

# SUGAR ALCOHOL CONVERSION GUIDE

Replacement ratios for 1 cup of Granulated Sugar

SWEETENER	RATIO TO SUGAR	MEASUREMENT	BEST USE / NOTES
<b>Erythritol</b>	<b>1 : 1.3</b>	1 1/3 Cups	<i>Cooling effect; good for crisp cookies.</i>
<b>Xylitol</b>	<b>1 : 1</b>	1 Cup	Moist cakes; toxic to dogs.
<b>Maltitol</b>	<b>1 : 1</b>	1 Cup	<i>Closest to sugar taste; high glycemic index.</i>
<b>Sorbitol</b>	<b>1 : 0.6</b>	2/3 Cup	<i>Holds moisture well; used in sugar-free candy.</i>
<b>Allulose*</b>	<b>1 : 1.3</b>	1 1/3 Cups	<i>Caramelizes well; browns faster than sugar.</i>

\*Technically a rare sugar, not a sugar alcohol. Ratios may vary by brand. Always check manufacturer labels.