




Fructose content in foodstuffs

The following table makes your shopping easier by showing how many grams of fruit sugar (fructose) are contained in different foodstuffs on average.

Fruit 	
Per 100 g foodstuffs	Fructose content in g
Acerola	1.46
Pineapple	2.44
Apple	5.74
Apple sauce	7.50
Apricots	0.87
Bananas	3.40
Pears	6.73
Blackberries	3.10
Dates, dried	24.92
Strawberries	2.30
Figs, dried	23.50
Pomegranate	7.90
Grapefruits	2.10
Guava	3.43
Rosehip	7.30
Blueberries	3.34
Raspberries	2.05
Blackcurrants	2.49
Persimmon	8.00
Cherries	4.28 – 6.32
Kiwis	4.60
Limes	0.80
Mandarins	1.30
Mangoes	2.60
Oranges	2.58
Passion fruit	2.81
Peaches	1.23
Plums	2.01
Cranberries	2.93
Sultanas, dried	33.20
Gooseberries	3.33
Watermelons	3.92
Grapes	7.44
Lemons	1.35
Sugar / honey melons	1.30

Vegetable 	
Per 100 g foodstuffs	Fructose content in g
Artichokes	1.73
Aubergines	1.03
Chicory	0.71
Lamb's lettuce	0.23
Fennel	1.06
Cucumber	0.86
Pumpkin	1.32
Swiss chard	0.27
Carrots	1.32
Peppers	0.87 – 1.90
Leeks	1.24
Radishes	0.72
French beans	1.31
Asparagus, cooked	0.56
Tomatoes	1.34
White cabbage	1.76
Savoy cabbage	1.11
Courgettes	1.14
Onions	1.36

Other 	
Per 100 g foodstuffs	Fructose content in g
Blossom honey blend	38.80
Bread/bread rolls	0.21 - 1.06
Cola drinks	2.08
Strawberry jam	18.70
Fruit juices	2.30 - 8.30
Raspberry jam	13.80
Plum puree	16.20
Quince jelly	17.70
Rye bread	0.38
Red wine	0.25
Sparkling wine	1.44
White wine	0.41
Mixed wheat bread	0.42

Source: Souci, Fachmann, Kraut: "Die Zusammensetzung der Lebensmittel, Nährwert-Tabellen."

Fructose-free and low-fructose foodstuffs:

Apricots, broccoli, blackberries, bread, bread rolls, mushrooms, peas, fresh meat and fish, potatoes, mandarins, noodles, papaya, peaches, radishes, rice, celery, spinach, tea (green and black), water

Beware! These products may also contain fructose:

Fructose is added in many processed foodstuffs, among other things, as a sweetener, e.g. ice cream, ketchup, jams, sweet wines, sweets, soft drinks; medication and toothpaste may also contain fructose.

Fructose hides behind many terms:

fructose, fructooligosaccharide, glucose fructose syrup, inulin, corn syrup, oligofructose, sugar substitute

You may also be interested in these products from sanotact:

Available on health-product shelves in pharmacies, food retail shops and in selected online shops.

