

KETO SUGAR ALCOHOL GUIDE

Glycemic Index & Net Carb Reference

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES /G	KETO FRIENDLY
Erythritol	0	0.2	Best Choice
Xylitol	12	2.4	Moderate
Lactitol	6	2.0	Moderate
Isomalt	9	2.0	Moderate
Sorbitol	9	2.6	Use Caution
Maltitol (Syrup)	52	3.0	Avoid
Maltitol (Powder)	35	2.1	Avoid

Note: Erythritol is typically subtracted 100% from total carbs. For others, some count 50% of the carbs toward their daily limit.