

NATURAL SWEETENER COMPARISON

Monk Fruit & Sugar Alcohols Reference Guide

Sweetener	Sweetness Ratio	Glycemic Index	Net Carbs
Pure Monk Fruit	150 - 200x sugar	0	0g
Erythritol	70% of sugar	0	0.2g
Xylitol	1:1 ratio	12	2.4g
Allulose	70% of sugar	0	0.4g
Malititol	80% of sugar	35	2.1g
Sorbitol	60% of sugar	9	2.6g

Usage Note: Most commercial Monk Fruit "Blends" are mixed with Erythritol to achieve a 1:1 baking ratio. Always check the ingredient label for bulking agents that may affect blood glucose levels.