

SUGAR ALCOHOLS & KETO COMPATIBILITY

A Guide to Glycemic Impact and Net Carbs

SWEETENER	GLYCEMIC INDEX	CALORIES /G	KETO RATING
Erythritol	0	0.2	Best
Xylitol	12	2.4	Good
Isomalt	9	2.0	Okay
Mannitol	2	1.6	Okay
Maltitol (Syrup)	52	3.0	Avoid
Sorbitol	9	2.6	Caution

** Note: Erythritol is typically excluded from net carb counts as it is not metabolized by the body. Always monitor personal glucose response.*