

A FEW TIPS ?

Inform those around you of your condition and the precautions to take

Opt for accommodations with kitchens to prepare your meals according to your needs

Inform the airline of your dietary requirements when booking, some offer adapted meals, you can also take your meal with you

Did you know that rice is considered a universal food?

Anticipate destinations and culinary specialties by choosing more accessible places before major international trips

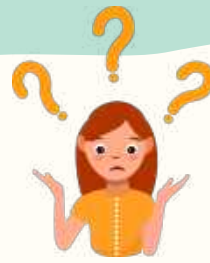
Learn/spot the words "sugars" in the local language for better communication

You can overcome challenges and enjoy every moment of your journey.

EVERY TRIP IS AN ADVENTURE



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Hereditary fructose intolerance or hereditary fructosemia is a rare genetic disorder where the body has difficulty processing fructose, a sugar found in many foods. This can lead to digestive problems such as stomach aches, nausea and vomiting after consuming foods containing fructose. People with fructose intolerance should avoid certain foods and follow a special diet to prevent symptoms. It is a lifelong condition, but it can be managed with proper diet.



Eliminate foods high in fructose and sucrose.

Develop a suitable diet Check - Request ingredients

You can consult a health professional before planning a trip, to fully enjoy your adventures in complete safety!

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Fructos'Amis pour la Vie
Fructosemia Association Française des Intolérants au Fructose



Useful and practical information regarding the disease of the Hereditary Fructosemia

Traveling with fructose can present challenges, but with proper preparation, you can fully enjoy every experience. Embark on your adventures with peace of mind with the knowledge you need to ensure a safe and enjoyable trip.



Hereditary Fructosemia
Diet Guide



Prohibited foods



Complete exclusion of sugar, sucrose, fructose and sorbitol, as well as foods containing them.

All fruits



Certain vegetables

Artichoke, beetroot, carrot, cabbage, turnip, pumpkin, all squash, onion, shallot, sweet potato, peas, peppers, leek, cherry tomato.

All fruit juices



Whole grains, pastries and pastries

Quinoa, barley, millet, bulgur, all pastas and brown rice. All store-bought biscuits and cakes.

Prepared dishes

All store-bought ready-made meals, sauces, certain cold meats, sauces, etc.



Yes

Foods that can be tolerated



No

Foods vary depending on the person, the season or the origin



Garlic, asparagus, eggplant, celeriac, Brussels sprouts, red, curly and green cauliflower, cucumber, zucchini, gherkin, endive, fennel, green and butter beans, "sucrine" lettuce, Iceberg, parsnip, sprouts soy, salsify, black and pink radish, tomato, taro. Lemon and prickly pears.



Legumes and seeds

Lima beans, red beans, cooked frozen corn, cassava, mogettes, raw split peas, chickpeas, pumpkin seeds, flax.



Spices, aromatic herbs



Chives, coriander, gherkins, vinegar, powdered nutmeg, paprika,

Cold meats and preserves

Make sure the ingredients do not contain sugar



Hereditary Fructosemia Diet Guide



Allowed foods

OK

Foods vary depending on the person, the season or the origin

Avocado, chard, mushrooms, Chinese cabbage, curly and Khale, Spinach, yam, sorrel, parsley (leaves) most salads, potato (depending on variety) bamboo shoot, cooked sauerkraut, sprouted alfalfa (Alfaga), rhubarb.



Legumes and seeds



Lentils, white beans, pigeon peas, pumpkin seeds, sesame seeds, nuts

Spices, aromatic herbs

Anise, basil, cinnamon, capers, curry, chili, cloves, turmeric, fresh dill leaf, mustard, poppy, pepper, vanilla pod



Other foods

All fish, meat, eggs, offal, crustaceans, molluscs are allowed, pay attention to sauces and accompaniments



All milks and milk derivatives yogurt, yogurt, cheese, fermented milk. They must be plain without sugar



Rice, pasta, semolina, cornstarch, tapioca, wheat flour, corn, buckwheat, oats, oat flakes