

# SUGAR ALCOHOL CONVERSION CHART

| SUGAR ALCOHOL | SWEETNESS (VS. SUGAR) | GI INDEX | CALORIES (PER G) | CONVERSION RATIO           |
|---------------|-----------------------|----------|------------------|----------------------------|
| Erythritol    | 70%                   | 0        | 0.2              | 1 1/3 cup per 1 cup sugar  |
| Xylitol       | 100%                  | 12       | 2.4              | 1:1 Ratio                  |
| Maltitol      | 90%                   | 35       | 2.1              | 1:1 Ratio                  |
| Sorbitol      | 60%                   | 4        | 2.6              | 1 1/2 cup per 1 cup sugar  |
| Isomalt       | 50%                   | 2        | 2.0              | 2 cups per 1 cup sugar     |
| Lactitol      | 40%                   | 3        | 2.0              | 2 1/2 cups per 1 cup sugar |

## Quick Tips for Baking

- **Erythritol:** Does not dissolve as easily; best used in powdered form for smooth textures.
- **Xylitol:** Highly toxic to dogs; handle with care in pet-friendly households.
- **Cooling Effect:** Most sugar alcohols produce a mild "cooling" sensation on the tongue.
- **Net Carb Calculation:** Subtract 100% of Erythritol grams or 50% of other sugar alcohols from total carbs.