

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 processed foods (i.e. hot dogs, 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 named 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 the 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 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. Many 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. Wait 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
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Table sugar • Cane sugar • Beet, date, or coconut sugar • Granulated sugar • Powdered or confectioner's sugar • Brown sugar • Raw sugar or turbinado sugar • Demerara icing • Molasses • Sucanat • Caramel • Cane juice • Maple syrup

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

Fruits

Choose	Limit or Avoid
<ul style="list-style-type: none"> • Cherries • Watermelon • Plums • Raspberries, blackberries, blueberries • Kiwi • Strawberries • Lemon/Lemon juice • Lime /Lime juice • Grapes • Persimmons • Pears • Papaya • Prunes • Avocado <p>Limit up to 2 servings per day (raw, canned in water, or cooked with allowed sweeteners) and eat as part of a meal.</p>	<ul style="list-style-type: none"> • Apricots • Apples • Bananas • Grapefruit • Cantaloupe • Peaches • Pineapple • Orange (navel and mandarin) • Honeydew • Mango • Raisins • Dates <p>Avoid fruit juices, and frozen or canned fruit in syrups, or sweetened with added sugar.</p>

Vegetables

Choose	Limit or Avoid
<ul style="list-style-type: none">Any vegetables (fresh, frozen, canned) that are not on the limit or avoid list.	<ul style="list-style-type: none">All dried beans, baked beansLentilsGreen peasSoy beansSweet picklesStore-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
<ul style="list-style-type: none">Milk (whole, 2%, 1% or skim)Unsweetened milk substitutes (soy, almond, coconut, rice)Plain yogurtCheesesSugar free or low sugar ice cream	<ul style="list-style-type: none">Flavored or sweetened milks (chocolate or others)Flavored or sweetened yogurtsSweetened condensed milkIce creamCertain processed cheese spreads

Drinks

Choose	Limit or Avoid
<ul style="list-style-type: none">Water, carbonated waterMilk (whole, 2%, 1% or skim)Unsweetened milk substitutes (soy, almond, coconut, rice)Glucose-sweetened energy and sports drinksPowdered drink, sugar free (or made with allowed sweetener)Coffee or tea (unsweetened)Sugar free lemonade or limeadePlain cocoa powderDiet soda	<ul style="list-style-type: none">Carbonated sweetened drinks and sodasFruit or vegetable juicesMilk shakes/maltsSweetened teas, coffees, powered drinksMilk flavorings and syrupsSweetened milks and milk substitutes

Other Foods

Choose	Limit or Avoid
<ul style="list-style-type: none">• Most cheeses, eggs, meats, poultry, fish 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.	<ul style="list-style-type: none">• Chocolate and most other desserts made with sugar.• Condiments like jams, jellies, sauces, chutneys, ketchup, sweet relish, BBQ sauce, mayonnaise, and salad dressings high in sugar. <p>Prepared meats like pasties, sausages, ham, hotdogs, deli meats, liverwurst and patés</p> <ul style="list-style-type: none">• That may be cured with sucrose.• Coconut, 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 that may not be tolerated.

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#338