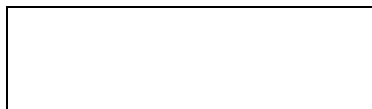


# CALCULATE YOUR FRUCTOSE INTAKE

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow



## FRUCTOSE LIST

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### FRUITS

Fruit	Size or Quantity	Fructose (g) (glucose (g))	Fruit	Size or Quantity	Fructose (g) (glucose (g))
Olives	10 olives (40g)	Trace	Blackcurrants	1 cup (110g)	4.0 (3.6)
Avocado	1/2 fruit (100g)	0.2 (0.1)	Orange	1 fruit (130g)	4.1 (3.8)
Lime	1 fruit (65g)	0.2 (0.2)	Pineapple	1 slice (85g)	4.5 (4.0)
Passion fruit	1 fruit (20g)	0.5 (0.6)	Kumquat	5 fruits (95g)	4.5 (4.0)
Apricot	1 fruit (35g)	1.0 (1.3)	Lychee	6 fruits (60g)	4.6 (4.2)
Cranberries	1 cup (110g)	1.3 (2.4)	Papaya	½ medium (150g)	5.0 (5.0)
Guava	1 fruit (55g)	1.4 (1.3)	Peach	1 medium (150g)	5.1 (5.1)
Lemon	1 fruit (110g)	1.7 (1.7)	Blueberries	1 cup (150g)	5.2 (5.2)
Gooseberries	1 cup (150g)	1.9 (2.4)	Mulberries	1 cup (125g)	5.3 (6.0)
Melon (Cantaloupe)	1 slice (125g)	2.0 (1.6)	Cherries	15 fruits (120g)	5.4 (6.0)
Plum	1 fruit (65g)	2.0 (3.4)	Nectarine	1 medium (140g)	5.7 (5.7)
Satsuma	1 medium (70g)	2.2 (2.0)	Prickly pear	1 fruit (100g)	5.7 (6.3)
Fig, fresh	1 fruit (50g)	2.2 (2.7)	Watermelon	1 slice (285g)	6.6 (4.9)
Sharon fruit	1 fruit (25g)	2.3 (2.3)	Grapes	20 fruits (100g)	7.7 (7.5)
Melon (Galia)	1 slice (125g)	2.6 (2.3)	Banana	1 medium (120g)	8.3 (8.1)
Tangerine	1 medium (90g)	2.7 (2.6)	Mango	½ fruit (105g)	8.4 (6.0)
Raspberries	1 cup (110g)	2.8 (2.2)	Prunes	6 fruits (60g)	9.6 (13.5)
Grapefruit	½ fruit (120g)	2.8 (2.6)	Pear	1 medium (180g)	9.8 (3.6)
Melon (Honeydew)	1 slice (125g)	2.9 (2.5)	Apricot, dried	½ cup (60g)	9.8 (16.3)
Redcurrants	1 cup (110g)	3.0 (2.0)	Pomegranate	1 fruit (280g)	9.9 (12.1)
Whitecurrants	1 cup (110g)	3.0 (3.1)	Fig, dried	6 fruits (50g)	11.3 (14.1)
Clementine	1 medium (75g)	3.3 (3.2)	Apple	1 medium (180g)	13.3 (6.0)
Loganberries	1 cup (145g)	3.5 (2.1)	Dates, fresh	6 fruits (145g)	21.8 (23.3)
Quince	1 fruit (90g)	3.6 (2.3)	Dates, dried	½ cup (80g)	26.9 (29.2)
Blackberries	1 cup (145g)	3.7 (3.6)	Currants	½ cup (80g)	27.5 (28.3)
Strawberries	10 fruits (120g)	3.8 (3.4)	Sultanas	½ cup (80g)	28.6 (28.8)
Kiwi	1 fruit (75g)	3.8 (4.0)	Raisins	½ cup (80g)	28.7 (28.5)
Greengage	1 fruit (66g)	4.0 (2.4)	Apple, dried	1 cup (85g)	35.9 (16.0)

### SWEETENERS

Sweetener	Quantity	Fructose (g) (glucose (g))
Molasses	1 teaspoon	1.5 (1.5)
Maple syrup	1 teaspoon	1.5 (1.6)
Honey	1 teaspoon	2.1 (1.8)
Agave Nectar	1 teaspoon	2.8 (1.0)

### TABLE SUGAR

Sugar from cane or beet, saccharose, sucrose  
(all synonyms) provide about  
half glucose and half fructose:  
see labels for "sugars"

### DRINKS

<u>Home-made</u>	According to fruits used (all the fructose is in the juice)	Red wine Dry white wine Rose wine Sweet white wine	Trace 0.5 g/glass 3.0 g/glass 6.0 g /glass
<u>Processed</u>	See labels for "sugars" (from 8 g/100ml to 14 g/100ml)	Tomato juice V8 Coconut water	3 g/100 ml 3.5 g/100 ml 5 g/100 ml

Vegetable milks may contain added fructose (e.g. in the form of fructose syrup or within sugar): see labels!

