**Fructose Intolerance and Fructose Malabsorption**

This exercise explores fructose intolerance and fructose malabsorption, and their distinctions.

1. Ask students to consider whether they have or know anyone who has particular symptoms after eating fruits. Symptoms can include gastrointestinal discomfort or more explicit bouts of diarrhea. Acknowledge that medical practitioners are increasingly recognizing and discussing problems with fructose digestion as a single problem or as part of larger, chronic conditions like Celiac.
2. Introduce two terms, and define them (https://theceliacmd.com/what-is-fructose-malabsorption-is-it-the-same-as-fructose-intolerance/):
   1. *Fructose intolerance* (or, Hereditary fructose intolerance)
   2. *Fructose malabsorption*

As a group/class, make a list of symptoms for each condition, the prevalence of each condition, and prognosis with cure of each condition.

1. Since fructose malabsorption is the condition that will most affect students or people they know, the following article is a good introduction to its testing and prevalence: <https://genetyca-icm.com/wp-content/uploads/2018/03/Fructose-intolerance-an-under-recognized-problem..pdf>

Provide the article to students and ask them to note three interesting things they learned about fructose malabsorption from the article and to identify three questions they have about the condition. (The questions can be personal, practical, or conceptual.)

* Moderate a class discussion about fructose malabsorption and its potential role in people’s consumption experiences.

**Related references:**

Choi, Y. K., Johlin Jr, F. C., Summers, R. W., Jackson, M., & Rao, S. S. (2003). Fructose intolerance: an under-recognized problem. *The American Journal of Gastroenterology*, *98*(6), 1348-1353.

Fedewa, A., & Rao, S. S. (2014). Dietary fructose intolerance, fructan intolerance and FODMAPs. *Current Gastroenterology Reports*, *16*(1), 370.