

# SUGAR ALCOHOL REFERENCE CHART

Impact on Blood Sugar & Net Carb Conversion

Erythritol	<b>0</b>	0.2	0% (Subtract All)
Xylitol	<b>13</b>	2.4	50% (Subtract Half)
Sorbitol	<b>9</b>	2.6	50% (Subtract Half)
Mannitol	<b>0</b>	1.6	50% (Subtract Half)
Maltitol (Syrup)	<b>52</b>	3.0	75% (Subtract 1/4)
Maltitol (Powder)	<b>35</b>	2.1	50% (Subtract Half)
Isomalt	<b>9</b>	2.0	50% (Subtract Half)
Lactitol	<b>6</b>	2.0	50% (Subtract Half)

Note: Individual responses to sugar alcohols may vary. Consult with a healthcare professional for specific dietary needs.

*Template Example Only*