

SUGAR ALCOHOL CARB & GLYCEMIC INDEX CHART

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES / GRAM	NET CARB IMPACT
Maltitol (Syrup)	52	3.0	High (~75%)
Maltitol (Powder)	35	2.1	Moderate (~50%)
Sorbitol	9	2.6	Low-Moderate (~40%)
Erythritol (Ref)	1	0.2	Zero Impact
Xylitol (Ref)	12	2.4	Low (~50%)

Calculation Guide:

To calculate Net Carbs for Maltitol and Sorbitol, typically subtract only half of the sugar alcohol grams from the Total Carb count, as these specific sweeteners significantly impact blood glucose levels compared to Erythritol.