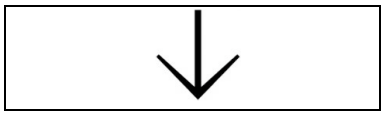
CALCULATE YOUR FRUCTOSE INTAKE

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow



FRUCTOSE LIST
Glen Matten MSc &
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3rd December 2014

VEGETABLES

Vegetable	Size or Quantity	Fructose (g) (glucose (g))	Vegetable	Size or Quantity	Fructose (g) (glucose (g))
Mushroom	1 cup, sliced (70g)	0.1 (0.1)	Green bean	½ cup (90g)	1.2 (0.9)
Swiss chard	1 cup (35g)	0.1 (0.1)	Lentil, red split	½ cup, raw (95g)	1.2 (1.1)
Watercress	1 cup, chopped (35g)	0.1 (0.1)	Aubergine	¼ whole (135g)	1.2 (1.6)
Celery	1 stalk (40g)	0.2 (0.2)	Red kidney bean	½ cup, raw (90g)	1.3 (1.2)
Spinach	1 cup (30g)	0.2 (0.2)	Okra	1 cup (100g)	1.4 (1.1)
Spring onion	1 medium (15g)	0.2 (0.2)	Hummus	½ cup (125g)	1.4 (1.1)
Chinese cabbage	1 cup, shredded (70g)	0.2 (0.3)	Chickpea	½ cup, raw (100g)	1.4 (1.2)
Radish	6 medium (25g)	0.2 (0.3)	Cabbage	1 cup, shredded (70g)	1.4 (1.5)
Rhubarb	1 stalk (50g)	0.3 (0.3)	Artichoke (Jerusalem)	1 cup, sliced (150g)	1.4 (1.2)
Endive	1 cup (50g)	0.3 (0.3)	Runner bean	½ cup (90g)	1.5 (1.2)
Lettuce	1 cup, shredded (35g)	0.3 (0.3)	Tomato	1 medium (90g)	1.5 (1.4)
Shallot	2 tbsp., chopped (20g)	0.3 (0.4)	Potato (new)	1 medium (210g)	1.5 (1.5)
Cucumber	½ cup, slices (50g)	0.4 (0.4)	Haricot bean	½ cup, raw (105g)	1.5 (1.5)
Kale	1 cup, chopped (65g)	0.5 (0.5)	Celeriac	1 cup (155g)	1.6 (1.4)
Yam	1 cup (150g)	0.5 (0.6)	Peas	½ cup (75g)	1.6 (1.6)
Radicchio	1 cup, shredded (40g)	0.5 (0.2)	Carrot (young)	1 medium (60g)	1.6 (1.8)
Potato (old)	1 medium (210g)	0.6 (0.9)	Pepper, green	1 medium (120g)	1.7 (1.2)
Artichoke (globe)	1 medium (125g)	0.6 (1.2)	Cauliflower	¼ medium (145g)	1.7 (2.0)
Sweetcorn	½ cup (75g)	0.7 (0.8)	Brussels sprouts	6 sprouts (115g)	1.9 (1.7)
Lentil (green & brown)	½ cup, raw (95g)	0.7 (0.6)	Carrot (old)	1 medium (60g)	2.1 (1.4)
Mangetout	1 cup (110g)	0.7 (3.2)	Turnip	1 medium (120g)	2.4 (3.2)
Broccoli	3 spears (90g)	0.8 (0.6)	Onion	1 medium (110g)	2.9 (3.4)
Courgette	½ medium (100g)	0.9 (0.8)	Beetroot	1 medium (80g)	2.9 (3.0)
Spring greens	1 cup, shredded (70g)	0.9 (1.0)	Swede	1 cup, cubes (140g)	2.9 (3.9)
Pumpkin	1 cup (115g)	0.9 (1.0)	Squash, butternut	1 cup, cubes (140g)	3.2 (3.2)
Sugar snap peas	1 cup (110g)	1.0 (3.2)	Pepper, yellow	1 medium (120g)	3.6 (2.5)
Leek	1 medium (90g)	1.1 (1.0)	Sweet potato	1 medium (130g)	3.6 (3.8)
Cabbage, red	1 cup, shredded (70g)	1.1 (1.2)	Parsnip	1 cup, sliced (135g)	3.6 (5.8)
Asparagus	6 spears (100g)	1.2 (0.8)	Pepper, red	1 medium (120g)	4.3 (3.0)
Purple broccoli	3 spears (90g)	1.2 (0.8)	Plantain	1 cup (150g)	4.3 (4.1)

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