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## Fructose-Free Complete Guide

# Fructose-Free Complete Guide

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Our Motto: *Why take medications  
when it could be a simple food issue?*

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## **Introduction**

- ***The main reason to investigate fructose sensitivity is because you have frequent (daily) diarrhea.***
- ***If you don't get this - choose another investigation.***

If you are suffering from either Hereditary Fructose Intolerance (HFI, a rather rare hereditary condition) or Fructose malabsorption (rather common), the foodintol® **Fructose-free Complete Guide** is your companion. This publication can be used in conjunction with the **Detection Diet 21 Day Journal** (free when you register at foodintol®).

The Detection Diet 21 Day Journal is central to your investigation because it helps you to educate yourself for future problems with fructose. It will also create a personal record of your eating habits for reference any time. In addition you will become more aware of your body's signals.

The **Fructose-free Complete Guide** is divided into eight sections:

- **Understanding fructose sensitivity** – an introduction
- **General Guide** for an overview of what to avoid
- **Tips & Traps** – to avoid common pitfalls
- **Shopping Guide** - for assistance on what to buy
- **Meals Guide** - for help with different ways of preparing food that is appropriate for a fructose-free diet;
- **Dining Out Guide** - ranks different nationality cuisines according to how well they fit with a fructose-free regimen.
- **Recipes and tips** – a few recipes to help you get started
- **Trouble shooting** – if you get confused or stuck

Use this guide to find out for sure whether you have Fructose sensitivity – or not. And remember – if you get a “yes” answer – see your doctor to rule out the rarer and more serious Hereditary Fructose Intolerance (HFI).

Finally, here's to better health, more energy, more resistance to disease, more motivation . . . more life!

Kind regards

*Deborah*

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**Author: Deborah Manners B.Sc.(Hons) Dip.Ed.** is not a medical or healthcare professional. She has multiple food intolerances and presents information from the point of view of the consumer.

## Understanding Fructose sensitivity

### Difference Between HFI and Fructose Malabsorption

**Hereditary Fructose Intolerance (HFI)** is a rather rare hereditary condition in which the necessary enzymes for digestion of Fructose are not produced by the person's liver.

- ❑ The symptoms are stomach bloating, abdominal pain and diarrhea.
- ❑ The treatment is a **very STRICT** Fructose-free diet **for life**. If the diet is not strictly observed there can be serious health issues including liver failure.
- ❑ **IMPORTANT:** If it turns out that you ARE Fructose-sensitive at the end of your investigation with the Detection Diet, then you **must see your doctor** to rule out HFI.
- ❑ For more information on HFI see: **Boston University** Hereditary Fructose Intolerance: <http://www.bu.edu/aldolase/index.html>

**Fructose malabsorption** is a much more common condition, but not as immediately life threatening as HFI. Special cells in the intestine called enterocytes have a deficient carrier mechanism so Fructose cannot be digested properly.

- ❑ The symptoms are stomach bloating, abdominal pain and diarrhea and often, Irritable Bowel Syndrome. Depression is also associated with Fructose sensitivity.
- ❑ The treatment is a Fructose-free diet – but with a few concessions. (e.g. with a little experimentation you can find a threshold level of Fructose which is free of symptoms.)

### Fructose Sensitivity - What it means:

One of the most important issues about Fructose sensitivity is:

- It's **not just a matter of avoiding Fructose alone**.
- **Fructose masquerades as other things**. You must avoid corn syrup, honey and other ingredients you read on labels. See Basic Guide Table for full list.
- **Other substances** are converted into Fructose by normal digestive processes. These are: **sucrose** (*normal cane sugar, white sugar*) sucralose (Splenda) and **sugar alcohols** like sorbitol, mannitol, xylitol, maltitol etc., found in artificial sweeteners.
- **Sucrose** (white sugar also known as cane sugar): **You can eat sucrose!** (*However not those with HFI*). Although sucrose breaks down into Fructose and Glucose, their occurrence in equal quantities in the gut means the Fructose cannot get up to the mischief it would when present without Glucose. So cane sugar or **white sugar is okay** to eat on Fructose-free.
- **Unspecified sugars**. When a label says "Sugar" without saying what type of sugar, then avoid it. Such a loose term gives the manufacturers permission to use any type of sugar and to change it as market prices fluctuate.

- **Sucralose:** There is still debate about whether the breakdown of sucralose (an artificial sweetener) into dichloro-fructose causes the bloating and diarrhea typical of Fructose. We recommend you don't eat products that contain sucralose.
  
- **Artificial sweeteners generally:** Avoid artificial sweeteners like aspartame, sucralose and saccharin. (Besides, there should be little need for ANY artificial sweetener when you can have cane sugar, sucrose.)
  
- **Threshold level:** Once you get control of your symptoms **you will be able to eat some of these sugars without suffering symptoms.** That means you'll be able to re-introduce some sugars to your diet. That is, you will find your tolerance THRESHOLD level by using this guide and the Detection Diet 21 Day Journal.
  
- For FAQs see our page on [Fructose Sensitivity](http://www.foodintol.com) at [www.foodintol.com](http://www.foodintol.com)

### Craving sugar

Many fructose intolerant people actually *crave* sweet things: it's a normal result of the Fructose sensitivity condition. So, the thing that *causes* your gastro-intestinal (GI) symptoms is the very thing your body tells you it wants.

A little bit like an addiction. And what should you do with an addiction? You must control it, or it will control you.

### Association with Initial Stage of Depression

In fact fructose sensitivity is strongly associated with early stage depression. It is a cycle that goes something like this:

When a fructose intolerant person eats some sugar it gets broken down abnormally in the small intestine by bacteria (which are always present.) That produces hydrogen gas (which gives you GI symptoms like cramps, flatulence and diarrhea) and other things which disrupt normal metabolism.

Anybody knows that wherever there is a fine balance at work (and there are thousands of those in the human body) and you upset one part of it, then other parts are also affected. There are things present in the intestine that need to be kept in balance for us to feel well and not be depressed, in particular a molecule called L-tryptophan.

To find our more and get references go to our [Fructose Sensitivity](http://www.foodintol.com) page. (See Index on the website.)

### Find your Threshold Level (Fructose Malabsorption only)

The good news is, after get your body back in balance by dramatically reducing your Fructose intake, you will be able to have small amounts of it without suffering any symptoms. That is, there will be a threshold level at which you can eat sweet things and not experience any GI symptoms.

If you have more you will tip the balance. But that's ok . . . *you'll be the first one to know.*

### Keep your journal

One other major benefit you will find from the exercise of sugar-controlled eating is that you will become much more aware of your body and its natural limits.

For best results - keep a journal. It's the only way to track your foods eaten, pharmaceuticals taken, symptoms and moods along the way. I cannot stress enough that it is *vital* to keep a journal.

*How important is your health? Is it important to be at your best?*

*Do you want to be able to grasp opportunities as they come along or are you content to carry on this way and risk more serious medical conditions down the track?*

Of course we hope you want to be in **excellent** health – right now and for the future.

### Treatment

Rather than something to be 'cured' via medication fructose sensitivity is best treated by changing the diet to control sugars.

We say *control* because after a while you will find a certain level of Fructose that you can tolerate without symptoms. So you will be able to eat some sugar in fruits, cakes, biscuits or confectionery. It's just a question of *balance*.

⇒ *So for you - Fructose-free eating is central to restoring and maintaining good intestinal health.*

It's all very well finding out that you should avoid eating Fructose. But until now there was little assistance on **how** to avoid it in your diet. The **foodintol® Fructose-free Complete Guide** is unique in this respect.

## General Guide

### Main Points to Note

- Fructose sensitivity causes a whole range of symptoms that can severely impact your lifestyle. Look in the [Symptoms Matrix](#) – (please register if you have not already). Also see [Fructose Sensitivity](#) for further information and FAQs.
- The most powerful way to combat Fructose sensitivity is with a Fructose-free diet.
- **Supplements may be needed.** Consult your doctor. A fructose-free diet can be low on fruits and vegetables. This can mean a deficiency in Vitamin C and beta-carotenes and trace elements. Consider using a multi vitamin, Vitamin C and/or carotene supplements (take care - some contain sugars and artificial sweeteners).
- **Sweeteners:** you can use Sucrose (white sugar), glucose, lactose or dextrose.
- **What to avoid:** while there is a comprehensive list in the next few pages the main food groups to **avoid** on a Fructose-free diet are:
  - All dried fruits
  - All fruit juice or fruit flavoured soft drinks
  - All sugars - except sucrose, glucose, lactose and dextrose
  - Beans and pulses; lentils, all dried beans.
  - Beer, red wine and some spirits
  - Canned foods or prepared foods
  - Commercially produced baked goods: cakes, biscuits, pies, cookies etc.
  - Corn syrup – especially *high fructose corn syrup* used extensively in soft drinks
  - Honey - and foods that contain honey
  - Honey-baked ham, sugar-cured ham or other preserves
  - Legumes: peas, snowpeas, peanuts (Yes, peanuts are legumes!) all dried beans like lentils, lima beans, navy beans, chickpeas, black-eyed peas, kidney beans, red beans, soybeans (but soymilk is okay)
  - Most fresh fruits (some notable exceptions)
  - Nuts: pecans, cashews, peanuts, brazils, hazelnuts etc.
  - Preserved foods: salami, ham, sausages, pickles, preserved vegetables.
  - Soft drinks and mixers (unless with allowed sweeteners)
  - Sweets and confectionery including chocolate and chewing gum
  - Whole grains and bran (whole wheat, whole corn, whole rye etc.)
  - Wholemeal flour and wholemeal products. **White flour (refined flour) – is okay to eat.**
- Things you can **eat safely** on a fructose-free diet. They do not contain fructose, nor do they convert into fructose in the body:

- **Sweeteners:**
  - Sucrose – white sugar, cane sugar, caster sugar
  - Glucose or dextrose
  - Lactose
  
- **Fruits you can eat:** These do contain fructose, but you can eat them because *the ratio of fructose to glucose* makes them more intestine-friendly. It is also important to include some fruits in the diet as they are great sources of essential carotenes and Vitamin C. They also bring variety to a fruit-deprived Fructose-free dieter. However you must remember to **only eat them moderately**: small serves of each until you find your threshold tolerance level (the level at which you begin to get symptoms.)
  - Blackberries
  - Raspberries
  - Strawberries
  - Blueberries
  - Cherries
  - White grapes
  - Pineapples
  - Oranges
  - Tangerines
  - Grapefruit
  
- **Baked goods you can eat:** white flour foods (no wholemeal foods) – provided they don't contain restricted sugars:
  - Savoury pies and savoury pastries (allowed vegetables only, no legumes)
  - White bread, white rolls etc.
  - Home made sweet baked goods



**Colour-coded tables**

The following tables are colour-coded for your convenience:

|                                 |  |
|---------------------------------|--|
| <b>Avoid items in red table</b> |  |
|                                 |  |

|   |  |
|---|--|
| <b>Eat moderately items in yellow table</b> |  |
|   |  |

|  |  |
|--|--|
| <b>Eat freely items in green table</b> |  |
|  |  |

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## **Tips & Traps**

*READ THE LABEL!* Look for these ingredients on labels and AVOID:

- Agave syrup
- Brown sugar
- Cane juice, evaporated cane juice
- Caramel
- Corn syrup, high fructose corn syrup
- Dried fruits inc. sultanas, currants, raisins, dates, prunes. Dried apricots, peaches, pears, nectarines, mango, figs, dates etc.
- Fructose
- Fruit juice, fruit juice concentrate, fruit pectin, fruit pulp
- Fruit sugar
- Honey, honey concentrate
- Invert sugar
- Levulose, maltose
- Maple syrup
- Molasses
- Palm sugar
- Nuts
- Sucralose
- Sugar alcohols: sorbitol, mannitol, maltitol, xylitol etc.
- Treacle
- Whole grains & bran – all types, including whole grain corn (all contain Fructose in outer part of grain)

### **FRUCTOSE TRAP #1**

**“New Improved recipe!”** FACT: *Manufacturers change their recipes all the time.* The packet might say “New & Improved” or might say nothing at all. The only solution is to read labels for ingredients even if you are familiar with the product.

***READ THE LABEL!***

### **FRUCTOSE TRAP #2**

**Restaurant dining** – ask, **ask ASK!** If the waiter doesn't know what's in it, then get the chef to tell you. Ask for a special serve to be made up for you (eg. without tomatoes). Also refer to the **Dining Out Guide**.

### **FRUCTOSE TRAP #3**

**Sugar alcohols:** Sugarless foods and beverages are great *provided they do not contain sugar alcohols*, which break down easily in the body to fructose and other things. It seems like a strange irony that manufacturers make a range of so-called 'Fructose-free' or 'sugarless' products, only to substitute another compound

that is toxic to those on a fructose-free diet. **READ THE LABEL!**

#### FRUCTOSE TRAP #4

**Processed foods:** Unspecified sugars are used widely in food manufacturing and turn up in **almost all processed foods:** baked products, canned foods, dehydrated products, frozen foods and breakfast cereals. If the label just says "Sugar", then leave it alone. Make sure to select only those with stipulated allowed sugars. Or avoid them and eat home made!

#### FRUCTOSE TRAP #5

**Bread:** Most white breads are okay for the Fructose-free diet. But some white breads contain unspecified sugars, like hamburger buns, bread with additives and bake-at-home varieties. **READ THE LABEL!**

#### FRUCTOSE TRAP #6

**Medications and supplements:** Medications and vitamin supplements are *real traps* as they are often not suspected to contain sugars. What can we say? **READ THE LABEL!**

## Main Foods to Avoid

Below is a large basic guide table with general guidelines on which foods to avoid and suggested substitutes on the Fructose-free diet. Use it as a starting reference.

- **Avoid foods** in the **Orange** part of the table.
- **Eat moderately** those foods in the **Yellow** part of table, until you find your threshold level.
- **Eat freely** those foods in the **Green** part of the table.

## Basic guide table to Fructose-free

| Food type  | Foods to avoid   | Substitutes  |
|------------|--|--|
| Beverages  | Beer, apple cider  | Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.   |
| Beverages  | Coolers, cider, pre-mixed spirit drinks with bourbon, rum or vermouth. | Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.   |
| Beverages  | Fruit juice, cordial, fruit concentrates                               | Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.   |
| Beverages  | Soft drinks, cola, tonic etc.  | Non-fruit soft drinks (allowed sugars only); or coffee, tea, milk, plain mineral water or water.   |
| Beverages  | Spirits: brandy, liqueurs  | <b>MODERATELY:</b> 1 or 2 drinks/week<br>Distilled spirits: vodka, whisky, rum or gin. Dry white wine.                                     |
| Beverages  | Red wine, champagne, fortified wines, vermouth                         | <b>MODERATELY:</b> 1 or 2 drinks/week<br>Distilled spirits: vodka, whisky, rum or gin. Dry white wine.                                     |
| Condiments | Commercial mayonnaise, salad dressings, apple cider vinegar.           | Fructose-free commercial mayonnaise or home made dressings with balsamic vinegar or lemon juice. Mustard and horseradish if Fructose-free. |
| Condiments | Jams, marmalades, honey, jellies, peanut butter.                       | Yeast spreads, cottage cheese, cream cheese, meat paste, sliced meat, avocado etc.   |
| Condiments | Soy sauce, Worcestershire sauce, barbecue sauce etc                    | Home made dressings made with allowed sugars.  |
| Condiments | Tomato-based sauces and fruit sauces, chutneys and relishes            | Home made dressings made with allowed sugars.  |
| Dairy      | Cheese with sugar or fruit   | Any other cheese   |

| Food type                   | Foods to avoid   | Substitutes  |
|-----------------------------|--|--|
| Dairy                       | Flavoured milk products  | Milk – any kind if unsweetened.  |
| Dairy                       | Ice cream and ice cream products   | Ice cream made with allowed sugars or natural yoghurt.   |
| Dairy                       | Yoghurt, with flavourings and/or fruit   | Natural yoghurt only   |
| Flour-based foods or grains | Bagels   | White bread (no raisins or other fruit) allowed sugars only.   |
| Flour-based foods or grains | Cakes, cookies, donuts & muffins, sweet slices, brownies.                                | Home made muffins, cakes, scones, slices, cookies with allowed fruits and allowed sugars                     |
| Flour-based foods or grains | Pancakes with syrup and/or fruit toppings  | Home made pancakes with white flour and allowed sugars and allowed fruits.                                   |
| Flour-based foods or grains | Pasta – all wholemeal varieties  | Pasta – refined (white) varieties, or white variety with vegetable colour (eg. spinach, herb etc.)           |
| Flour-based foods or grains | Pastries, puddings, fruit pies, sweet buns   | Unsweetened pastries and breads. Home made goodies with allowed sugars and allowed fruits.                   |
| Flour-based foods or grains | Raisin toast or fruit bread of any kind.   | <b>White bread:</b> any kind if no fruit – allowed sugars only.  |
| Flour-based foods or grains | Tacos, corn chips (made with whole grain corn). Legumes eg. kidney beans, red beans etc. | Flour tortillas, burritos, fajitas, enchiladas (if made with refined flour).<br><b>No beans in fillings.</b> |
| Flour-based foods or grains | Whole grain or wholemeal bread   | <b>White bread:</b> any bread made with refined flour and no fruit if Fructose-free.                         |

| Food type                   | Foods to avoid  | Substitutes  |
|-----------------------------|---|--|
| Flour-based foods or grains | Wholemeal flatbread, naan bread, chappati.  | White pita flatbread, roti, flour tortillas etc.   |
| Fruit & vegetables          | Canned vegetables   | Fresh varieties of allowed vegetables  |
| Fruit & vegetables          | Dried fruits or semi-dried fruits: sultanas, apricots, prunes, dried apple, figs, dates, raisins etc.   | <b>MODERATELY:</b><br>Coconut and allowed fresh fruits   |
| Fruit & vegetables          | Most fruits: apples, pears, bananas, etc.   | <b>MODERATELY: 2 serves/week</b><br>Fresh fruit only (not canned or processed).<br><br><b>Grapes:</b> White (green) grapes<br><b>Berries:</b> raspberries, blueberries, blackberries, strawberries, cherries, cranberries.<br><br><b>Rhubarb.</b><br><br><b>Citrus:</b> oranges, tangerines, lemons, limes, grapefruit.<br><br><b>Pineapple.</b> |
| Fruit & vegetables          | Sweet corn, sweet potato, eggplant, onions, peas, pumpkin, snowpeas, broad beans, winter/summer squash.<br><br>Root vegetables: carrots, parsnips, turnips, swedes, beetroot.<br><br>Tubers: potatoes ,yams | <b>MODERATELY: 2 serves/week</b><br>Asparagus, Brussels sprouts, broccoli, cabbage, capsicum (green peppers, red peppers), cauliflower, cucumbers, green beans, lettuce, watercress, zucchini.<br><br>Avocado, spinach, silver beet, endive, celery, mushrooms, swiss chard, turnip greens, mustard greens.                                      |
| Fruit & vegetables          | Onions, brown, red and white.   | Shallots (spring onions), leeks, chives  |
| Fruit & vegetables          | Tomatoes – all varieties  | Allowed fruits or vegetables   |

| Food type            | Foods to avoid   | Substitutes  |
|----------------------|--|--|
| Grains               | All breakfast cereals whether corn, wheat or other grains. All porridge. All muesli, bran and bran flakes.                   | Allowed bread and toast, crumpets. Home made muffins or sweet pastries with allowed sugars and allowed fruits.   |
| Grains               | Polenta (maize meal)   | White pasta  |
| Grains               | Breakfast bars   | White bread toast (Fructose-free), crumpets. Home made Fructose-free muffins.  |
| Meat, fish & eggs    | Preserved or processed meats like ham, most sausages, salami, hot dogs, strassburg, chicken loaf. (Salt-cured bacon is okay) | Fresh eggs<br>Fresh meat<br>Fresh bacon<br>Fresh fish and seafood.<br>Fresh sausages, but only if made with refined flour.   |
| Sugar-based products | Chocolate and chocolate – coated products  | Chocolate with allowed sugars only.  |
| Sugar-based products | Artificial sweeteners: Splenda, saccharin, aspartame, sucralose, levulose, maltose, sorbitol and other sugar alcohols.       | <b>ALLOWED SUGARS</b><br>Sucrose (cane sugar, white sugar or caster sugar).<br>Glucose, lactose or dextrose.   |
| Sugar-based products | Confectionery  | Confectionery with allowed sugars.   |
| Sugar-based products | Desserts – most types  | Natural yoghurt.<br>Pancakes with allowed fruits.<br>Suitable ice cream - no fruit or fruit flavours.<br>Home made cakes, slices and cookies with allowed fruits and sugars. |
| Sugar-based products | Ice cream toppings and syrups  | Desiccated coconut to sprinkle. Allowed fruits eg. fresh or frozen berries, or pineapple.  |
| Sugar-based products | Jams, jellies, honey or nut spreads, golden syrup, treacle.  | Margarine, butter, yeast spread, tahini - if unsweetened or suitably sweetened.  |

| Food type            | Foods to avoid  | Substitutes  |
|----------------------|---|--|
| Sugar-based products | <b>Fructose and all products which contain it:</b> fruit sugar, brown sugar, raw sugar, icing sugar, icing mixture, corn syrup, high fructose corn syrup, palm sugar, jaggary, honey, maple syrup, golden syrup, treacle. | <b>ALLOWED SUGARS</b><br>Sucrose (cane sugar, white sugar or caster sugar).<br>Glucose, lactose or dextrose. |
| Sugar-based products | <b>Sucralose, maltose, levulose</b>   |  |
| Sugar-based products | <b>Sugar alcohols:</b> sorbitol, lactitol, maltitol, mannitol, xylitol etc.   |  |

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**Foods which routinely contain Fructose: avoid all.**

**Avoid these . . .**

All commercially produced sweet baked goods; donuts, cakes pie etc.

All commercially manufactured sweet biscuits and cookies

Cake mixes, cookie mixes

Canned products like soups (unless Fructose-free)

Confectionery – all kinds including chocolate and chewing gum

Dehydrated sauces and gravies

Dehydrated soups

Dried fruits

French toast

Fresh fruits (except for allowed fruits)

Fresh vegetables (except for allowed vegetables)

Frozen desserts

Fruit pies & sweet tarts

Jams, jellies and spreads: All jam, jelly, honey, peanut butter and syrup toppings.

Legumes: peas, dried beans like kidney beans, lentils, lima beans, red beans, soy beans, chickpeas.

Meal starters in a jar or dehydrated etc.

Mexican foods with beans eg. burritos, fajitas, enchiladas etc.

**Avoid these . . .**

Nuts – all kinds

Pasta with tomato based sauce: bolognese, napoli etc.

Peanut butter

Pizza – all types

Sauces – all tomato sauce, ketchup, barbecue sauce, fruit sauces and chutneys

Sugar – all sugar products: brown sugar, honey, maple syrup etc (See allowed sugars in Basic Guide Table)

Sweet bakery items – muffins, croissants, pies, slices, fruit buns, doughnuts, pastries, cakes, raisin bread etc

Tomato products like pasta sauce, tomato paste, pizza toppings etc.

Vinegar made from apple cider.

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## **Shopping Guide**

This guide is laid out as if you are at the shops, e.g. in the supermarket. There are basically five different sections where you buy foods:

1. **Fresh:** Fruit and vegetables.
2. **Chilled:** Refrigerated goods
3. **Freezer:** Frozen goods
4. **Bakery:** Bread and all baked goods
5. **Shelf goods:** Long shelf life food products

Remember a *strict* Fructose-free diet is a temporary measure - until you find your tolerance or threshold level. At this point you will be able to loosen up a little and have some Fructose.

But in the meantime you will find eating differently gives a remarkable 'lift' both to the spirit and the body.

Allowing yourself to become free of high-sugar foods for a while is excellent health management – without drugs or therapies. Think about it.

### **Use your Journal**

Remember to note all your changes in your journal. This should be The Detection Diet 21 Day Journal. All changes must be noted, whether they are physical symptoms or changes in mood and temperament.

## **FRESH PRODUCE SECTION**

Generally, when shopping in the Fresh Produce section of the supermarket or at a greengrocer, with regard to Fructose:

### **FRESH FRUITS**

| <b>Don't buy . . .</b>  | <b>Substitute . . . .</b>   |
|---|---|
| <p><b>Dried fruits:</b> raisins, sultanas, prunes, dried apricots, dried figs, glace fruit or crystallised fruit.</p> <p><b>Fresh fruit – most varieties like apples, bananas, kiwi fruit, all melons, and pears</b></p> <p><b>Stone fruits:</b> apricots, nectarines, peaches, plums.</p> <p><b>Tropical fruits:</b> paw paw, papaya, mango.</p> | <p><b>MODERATELY: 2 serves/week</b><br/>Fresh fruit only (not canned or processed).<br/><b>Grapes:</b> White (green) grapes</p> <p><b>Berries:</b> raspberries, blueberries, blackberries, strawberries, cherries, cranberries. (Consider frozen varieties)</p> <p><b>Rhubarb.</b><br/><b>Citrus:</b> oranges, tangerines, lemons, limes, grapefruit.<br/><b>Pineapple.</b></p> |

### **FRESH VEGETABLES**

| <b>Don't buy . . .</b>  | <b>Substitute . . . .</b>  |
|---|--|
| <p><b>Tomatoes – all varieties</b></p> <p><b>Tubers:</b> potatoes, yams</p> <p><b>Sweet vegetables:</b> sweet corn, sweet potato, pumpkin, winter/summer squash.</p> <p><b>Eggplant, onions, peas, snowpeas, broad beans</b></p> <p><b>Root vegetables:</b> carrots, parsnips, turnips, swedes, beetroot.</p> <p><b>Onions, brown, red and white.</b></p> | <p><b>MODERATELY: 2 serves/week</b><br/>Asparagus</p> <p>Brussels sprouts, broccoli, cabbage, cauliflower,</p> <p>Capsicum (green peppers, red peppers)</p> <p>Cucumbers, lettuce, watercress<br/>Green beans, zucchini.</p> <p><b>Avocadoes</b></p> <p><b>Spinach, shallots, swiss chard, endive, celery, chives.</b></p> <p><b>Mushrooms</b></p> |

## **CHILLED SECTION**

Generally this means refrigerated products like fresh meat, fresh fish, delicatessen, dairy, eggs and fruit juice.

|  |
|--|
| <b>Don't buy these . . .</b>   |
| <b>Dairy desserts</b> - e.g yoghurt snacks, crème caramel etc.                         |
| <b>Flavoured milk products</b>   |
| <b>Fruit juice</b> – all kinds.  |
| <b>Jellied fruit snacks</b>  |
| <b>Prepared meats</b> like marinated chicken wings or kebabs with sauce etc.           |
| <b>Prepared salads</b> including pasta salads and marinated products                   |
| <b>Preserved meats:</b> salami, cabana, ham, and manufactured meats like chicken loaf. |
| <b>Sausages</b> – unless made with white flour and allowed sugars                      |
| <b>Seafood salad, seafood cocktail</b>   |
| <b>Tomatoes</b> – semi-dried, sun-dried, oven roasted etc                              |
| <b>Yogurt</b> – with fruit or sugar.   |

|  |
|--|
| <b>Buy these . . .</b>   |
| <p><b>Dairy foods.</b> Must be Fructose-free and have no fruit:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Butter</li> <li><input type="checkbox"/> Cheeses: All kinds of cheeses</li> <li><input type="checkbox"/> Cream</li> <li><input type="checkbox"/> Cream cheese</li> <li><input type="checkbox"/> Fresh cottage cheese</li> <li><input type="checkbox"/> Margarine</li> <li><input type="checkbox"/> Milk – no sugar or flavourings</li> <li><input type="checkbox"/> Natural yogurt – no sugar</li> <li><input type="checkbox"/> Soy milk – no sugar or flavourings</li> <li><input type="checkbox"/> Soy yogurt – no sugar or flavourings</li> </ul> |
| <b>Eggs</b> – how ever you like them!  |
| <b>Fresh fish</b> without marinade or sauce  |
| <b>Fresh meat</b> without marinade, sauce  |
| <b>Fresh chicken</b> without sauce or marinade   |
| <b>Fresh seafood</b> without marinade or sauce   |

## **FROZEN FOODS**

| <b>Don't buy . . .</b>         | <b>Substitute with . . .</b>   |
|--------------------------------|--|
| Frozen meals                   | Frozen fish, battered or crumbed but no sauce.                         |
| Frozen cake, muffins           | Fresh home made with allowed sugar and fruit                           |
| Frozen dim sims                | Fresh meat, fish   |
| Frozen dinners                 | Fresh home made  |
| Frozen fish with sauce         | Frozen fish without sauce  |
| Frozen fruit pies and desserts | Fresh or frozen allowed fruits, Fructose-free yogurt.                  |
| Frozen hamburgers (in buns)    | Fresh home made hamburgers   |
| Frozen sweet pastries & pies   | Fresh or frozen allowed fruits, Fructose-free yogurt. Home made cakes. |
| Frozen pizza                   | Fresh home made pizza without sugar or tomato topping.                 |
| Frozen single serve dinners    | Fresh home made meals  |
| Frozen vegetables with sauce   | Frozen vegetables without sauce  |
| Ice cream, ice confections     | Fructose-free ice cream with allowed fruit, natural yogurt.            |

### **Buy these:**

**Frozen fish fingers or fish fillets** without sauce

**Frozen berries:**

raspberries, blueberries, cherries, boysenberries, blackberries, cranberries.

**Frozen crumbed chicken** if no sugar

**Frozen hamburger patties** if no sugar

**Frozen turkey:** Turkey thigh or turkey breast (no stuffing)

**Frozen vegetables without sauce:** green beans, broccoli, Brussels sprouts, cauliflower etc

**Frozen vegetables without sauce:** spinach, broad beans

## **BAKERY SECTION**

This includes all baked goods like bread, cookies, cakes and pastries.

|   |
|---|
| <b>Don't buy these (they all contain unspecified sugars):</b>   |
| <b>Crumpets</b> – unless no Fructose  |
| <b>Any wholegrain or wholemeal products.</b> The outer husk of the grain contains fructose.                   |
| <b>English muffins</b> (pre-split)  |
| <b>Focaccia</b>   |
| <b>Naan, chappati</b>   |
| <b>Pizza bases</b>  |
| <b>Sweet baked goods:</b> pies, cookies, scones, cakes, slices, muffins                                       |
| <b>Sweet rolls:</b> hot cross buns, fruit buns, coffee scrolls, croissants, sweet rolls, pastries, doughnuts. |
| <b>Sweet yeast-raised loaves</b> like raisin bread, brioche, sweet crust bread, iced loaves, tea bread.       |
| <b>Wholemeal, whole grain or multigrain</b> bread or rolls  |

|  |
|--|
| <b>Buy these:</b>  |
| <b>Any sugar-free white bread or savoury pastry</b>        |
| <b>Crumpets</b> – if sugar-free                            |
| <b>Lebanese bread (flatbread, pita)</b> – white bread only |
| <b>Meat pie, pastie, quiche, savoury pastries</b>          |
| <b>Roti</b>  |
| <b>Turkish bread</b>                                       |
| <b>White bread</b> – all kinds (no sugar or fruit)         |
| <b>White rolls</b> – plain or with cheese, if sugar-free   |

## **SHELF GOODS**

This includes all processed, canned and dried food products that are in the centre of the supermarket – packets, bottles, bags and sealed containers.

You will notice that most of this stuff is off limits. The reason is they almost all contain high levels of unspecified sugar.

| <b>Don't buy:</b>   | <b>Substitute:</b>  |
|---|---|
| <b>Baked beans, spaghetti</b> (canned)                                      | Fresh home made meals   |
| <b>Cakes – all types</b>  | Home made Fructose-free cakes and muffins   |
| <b>Canned foods (soup, meat, vegetables, fruit etc.)</b>                    | Fresh home made meals   |
| <b>Cereals</b> – all types whether processed or unprocessed                 | White bread for toast, crumpets if Fructose-free  |
| <b>Cordial</b>  | Non-fruit soft drinks with allowed sugars.  |
| <b>Corn chips</b>   | Rice snacks if Fructose-free.   |
| <b>Crackers: wholemeal, multigrain</b>                                      | Fructose-free crackers made with white refined flour  |
| <b>Dehydrated sauce, soup mixes</b>   | Fresh home made   |
| <b>Dips with beans, eg. hommus</b>  | Meat or fish based dips. Cream cheese based dips.   |
| <b>Flatbread – wholemeal</b>  | White flatbread, white pita pockets, roti, white flour tortillas (not wholegrain tortillas).  |
| <b>Fruit juice (canned or bottled)</b>                                      | Non-fruit soft drinks with allowed sugars, plain mineral water.   |
| <b>Fruit sauces</b>   | Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.  |
| <b>Jams, jellies and spreads including peanut butter, and yeast spreads</b> | Jams and jellies if made with cane sugar. Margarine, butter, meat paste, cottage cheese, cream cheese, sliced cheese, sliced meat, avocado. |
| <b>Meal base products</b> in a jar or packet                                | <b>Fresh home made</b>  |
| <b>Milk additives</b> - drinking chocolate etc.                             | Malt (if Fructose-free), coffee, tea, allowed sugars.   |
| <b>Mint sauce or mint jelly</b>   | Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.  |



| Don't buy:  | Substitute:   |
|---|---|
| <b>Muesli</b>   | Other breakfast foods like toast, crumpets, eggs, bacon, home made muffins etc. Yoghurt with allowed fruits.                  |
| <b>Pasta sauce – tomato-based</b>   | Home made without tomato.   |
| <b>Pickled or vinegared products:</b> olives, artichokes, gherkins, pickled cucumbers etc.  |   |
| <b>Polenta (maize meal)</b>   | White pasta   |
| <b>Rice – brown rice varieties</b>  | White rice  |
| <b>Salad dressing including mayonnaise</b>  | Lemon juice or home made dressing with allowed sugars - no fruit or tomato  |
| <b>Salsa dips, hommus.</b>  | Non-tomato based dips eg. cream cheese dips, fish mousse, tzatziki, cucumber dip, taramasalata.                               |
| <b>Sauces and sauce bases</b>   | Home made sauces without sugar, fruit or tomato. Mustard and horseradish if Fructose-free.                                    |
| <b>Soft drinks and mixers</b>   | Non-fruit soft drinks and mixers with allowed sugars.   |
| <b>Sugar: Fructose, sorbitol and other sugar alcohols, maltose, levulose, sucralose,</b> fruit sugar, fruit pectin, brown sugar, raw sugar, palm sugar, jaggary, honey, maple syrup, golden syrup, treacle, molasses. | Sucrose, glucose, lactose dextrose.   |
| <b>Sweet biscuits, cookies</b>  | Home made Fructose-free cookies   |
| <b>Tacos (made with whole corn) And the bean fillings</b>   | <b>Tortillas, burritos, fajitas, gorditas–</b> if made with refined flour (no wholemeal). <b><i>No beans in fillings!</i></b> |
| <b>Wholemeal pasta products</b>   | Regular pasta, egg noodles, rice noodles, white rice.   |

|   |
|---|
| <b>Buy these:</b>   |
| <b>Canned fish:</b> tuna, salmon, sardines, herrings in oil or brine only: (no sauces, sugar, tomato) |
| <b>Coconut milk</b> – allowed sugars only   |
| <b>Crackers and crispbread</b> – if not wholemeal   |
| <b>Flatbread</b> – white varieties only   |
| <b>Horseradish sauce</b> – no sugar   |
| <b>Milk</b> (long life) – no sugar  |
| <b>Mustard</b> – no sugar   |
| <b>Olive oil</b> and other oils   |
| <b>Pasta and noodles</b> – (not wholemeal)  |
| <b>Rice</b> – white rice varieties only   |
| <b>Soy milk</b> (long life) – no sugar  |
| <b>Chocolate</b> – allowed sugars only, no fruit.   |
| <b>Fructose-free confectionery</b> - allowed sugars only, no fruit.                                   |
| <b>Fructose-free soft drinks</b> and mixers - allowed sugars only, no fruit.                          |
| <b>Tortillas, burritos, fajitas, gorditas, enchiladas</b> – if made with refined flour (no wholemeal) |

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## **Meals guide**

### Breakfasts

Use any of the following and your imagination. Have you been eating the same breakfast for years? Now's your chance to break out.

- Allowed fruits: pineapple, berries, cherries, white grapes, oranges, grapefruit.
- Bacon, sliced meat
- Bread – white bread with spreads
- Cheese
- Cold cuts of roast or baked meat
- Eggs – any way you like with toasted white bread
- Home made pancakes with blueberries or other berries
- Toasted white bread, white rolls, cheese rolls
- Yogurt – natural unsweetened, with allowed fruits

### Lunches

Many of us eat lunch on the run. That can be difficult if you're observing a Fructose-free diet. The following are some ideas to get around the problem:

#### From home:

- Roast meats eg. Chicken wings, roast lamb or beef with mustard
- Canned salmon or tuna
- Sandwiches using white sliced bread, white rolls, flatbread, white pita pockets, Turkish bread etc.:
  - Sandwich fillings: cheese, cream cheese, lettuce, cucumbers, asparagus, grilled capsicum, avocado, chicken, roast beef, mustard, corned beef, (not ham or meatloaf), meat paste, fish paste, chopped boiled egg, smoked salmon, sardine, pate.
- Cappuccino, latte, black coffee or tea
- Herbal tea, tea
- Allowed non-fruit soft drinks

Buying take aways:

- Chargrilled or roast vegetables (no pumpkin, carrots, corn or tomatoes)
- Fish with vegetables or salad (no tomato, carrots, corn or pumpkin)
- Meat pie or pastie (no tomato sauce)
- Pasta (non-tomato sauce eg. Carbonara, pesto, chicken and mushroom, other cream sauce if no sugar or fruit)
- Roast meat with gravy, vegetables or salad (no pumpkin, corn, tomatoes or carrots)
- Roll-ups in white flatbread with roast chicken or beef (no tomato or mayonnaise)
- Sushi, sashimi
- Yogurt – natural, with allowed fruits.

Be careful with condiments. **No:**

- Apple sauce
- Barbecue sauce
- Fruit chutney
- Fruit sauce
- HP sauce
- Mint jelly
- Sweet mustard sauce
- Sweet pickles
- Tomato sauce or ketchup

Regular mustard or horseradish is okay if no sugar.

Dinners

On a Fructose-free diet you can have any kind of fresh meat, fish or chicken without sweet marinade or sauce. Also lots of vegetables and a bread roll. There are hardly any restrictions to dinner – except of course, **desserts**.

- ❖ Roast beef, lamb, chicken, pork or turkey
- ❖ Grilled steak, chicken breast or fish
- ❖ Gyro lamb or kebabs
- ❖ Stir-fry beef, pork, seafood or chicken – with allowed vegetables
- ❖ Baked fish or chicken, with allowed vegetables
- ❖ Braised beef, chicken or lamb with allowed vegetables
- ❖ Roasted, chargrilled or steamed vegetables
- ❖ Savoury pastries, meat pie, quiche, egg and bacon pie etc.
- ❖ Salads made from allowed vegetables
- ❖ White pasta with non-tomato sauces

Once again, be careful with condiments. For flavour use lemon juice, fresh herbs, garlic, black pepper, salt and olive oil.

**Discover fresh herbs!**

Nothing beats fresh herbs, especially if you grow them yourself:

- Rosemary
- Coriander
- Parsley
- Lemongrass
- Chilli
- Basil
- Bay leaves
- Thyme
- Sage

**Desserts**

- Ice confections with allowed sugars
- Home made cakes, puddings
- Allowed fruits
- Cheese platter with crackers

**Snacks**

- Rice snacks, rice crackers (allowed sugars)
- Pate or dips with rice crackers
- Home made muffins
- Home made cookies
- Cheese and crackers
- Natural unsweetened yogurt

## Dining Out Guide

There is no need to stay home while your family and friends go out to eat. The guide below is provided to enhance your enjoyment of life and maintain your lifestyle while you get rid of those pesky symptoms.

For each of the different nationality cuisines listed below, choose one that best suits your needs as a Fructose-free diner. You will see that there are many choices available, provided you select carefully from the menu and discuss your options fully with the waiter or (preferably) the chef.

### International Cuisine for the Fructose-free diner

➤ ***No desserts are suitable!***

| Cuisine          | Pitfalls for Fructose-free diner                                    | Rating                                | Solution   |
|------------------|---|---------------------------------------|--|
| <b>Thai</b>      | Palm sugar, brown sugar in some dishes, dipping sauces, condiments. | <b>Excellent:<br/>lots of choices</b> | Allowed fruits and vegetables only. Ask whether sugar has been used. |
| <b>Greek</b>     | Desserts.   | <b>Excellent:<br/>lots of choices</b> | Allowed fruits and vegetables only. Ask whether sugar has been used. |
| <b>Lebanese</b>  | Pickled vegetables, desserts. Hommus (made with chickpeas)          | <b>Excellent:<br/>lots of choices</b> | Allowed fruits and vegetables only. Ask whether sugar has been used. |
| <b>Malaysian</b> | Peanut satay sauce, Gado gado, sweet dipping sauce, dried fruits.   | <b>Excellent:<br/>lots of choices</b> | Allowed fruits and vegetables only. Ask whether sugar has been used. |

| Cuisine           | Pitfalls for Fructose-free diner  | Rating                            | Solution  |
|-------------------|---|-----------------------------------|---|
| <b>Chinese</b>    | Sweet dishes, and fruit sauces (eg. sweet & sour, lemon chicken) dipping sauces (eg. plum sauce). Sweet corn soup. Desserts | <b>Excellent: lots of choices</b> | Order dishes that come with separate sauce. Live without the dipping sauces. Allowed fruits and vegetables only. Ask whether sugar has been used. |
| <b>Spanish</b>    | Chorizo sausage, tomato products, paella. Dried beans dishes like kidney and lima beans.                                    | <b>Good: many menu choices</b>    | Allowed fruits and vegetables only. Ask whether sugar has been used. Fresh char-grilled meat and fish, seafood and salads (no tomato)             |
| <b>Indian</b>     | Dhal and lentil dishes. Chutney, fruit sauces and dried or preserved fruits in curries.                                     | <b>Good: many menu choices</b>    | Allowed fruits and vegetables only. Ask whether sugar has been used. Live without the condiments and dried fruits.                                |
| <b>Indonesian</b> | Gado gado, sweet soy sauce, sweetened curries, fruit accompaniments like mango.   | <b>Good: many menu choices</b>    | Allowed fruits and vegetables only. Ask whether sugar has been used.  |
| <b>Japanese</b>   | Sweet glazes, sweet sauces.   | <b>Good: many menu choices</b>    | Sushi, sashimi, seared meats and seafood without glaze. Allowed fruits and vegetables only. Ask whether sugar has been used.                      |
| <b>Sri Lankan</b> | Dhal and lentil dishes. Sweet hoppers. Chutney, fruit sauces and dried or preserved fruits in curries.                      | <b>Good: many menu choices</b>    | Live without the condiments and dried fruits. Allowed fruits and vegetables only. Ask whether sugar has been used.                                |

| Cuisine        | Pitfalls for Fructose-free diner   | Rating                                | Solution  |
|----------------|--|---------------------------------------|---|
| <b>Mexican</b> | Tomatoes, tomato sauces and salsa. Tacos, corn chips. Legumes: kidney beans, red beans, lima beans.        | <b>Rather restricted menu options</b> | Have your burritos, enchiladas and tortillas without tomato, but enjoy them with meat, ( <b>no beans!</b> ), lettuce, cheese and sour cream. Allowed fruits and vegetables only. Ask whether sugar has been used. |
| <b>French</b>  | Sweet sauces, fruit sauces and fruit accompaniments like pear, plum, raisins, apricots and apple. Desserts | <b>Rather restricted menu options</b> | Meat and seafood dishes with salad or vegetables. Allowed fruits and vegetables only. Ask whether sugar has been used. (no tomato, corn, carrots or pumpkin)  |
| <b>Italian</b> | Tomatoes and tomato-based sauces, pumpkin, carrots.  | <b>Rather restricted menu options</b> | Stick to meat, fish, seafood, vegetables and salad. Allowed fruits and vegetables only. Ask whether sugar has been used. (no carrots, tomatoes, corn, pumpkin).   |

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## **Recipes and tips**

The fructose-free diet really doesn't need special recipes for baking – because it is quite easy to adapt your current favourites.

- Remember – you can use ANY white refined flour. But avoid wholemeal flours.

There are a few provided here for those who have more than one sensitivity – e.g. gluten and fructose intolerance.

- No nuts
- No dried fruits like raisins
- No whole meal flour or whole grains
- No beans or pulses
- No honey

But you can still use:

- All types of white (refined) flours
- Allowed fruits like berries and citrus
- Regular white cane sugar

Remember, you might like to go to a restaurant now and again. You can still have a social life! See the **Dining Out Guide** section.

|                          |   |       |
|--------------------------|---|-------|
| This recipe suitable for | <b>Dairy-free</b><br><b>Gluten-free</b><br><b>Wheat-free</b><br><b>Yeast-free</b><br><b>Fructose-free</b> | Diets |
|--------------------------|---|-------|

| <b><i>Deb's Frittata</i></b> |  |
|------------------------------|--|
| Comments                     | Easy, home-made and versatile. This frittata is great served warm with vegetables or salad and even doubles as finger food: serve cold and cut into bite-size chunks. For variation add ham, spinach and mushroom.   |
| Ingredients                  | 1 dozen free range eggs<br>1 large red capsicum<br>3 large onions (minimise for fructose-free)<br>2 cloves garlic<br>Dairy-free margarine like Nuttalex or Soya margarine<br>1 medium sweet potato (minimise for fructose-free*)<br>*or substitute green veg from allowed list<br>140 ml coconut milk<br>Freshly ground black pepper and rock salt   |
| Method                       | <p>Slice capsicum into 6 pieces and take out the pips. Cook under the griller until both sides are soft. Run under cold water and peel off skins. Chop roughly.</p> <p>Fry roughly chopped onions &amp; garlic in the margarine over medium heat until soft, brown and slightly sweet (caramelised). Cut sweet potato into 1 inch cubes and steam until soft.</p> <p>Spray a rectangular glass or ceramic baking dish with oil. Assemble vegetables in baking dish and spread evenly.</p> <p>Beat the eggs and add the seasoning and coconut milk. Make sure any lumps of coconut cream are dissolved. Pour over vegetables.</p> <p>Bake at low heat ~170 degrees for at least 40 -45 minutes or until the centre is set. Allow to cool completely before cutting into regular pieces.</p> |
| Serve                        | To serve as main course heat gently (warm only, otherwise it will overcook the egg) and accompany with salad.  |

|                          |  |       |
|--------------------------|--|-------|
| This recipe suitable for | <b>Dairy-free</b><br><b>Gluten-free</b><br><b>Wheat-free</b><br><b>Fructose-free</b> | Diets |
|--------------------------|--|-------|

|                                    |  |
|------------------------------------|--|
| <b><i>Choc-sultana Muffins</i></b> |  |
| Comments                           | An easy muffin recipe. Freeze these and take one with you when you go out. By mid-morning it will have thawed. Then enjoy your coffee break like everyone else!  |
| Ingredients                        | <p>1 ½ cups GF flour (white flour not wholemeal)<br/>                 2 teaspoons GF baking powder<br/>                 ½ cup sugar<br/>                 2 tablespoons cocoa<br/>                 ¼ cup sultanas (omit for Fructose-free)<br/>                 1 egg<br/>                 2 tablespoons oil<br/>                 1/3 cup soy milk<br/>                 ½ cup water</p>   |
| Method                             | <p>Use plenty of spray oil on the muffin pan, then put in paper muffins cases and spray these too. This can be a very sticky mixture and bakes hard onto the tin.</p> <p>Sift flour and combine all the dry ingredients in a large bowl. Beat the egg, add oil, milk and water in a small bowl. Then pour into the dry ingredients and stir.</p> <p>Fills the muffin cases 2/3 and bake at 180C for ~25 minutes. They are done when they spring back to a light touch in the centre.</p> <p>Makes 9 muffins.</p> |
| Serve                              | As with all muffins, best eaten on the same day. However these freeze well. To re-heat, slice and toast under griller or microwave on High for 20 seconds.   |

|                          |  |       |
|--------------------------|--|-------|
| This recipe suitable for | <b>Dairy-free</b><br><b>Gluten-free</b><br><b>Wheat-free</b><br><b>Fructose-free</b> | Diets |
|--------------------------|--|-------|

| <b><i>Grandma's Rice Pudding</i></b> |   |
|--------------------------------------|---|
| Comments                             | <p>An old favourite, you can make this while the dinner is cooking and introduce your kids to a treat from yesteryear. The flavour is wholesome and nostalgic – a real comfort food.</p> <p>Cooking time ~1 hour.</p>   |
| Ingredients                          | <p>½ cup white rice<br/>                     1 litre Gluten-free soy milk<br/>                     1 tablespoon dairy-free margarine<br/>                     Pinch of salt<br/>                     ¼ cup caster sugar<br/>                     1 vanilla bean or 6 drops of vanilla essence<br/>                     ¼ cup currants (omit for fructose-free)<br/>                     ¼ teaspoon mixed spice<br/>                     Pinch ground cloves</p>   |
| Method                               | <p>Put all the ingredients in a saucepan with a thick base and <b>slowly</b> bring to the boil over a medium - low. Stir to melt the margarine and incorporate into the soy milk mixture.</p> <p>After it boils turn down the heat. Simmer gently without a lid for ~30 minutes and stir occasionally to ensure rice is not sticking to the bottom of pan. As the rice begins to cook the whole thing thickens and begins to give off a wonderful sweet spicy smell. Don't worry about it forming a skin: stir it all in every few minutes and it will mix in eventually.</p> <p>Less heat and more stirring is required after 30 minutes. If you have a heat diffuser for the stove, use it now, or turn the heat <b>very low</b> to avoid burning.</p> <p>When it seems about as thick as runny jam, it's done. It will thicken further upon cooling.</p> |
| Serve                                | <p>Serve with a dollop of jam on wintry nights. Storage: keep in the fridge for up to two days.</p>   |

## **Trouble Shooting**

If you still have *ongoing symptoms despite following a fructose-free diet* there are several possible reasons and things you can do:

1. **Accidental ingestion of fructose** - You may have found the right guide to use – but some fructose is still getting in to your diet accidentally.

To figure this out go back through your refrigerator and your pantry and re-read all labels. If the food does not have a label – throw it away. You need to know what you are eating.

Then look very hard at all your supplements and *medications*. Many contain fructose or sugars in some form. Refer to **Fructose Trap #6** in the earlier section.

2. **A different food intolerance** – You may have *some other* food intolerance – not the one you thought - say dairy, yeast or gluten.
    - Refer to one of the other **foodintol®** Complete Guides e.g. for dairy-free or yeast-free and see if you can identify your problem foods that way.
    - Or you could investigate by doing the **Detection Diet**
  3. **An additional food intolerance** - Many sensitive people have more than one intolerance – it is quite common.
-