

BOOK BONUS

FRUCTOSE



*The ultimate elimination diet to attain
optimal health and heal your body*

ALL ABOUT FRUCTOSE

This guide provides
you insight into
fructose labels and
the amounts of
fructose in fruits
and vegetables.

www.carnivorecure.com

DISCLAIMER: The content is for educational purposes only. While I am a nutritional therapy practitioner and provide nutritional support, I am not providing medical advice. Whenever you start a new diet or protocol, always first consult with your trusted practitioner.

Carnivore Cure – Bonus GUIDE TO FRUCTOSE

*You can read more about fructose in Chapters 2 and 4 of Carnivore Cure.

Fructose Labels

Fructose will not always be labeled as sugar in ingredient lists.

Ingredients are listed in descending order of quantity, and food manufacturers often use several types of sugar, so sugar does not appear as high up on the list as if the types were combined.

Some names for various sugars to look out for include:

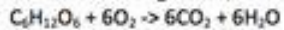
ANOTHER NAME FOR FRUCTOSE

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Brown sugar
- Cane juice
- cane sugar
- Caramel Carob syrup
- Castor sugar
- Coconut sugar
- Confectioner's sugar
- Corn syrup
- Corn syrup solids
- Date sugar
- Dextran
- Dextrose
- Diastatic malt
- Ethyl maltol
- Evaporated cane juice
- Fructose
- Fruit juice
- Fruit juice concentrate
- Galactose
- Glucose
- Glucose solids
- Glucose polymers
- Granulated sugar
- Grape sugar
- High fructose corn syrup
- Honey
- Icing sugar
- Invert sugar
- Jaggary
- Lactose
- Maltodextrin
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Muscovado sugar
- Organic sugar
- Pearl sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Sucunat
- Sugar in the raw
- Superfine sugar
- Treacle
- Turbinado

Fructose in Fruits

It's not always easy to find the exact amounts of fructose in fruits. I am sharing three different infographics that share fructose numbers. While the fruits show disparate numbers, the commonality is that the fructose numbers are high in one serving of fruit. Do you think eating fruits and its antioxidants and other benefits will outweigh the overload of fructose on the liver? Non-alcoholic fatty liver disease with high cholesterol levels is why it is dangerous to feed a lot of fruit—especially to children—if we are eating a lot of foods that contain fructose and HFCS.

Fructose is a type of sugar found in many different types of fruits, as well as in "high fructose corn syrup," commonly used as sweetener for carbonated beverages. Consider a simplified model of fructose metabolism by the liver (note that fructose is an isomer of glucose, so they both have the same molecular formula):

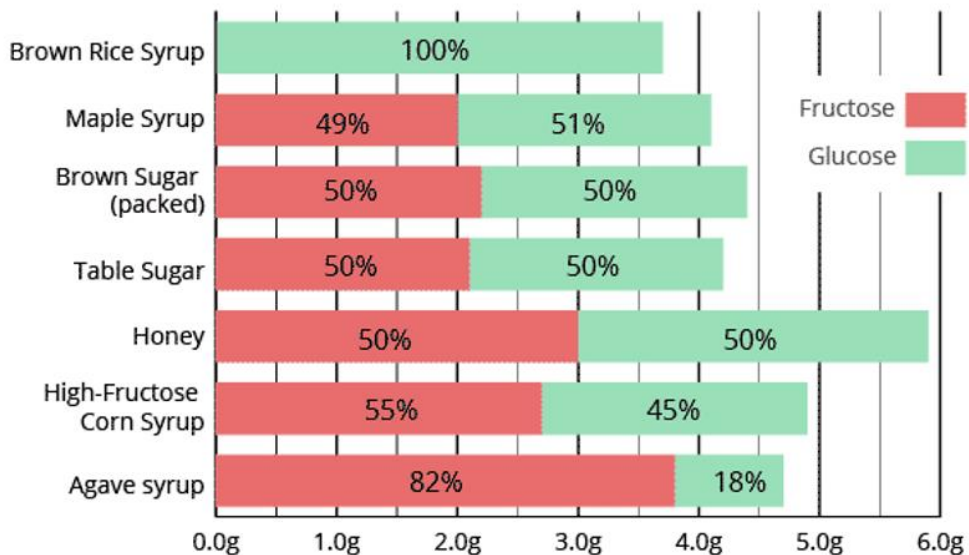


The average uptake rate of fructose = $50 \frac{\mu\text{g}}{10^6 \text{ cells} \cdot \text{h}}$, the average uptake rate of oxygen = $15 \frac{\mu\text{g}}{10^6 \text{ cells} \cdot \text{h}}$, and the production rate of CO_2 = $10 \frac{\mu\text{g}}{10^6 \text{ cells} \cdot \text{h}}$. Find (A) the limiting reagent, (B) the % excess of the other reagent, and (C) the % conversion of both reagents. Other relevant information:

Species	Molecular Weight (g/mol)
Fructose	180.2
Oxygen	32.0
CO ₂	44.0
H ₂ O	18.0

Actual Fructose and Glucose Content of Sweeteners after Digestion*

GRAMS PER TEASPOON



Data sources: USDA Agriculture Research Service *National Nutrient Database for Standard Reference Release 27*. ndb.nal.usda.gov/ndb/foods; brown rice syrup from Lundberg nutrition label.

* In addition to free fructose and glucose, sucrose is represented as equal parts fructose and glucose. Maltose and galactose are represented as glucose, as these quickly turn into glucose upon digestion.

Source: Georgia Ede., www.diagnosisdiet.com



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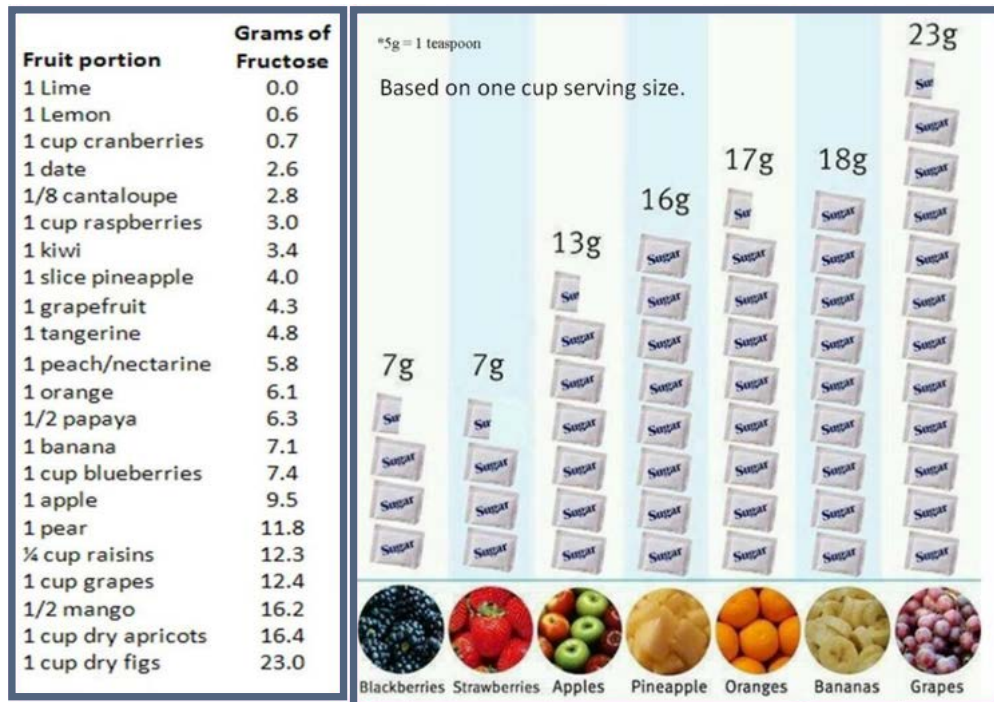
FRUCTOSE CHART

Fruit	Serving Size	Grams of Fructose	Fruit	Serving Size	Grams of Fructose
Limes	1 medium	0	Boysenberries	1 cup	4.6
Lemons	1 medium	0.6	Tangerine/mandarin/orange	1 medium	4.8
Cranberries	1 cup	0.7	Nectarine	1 medium	5.4
Passion fruit	1 medium	0.9	Peach	1 medium	5.4
Prune	1 medium	1.2	Orange (navel)	1 medium	6.1
Apricot	1 medium	1.3	Papaya	1/2 medium	6.3
Guava	2 medium	2.2	Honeydew melon	1/8 of med.	6.7
Date (Deglet Noor style)	1 medium	2.6	Banana	1 medium	7.1
Cantaloupe	1/8 of med. melon	2.8	Blueberries	1 cup	7.4
Raspberries	1 cup	3.0	Date (Medjool)	1 medium	7.7
Clementine	1 medium	3.4	Apple (Composite)	1 medium	9.5
Kiwifruit	1 medium	3.4	Persimmon	1 medium	10.6
Blackberries	1 cup	3.5	Watermelon melon	1/16 med.	11.3
Star fruit	1 medium	3.6	Pear	1 medium	11.8
Cherries, sweet	10	3.8	Raisins	1/4 cup	12.3
Strawberries	1 cup	3.8	Grapes, seedless (green or red)	1 cup	12.4
Cherries, sour	1 cup	4.0	Mango	1/2 medium	16.2
Pineapple	1 slice (3.5"x.75)	4.0	Apricots, dried	1 cup	16.4
Grapefruit, pink or red	1/2 medium	4.3	Figs, dried	1 cup	23.0

Source: Dr. Jockers, www.drjockers.com

Grams of fructose

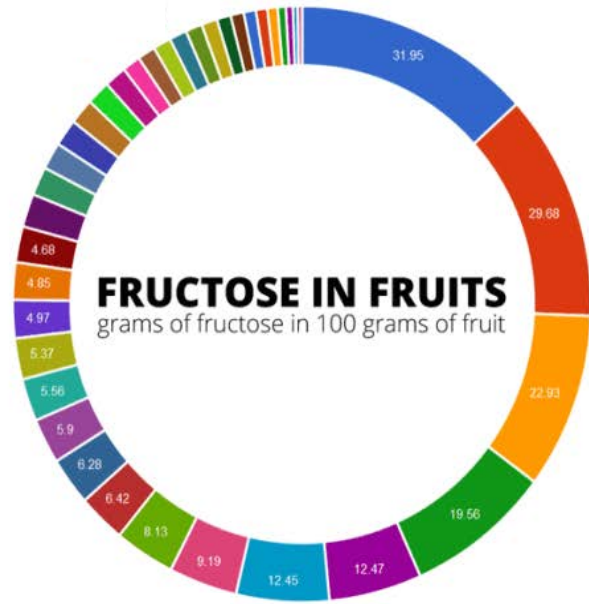
Total grams of carbohydrates





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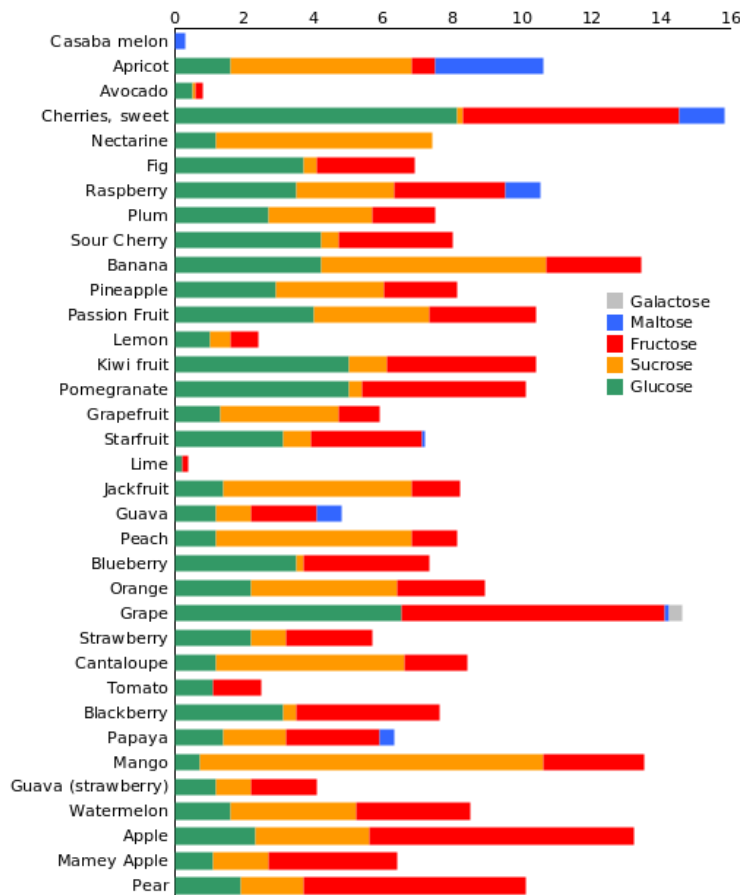


- Dates (Medjool): 31.95g
- Raisins: 29.68g
- Figs, dried: 22.93g
- Dates (Deglet Noor): 19.56g
- Apricots, dried: 12.47g
- Prune: 12.45g
- Jackfruit: 9.19g
- Grapes, green or red: 8.13g
- Pears, bartlett: 6.42g
- Cherimoya: 6.28g
- Apples: 5.9g
- Persimmons: 5.56g
- Cherries, sweet: 5.37g
- Blueberries: 4.97g
- Bananas: 4.85g
- Mangos: 4.68g
- Kiwi: 4.35g
- Papaya: 3.73g
- Currants, red & white: 3.53g
- Cherries, sour: 3.51g
- Watermelon: 3.36g
- Plums: 3.17g
- Melon, honeydew: 2.96g
- Blackberries: 2.4g
- Tangerines (mandarin oranges): 2.4g
- Raspberries: 2.35g
- Oranges (navel): 2.25g
- Pineapple: 2.12g
- Melon, cantaloupe: 1.87g
- Grapefruit, pink or red: 1.77g
- Clementines: 1.64g
- Peaches: 1.53g
- Nectarines: 1.37g
- Lemon juice: 1.1g
- Apricots: 0.94g
- Cranberries: 0.63g
- Lime juice: 0.61g

Source: Family Wellness HW, USDA Nutrient Database

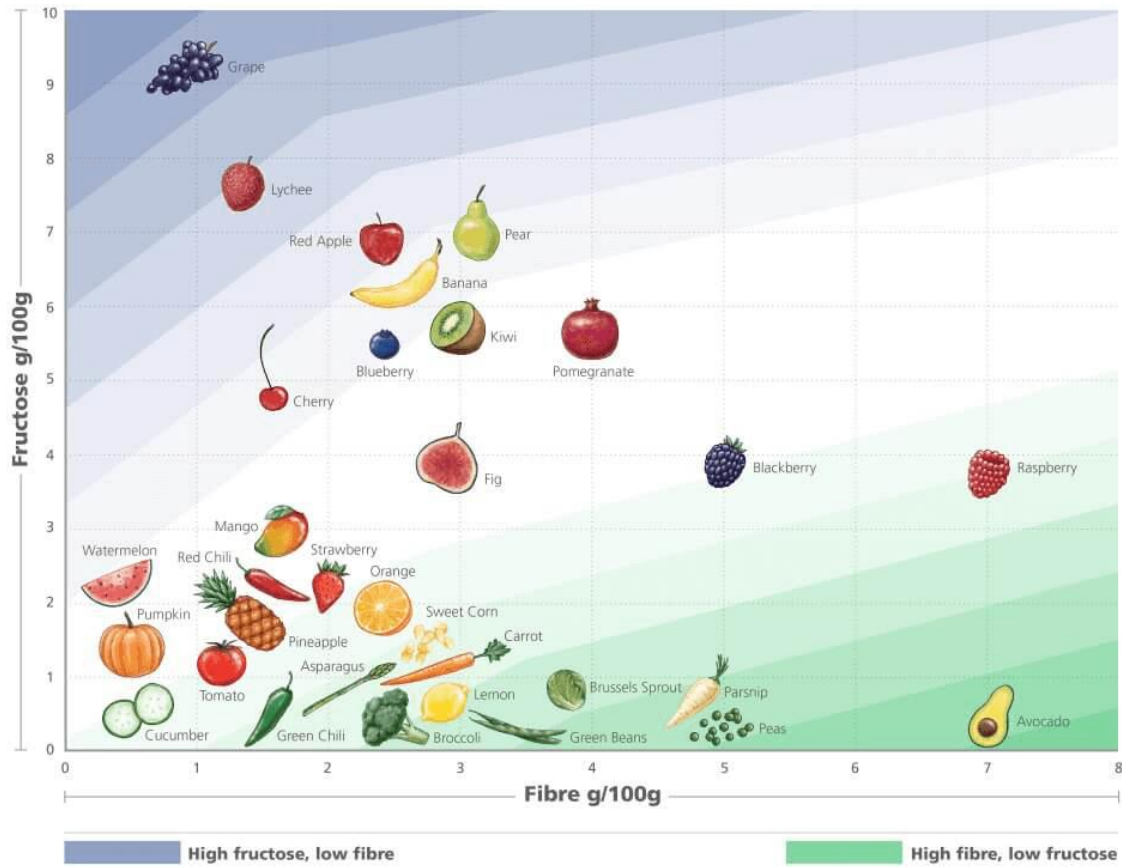
Fruits by percent composition of sugars

Ranked by metabolic fraction of fructose



FRUCTOSE VS. FIBRE IN FRUIT AND VEGETABLES

The chart below shows the **fibre content** of 100 grams of different fruits and vegetables against their **fructose content**.



Sources

archive.foodstandards.gov.au, USDA



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FRUCTOSE IN FRUIT

Per 100g

Per Household measure

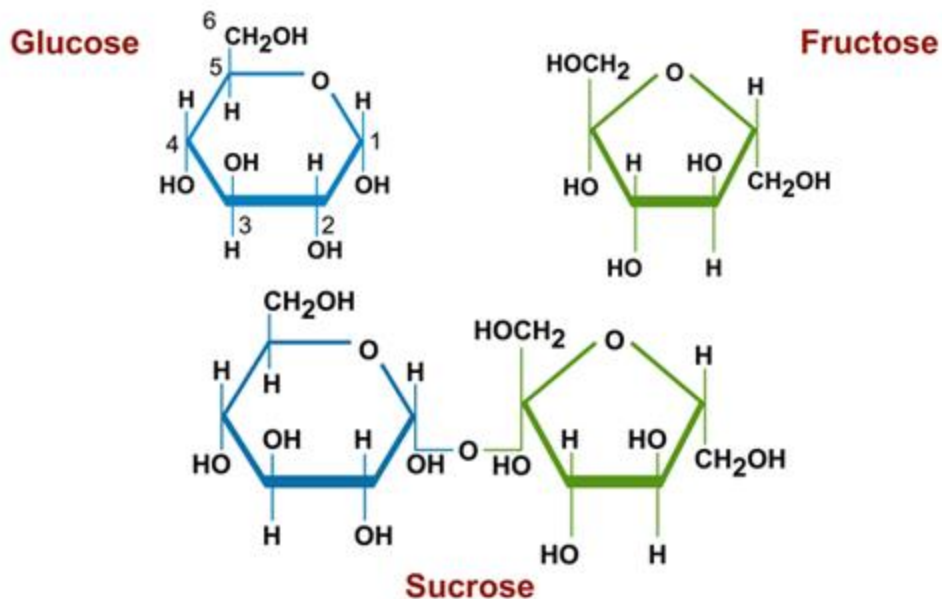
Fiber (g)	Fructose (g)	Fruit	Fruit	Fructose (g)	Fiber (g)	Measure	Total weight (g)	
5.4	9.71	Sapote, mamey	1	Sapote, mamey	16.98	9.5	1.0 cup 1" pieces	175
1.5	9.40	Jackfruit	2	Jackfruit	15.51	2.5	1.0 cup, sliced	165
0.9	8.21	Grapes, red or green	3	Bananas	13.60	5.8	1.0 cup, mashed	225
1.6	8.17	Mangos	4	Mangos	13.47	2.6	1.0 cup pieces	165
2.4	6.94	Apples, with skin	5	Grapes, red or green	12.40	1.4	1.0 cup	151
3.1	6.78	Pears	6	Feijoa	10.73	15.6	1.0 cup, pureed	243
6.2	6.75	Rowal	7	Persimmons	10.64	6	1.0 fruit (2-1/2" dia)	168
3	6.61	Cherimoya	8	Cherimoya	10.58	4.8	1.0 cup, pieces	160
1.4	6.41	Kiwifruit	9	Tangerines	10.58	3.5	1.0 cup, sections	195
3.6	6.33	Persimmons	10	Pears	9.49	4.3	1.0 cup, slices	140
2.6	6.05	Bananas	11	Apples, with skin	8.68	3	1.0 cup, quartered or chopped	125
2.1	5.45	Cherries, sweet	12	Pineapple	8.44	2.3	1.0 cup, chunks	165
1.8	5.43	Tangerines	13	Grapefruit, pink/red	8.11	3.7	1.0 cup sections, with juice	230
1.4	5.12	Pineapple	14	Kiwifruit, green	7.97	5.4	1.0 cup, sliced	180
2.4	5.03	Blueberries	15	Rowal	7.70	7.1	0.5 cup	114
1.7	4.62	Clementines	16	Cherries, sweet	7.52	2.9	1.0 cup, with pits, yields	138
3	4.43	Kiwifruit, green	17	Blueberries	7.44	3.6	1.0 cup	148
6.4	4.42	Feijoa	18	Oranges, navels	7.24	3.6	1.0 cup sections, no membranes	165
2.2	4.39	Oranges, navels	19	Melons, cantaloupe	7.16	1.6	1.0 cup, balls	177
3.9	4.21	Grapes, muscadine	20	Melons, honeydew	7.14	1.4	1.0 cup, diced (20 pieces)	170
0.8	4.20	Melons, honeydew	21	Plums	6.37	2.3	1.0 cup, sliced	165
0.9	4.05	Melons, cantaloupe	22	Watermelon	6.10	0.6	1.0 cup, balls	154
0.4	3.97	Watermelon	23	Cherries, sour, red	6.06	2.5	1.0 cup, no pits	155
1.5	3.91	Peaches, yellow	24	Peaches, yellow	6.03	2.3	1.0 cup slices	154
1.6	3.91	Cherries, sour, red	25	Apricots	6.01	3.1	1.0 cup, halves	155
2	3.88	Apricots	26	Nectarines	5.44	2.4	1.0 cup slices	143
1.4	3.86	Plums	27	Papayas	5.41	2.5	1.0 cup 1" pieces	145
4.3	3.84	Currants, red/white	28	Kiwifruit	5.20	1.1	1.0 fruit	81
5.3	3.83	Abiyuch	29	Abiyuch	4.36	6	0.5 cup	114
1.7	3.81	Nectarines	30	Currants, red/white	4.29	4.8	1.0 cup	112
1.7	3.73	Papayas	31	Strawberries	4.07	3	1.0 cup, halves	152
1.6	3.53	Grapefruit, pink/red	32	Blackberries	3.51	7.6	1.0 cup	144
2	2.68	Strawberries	33	Clementines	3.42	1.3	1.0 fruit	74
6.5	2.45	Raspberries	34	Raspberries	3.02	8	1.0 cup	123
5.3	2.44	Blackberries	35	Cranberries	0.83	4	1.0 cup, chopped	110
3.6	0.75	Cranberries	36	Grapes, muscadine	0.26	0.2	1.0 grape	6
6.7	0.15	Avocados	37	Avocados	0.23	10	1.0 cup, cubes	150



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HFCS is 42%-55% Fructose; Sucrose Is 50% Fructose

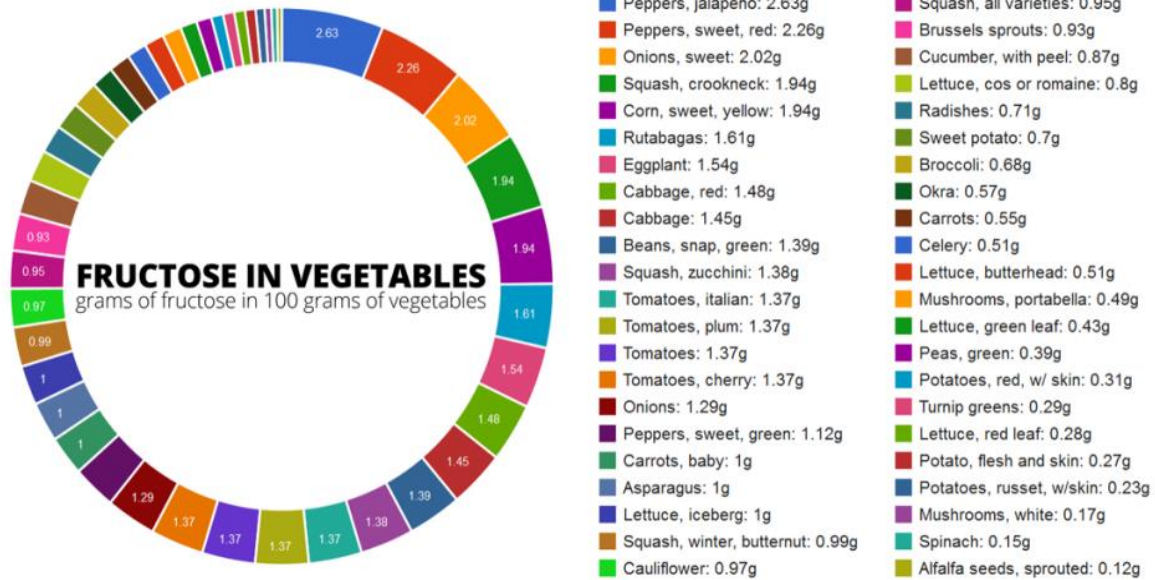


FRUCTOSE IN FRUIT JUICES

		Per 100g	Per Cup (250g)
	Fruit	Fructose (g)	Fructose (g)
1	Grape juice, canned or bottled	7.38	18.45
2	Juice, apple and grape blend	6.83	17.08
3	Pomegranate juice	6.37	15.93
4	Apple juice	6.36	15.90
5	Juice, apple, grape and pear blend	6.17	15.41
6	Cranberry juice blend	5.75	14.38
7	Ruby Red grapefruit juice blend (grapefruit, grape, apple)	5.60	14.00
8	Pineapple juice	4.58	11.44
9	Orange juice	4.46	11.15
10	Grapefruit juice, white	3.75	9.38
11	Lemon juice	1.32	3.29
12	Lime juice	0.85	2.13

Fructose in Vegetables

While vegetables have minimal fructose, the following infographic shows amounts of fructose in various vegetables.



Source: Family Wellness HW, USDA Nutrient Database

In  and health,



Judy Cho

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