GRANGER
MEDICAL CLINIC

Alison Oakes, MD
David Oelsner, MD
Gastroenterology

LOW SUCROSE DIET

What is Sucrose?

Sucrose is a natural sweetener most often called table sugar. There are three main sources of sucrose in the diet:

- Table sugar added to foods when cooking or baking
- Sucrose (table sugar) added to foods during processing (i.e. hot does, sweetened fruit juices, fruit drinks, sodas, canned fruits, ketchup, spaghetti sauces, etc.)
- Sucrose that occurs naturally in foods (i.e. maple syrup, molasses, fruits and vegetables)

Why do I need to restrict sucrose in my diet?

Sucrose is broken down in the body by an enzyme names sucrase. Sucrase breaks down sucrose into two simple sugars: glucose and fructose. When a person has low levels or lacks the sucrase enzyme, too much sucrose can build up in the gut. This can cause bloating, gas, abdominal pain, cramping and diarrhea.

How do I follow a low sucrose diet?

Reactions to sucrose vary. Some people can handle more sucrose in their diet than others. Most people have problems with large amounts of sucrose or a diet high in sugar.

To decrease symptoms, you will need to read food labels. Check labels for the presence of sugars, syrup and other foods that have sucrose.

Avoid foods that list sugars as one of the first four ingredients. If you are not sure about the product, contact the company. Most products list a phone number on the label that you can call if you have questions.

You will not need any nutritional supplements when you follow a low sucrose diet. You will get the nutrients you need by eating a healthy, well-balanced diet.

Talk with your doctor or pharmacist about whether your medicines contain sucrose. May lozenges, cough and vitamin syrups contain sucrose. You may need some medicines to be made for you without sucrose. Allow extra time for this custom order.

How long do I have to follow a low sucrose diet?

Some people will find relief of symptoms quickly while others need more time. You can slowly add foods back into your diet once your symptoms improve. Bring only one new food back into your diet at a time, waiting 2-3 days in between. If you remain symptom-free, add more new foods. If symptoms restart, restrict diet to where you are symptom-free.

Sweeteners

Choose	Avoid
• Glucose • Corn Syrup • High Fructose Corn Syrup • Lactose • Dextrose • Maltose • Fructose • Agave Nectar • Honey (with caution) • Sugar Substitutes: Aspartame, NutraSweet, Equal, Sweet 'n Low, Sucralose (Splenda), Stevia • Sugar Alcohols: Sorbitol, Xylitol, Mannitol	• Table Sugar • Cane Sugar • Beet, Date or Coconut Sugar • Granulated Sugar • Powdered or Confectioner's Sugar • Brown Sugar • Raw Sugar or Turbinado Sugar • Demarara Icing • Molasses • Sucanat • Caramel • Cane juice • Maple Syrup

Although some sweeteners are OK to use, some people my not tolerate large amounts. Sugar alcohols found in may sugar-free candies may cause diarrhea.

Fruits

Choose	Limit or Avoid
• Cherries • Watermelon • Plums • Raspberries, Blackberries, Blueberries • Kiwi • Strawberries • Lemon/Lemon Juice • Grapes • Persimmons • Pears • Papaya • Prunes • Avocado Limit up to 2 servings per day (raw, canned in water, or cooked with allowed sweeteners) and eat as part of a meal.	• Apricots • Apples • Bananas • Grapefruit • Cantaloupe • Peaches • Pineapple • Orange (Navel and Mandarin) • Honeydew • Mango • Raisins • Dates Also avoid fruit juices, and frozen or canned fruit in syrups, or sweetened with added sugar.

Vegetables

Choose	Limit or Avoid
• Any vegetables (fresh, frozen, canned) that are not on the limit or avoid list.	• All dried beans, baked beans • Lentils • Green peas • Soy beans • Sweet Pickles • Store-bought spaghetti sauce (homemade spaghetti sauce made with no sugar is fine)

(Limit the following to 2 tablespoon portions: Parsnips, turnips, rutabagas, beets, sweet potatoes, potatoes, carrots, butternut/butter cup squash and onions).

Dairy Products

Choose	Limit or Avoid
• Milk (Whole, 2%, 1% or Skim) • Unsweetened milk substitutes (soy, almond, coconut, rice) • Plain yogurt • Cheeses • Sugar free or low sugar ice cream	• Flavored or sweetened milks (chocolate or others) • Flavored or sweetened yogurts • Sweetened condensed milk • Ice cream • Certain processed cheese spreads

Drinks

Choose	Limit or Avoid
• Water, carbonated water • Milk (whole, 2%, 1% or skim) • Unsweetened milk substitutes (soy, almond, coconut, rice) • Glucose-sweetened energy and sports drinks • Powdered drink, sugar free (or made with allowed sweeter) • Coffee or tea (unsweetened) • Sugar free lemonade or limeade • Plan cocoa powder • Diet Soda	• Carbonated sweetened drinks and sodas • Fruit or vegetable juices • Milk shakes/malts • Sweetened teas, coffees, powdered drinks • Mild flavorings and syrup • Sweetened milks and milks substitutes

Other Foods

Choose	Limit or Avoid
• Most cheeses, eggs, meats, poultry, fist are safe to eat. They have no or little sucrose. • You may or may not be able to tolerate tofu and other soy-based products.	• Chocolate and most other desserts are made with sugar. • Condiments like jams, jellies, cases, chutneys, ketchup, sweet relish, BBQ sauce, mayonnaise, and salad dressings are high in sugar. • Prepared meats like pasties, sausages, ham, hot dogs, deli meats, liverwurst and pates that may be cured with sucrose. • Coconut and coconut milk and creams used in cooking as they are high in sugar. • Breads and cereal products that list sugar in the first 4 ingredients. • Nuts and nut butters. They contain some sucrose you may not tolerate them. Limit these at first, and they slowly bring them back into your diet.