

Glimpse into low FODMAP/fructose berries

I have always loved fruit. Having to avoid it was one of the major blows that came with a diagnosis of fructose malabsorption. Even more so than having to skip chocolate! Luckily, there are some of these yummy and nutritious treats that remain available to us Fruct Mals, or those avoiding fructose for other health benefits.

Bear in mind as always, that what works for me may not work for you, but this list of fruits that I still enjoy may give you an idea of what you can trial. This post will cover berries, another will cover other fruits, so stay tuned!



Blueberries- These tiny fruits pack a punch. They are teeming with antioxidants that fight disease, they can lower cholesterol, prevent macular degeneration, promote urinary and circulatory health, help to prevent Alzheimer's, delay and reverse the signs of aging, prevent and control diabetes, maintain digestive health, aid weight loss and have anti-inflammatory properties. They have an equal glucose to fructose ratio (as I have explained before, Fruct Mals can better absorb fructose when there is equal or more glucose to fructose in the food). Why not eat blueberries?!

Strawberries- These are amazing too. They can protect your heart and teeth, increase good cholesterol, lower your blood

pressure, and guard against cancer. They are packed with vitamins and nutrients, such as manganese, potassium and vitamin C, fibre, and particularly high levels of antioxidants, and are low in calories. They also have an equal glucose to fructose ratio.

Raspberries- These bright berries are low in calories and fat, and high in fibre, minerals and vitamins C, A, B complex, K and E, potassium, manganese, copper, iron, niacin, riboflavin, folic acid and magnesium. They have high levels of antioxidant compounds which can help to prevent cancer, ageing, inflammation, and neurone generative diseases. They even help the body in the metabolism of carbohydrates, protein and fats! Xylitol (a sugar substitute) is extracted from raspberries and is a sweetener for most Fruct Mals to avoid; keep this in mind and be wary, but experiment. Raspberries have an equal glucose to fructose ratio.

Cranberries- These little bounce berries (their other name as they bounce when ripe) are not only great for cocktails, but have such useful health benefits. Cranberries are high in vitamin C, and antioxidants. They have antibacterial properties, can inhibit the development of breast and colon cancers, and promote heart, urinary tract, eye and mouth health. So many forms of cranberries are presented to us with loads of sugar added however, which wipes out the benefits, so avoid these types. The cranberry has an equal glucose to fructose ratio.

Blackberries- The benefits keep coming with this one. Low in calories and high in fibre, they have good levels of vitamins A, E, K and B complex, and are very high in vitamin C and contain antioxidant compounds, which could help prevent cancer, ageing, inflammation, and neurological diseases. They contain minerals such as potassium, manganese, copper, and magnesium, pyridoxine, niacin, pantothenic acid, riboflavin, and folic acid. They assist in the metabolism of carbohydrates, protein and fats. Similar to the raspberry, the blackberries have xylitol as well. They have an equal glucose to fructose ratio.

Aren't berries fantastic?! They may be tiny, but they are powerhouses of goodness for our bodies. Super low in calories and bursting with amazing vitamins, minerals, antioxidants and other goodies, they bring so many benefits to us in their small forms, and better yet, they taste amazing and can be used in so many ways! Whether you are a Fruct Mal, a clean eater, or are trying hard to pry the chocolate bar out of your needy and pudgy fingers, try these beautiful berries out, and you will not be disappointed.

One way of enjoying these gems in a special treat is with my berry and poppyseed cake, which you can find the recipe for [here](#).

