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Review > [Plant Foods Hum Nutr](#). 2015 Sep;70(3):227-37. doi: 10.1007/s11130-015-0485-6.

Fructose and Fructans: Opposite Effects on Health?

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Abstract

Fructans are fructose-based oligo- and polysaccharides of natural origin. Fructan and fructose species are sometimes confused by the great public, although they clearly have different biochemical and physiological properties. This review discusses aspects of the use of fructose and fructans in foods in the context of human health, with possible differential effects on cellular autophagy in cells of the human body. Although there are uncertainties on the daily levels of ingested fructose to be considered harmful to human health, there is an emerging consensus on the benefits of the use of fructans in functional foods, sustaining health via direct immunomodulatory and antioxidant effects or through indirect, prebiotic mechanisms.

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