

# SUGAR ALCOHOL GLYCEMIC INDEX

<b>SUGAR ALCOHOL</b>	<b>GLYCEMIC INDEX (GI)</b>	<b>CALORIES (PER G)</b>	<b>SWEETNESS (%)</b>
Erythritol	<b>0</b>	0.2	70%
Mannitol	<b>0</b>	1.6	50%
Lactitol	<b>3</b>	2.0	40%
Xylitol	<b>7</b>	2.4	100%
Isomalt	<b>9</b>	2.0	50%
Sorbitol	<b>9</b>	2.6	60%
Maltitol Syrup	<b>35</b>	3.0	75%
Sucrose (Reference)	<b>65</b>	4.0	100%

Values are approximate and may vary by manufacturer. For informational purposes only.