

## Fructose Metabolism and Health Risks

Gülçin Sa diço lu Celep<sup>1</sup>, Reza Rastmanesh<sup>2\*</sup> and Faruk Bozo lu<sup>3</sup>

<sup>1</sup>Industrial Arts Education Faculty, Family and Consumer Sciences, Food and Nutrition Technology, Gazi University, Ankara, Turkey

<sup>2</sup>Department of Human Nutrition and Dietetics, Shahid Beheshti University of Medical Sciences, Tehran, Iran

<sup>3</sup>Food Engineering Department, Middle East Technical University, Ankara, Turkey

**Corresponding author:** Reza Rastmanesh, Department of Human Nutrition and Dietetics, Shahid Beheshti University of Medical Sciences, Tehran, Iran, Tel: 9821-22357484; E-mail: [frt@ha.ubg4\[.\]a\[U\]Wa](mailto:frt@ha.ubg4[.]a[U]Wa)

**Received date:** January 26, 2015; **Accepted date:** February 17, 2015; **Published date:** February 27, 2015

**Copyright:** © 2015 Celep GS, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Mini Review

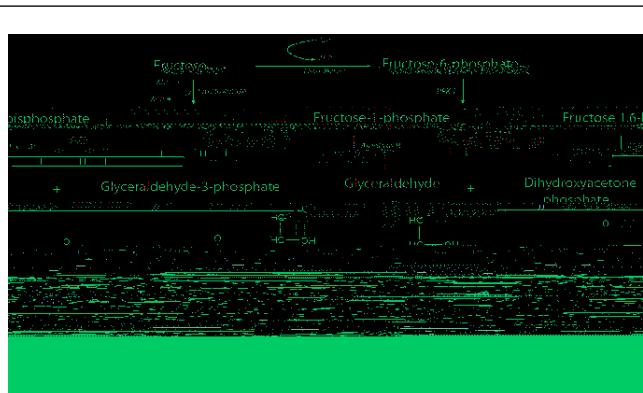
: fi WgY]lgUa cbcgWWUf]XYa Ub'mizi bX]b Zi ]lgj Y YhVYgUbX \cbYmOQ-hi UYbWb'Wa a cb'mWbg a YX]b'\i a Ub'X]Yz\ck Yf hYX]mjbU Y\Ug]bWMgX]b hYdjh(S'mUgX Ylc]lg]bX]glfU dfcXi Wjcb'Q&Q<||\ Zi WgY]Wfb'gnfi d'fk : 7GzUg:W'YX[ i WgY cf Zi WgY gnfi d'Z lg i gX]Ug Ugk YhYbYf]b a Ub'mdfcXi Wg g W'Ug g YhgW YgUbXX]b\_g"7cbg a dhcb'cZXi WgYUgUgb[ Ybi hf]Ybh lg fUfYUbX]lg Ugcfdhcb XWMgX YhYc' \| \ ZVf' WbhbhbcZ]lg bUihfU' gci fWg"7\Ya JW' gfi WfYg cZ [ i WgY UbX Zi WgY UfY dfYgYbhX]b: || i fY%"

Zi WgY]bHU YUbX]j Yf XgYyg OQLbX]bg ZWbhUggWUjcb'k UfYdcfHx X YhY XHU cMUbYX Zca'a YU UbUng cZ ghi XfYg cb W]XfYbUbXUk hgQQ

### Fructose absorption and metabolism

: fi WgY Yjh Yf Zca'h YbU fU'gci fWg cf<: 7G]g hfUbglcfhX Wfcg'g hY]bhdg]bU Ydjh Yjia VnhYZWUHhj Y[ i WgY hfUbglcfhF @ H' cZ hY Ybhdg]WfMg OQ: fi WgY]b hY W' lg hfUbglcfhX hfci [\ VccXVm: @ H&cWfX cb' hY VUg'UhFU' g fZW cZ hY Ybhdg]WfMg": @ H& lg BU' XydYbXbh k\YfYg: @ H' lg BU' jbXydybXbh bX? a cZ: @ H' Zf' Zi WgY]gUddfcl ja Uhym%&hla Yg'ck YhUb: @ H&QZ&Q: @ H&lgbcWbghj hY YmcWHXcb'hth a Ya VbUyVi h]hjgfydcfHxle VlfUbglYbimi dfY[i UhXVm[ i WgY QQ: @ H&fWf]ja Ybhdg hYVf g' VcfXf'a Ya VfUbYcZi a Ub'lg hci [\ hlt VYUb]a dcflUbhUXUkU]hcb'k\Yb'YdcgYXle \| XegYcZ Zi WgYQ&Q: @ H' lgXWMMX]b'h Yga U'jbhdg]bY]XbYn\YfUz g'YYU' a i gWg UbX hY VfUbz UbX]b' d'Ug a Ya VfUbYg cZ UX]dcWfMg O&Q

: fi WgY]b hYVccX]g hfUbglcfhXle hY]j Yf'k\Yf]hjga Ub'm a YUvC]nYX"=b' hY a i gWg UbX ]XbYng Zi WgY Wb' W d\cgf\cfmUHxVm\Yc]bUg]Ug U a Ucf dUk kUz\ck Yf]b' hY ]j YfZ Zi WgY lg a YUvC]nYX Vm Zi Wf]bUg]JbC Zi Wg!% d\cgfNUhY\JW]gWbj YfHxle [\ nWfUXX\ nXfUbXX]\nMcl nWfcbY d\cgfNUY fb<5D Vm Zi Wg!%dcgfnUY UXc'Ug' fUXc'Ug' 6E' 8<5D]gWbj YfHx]bC [\ nWfUXX\ nXfY! l' dcgfnUYf 5' DfVrf]cgY d\cgfNUY]gca YfUg": nWfUXX\ nXfY]g d\cgf\cfmUHxVm5HD'UbX hf]cgY]bUg]hC: 5' DfH YfZcVfVch dfcXi WgCZzi WgY\ nXf'ngg Ybhdg hY]nWnhWUkUhlg: 5' DC&Q] i fY&"



: || i fY&: fi WgY a YUvC]g a ]b"j Y"

; `i WgY UbX Zi WgY WfVcbg UfY i h]nYX hfcI [ \ . h Y [ `nWngz  
[ `i WbYc [ YbYg [ `nW Ybc`ngz hf]WfVcl m]WUJK WWWZ 7cf] WWWZ



' (" @j i < z< YbYn5DfRS%LFYJbYZfi WgYUbXWbWF"9l dYfhCdjbH\Yf ' ) " Dcfh5A zFi h ' A Fz=gZb'BK fRS%&L; fi WgYUbWbgi a dhcbUbXWbWF.  
Hf[ Yg% . %(-!%\$) - " lgH\YfYUWbbW\cb37i ff'Cdjb9bXcW\bc`8]UVHgCVg%. . \*+!' +( "