

Low Sucrose & High Sucrose Foods

Use this resource as a general guide when undergoing a low sucrose diet to manage Congenital Sucrase-Isomaltase Deficiency. Food choices & serving sizes may be individualised by your dietitian. Speak to your dietitian about what is right for you.

Food Group	High Sucrose (per 100g)	Low Sucrose (per 100g)
Fruits	• Apricot, peach, plum, nectarine • Any sweetened fruit (fresh, frozen, canned, dried) • Bananas • Grapefruit • Jackfruit • Passionfruit • Pineapple • Oranges & mandarin • Mango • Tamarillo • Tangelo • Tangerine • Watermelon	• Cherries • Dried date, raisin, currant & sultana • Fig • Grapes • Kiwifruit • Melon (honey dew & rock melon) • Lemon & lime • Lychee • Papaya • Persimmon • Prunes • Raspberries, blackberries, blueberries & strawberries • Rhubarb
Fats & oils		• All plain butter, plant oils, margarine and table spreads
Animal protein		• All unprocessed meat • Crumbed fish

Food Group	High Sucrose (per 100g)	Low Sucrose (per 100g)
Vegetables	• Artichoke • Beetroot • Carrot • Corn • Green pea • Onion • Parsnip • Pumpkin	• Most other vegetables (fresh, frozen, canned) • Mushroom
Nuts, seeds, vegetables & vegetarian protein sources	• Almond • Cashew • Coconut • Macadamia • Peanut butter • Pecan • Pistachio • Red kidney bean • Seeds (linseed/flaxseed, pumpkin, sunflower) • Nuts spread with added sugar • Walnut	• Chia seed • Chickpea • Coconut • Hummus • Lentils • Lima bean • Tofu
Dairy & alternatives	• Coconut milk & cream • Custard • Flavoured/sweetened milks • Flavoured/sweetened yogurt • Ice cream • Sweetened condensed milk	• All cheese • Cows milk • Unsweetened alternative milks • Plain yogurt • Sour cream

Food Group	High Sucrose (per 100g)	Low Sucrose (per 100g)
Sweeteners	• All Sugar (beet, brown, cane, coconut, confectioner's, date granulated, powdered, raw, table sugar) • Cane juice • Caramel • Golden syrup • Jam • Maple syrup • Molasses	• Agave nectar • Corn syrup • Dextrose • Fructose • Glucose • High fructose corn syrup • Honey • Maltose • Sugar alcohols: sorbitol, xylitol, mannitol • Sugar substitutes: aspartame, Nutrasweet®, Equal®, Sweet'nLow®, Sucralose (Splenda®), Stevia®
Beverages	• Carbonated sweetened drinks and sodas • Cordial • Flavoured mineral water • Fruit 'drinks' – e.g. fruit drink with 25% fruit juice added • Milk flavourings and syrups • Milk shakes • Sweetened fruit and/or vegetable juices • Sweetened milks and milk substitutes	• Coffee or tea • Diet soda • Glucose-sweetened energy and sports drinks • Plain cocoa powder • Powdered drink, sugar free (or made with allowed sweetener) • Sugar free lemonade or limeade

Food Group	High Sucrose (per 100g)	Low Sucrose (per 100g)
Condiments	• Barbeque, sweet and sour, thousand island, tomato & sweet chilli sauce • Cream cheese/cheese spread • Nut butters without added sugar	• Commercial basil pesto pasta sauce • Cream-style mustard (e.g., English mustard, Dijon mustard) • Gravy • Soy sauce • Vinegar (except balsamic vinegar) • White sauce
Biscuits & cereals	• Biscuits/cookies, cakes, muffins & pastries • Cereals with added sugar (check labels) • Confectionary and cereal, nut, fruit and seed bars • Porridge sachets with added sugar • Snack bars with added sugar – e.g. muesli bars, muffin bars	
Snacks, confectionary & treat foods	• Corn chips • Extruded snacks (e.g. Cheezels, Grain waves) • Ice confection (icy poles) • Jelly	• Corn chips • Popcorn • Potato chips/crisps