呼氣中氫氣含量高於標準，說明食用的果糖未經消化，受試體具有果糖不耐症。

果糖不耐症患者是否應該完全避免食用果糖？

果糖不耐症患者可以食用一定量果糖。另外，症狀出現與否還與是否食用其它食物有關。例如，有的患者食用蔗糖或蛋白質食品，果糖吸收率反而較高，沒有什麼果糖不耐症狀出現；如食用代糖類，果糖吸收降低，有果糖不耐症出現。但是，患者要慎食含果糖高的食物。

為什麼患者仍需適量食用水果，而不是完全避免水果？

水果含人體必需的維生素、礦物質、纖維及抗氧化劑等。適當食用水果對人體健康非常重要。應注意避免的是添加大量果糖的精加工食品，如汽水等。

果糖不耐症患者應注意什麼？

1. 少食果糖含量高的水果，如蘋果、梨、櫻桃、西瓜、棗、桃子等。少食含大量玉米糖漿的食物，另外還有蜂蜜，蔗糖等也要少食。
2. 水果有益健康，應適量食用漿果類、柑橘類，哈密瓜、香蕉、獼猴桃和菠蘿等水果。
3. 食用含果糖的食物同時應食用其它食物。飲用高果糖含量的飲料不應超過12 盎司。

11大高果糖含量食物

添加大量玉米糖漿的軟飲料
果脯（蘋果、杏、棗，無花果，梅子，葡萄乾等果脯）
果丹皮
含高果糖的水果，如蘋果、櫻桃，葡萄，梨等
果汁，如蘋果汁、葡萄汁、石榴汁等
果醬及其它甜醬，如番茄醬、蘋果醬、烤肉醬等
強化類酒品，如波而土葡萄酒，雪利酒等
蜂蜜
椰奶及奶油
石榴汁
葡萄

關於作者

梁爾尊醫生是過敏症專家，免疫學專家，及胃腸病專家。如果想看梁醫師，搭芙茨醫療中心的中文預約專線是617-636-8833。

—文章由許可可翻譯

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