

# SUGAR ALCOHOL GLYCEMIC GUIDE

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES/G	INSULIN IMPACT
Erythritol	0	0.2	None
Mannitol	2	1.6	Very Low
Lactitol	6	2.0	Very Low
Isomalt	9	2.0	Low
Xylitol	12	2.4	Low
Sorbitol	13	2.6	Moderate
Maltitol (Syrup)	52	3.0	High

\*Glycemic Index based on Glucose = 100. Always consult with a healthcare provider for personalized dietary advice.