

SUGAR ALCOHOL COMPARISON CHART

Reference Guide for Sweeteners

SWEETENER	SWEETNESS (%)	CALORIES (G)	GLYCEMIC INDEX	DENTAL SAFETY
Erythritol	70%	0.2	0	Excellent
Xylitol	100%	2.4	12	Excellent
Maltitol (Syrup)	80%	3.0	52	Good
Maltitol (Powder)	90%	2.1	35	Good
Sorbitol	60%	2.6	9	Good
Isomalt	50%	2.0	2	Excellent
Mannitol	50%	1.6	0	Good
Lactitol	40%	2.0	6	Good

Sweetness: Compared to Table Sugar (Sucrose) at 100%.

Glycemic Index: Relative rise in blood glucose levels (0-100).

Note: Excessive consumption may have a laxative effect.