

Sweetener Carb Reference Chart

SWEETENER TYPE	TOTAL CARBS (PER 100G)	NET CARBS (ESTIMATED)	GLYCEMIC INDEX
Stevia (Pure Extract)	0g	0g	0
Erythritol	95g	0g - 2g	1
Xylitol	100g	50g	12
Maltitol (Syrup)	75g	50g+	52
Sorbitol	100g	50g	9
Allulose	95g	0g	0
Monk Fruit (Pure)	0g	0g	0

Note: Net carb calculation varies by metabolic response. Check labels for bulking agents like dextrose or maltodextrin.