

Glucose-to-fructose ratio categorization of the foods and beverages	
Glucose-to-fructose ratio	Foods and Beverages
< 1:1	Accelerade™ Orange; Accel Gel® Chocolate; Coca-Cola; GoGo squeeZ Apple Banana; Grapes; Hammer Bar™ Chocolate Chip; Honey Stinger™ Gel Ginsting; Powerade® (melon, mountain berry); Raw Revolution® Bar Chocolate Coconut Bliss; V-8® Juice; Vita CoCo® with Peach & Mango.
1:1 to 1.99:1	Banana; Cytomax® (cool citrus, tropical fruit); G2® Low Calorie Thirst Quencher (grape, raspberry melon); G2® Low Calorie Powder Grape; Gatorade Prime® Fruit Punch; Gatorade® Series Pro Orange; Gatorade® Thirst Quencher (cool blue, grape, lemon lime, orange, riptide rush); Gatorade® Thirst Quencher Powder Lemon Lime; Honey Stinger™ Energy Chews Fruit Smoothie; Nectarine; Pearson's® Salted Nut Roll; PowerBar® Perform Drink Lemon Lime; PowerGel® (berry blast, green apple, strawberry banana, vanilla); Skratch Labs™ Everyday Hydration Lemon Lime; Skratch Labs™ Exercise Hydration (lemon lime, pineapple); Kellogg's™ Special K Protein™ Bar Strawberry; Vita CoCo® Coconut Water; Zija xm ³ ™.
2:1 to 2.99:1	Extreme Sports Beans® (assorted, pomegranate); GU Electrolyte Brew™ Lemon Lime; GU® Energy Gel (espresso love, mandarin orange, plain, strawberry banana, vanilla bean); GU® Energy Gel Chocolate Outrage; GU® Roctane Gel Chocolate Raspberry; PowerBar® Performance Energy Blasts Strawberry Banana; PowerBar® Performance Energy Bar (banana, chocolate).
3:1 to 3.99:1	Clif Shot® Gel (chocolate, double espresso); Fig Newtons; Gatorade® Prime Energy Chews (fruit punch, orange); GU® Energy Gel (cherry blaze, lemon sublime, tri-berry); GU® Roctane Drink; GU® Roctane Gel (blueberry pomegranate, cherry lime, vanilla orange); LARABAR uber® Roasted Nut Roll; Quaker® Chewy® Granola Bar Peanut Butter Chocolate Chip.
≥ 4:1	3Fu3i; Bonk Breaker (peanut butter and jelly, peanut butter and banana); CARBO-PRO; Clif Bar Blueberry Crisp; Clif Bar Chocolate Brownie; Clif Bar Chocolate Chip; Clif Bar Chocolate Chip Peanut Crunch; Clif Bar Coconut Chocolate Chip; Clif Bar Crunchy Peanut Butter; Clif Bar Oatmeal Raisin Walnut; Clif Bar Peanut Toffee Buzz®; Clif Bar White Chocolate Macadamia; Clif Shot Bloks® (black cherry, chocolate cherry, cran-razz®, margarita, mountain berry, orange, strawberry, tropical punch); e-Gel® Tropical Blast; EFS™ Sports Drink (fruit punch, lemon lime, grape); EFS™ Liquid Shot (kona mocha, vanilla); Fiber One® Bar Chocolate Peanut Butter; Fit & Active® Cheese Crackers; Generation UCAN™ Plain; Generation UCAN™ Cranberry-Raspberry; GU® Energy Gel Jet Blackberry; Hammer Gel® (apple-cinnamon, banana, orange, raspberry, tropical, unflavored, vanilla); Hammer Gel® (chocolate, espresso, huckleberry); Hammer HEED® (lemon lime, melon, orange); Hammer Perpetuem® Mix (orange-vanilla, strawberry-vanilla); Hammer Perpetuem® Solids (caffé latte, strawberry-vanilla); Hammer Recoverite® Citrus; Honey Stinger™ Waffle Chocolate; Infnit Custom Blend 1; Infnit Custom Blend 2; Infnit Go Far; Infnit Speed; LG1 Gel (concord grape/apple, goji/blueberry); Nature Valley™ Trail Mix Fruit and Nut; Peanut Butter Crackers; Smucker's® Uncrustable® Grape.
<i>Note.</i> Product flavors without significant differences in saccharide profile are shown in parentheses.	

Adapted from: Wilson, P. B., Rhodes, G. S., & Ingraham, S. J. (2015). Saccharide Composition of Carbohydrates Consumed during an Ultra-endurance Triathlon. *Journal of the American College of Nutrition*, 34 (6), 497-506.