

## What is sucrose?

Sucrose is a sugar that comes from sugar cane. Sucrose is also known as table sugar. Sucrose is found in many foods. The three sources of sucrose in a diet include:

1. Table sugar added to foods during cooking.
2. Sucrose added to foods during processing (hot dogs, soft drinks).
3. Sucrose found in foods naturally (fruits and vegetables).

## What is sucrose intolerance?

People who are sucrose intolerant have a hard time digesting sucrose. Symptoms include:

- Diarrhea
- Belly (abdominal) pain
- Bloating
- Feeling crabby

**Limiting or avoiding foods with sucrose may help symptoms. This chart can help you choose foods with low or no sucrose.**

Food group	Foods to choose	Foods to limit
<b>Grains, Protein, and Dairy</b>	<ul style="list-style-type: none"> <li>• Any bread, noodles, flour</li> <li>• All meat and eggs</li> <li>• Any milk product that is plain or unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Cereals with added sugars and sweetened breads.</li> <li>• Any sweetened milk, ice cream, yogurt, processed cheese spreads</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All except those listed in 'Foods to limit'</li> </ul>	<ul style="list-style-type: none"> <li>• All dried beans, baked beans, lentils, green peas, soy beans</li> <li>• Onions, parsnips, turnips, rutabagas, beets, sweet potatoes, potatoes, carrots, butternut squash</li> <li>• Sweet pickles</li> </ul>
<b>Fruits</b>	<p><b>Choose 2 servings or less per day:</b></p> <ul style="list-style-type: none"> <li>• Avocado, cherries, grapes, kiwi, lemons, limes, pears, persimmons, plums, prunes, raspberries, strawberries, watermelon</li> </ul>	<ul style="list-style-type: none"> <li>• Apples, apricots, bananas, cantaloupe, dates, grapefruit, honeydew melon, mango, oranges, papaya, peaches, pineapple, raisins</li> </ul>
<b>Drinks</b>	<ul style="list-style-type: none"> <li>• Unsweetened beverages, tea, coffee, diet soda, unsweetened cow milk and unsweetened soy milk</li> </ul>	<ul style="list-style-type: none"> <li>• Drinks with added sugar, juices, regular soda</li> </ul>
<b>Desserts and Sweets</b>	<ul style="list-style-type: none"> <li>• Desserts made with sucrose substitutes</li> <li>• Sugar free maple syrup</li> <li>• Sugar free jams and jellies</li> <li>• Honey in small amounts</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate and most desserts with added sugars</li> <li>• Ketchup and BBQ sauce</li> <li>• Sweet relish</li> <li>• Maple syrup</li> <li>• Jams and jellies</li> </ul>
<b>Fats, Oils, Spices</b>	<ul style="list-style-type: none"> <li>• Most fats and oils like butter, margarine, canola oil, olive oil</li> <li>• Spices, seasonings without sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressings and sauces that are high in sugar</li> <li>• Gravies with added sugar</li> </ul>

## Reading Labels

A high sucrose food is any food that has sugar listed as one of the first three ingredients.

**Look out for these words on labels. Try not to use foods that have them:**

<ul style="list-style-type: none"> <li>• Sugar</li> <li>• Beet, date or coconut sugar</li> <li>• Powdered or confectioner's sugar</li> <li>• Maple syrup</li> <li>• Molasses</li> </ul>	<ul style="list-style-type: none"> <li>• Cane sugar or juice</li> <li>• Granulated sugar</li> <li>• Brown sugar</li> <li>• Raw sugar</li> <li>• Caramel</li> </ul>
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## Some ways to reduce sucrose

You can substitute sucrose with these:

- Fructose- natural fruit sugar
- Corn Syrup
- Lactose
- Maltose
- Agave Nectar
- High Fructose Corn Syrup
- Dextrose
- Glucose- 1 cup of sugar is equal to 1 ½ cups of glucose powder
- Artificial Sweeteners: Aspartame, NutraSweet®, Equal®, Sweet'n Low®, Sucralose (Splenda®), Stevia® - safe to use in regulated amounts
- Sorbitol- use in small amounts to avoid diarrhea and abdominal pain

## What about supplements?

**Vitamin C:** Limiting fruits and vegetables may put a child at risk for not getting enough vitamin C. A supplement may be needed. Talk to a doctor or dietitian about your child's needs.

Age	Daily vitamin C needs:
Birth to 6 months	40 mg
Infants 7 to 12 months	50 mg
Children 1 to 3 years	15 mg
Children 4 to 8 years	25 mg
Children 9 to 13 years	45 mg
Teens 14 to 18 years (boys)	75 mg
Teens 14 to 18 years (girls)	65 mg

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**