

SUGAR ALCOHOL GLYCEMIC INDEX & CARB CHART

Reference Guide for Ketogenic and Low-Glycemic Diets

Erythritol	0	0.2	Zero Impact
Xylitol	12	2.4	Minimal Impact
Mannitol	0	1.6	Low Impact
Lactitol	6	2.0	Low Impact
Isomalt	9	2.0	Low Impact
Sorbitol	9	2.6	Moderate Impact
Maltitol (Syrup)	52	3.0	High Impact
Maltitol (Powder)	35	2.1	Moderate Impact

Sucrose (Table
Sugar)

65

4.0

Full Impact

Note: Net carb calculations vary by individual. Most keto practitioners subtract 100% of Erythritol and 50% of other sugar alcohols from total carbohydrate counts.