

Food Intolerance Carbohydrates

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Your Health Matters

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RAFFINOSE & FRUCTOSE intolerance

What is Raffinose Intolerance?

- Raffinose is a type of oligosaccharide (short-chain carbohydrate) found in certain vegetables, legumes, and whole grains. This dietary fiber can be difficult to digest for a number of reasons.

Why raffinose causes digestive discomfort

- Raffinose causes digestive discomfort mainly because it is challenging for humans to digest. This is because humans lack the enzyme alpha-galactosidase, which is required to break down raffinose in the small intestine.
- As a result, raffinose passes into the large intestine undigested. Here, the gut bacteria ferment it, producing gas and often causing digestive problems such as **bloating**, **cramping**, and other uncomfortable symptoms.

Common symptoms of raffinose intolerance can include:

- Gas
- Bloating
- Abdominal pain
- Cramping
- Diarrhea
- Constipation
- These symptoms occur because undigested raffinose ferments in the large intestine, producing gas and other byproducts that can irritate sensitive digestive systems, such as those of people with IBS.

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Digestive Issues:

- **Fiber content:** Foods like ladies finger, cabbage, cauliflower, and jackfruit are high in fiber, which can be difficult for some people to digest, leading to bloating, gas, and discomfort.
- **Raffinose:** Cabbage, cauliflower, and garlic contain raffinose, a complex sugar that can be hard for some people to digest, leading to gas and bloating.
- **Fructose:** Fruits like mango, pineapple, and papaya contain fructose, a natural sugar that can be problematic for people with fructose malabsorption or intolerance.
- **Proteolytic enzymes:** Papaya contains papain, a proteolytic enzyme that can break down proteins, but may also irritate the digestive tract in some individuals.

Other Possible Causes:

- **SIBO (Small Intestine Bacterial Overgrowth):** Certain foods like garlic, cabbage, and cauliflower can be fermented by bacteria in the gut, leading to gas and discomfort in people with SIBO.
- **Food sensitivities or intolerances:** Some people may have sensitivities or intolerances to specific compounds in these foods, such as oxalates in spinach or salicylates in papaya.
- **Gut microbiome:** An imbalance of gut bacteria (dysbiosis) can affect how the body processes and responds to these foods, leading to digestive issues.

Following a special diet to help treat health conditions

- *If you are diagnosed with a health condition that could be causing your gas symptoms, your doctor or dietitian may recommend a special diet.*
- *For example, health care professionals may recommend*
- *following a gluten-free diet to treat celiac disease.*
- *Reducing the amount of lactose in your diet to manage symptoms of lactose intolerance.*
- *Reducing the amount of fructose, especially high-fructose corn syrup, in your diet to manage symptoms of dietary fructose intolerance.*

FOODS TO INCLUDE :

Apple

pears

Banana

Guava (without seeds)

Berries

Melons

Sweet lime

Grapes

Cucumber

Chow chow

Carrot

Gourd vegetables

sweet potato

Sweet corn

Drumstick

Tomato

HEALING FOODS:

Fennel seed

Pomegranate

Turmeric, Tippili

Buttermilk

Coriander

Raddish

Amla

1 tsp Ghee (optional)

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RAFFINOSE FOODS**• Cruciferous vegetables:**

- Broccoli
- Cabbage
- Cauliflower
- Brussels sprouts

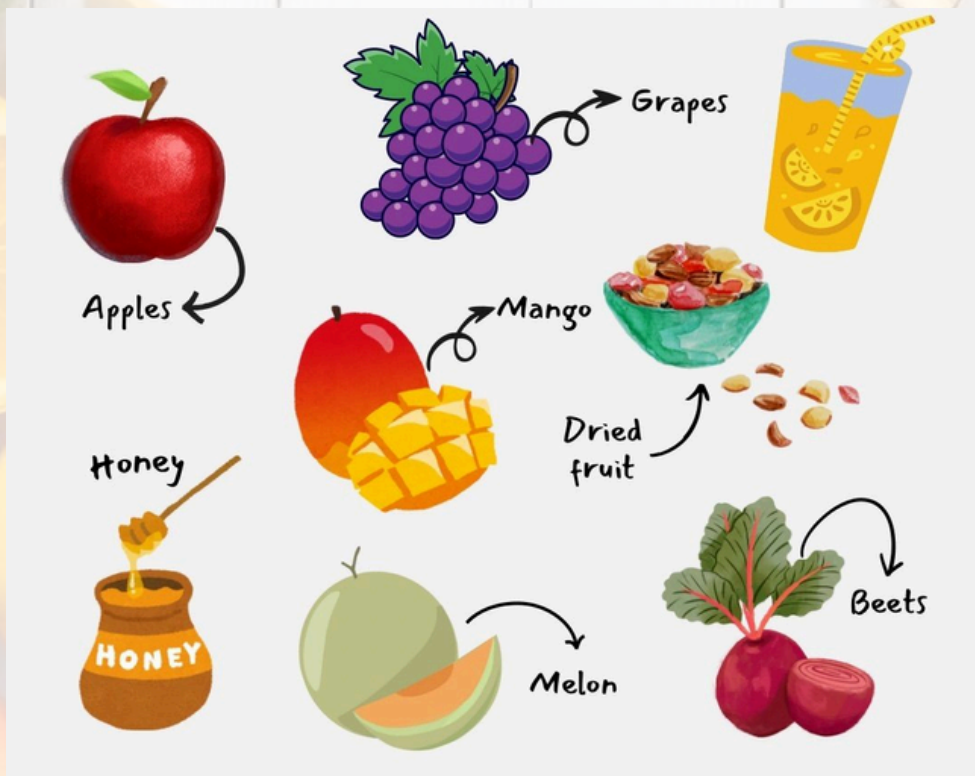
• Other foods:

- Asparagus
- Garlic
- Onions
- Barley, and rye (Kambu)

TO AVOID :**Spinach****Ladiesfinger****Beetroot****Garlic****Cabbage****Cauliflower****Mango****Asparagus****Artichoke****Beans****Soybeans****Lentils****Peas****Chickpeas****Wheat****Barley****Wheat bran****Broccoli****Brussels sprouts****Garlic****Onion****Apple****Wheat bread****Cauliflower****Lentils****Fizzy drinks****Asparagus****Beans**

FRUCTOSE FOODS TO AVOID

- **Fruits:**
 - Mangoes
 - Pineapples
 - Papayas
 - Apples
 - Pears
 - Watermelon
 - Tomato
 - Grapes
 - Fruit juices - commercially packaged
 - Dried fruits (like dates, apricots, and prunes)
 - Fruit preserves and jams
 - Honey
 - Maple syrup
 - Coconut sugars
 - High-fructose corn syrup (HFCS)
 - Sweetened yogurts, and sauces
 - Soda
- **High-fructose vegetables like peas, asparagus, zucchini, artichokes, leeks, okra, mushrooms, and bell peppers**



Foods that commonly cause gas

- **Raffinose.** A complex sugar found in beans, cabbage, Brussels sprouts, broccoli, asparagus, other vegetables, and whole grains.
- **Lactose.** A natural sugar found in milk and milk products, such as cheese, ice cream, and processed foods, such as bread, cereal, and salad dressing. Gas after eating these foods may mean you have **lactose intolerance**.
- **Fructose.** A sugar found in onions, artichokes, pears, and wheat. Fructose is also used as a sweetener in some soft drinks and fruit drinks.
- **Sorbitol.** A sugar found naturally in fruits, including apples, pears, peaches, and prunes. Sorbitol is also used as an artificial sweetener in many dietetic foods and sugar-free candies and gums.
- **Starches.** Most starches, including potatoes, corn, noodles, and wheat produce gas as they are broken down in the large intestine. (Rice is the only starch that does not cause gas.)
- **Soluble fiber.** Fiber that dissolves easily in water and takes on a soft, gel-like texture in the intestines; is found in oat bran, beans, peas, and most fruits.
- **Insoluble fiber.** Fiber, such as that found in wheat bran and some vegetables, which passes essentially unchanged through the intestines and produces little gas.



Heal Your Body With Foods...

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