

## Oligosaccharides in foodstuffs

The following tables make your shopping easier by showing examples of which foodstuffs contain oligosaccharides (multiple sugars).

### Vegetables

All types of cabbage

(e.g. cauliflower, Brussels sprouts, red cabbage, green cabbage, white cabbage and broccoli)

Chicory

Carrots

Lettuce

Leeks

Peppers

Parsnips

Salsifys

Onions

### Legumes and nuts

All types of beans

(e.g. green beans, white and black beans, red kidney beans and soya beans)

Peas

Peanuts

Snow peas

Chickpeas

Lentils

Pistachio nuts

### Cereals and cereal products

Bread

Barley

Oats

Millet

Corn

Muesli

Wheat

### Fruit

Avocados

Bananas

Kiwis

Oranges

Source: Doris Paas "Kurz und klar: Oligosaccharid-Unverträglichkeit"

## Oligosaccharide-free foodstuffs:

Artichokes, aubergines, brewer's yeast, butter, eggs, fish, poultry/beef/pork and game, milk and milk products, rice, celery, tomatoes

## Beware! These products may also contain fructose:

**Confectionary products** e.g. butter biscuits, liquorice, chocolate nougat cocoa cream; **instant products** e.g. sauces, soups;

**Ready meals** e.g. jams, frozen products; **Others** e.g. tofu, prebiotics, inulin, oligofructose

## Tip: Bloating belly? Enzymes help counteract it!

### sanotact® DigestionEnzyme Mini Tablets:

contain the enzyme alpha-galactosidase necessary for the utilisation of oligosaccharides. The supply of enzymes can help avoid gassiness and a bloated belly after eating cereals, vegetables and legumes.

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

