

Fructose Table

Table 1 – Sugar Content of Selected Common Plant Foods (g/100g)

Food Item	Total Carbohydrate	Total Sugars	Free Fructose	Free Glucose	Sucrose	Fructose / Glucose Ratio	Sucrose as a % of Total Sugars
<i>Fruit</i>							
Apple	13.8	10.4	5.9	2.4	2.1	2.0	19.9
Apricot	11.1	9.2	0.9	2.4	5.9	0.7	63.5
Banana	22.8	12.2	4.9	5.0	2.4	1.0	20.0
Dates	75.0	63.4	19.6	19.9	23.8	1.0	37.6
Grapes	18.1	15.5	8.1	7.2	0.2	1.1	1.0
Peach	9.5	8.4	1.5	2.0	4.8	0.9	56.7
Pear	15.5	9.8	6.2	2.8	0.8	2.1	8.0
<i>Vegetables</i>							
Beet, Red	9.6	6.8	0.1	0.1	6.5	1.0	96.2
Carrot	9.6	4.7	0.6	0.6	3.6	1.0	70.0
Corn, Sweet	19.0	3.2	0.5	0.5	2.1	1.0	64.0
Red Pepper, Sweet	6.0	4.2	2.3	1.9	0.0	1.2	0.0
Onion, Sweet	7.6	5.0	2.0	2.3	0.7	0.9	14.3
Sweet Potato	20.1	4.2	0.7	1.0	2.5	0.9	60.3
Yam	27.9	0.5	tr	tr	tr	na	tr
Sugar Cane		13 - 18	0.2 - 1.0	0.2 - 1.0	11 - 16	1.0	100
Sugar Beet		17 - 18	0.1 - 0.5	0.1 - 0.5	16 - 17	1.0	100

Unfavorable foods (i.e. more fructose than glucose)

- Fruit - Apple, pear, guava, honeydew melon, nashi fruit, pawpaw/papaya, quince, star fruit, watermelon
- Dried fruit - Apple, apricot, currant, date, fig, pear, prune, raisin, sultana
- Fruit juices
- Fruit pastes - chutney, relish, plum sauce, sweet & sour sauce, BBQ sauce.
- Coconut
- Dried fruit bars
- Honey
- Fortified wines
- High Fructose Corn Syrup - Many processed products contain this
- Corn syrup solids
- Fruit juice concentrates

Favorable foods (i.e. fructose equal to or less than glucose)

- Stone fruit: apricot, nectarine, peach, plum (caution - these fruit contain sorbitol)
- Berry fruit: blueberry, blackberry, boysenberry, cranberry, raspberry, strawberry
- Citrus fruit: kumquat, grapefruit, lemon, lime, mandarin, orange, tangelo
- Other fruits: ripe banana, jackfruit, kiwi fruit, passion fruit, pineapple, rhubarb, tamarillo

Fructan content of various foods

- Artichoke, Jerusalem 16.0-20.0%^[1]
- Artichoke, Globe 2.0-6.8%^[1]
- Asparagus 1.4-4.1%^[1]
- Barley kernels (very young) 22%^[2]
- Cheese spread 4.5%^[3]
- Chocolate 9.4%^[1]
- Onion 1.1-10.1%^[1]
- Rye bran 7%^[4]
- Rye grain 4.6-6.6%^[4]
- Wheat flour 1.4%^[2]
- Pasta 1.4%^[1]
- White bread 0.7-2.