

SUGAR ALCOHOL CARB COMPARISON

Reference Chart for Ketogenic & Diabetics

SWEETENER TYPE	TOTAL CARBS (PER 100G)	GI INDEX	NET CARBS
Erythritol	99g	0	0g
Xylitol	100g	7 - 13	~50g*
Table Sugar (Sucrose)	100g	65	100g

**Note: While Erythritol is generally subtracted fully from total carbs, Xylitol has a small metabolic impact. Many clinicians suggest counting 50% of the carbs from Xylitol for insulin calculations.*

Print This Chart