

# Fructose Metabolism

We can take fructose in food either free (fruit, honey) or in the form of sucrose disaccharide.

It is broken down by sucrose into fructose and glucose. Fructose is absorbed into enterocytes by facilitated diffusion through a specific transporter. A smaller part of fructose is already converted into glucose in the enterocytes (via Glc-6-P), but the majority is released into the portal blood.

The metabolic fate of fructose is its involvement in glycolysis, for which two pathways with different organ localization are used.

