Hereditary Fructose Intolerance

What is Hereditary Fructose Intolerance?

Hereditary Fructose Intolerance (HFI) is quite rare (less than one in 10,000). It is inherited and lasts for life. It is a genetic condition where the enzyme for breaking down fructose is not produced. With HFI it is vital to observe a strict fructose-free diet. Otherwise there is a risk of serious disease including liver failure (sometimes fatal).

It should not be confused with Fructose Malabsorption, which is quite common. Up to one in three people have some level of sugar sensitivity – most commonly to Fructose. However around half of these people show no symptoms at all.

Hereditary Fructose Intolerance can produce many different symptoms including gastro-intestinal distress: flatulence, bloating, diarrhea, irritable bowel syndrome, fatigue, and low iron or other nutrient deficiency. The symptoms of Fructose sensitivity are very similar to Lactose Intolerance so they can be misdiagnosed. Long-term effects of malabsorption are anemia; poor skin, nails and hair; general ill health, and even osteoporosis.

Ingredients to Eliminate

- Processed meats, cold cuts, hot dogs, and any other meats that include sugar
- Cereals sweetened with sugar, honey, fructose or sorbitol
- Sugar
- High fructose corn syrup (HFCS)
- Sucrose
- Fructose
- Sorbitol
- Honey
- All fruits, fruit juices, fruit extracts, dehydrated fruit, and products that contain fruit
- Mayonnaise, mustard, and salad dressing with added sugar
- Flavored milk
- Candy covered nuts or any nuts prepared with sugar, HFCS, fructose, sorbitol or honey
- Any sweet bread, or others made with sugar, HFCS, fructose, sorbitol, or honey
- Carrots, tomato, corn, peas, beets, and canned vegetables with added sugar
- Processed potatoes and sweet potatoes
- Pastas that contain prohibited vegetables added or any prepared rice or pasta which include sugar, HFCS, fructose, sorbitol or honey as an ingredient
- Processed fish
- Any dessert that contains sugar, HFCS, fructose, sorbitol or honey as an ingredient
- Carrots, tomato, corn, peas, beets, canned vegetables with added sugar
- Ketchup, any sauces that contain sugar, soft drink, pickles, honey, jellies, maple syrup, fruit juices and any condiments that contain sugar, HFCS, fructose, sorbitol or honey
Hidden Sources of Sugar

- Read all labels for hidden sources of sugars.
- Just because a product was safe the last time you purchased it, doesn't mean the ingredients have stayed the same! It is very important to read all labels all of the time.

Five-Day Sample Menu

Day One:
- Broiled or Roasted Chicken (unprocessed only)
- Steamed Broccoli
- Brown Rice
- Bread without any sweetener
- Plain Milk

Day Two:
- Chef Salad w/Hard Boiled Egg and Cheese
- Salad Dressing (homemade oil and vinegar)
- Bread without any sweetener
- Plain Milk

Day Three:
- Homemade Macaroni & Cheese
- Green Beans
- Bread without any sweetener
- Plain Milk

Day Four:
- Unprocessed Roast Beef
- Broccoli
- Rice without any sweetener
- Bread without any sweetener
- Plain Milk

Day Five:
- Unprocessed Pork
- Mixed Vegetables
- Roasted Fresh Potatoes
- Bread without any sweetener
- Plain Milk