

TOP 10 FOODS HIGHEST IN LACTOSE

1 Milk



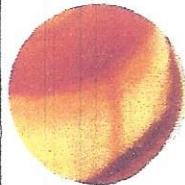
25.4g (6.3 tsp) lactose
per 16oz glass
Up to 5.2% lactose

2 Soft Serve Ice-Cream Smoothie



21.7g (5.4 tsp) lactose
per 12oz cup
Up to 6.2% lactose

3 Dulce De Leche



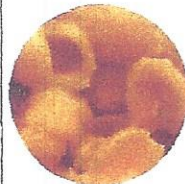
15g (3.7 tsp) lactose
per cup
Up to 4.9% lactose

4 Hot Cocoa



11.6g (2.9 tsp) lactose
per cup
Up to 4.6% lactose

5 Macaroni and Cheese



7.3g (1.8 tsp) lactose
per serving (6oz)
Up to 4.1% lactose

6 Low-Fat Greek Yogurt



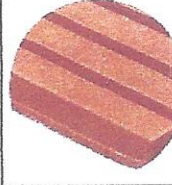
5.8g (1.5 tsp) lactose
per 7oz container
Up to 2.9% lactose

7 Pancakes (Hot Cakes)



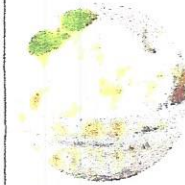
5.3g (1.3 tsp) lactose
per 3 pancakes
Up to 2.4% lactose

8 Milk Chocolate (Kit-Kat Bar)



3.4g (0.9 tsp) lactose
per 1.5oz bar
Up to 8.2% lactose

9 Cottage Cheese

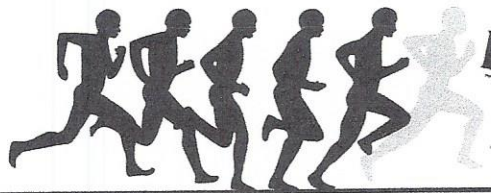


1.8g (0.4 tsp) lactose
per 1/4cup (4oz)
Up to 1.6% lactose

10 Mashed Potatoes (With Milk)



1.5g (0.4 tsp) lactose
per cup
Up to 0.7% lactose



TOP 10 FOODS HIGHEST IN FRUCTOSE

1 Fruit Juices (Grape Juice)



37.2g (9.3 tsp) fructose
per 16oz glass
Up to 7.4% fructose

2 Sugary Soft Drinks (Cola)



28.7g (7.2 tsp) fructose
per 16oz bottle
Up to 5.8% fructose

3 Dried Fruit (Sweetened Cranberries)



10.8g (2.7 tsp) fructose
per 1/4 cup
Up to 27% fructose

4 Fruits (Pears)



9g (2.2 tsp) fructose
per cup
Up to 6.4% fructose

5 Honey



8.6g (2.1 tsp) fructose
per tblsp
Up to 40.9% fructose

6 Sweetened Fruit Yogurt



6.7g (1.7 tsp) fructose
per 5oz container
Up to 4.4% fructose

7 Apple Pie



6g (1.5 tsp) fructose
per slice
Up to 4.6% fructose

8 Burger King Whopper



5.2g (1.3 tsp) fructose
per burger
Up to 1.7% fructose

9 Sauces (Pasta Sauce)



3g (0.7 tsp) fructose
per 1/2 cup
Up to 2.3% fructose

10 Salad Dressings (French)



2g (0.5 tsp) fructose
per tblsp
Up to 12.5% fructose