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Fructose

National Diabetes Information Clearinghouse (NDIC)

Definitions

Calorie

Defined by National Diabetes Information Clearinghouse (NDIC)

Gram

Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). *The diabetes dictionary*. 2009. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A **sugar** that occurs naturally in fruits and honey. Fructose has 4 **calories** per **gram**.