

Fructose

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Fructose Latest News

A recent study presents fructose as a significant biological driver of conditions such as obesity, metabolic syndrome, and related chronic illnesses, challenging conventional understandings of dietary sugars.

About Fructose

- It is a **member of a group of carbohydrates** known as **simple sugars**, or **monosaccharides**.
- It is one of the three **most common natural monosaccharides**. (The **other two are glucose and galactose**.)
- **Chemical Formula: $C_6H_{12}O_6$** (same as glucose but with a **different structure**).
- Fructose is the **most water-soluble monosaccharide**.
- It is commonly **known as fruit sugar**. Fructose **naturally occurs in fruits, vegetables, honey, sugar cane**, and sugar beets.
- Fructose is significantly **sweeter than glucose**, making it ideal for use in beverages, desserts, and snacks.

- **Fructose and glucose combine to form the disaccharide sucrose**, which we know as **common sugar/table sugar**.
- However, **fructose needs to be converted into glucose by the liver before it can be used by the body**.
- Unlike other sugars, **fructose does not require insulin to be absorbed** and therefore has a **low impact on blood glucose levels**.
- When the **digestive system doesn't absorb fructose properly**, it can cause **stomach pain, bloating, diarrhea** and gas. This is known as **fructose intolerance**.

Source: OLI

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